

UC CalFresh Weekly Update August 13, 2018

Contents

Upcoming Events & Deadlines

- * Web StoreFront Closure, August 6-17th
- * Healthy Snack Day—Logistics Webinar, August 16th
- * Call to Submit Youth Engagement Related Items for Website, due August 17th

UC CalFresh Success Stories

- * Eat Smart, Live Strong Participant, Alameda County
- * Plan Shop Save Cook Participant, Santa Clara County

Welcome New UC CalFresh Staff!

- * Ryan Keeler, UC CalFresh State Office

UC CalFresh Website Updates

- * PEARS Support Page Updates
- * FFY2018 Schedule for Closing Evaluation Portals and Results Distribution

Upcoming UC CalFresh Trainings

- * PEARS Office Hours

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!

- * Nutrition and Food Questions Web Page

Articles & Research

- * How to Read a Food Label, New York Times

Education & Resources

- * ToP Secrets of Implementation (TSI) for SNAP-Ed LIAs
- * Nutrition Updates Webinar—Dietary Supplements: When They May Help—or Hurt
- * Youth Leadership Cohort Training
- * 2018 Promising Practices Exchanges

UC CalFresh, UC ANR & Partner Employment Opportunities

- * Area CE Youth, Family & Communities Advisor (AP#17.19), Imperial County
- * Community Education Specialist 2, Kings County
- * Nutrition, Family and Consumer Sciences - Area CE Advisor, Fresno/Madera Counties

Upcoming Events & Deadlines

August 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	

Web StoreFront Closure, August 6-17th

The California Department of Public Health (CDPH) will close the Web StoreFront (WSF) and Public Web StoreFront (PWSF)

Monday, August 6 for the bi-annual physical inventory of educational materials. The WSF and the PWSF sites **reopen on Monday, August 20 at 8:00 a.m.** During the closure, orders can be placed but they will not ship out before August 20th. For those of you interested in ordering materials for the August 29th "Healthy Snack Day," please take these WSF/PWSF closure dates into account. Feel free to contact CDPH at NEOPBcustomerCare@cdph.ca.gov with any questions.

Healthy Snack Day—Logistics Webinar, August 16th

CDPH SMPR and Rescue Agency are proud to present "The Complete Guide to Hosting "Healthy Snack Day" with the Event Box. This webinar will provide participants with everything they need to know to host a successful event—*Healthy Snack Day is August 29th*. Event marketing experts from Rescue will take you through practical, step-by-step advice for hosting a fun and impactful event from start to finish. This is a must-see webinar for event organizers, so mark your calendars. [Register](#)

If you have questions, please contact

C4C_PR@RescueAgency.com

Call to Submit Youth Engagement Related Items for Website, due August 17th

See the *7/23/2018 UC CalFresh Weekly Update for the attached Youth Engagement Web Page Submission Instructions*

The Center for Wellness and Nutrition, Public Health Institute is requesting submissions of pictures*, videos, reports, success stories, and UC Delivers that showcase the Youth Engagement work happening across the state for inclusion in the State UC CalFresh Website. The vision is to have a place to showcase and celebrate the local work and stories being done in the Youth Engagement realm.

To submit your Youth Engagement related item, please use the submission form included in the *7/23/2018 UC CalFresh Weekly Update* email. The deadline to submit will be *Friday, August 17th, 2018*.

*Please ensure that any photos shared do have a photo consent obtained by UC CalFresh staff lead.

UC CalFresh Weekly Update August 13, 2018

One Shields Avenue, 1103 Meyer Hall • Davis, CA 95616 • (530) 754-7794

www.uccalfresh.org

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>.

"I enjoyed watching the meal being made. Now I can make healthy snacks and make better choices about using healthier foods."

—Eat Smart, Live Strong Participant,
Alameda County

"Class was very fun and educational, [I am] very excited to start trying/cook these recipes."

