

## UC CalFresh Weekly Update May 29, 2018

### Contents

#### Upcoming Events & Deadlines

- \* Save the Date: Nutrition Updates Webinar

#### UC CalFresh Success Stories

- \* EatFit Participant, Fresno County
- \* Plan, Shop, Save, Cook Participant, Riverside County

#### Welcome New UC CalFresh Staff

- \* Amanda Colegrove, Community Education Specialist 2, UCCE Shasta/Trinity Counties
- \* Aileen Trujillo Sounougatov, UC CalFresh Nutrition Education, UCCE Santa Clara County
- \* Katherine (Katie) Uhde, Community Education Specialist 2, UCCE Alameda County

#### UC CalFresh Website Updates

- \* Memorandum of Understanding (MOU), Letters of Agreement for Participation (LOA), and other Business Contracts
- \* Frequently Asked Questions (FAQ)
- \* UC CalFresh Trainings 5/15/2018 UC CalFresh Town Hall Webinar Recording & PowerPoint Slides Now Available
- \* New State Office Profile
- \* New County Quality Check Tool
- \* New ECE PA Toolkit
- \* New online Smarter Lunchrooms course

#### Upcoming UC CalFresh Trainings

- \* UC CalFresh PEARS Office Hours
- \* Child Feeding Community of Practice Webinar

#### Items Available for UC CalFresh County Programs

- \* Nutrition Education Reinforcement Items for UC CalFresh County Programs

#### Smarter Lunchrooms Movement of California

- \* The Smarter Lunchrooms Movement of California *Monthly Nudge*
- \* Digital Food Pictures for Educators

#### UC CalFresh in Action!

- \* UC Delivers: Integrated youth, families, and communities programming increases health and wellness. UCCE San Luis Obispo/Santa Barbara Counties
- \* Cirby Elementary Garden Stepping Stones, UCCE Placer/Nevada Counties
- \* Nutrition and Food Questions Web Page

#### Articles & Research

- \* Walking, biking to work lowers risk for fatal heart disease

#### Education & Resources

- \* Training Opportunities for SNAP-Ed Local Implementing Agencies
- \* Enhancing Physical Activity in Early Childhood Settings through Policy, System, and Environmental Change
- \* Regional Physical Activity Trainings: June
- \* 2018 Promising Practice Exchanges
- \* Save the Date: Nutrition Updates Webinar
- \* 2018 USDA Summer Meals Webinars
- \* YPAR Trainings
- \* Robert Wood Johnson Foundation (RWJF) Sports Award: Info session May 30; Application deadline July 2
- \* Voices for Healthy Kids
- \* Funding opportunity: The Walmart Community Foundation's Community Grant Program
- \* Funding Opportunity: The Home Depot Foundation
- \* Good Sports Grant
- \* Kaboom Community Playground Grants
- \* CA SNAP-Ed Connection - Hosts Community Resource Library

### Upcoming Events & Deadlines

#### MAY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

#### June 2018

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### Save the Date: Nutrition Updates Webinar, June 5, 2018, 11:00am-12:30pm

*This information was previously shared in the 5/7/2018 UC CalFresh Weekly Update.*

This webinar features Dr. Rachel Scherr and Dr. Sheri Zidenberg-Cherr from the UC Davis Nutrition Department. You'll learn the up-to-date research facts from our expert presenters about topics your participants see in the media - like the Master Cleanse, Bulletproof Coffee, alkaline water, and apple cider vinegar 'shots'. You must pre-register for this webinar. You can find [registration](#) information on the UC CalFresh Training Calendar or the SNAP-Ed Training and Events Calendar. Please contact [Lyn Brock](#) with any questions.

## UC CalFresh Success Stories

Success stories from your FFY 2018 UC CalFresh participants can be shared through the online data entry portal: <https://ucanr.edu/survey/survey.cfm?surveynumber=22089>.

“This class helped me realize that I need to pay more attention to nutrition facts. I hope to influence my family to eat healthier as well.”

—*EatFit Participant,  
Fresno County*

“I am a single mother of four. Time is limited, and I am always searching for quick and nutritious meals to prepare on a low income budget. The class provided invaluable information as well as great recipe booklets.”

—*Plan, Shop, Save, Cook  
Participant, Riverside County*

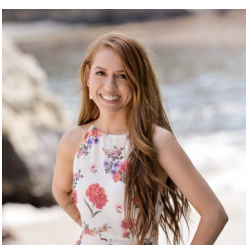
## Welcome New UC CalFresh Staff!

This feature is to introduce and welcome new staff to UC CalFresh. If you have new staff, please send a brief introduction and photo to Elizabeth Egelski at [eeegelski@ucdavis.edu](mailto:eeegelski@ucdavis.edu).



### Amanda Colegrove, Community Education Specialist 2, UCCE Shasta/Trinity Counties

Amanda grew up in Northern California where she naturally developed a love for the outdoors and maintaining healthy lifestyle. While travelling through her high school and college years, she enjoyed experiencing other cultures, learning about people through their customs, lifestyles and food. After graduating from Princeton University, she returned to Northern California where she has been raising her three children while gaining work experience in a variety of industries including restaurant startup, journalism management and outdoor vocations like construction and white water rafting. She loves studying whole food nutrition and subscribes to farm-to-table living as much as possible. She looks forward to using the skills and techniques she has gained over the years to provide understanding and education in her local schools, families and community regarding nutrition and healthy, active lifestyles. Her spare moments involve getting her kids to all their sporting events and extra-curricular activities, playing softball, snowboarding and binge watching cooking competition shows. Amanda can be reached at [asevans@ucdavis.edu](mailto:asevans@ucdavis.edu)



### Aileen Trujillo Sounougatov, UC CalFresh Nutrition Education, UCCE Santa Clara County

Santa Clara County welcomes back Mrs. Aileen Trujillo Sounougatov to UC CalFresh. Mrs. Trujillo Sounougatov has had the honor of working in both Expanded Food and Nutrition Education Program and UC CalFresh as a nutrition educator. Raised in the diverse population of Santa Clara County, Mrs. Trujillo Sounougatov loves the opportunity to create and find solutions to address food insecurity through policy, systems, and environmental changes. Mrs. Trujillo Sounougatov received her undergraduate degree in Nutritional Science with a concentration in Dietetics from San Jose State University. She will be pursuing a Master's in Public Health with a specialization in community health education in the fall at San Jose State University. Her passion is teaching youth and families how food is a tool of prevention for chronic diseases. Mrs. Trujillo Sounougatov loves demonstrating how healthful living is obtainable with culturally relevant, seasonal, budget-friendly recipes. You can contact Mrs. Trujillo Sounougatov at [actrujillo@ucanr.edu](mailto:actrujillo@ucanr.edu).

### Katherine (Katie) Uhde, Community Education Specialist 2, UCCE Alameda County

Alameda County is very excited to welcome and introduce their newest member to the UC CalFresh team, Katherine (Katie) Uhde! Katie will be working specifically on the senior component of our programming and reach with a focus on integrating more PSE work, specifically gardens into both pre-existing sites and new sites.

Katie is an experienced public health educator with expertise in health promotion program development and evaluation. She earned her Bachelor of Science degree in Kinesiology and Public Health from Iowa State University and has dedicated her career to health promotion and chronic disease risk reduction. Katherine's experience includes management of state-level food policy, farmers' market, and school health initiatives. She has also worked on the local level, providing evidence-based nutrition and fall-prevention education to at-risk older adults. Katherine is passionate about primary prevention and policy, systems and environmental change. She envisions a world where communities support and empower healthful living for all. Katie can be reached at [Kuhde@ucanr.edu](mailto:Kuhde@ucanr.edu).

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## UC CalFresh Website Updates

### Memorandum of Understanding (MOU), Letters of Agreement for Participation (LOA), and other Business Contracts

MOU's and LOA's are no longer required and have been removed from the UC CalFresh Website. If an agency, school, or school district is requesting an MOU or LOA, please refer to the information on the ANR webpage - [Memoranda of understanding and other business contracts](#).

A new **Frequently Asked Questions (FAQ) document** has been added to the [PEARS](#) page.

### UC CalFresh Trainings 5/15/2018 UC CalFresh Town Hall Webinar Recording & PowerPoint Slides

**Now Available** The PowerPoint slides and webinar recording from the 5/15/2018 UC CalFresh Town Hall, "Pursuits in Collaboration and Integration Across UC ANR for Deeper Impact," presented by Katie Panarella and Megan Marotta from UC ANR are now available on the UC CalFresh website. Please visit the [Trainings](#) page for more information.

The new **State Office Profile** has been uploaded to the [Success Stories and Profiles](#) page.

The **County Quality Check Tool**, previewed in the 5/15 Town Hall Meeting by Shawnice from Shasta County Cluster, has been added to the [PEARS Support Materials](#) page.