—Plan Shop Save Cook Participant,
Santa Clara County

Welcome New UC CalFresh Staff! Ryan Keeler, UC CalFresh State Office



Ryan Keeler has joined the UC CalFresh State Office team and will provide administrative support to the State Office and UC CalFresh counties. Ryan has a unique employment background of customer service and accounting in the banking industry, as well as time spent working in the foothills and Sierra Nevadas as a Utility Forester. In his free time he enjoys spending time in the great outdoors, watching sports, and occasionally attempting to play some of them. Ryan is happy to help with anything and can be reached by email crkeeler@ucdavis.edu, or phone at (530) 752-1735.

UC CalFresh Website Updates PEARS Support Page Updates

The following were added to the [Pears Support Page](#):

- * Entering Extenders with Multiple classes/groups
- * Entering Newsletters
- * Reporting RYD Day of Action

FFY2018 Schedule for Closing Evaluation Portals and Results Distribution.

Please refer to the UC CalFresh website on the [Evaluation Webpage](#) for scheduled dates.

Upcoming UC CalFresh Trainings

PEARS Office Hours for UC CalFresh

Please join the UC CalFresh evaluation team in monthly PEARS Office Hours focused on PEARS Users within UC CalFresh. Angie Keihner, Barbara MKNelly, and Jennifer Quigley will be available to provide technical hands-on assistance. All of the questions asked during these sessions become part of an FAQ document posted to our website: [Frequently Asked Questions](#)



Office Hours September 4 th , 2018 from 1– 2 pm	Office Hours October 2 nd , 2018 from 1– 2 pm
Web Conference Information: PARTICIPANTS: click here to join the meeting: https://cc.readytalk.com/r/hsp1x8cl0gxc&eom	Web Conference Information: PARTICIPANTS: click here to join the meeting: https://cc.readytalk.com/r/1lzzpu4a4ith&eom
Audio Conference Information: Dial-In Number: U.S. Toll: 303.248.0285 Access Code: 7544137	Audio Conference Information: Dial-In Number: U.S. Toll: 303.248.0285 Access Code: 7544137
For technical support: https://support.readytalk.com/SP/?src=ccical-h	For technical support: https://support.readytalk.com/SP/?src=ccical-h

UC CalFresh Town Hall, August 21st

The next UC CalFresh Town Hall is August 21, 2018 from 12:30 PM to 2:00 PM. Topics this month will include:

- * State Office administrative/fiscal team providing brief updates and reminders regarding the FFY 2018 fiscal close
- * State Office program team offering curriculum updates and a review of the process for adding curricula to the UC CalFresh and California SNAP-Ed Integrated Curricula lists
- * UC CalFresh Shasta County presenting the partnership with the Redding School District to increase school lunch participation
- * Lastly, the State Office will be providing programmatic and administrative updates.

Web Login:

Link: <https://cc.readytalk.com/r/8ysci9bum2iq&eom>

Security Passcode: apple1

Dial-In:

Toll Phone: 303.248.0285

Access Code: 7544137

Note: Using a landline to call in is recommended.

Attendance is highly encouraged. If you are unable to attend, please notify your supervisor. If you have any questions ahead of time, please submit them in advance to Rolando Pinedo at rgpinedo@ucdavis.edu to ensure that they will be addressed during the webinar. Town Hall Meetings are recorded and uploaded to our [website](#). If you experience any challenges in accessing the Town Hall Meeting, please call (530) 752-8904 for assistance.

Items Available for UC CalFresh County Programs

Nutrition Education Reinforcement Items for UC CalFresh County Programs

The State Office has a limited quantity of nutrition education reinforcement items and lesson enhancements available for UC CalFresh County Programs, listed below. These items would be in addition to your previous order request, which is part of Statewide Coordinated Ordering for the program.

Quantity	Item	Notes
480	EatFit Brochure packs	
50	Measuring Cup Sets	
276	Measuring Spoon Sets	
38	My Healthy Plate Eating Made Easy Handout Pads	
18	My Healthy Plate Platemat Pads	
500	Reusable Shopping Bags	
30	UC CalFresh Nutrition Corner Bulletin Board Borders	
1	African American "Building a Healthy Body and Soul" Banner	
19	SLM Marketing Cafeteria Kits	
23	Rolls of Active Kids My Plate Stickers	
9	Team Nutrition Popular Event Booklets	
2	Rolls of My Plate Stickers	
1	Discover MyPlate Curriculum: Nutrition Education Guide for Kindergarten	English
1 pack of 25	Discover MyPlate Student Workbook for Kindergarteners	English
1 pack of 50	Discover MyPlate Parent Newsletters	English
1	Discover Emergent Readers: Teacher's Edition	Spanish
100 pack	Friendship Pocket Handout (8.5X11 Handout)	English
25	Discover MyPlate Vegetables Booklet	English
25	Discover MyPlate Fruits Booklet	English
25	Discover MyPlate Meal Booklet	English
25	Discover MyPlate Protein Booklet	English
25	Discover MyPlate Dairy Booklet	English
25	Discover MyPlate Grains Booklet	English