A new **ECE PA Toolkit** is now available on the [Physical Activity Resources](#) page.

New **SLM online course** available through Cornell is now available on [The Smarter Lunchrooms Page](#).

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## Upcoming UC CalFresh Trainings

### UC CalFresh PEARS Office Hours, Various Dates

Please join UC CalFresh for monthly PEARS Office Hours if you have any pressing questions related to reporting your program activities, FBC/PSSC surveys, and PSE efforts in PEARS. We look forward to hearing about the great work you are doing and working together to clarify the best reporting approaches using PEARS.

#### Tuesday, June 5, 2018

Please join us on Tuesday, June 5, 2018 at 1:00pm for monthly PEARS Office Hours if you have any pressing questions related to reporting your program and indirect activities, FBC/PSSC surveys, and PSE efforts in PEARS. We look forward to hearing about the great work you are doing and working together to clarify the best reporting approaches using PEARS. See dial in and web links below to join the meeting.

Time: 1:00pm PST

Audio Dial-In Information: U.S. Toll: 303.248.0285

Access Code: 7544137

Link: <https://cc.readytalk.com/r/gceocy6o7xo7&eom>

### Child Feeding Community of Practice Webinar, June 21st, 2018 at 2:30 PM PCT

*This information was previously shared in the 5/7/2018 UC CalFresh Weekly Update.*

This webinar series is open to any staff members who want to learn more about healthy feeding practices with young children or how to answer questions on child feeding topics that may come from parents or pre-school staff. The webinar will include time for you to hear about current research and to ask questions and learn about resources. We will also review teaching the 'Watching Children Grow' lesson from the Healthy Happy Families curriculum. You must pre-register for this webinar. You can find the [registration link](#) on the UC CalFresh training calendar. The webinar will be recorded and the recording posted on the UC CalFresh website. Please contact [Lyn Brock](#) with any questions.

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## Items Available for UC CalFresh County Programs

### Nutrition Education Reinforcement Items for UC CalFresh County Programs

The State Office has a limited quantity of nut-ed reinforcement items available for UC CalFresh County Programs:

Quantity	Item
35	Rolls of Active Kids My Plate Stickers
9	Team Nutrition Popular Event booklets
8	Rolls of My Plate Stickers
1	Rolls of Stickers for Healthy Kids

If you are interested in any or all of these items, please coordinate with your Program Manager/Supervisor or Advisor to submit your request to [Rolando Pinedo \(rgpinedo@ucdavis.edu\)](mailto:rgpinedo@ucdavis.edu). Please be sure to note the shipping address. Requests will be honored on a first-come-first-serve basis.

## The Smarter Lunchrooms Movement of California

The UC CalFresh State Office would like to see how the Smarter Lunchroom Movement of California has been implemented in your county! Please share your success stories and photos with MaryAnn Mills via e-mail: [mamills@ucdavis.edu](mailto:mamills@ucdavis.edu).

### The Smarter Lunchrooms Movement of California *Monthly Nudge*

The Smarter Lunchrooms Movement of California *Monthly Nudge* is a monthly newsletter which provides updates on how the Smarter Lunchrooms Movement is moving throughout California and is brought to you by the SLM of CA Collaborative. The newsletter provides updates, upcoming trainings and events, and more! If you are interested in signing up to receive the *Monthly Nudge*, please [click here!](#)

### Digital Food Pictures for Educators

This information was originally shared in the Smarter Lunchrooms Movement of CA: April Monthly Nudge.

Educators, are you on the hunt for pictures to improve food literacy lessons or classroom nutrition education programs? New images of five-food-group and mixed foods are now available at [HealthyEating.org/FoodGallery](http://HealthyEating.org/FoodGallery).

## UC CalFresh in Action!

### UC Delivers

#### Integrated youth, families, and communities programming increases health and wellness

The Youth, Families, and Communities team in San Luis Obispo and Santa Barbara Counties began developing integrated 4-H youth development and UC CalFresh programming to address healthy living in communities that traditionally have not participated in 4-H beginning in 2016. The programming, developed in-school and after-school through 4-H Student Nutrition Advisory Council (4-H SNAC) Clubs, works with 5th and 6th grade students leaders to create health advocacy strategies for their school and communities and build leadership, presentation, and advocacy skills along the way. In federal fiscal year 2017, 128 youth from low-income Latino communities participated in the 4-H SNAC clubs, contributing over 4,000 hours of youth leadership through training, planning, or providing peer and community education. 4-H SNAC youth educated over 4,100 youth and 220 adults. Pre- and post-surveys of youth leaders (n = 30) showed that after participating in 4-H SNAC Clubs they found it easier to engage in healthy behaviors such as: choosing smaller servings of high-fat foods, drinking fewer sugary drinks, choosing healthier snacks, and engaging in moderate physical activities, among other positive results. Read more about this important effort and its impacts on the [UC Delivers](#) page.

This is a friendly reminder that counties should contact [Andra Nicoli](mailto:amnicoli@ucdavis.edu) ([amnicoli@ucdavis.edu](mailto:amnicoli@ucdavis.edu)) at the State Office if you are interested in developing a UC Delivers or have recently submitted a UC Delivers without State Office involvement. For those developing a UC Delivers, Andra can assist you in writing/editing/submitting a UC Delivers story. The State Office is also interested in keeping track of UC Delivers stories that are being submitted directly from counties. For those not requiring writing/editing services from the State Office, please share a copy of your submissions with Andra. In this way, we can track the type of stories UC CalFresh is submitting and advocate for your story!

### Cirby Elementary Garden Stepping Stones, UCCE Placer/Nevada Counties

Thanks to additional funding from UC CalFresh Nutrition Education State Office from a project proposal, Roseville's Cirby Elementary School has some colorful new additions to its school garden. Recycled stepping stones were donated and funds from a successful project proposal from UC CalFresh funded paints, brushes, and other materials for the project. Three classes of third grade students painted 24 stepping stones with colorful fruits, vegetables, flowers, insects, and numbers 1-9. Fourth grade students installed the stepping stones in the garden, creating colorful walking paths, and a hopscotch pattern with the numbers. Graphics were selected to remind students, families, and staff coming to the garden of the importance of eating fruits and vegetables and exercising every day. Stepping stones also provide a colorful reminder of where the food we eat comes from.



UC CalFresh has been partnering with Cirby Elementary School garden for over two years, and has been providing nutrition education to students since 2003. Students TK-5 all participate in the garden. Classes participate in all aspects of planting, maintaining, and harvesting the garden. Students especially enjoy tasting the healthy foods they helped grow. Some of their favorites include broccoli, carrots, edamame, peas, tomatoes, cucumbers, and popcorn.



For more nutrition, garden, or program information, please call (530) 889-7350 or visit our website at <http://ucanr.edu/sites/letseathealthy>. "Like" us on Facebook for additional tips and updates at UC CalFresh Nutrition Education Program, Placer/Nevada Counties.

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## UC CalFresh in Action! *(continued)*

### Nutrition and Food Questions Web Page

Do your participants ask questions about nutrition or needs that you find difficult to respond to? Check the [Nutrition and Food Questions](#) web page for a response. If your question is not answered there you can submit a new question. You can find the link on the UC CalFresh website under [Resources > Resources for Educators](#). Please contact [Lyn Brock](mailto:rlbrock@ucanr.edu) (rlbrock@ucanr.edu) if you have any questions.

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## Articles & Research

### Walking, biking to work lowers risk for fatal heart disease

A recent article in the *Heart* journal found potential health gains associated with people who walk or ride their bikes to work. The prospective study involved 358,799 participants in the United Kingdom between the ages of 37 and 73 years old from 2006 to 2010. The researchers found that walking or cycling to work was associated with a lower risk of incident cardiovascular disease (CVD) (HR = 0.89; 95%CI, 0.79-1) and fatal CVD (HR = 0.7; 95%CI, 0.51-0.95). Regular commuters who walked or rode their bikes for non-work trips had an even lower risk of fatal CVD (HR 0.57, 95% CI 0.39 to 0.85). Even those who were not regular commuters, but walked and rode their bikes more for travel, had lower risk for all-cause mortality (HR = 0.92; 95%,CI 0.86-0.99). A related editorial discusses some of the limitations of this study, including that the outcomes associated with active travel versus exclusive use of a car, were inconsistent for regular commuters versus those who did not regularly commute, but still concludes that the findings are the best evidence to date and provide further evidence in support of efforts that encourage active travel.

To learn more, see the full article [here](#) and the related editorial [here](#). *Please note that access to the full article requires a subscription, which your organization may have, or a fee.*

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## Education & Resources

### Training Opportunities for SNAP-Ed Local Implementing Agencies

On behalf of the California Department of Social Services, the California Department of Public Health Nutrition Education and Obesity Prevention Branch, UC CalFresh, California Department of Aging, and Catholic Charities of California, we are pleased to announce upcoming SNAP-Ed trainings available to appropriate staff from SNAP-Ed state and local implementing agencies in California. Please visit the [Training and Events Calendar](#) for additional information and opportunities.