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). 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.

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.

UC CalFresh in Action!

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 \(rlbrock@ucanr.edu\)](mailto:rlbrock@ucanr.edu) if you have any questions.

Articles & Research

How to Read a Food Label, New York Times

Food labels can seem perplexing, and people often read them with an eye toward different things. Whether you are looking to limit your sugar, cut calories or increase your fiber intake, a new article in the New York Times provides a guide to help you make sense of the numbers, ingredients, and nutritional information packed onto that tiny box.

A thorough and comprehensive guide to food labels, the article includes information and guidance for understanding and using information on packaged foods. The article discusses nutritional information and the ingredients list, reference points for using this information (e.g., aim to eat around 2,000 calories a day as a reference for the calories in the food), front labels, health claims, certifications (“organic,” “animal welfare approved,” etc.), and more. It also includes a helpful breakdown and comparison of updates to the food label. In May 2016, the F.D.A. announced that the Nutrition Facts panel would be updated to reflect the latest nutrition science and to better equip consumers to make informed food choices. It’s already on thousands of products, and it will be on all packaged foods by Jan. 1, 2021 at the latest. Below are changes included in the updated food label.

General

- * Added sugars are now listed as separate from total sugars. The distinction aligns with the [2015-2020 Dietary Guidelines for Americans](#), which supported limiting added sugar to no more than 10 percent of total daily calories in order to reach other nutritional needs and stay within recommended daily calorie limits.
- * Larger font size for calories, servings per container and serving size.
- * Bolding the number of calories and serving size.
- * Updating what a serving size is to reflect how people actually eat, rather than the aspirational (recommended) serving size. Normal serving sizes have increased substantially compared with when the panel was first published in 1994. Ice cream is one of the most commonly misrepresented products: A standard serving had been ½ a cup, yet few among us break out the measuring cup or exercise that level of self-control. Now, 2/3 cup is considered the more realistic reference amount. And if you’re drinking a 20-ounce bottle of soda, you may actually be downing 65 grams of sugar (well above the amount recommended for an entire day), not the 26 grams that might have been noted for one 8-ounce “serving.”
- * Providing “dual column” labels, which offer the nutrition profile for both a serving and a package, when a product is large enough that it could either be consumed all at once or over multiple sittings. If a bag of chips is the size often sold at a deli to accompany a sandwich (3 ounces), how many of us considers that bag three servings? The new label reveals that the whole bag might contain 420 calories, in addition to noting 140 calories per “serving.”
- * Removing calories from fat. More recent studies have shown that it’s the type of fat (trans fat and saturated fat vs. monounsaturated and polyunsaturated fats) that matters more than the number of grams ingested.
- * Changing the footnote to better explain what Percent Daily Value means.
- * Revising Daily Values for sodium, dietary fiber and vitamin D.

Noteworthy changes to vitamins/minerals:

- * Vitamin D and potassium are now listed. Surveys conducted by the Centers for Disease Control and Prevention have found that many Americans don’t get [enough of these micronutrients](#).
- * Vitamins A and C are no longer required to be listed. Although deficiencies of both were found in American diets in the early 1990s, the F.D.A. has determined that those are now rare.
- * Calcium and iron continue to be listed.

Read the full article [here](#).

Education & Resources

ToP Secrets of Implementation (TSI) for SNAP-Ed LIAs

The California SNAP-Ed Statewide Training team (CSST) is pleased to announce the ToP Secrets of Implementation (TSI) for SNAP-Ed LIAs training which will be held in each service area. The full-day training will provide a road map to sustaining and implementing plans. TSI will cover the four (4) stages of plan implementation. Participants will learn ways to keep plans and projects alive, relevant, and achievable. Interested participants can register [here](#).