### Enhancing Physical Activity in Early Childhood Settings through Policy, System, and Environmental Change, June 2, 2018

*This information was previously shared in the 5/14/2018 UC CalFresh Weekly Update.*

Join the Center for Healthy Communities in their Early Childhood training to provide Local Implementing Agency staff and Early Care and Education (ECE) Providers an overview of how policy, systems, and environmental (PSE) change strategies can be implemented in ECE sites. The training workshop will include practice-based methods for supporting PSE change strategies in ECE settings. Register [here](#).

Date: Saturday, June 2, 2018

Time: 9:00 a.m. – 4:00 p.m.

Location: Public Health Training Center

1729W. 17th St., Building E

Santa Ana, CA 92706

### Regional Physical Activity Trainings: June 13th and 21st, In-Person Trainings

*The following information was previously shared in the 4/4/18 LHD News Bulletin.*

Register for the In-Person Physical Activity (PA) Training: “Social Determinants of Health: How They Impact Choices for PA in the SNAP-Ed Population.” During the past two decades, the public health community’s attention has been drawn to the social determinants of health. The term “social determinants” often evokes issues such as health-related features of neighborhoods (e.g., walkability, recreational areas, and accessibility of healthful foods), which can influence health-related behaviors. Evidence has also accumulated pointing to socioeconomic factors such as income, wealth, and education as the fundamental causes of a wide range of health outcomes. Training participants will explore the social determinants of health, and apply the individual, environmental, and cultural health-related factors when planning and implementing SNAP-Ed physical activity programs. Upcoming dates and locations of the trainings are:

\* June 13, 2018 in Ventura

\* June 21, 2018 in Redding

Please visit the [CA SNAP-Ed Training and Events Calendar](#) for more information and to register for a training near you.

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## Education & Resources *(continued)*

### 2018 Promising Practice Exchanges

*The following information was previously shared in the 5/2/18 LHD News Bulletin.*

The California SNAP-Ed Statewide Training (CSST) team is pleased to announce that the 2018 Promising Practice Exchanges (PPEs) planning efforts are underway. The PPEs are annual mini-workshops that provide an opportunity for SNAP-Ed agencies to showcase local and regional promising practices. While providing customized training and technical assistance activities, PPEs are also designed to foster local connections and develop learning communities regionally. The training and technical assistance provided will address region-specific needs as identified in the SNAP-Ed Integrated Work Plans and will allow opportunities for attendees to network with peers.

The PPEs will be held in each service area by September 30. Registration for the exchanges will be posted on the SNAP-Ed [Training and Events Calendar](#) and the [Statewide Regional Support](#) webpage in the near future.

### Save the Date: Nutrition Updates Webinar, June 5, 2018, 11:00am-12:30pm

*This information was previously shared in the 5/7/2018 UC CalFresh Weekly Update.*

This webinar features Dr. Rachel Scherr and Dr. Sheri Zidenberg-Cherr from the UC Davis Nutrition Department. You'll learn the up-to-date research facts from our expert presenters about topics your participants see in the media - like the Master Cleanse, Bulletproof Coffee, alkaline water, and apple cider vinegar 'shots'. You must pre-register for this webinar. You can find [registration](#) information on the UC CalFresh Training Calendar or the SNAP-Ed Training and Events Calendar. Please contact [Lyn Brock](#) with any questions.

### 2018 USDA Summer Meals Webinars

*This information was previously shared in the 5/7/2018 UC CalFresh Weekly Update.*

Wholesome summer meals are critical to the health and well-being of our children. Join USDA for their 2018 Summer Meals Webinars to learn more about this important USDA program.

Thursday, June 14,
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<a href="#">Middle of Summer</a>
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For additional information and resources related to USDA's Summer Food Service Program, please visit: <https://www.fns.usda.gov/sfsp/summer-food-service-program>.

### YPAR Trainings

*This information was previously shared in the 5/21/2018 UC CalFresh Weekly Update.*

The UC CalFresh Youth Engagement team is excited to offer 2 YPAR training opportunities this summer. Attendees can register to join one or both trainings based on their expertise, interest, and implementation plans for FFY2018-2019. [Register today](#) for these trainings!

#### YPAR Orientation

*Experience Level: Beginner - Intermediate*

Date: Wednesday, July 11<sup>th</sup> 9:30AM—5:00PM

Location: Sacramento, CA

**Note:** Attendees will receive a YPAR Curriculum Binder

#### YPAR Implementation Training & Planning

*Experience Level: Beginner- Advanced*

Date: Thursday, July 12<sup>th</sup> 9:30AM—5:00PM

Location: Sacramento, CA

**Note:** Attendees must have either attended the July 11th YPAR Orientation or another YPAR Orientation in the past and have a YPAR Binder

### Robert Wood Johnson Foundation (RWJF) Sports Award: Application deadline July 2

*This information was previously shared in the 5/21/2018 UC CalFresh Weekly Update.*

Is your organization using sports in innovative and collaborative ways to make communities healthier places to live? The Robert Wood Johnson Foundation (RWJF) Sports Award recognizes sports teams, athletes, and community-based organizations that use sports to help people achieve health and well-being, especially those who are facing the greatest challenges.

If your organization is helping children maintain a healthy weight, creating safe play environments, eliminating bullying, abuse and violence, or expanding opportunities for children living in poverty, we'd love to hear about it!

**Award Amounts:** \$10,000 **Deadline:** July 2. Click [here](#) to learn more and to apply.

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## Education & Resources *(continued)*

### Voices for Healthy Kids

*The following information was previously shared in the 5/16/18 LHD News Bulletin.*

The goal of the grant is to advance coordinated state, local, and tribal public policy issue advocacy campaigns focused on healthy eating and active living. **Grant Amounts:** Up to \$125,000. **Deadline:** July 13. Click [here](#) to learn more and to apply.

### Funding opportunity: The Walmart Community Foundation's Community Grant Program

*This information was previously shared in the 5/21/2018 UC CalFresh Weekly Update.*

The Walmart Community Foundation's Community Grant Program is offering grants to nonprofit organizations and agencies that work in one of the following areas: hunger relief and healthy eating, health and human service, quality of life, education, community and economic development, diversity and inclusion, public safety, or environmental sustainability. Awards range from \$250 to \$5,000. **Deadline: applications are accepted on a rolling basis.** Click [here](#) to learn more and to apply.

### Funding Opportunity: The Home Depot Foundation

*This information was previously shared in the 5/21/2018 UC CalFresh Weekly Update.*

The Home Depot Foundation provides funding for nonprofit organizations and public agencies in the United States that are using the power of volunteers to improve communities through its Community Impact Grants program. Priority is given to projects that benefit veterans and/or diverse and underserved communities. Projects should be volunteer-friendly, engage people at all skill levels, and be expected to have a strong and lasting impact. Awards of up to \$5,000 will be given in the form of The Home Depot gift cards for the purchase of tools, materials, or services. **Deadline: application are accepted on a rolling basis.** Click [here](#) to learn more and to apply.

### Good Sports Grant

*The following information was previously shared in the 5/16/18 LHD News Bulletin.*

Schools & community organizations can apply for sports equipment, apparel, & footwear for economically disadvantaged children. **Required Match:** 10% **Deadline: applications are accepted on a rolling basis.** Click [here](#) to learn more and to apply.

### Kaboom Community Playground Grants

*The following information was previously shared in the 5/16/18 LHD News Bulletin.*

Opportunities ranging from building a new playground in the community, to providing creative play areas, to transforming sidewalks and vacant lots. **Deadline: applications are accepted on a rolling basis.** Click [here](#) to learn more and to apply.

### California SNAP-Ed Connection - Hosts Community Resource Library

*The following information was previously shared in the 5/16/18 LHD News Bulletin.*

The [CA SNAP-Ed Connection](#) website now hosts the Community Resource Library providing 500+ resources, such as news bulletins, funder statements, logos, photos, graphics and templates.

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### We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please email Elizabeth Egelski at [eegelski@ucdavis.edu](mailto:eegelski@ucdavis.edu) to share your comments, stories, photos or other items you would like to see featured in future Weekly Updates.

The UC CalFresh Weekly Updates are sent by the UC CalFresh State Office on behalf of David Ginsburg, Director of the UC CalFresh Nutrition Education Program. Electronic versions of the Weekly Updates are also posted on the UC CalFresh website: <http://www.uccalfresh.org/weekly-updates>.

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*The University of California CalFresh Nutrition Education Program (UC CalFresh) is funded through a joint agreement among the U.S. Department of Agriculture/Food & Nutrition Service (USDA/FNS), the California Department of Social Services (CDSS) CalFresh and Nutrition Branch, and the University of California Cooperative Extension (UCCE). This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.*



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