- Fresno – August 23
- Redding – August 28
- Riverside – August 29
- Oakland – August 30
- Sacramento – September 4
- Santa Ana – September 5
- Salinas – September 11

Visit the [SNAP-Ed Training and Events Calendar](#) to register and for more information. Questions? Contact Nakendra Abner at 916-445-5303 or Nakendra.Abner@cdph.ca.gov.

More information about the TSI training, including the training flyer, is available on the [SNAP-Ed Training and Events Calendar](#) and the [Statewide Regional Support](#) webpages. If you have any questions, please contact Nakendra Abner at 916-445-5303 or Nakendra.Abner@cdph.ca.gov.

Nutrition Updates Webinar—Dietary Supplements: *When They May Help—or Hurt*

Join Rachel Scherr, PhD, an Assistant Research Scientist at the University of California, Davis as she presents up-to-date research evidence and recommendations about dietary supplements and coverage in the popular media.

Date: September 4, 2018

Time: 11:00 AM – 12:30 PM

Registration: Webinar Pre-Registration is required: <https://cc.readytalk.com/r/pkyjut8jxwmq&eom>

Youth Leadership Cohort Training

See the 8/13/2018 UC CalFresh Weekly Update email for the attached flyer

Overview: This cohort is geared towards sites that are interested in exploring or are already implementing a youth engagement strategy other than Youth-Led Participatory Action Research (YPAR). Staff members may be interested in or already facilitating enhanced youth leadership and engagement opportunities within Peer-to-Peer nutrition or physical activity education, Teen-as-Teachers programming, the Smarter Lunchrooms Movement (SLM), Student Nutrition Action Committees (SNACs), Youth-led Farmers Markets, and/or other strategies. As a part of this cohort, participants will receive training, coaching support and peer-learning opportunities focused on youth leadership strategies. This interactive training will provide a foundation for a empowering youth in your existing programs for the upcoming school year.

Date: September 11th, 2018

Location: Davis, CA

Time: 9:30 AM – 4:00 PM

Registration: <https://www.surveymonkey.com/r/LeadershipCohortTraining>

2018 Promising Practices Exchanges

The 2018 Promising Practice Exchanges (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. Upcoming dates include:

Service Area: **SF Bay Area**

Date: September 11

Location: Redwood City

Theme: Creating Health Equity in the Bay Area

Training Consultant: Jessica.Byers@cdph.ca.gov

Service Area: **Central Valley**

Date: September 19

Location: Merced

Theme: [Food Matters- Improving Food Access and Security in the Central Valley!](#)

Training Consultant: christine.bilbrey@cdph.ca.gov

(continued on next page)

Education & Resources *(continued)*

2018 Promising Practices Exchanges *(continued)*

Service Area: **Greater Los Angeles**

Date: September 24

Location: Los Angeles

Theme: [PSE Efforts in the Areas of Eat, Live \(Pray\), and Shop](#)

Training Consultant: Nakendra.Abner@cdph.ca.gov

Service Area: **Central Coast**

Date: September 27

Location: Seaside

Theme: [Building Healthy and Equitable Communities](#)

Training Consultant: Sandy.Fagin@cdph.ca.gov

If you are interested in attending a PPE in your service area, click on the 'theme' links or visit the [CA SNAP-Ed Training and Events Calendar](#) to register. If you have any questions, please contact the appropriate Training Consultant.

UC CalFresh, UC ANR & Partner Employment Opportunities

Area CE Youth, Family & Communities Advisor (AP#17.19), Imperial County

Posted on July 6, 2018-Closing on August 20, 2018

[Apply](#)

Community Education Specialist 2 Kings County

Posted on August 8, 2018-Closing on August 22, 2018

[Apply](#)

Nutrition, Family and Consumer Sciences - Area CE Advisor, Fresno/Madera Counties

Posted on July 7, 2018—Closing on September 3, 2018

[Apply](#)

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 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 Kamaljeet Singh-Khaira, 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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