

## UC CalFresh Weekly Update August 20, 2018

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### 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	

#### 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](mailto: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.

# UC CalFresh Weekly Update August 20, 2018

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

## 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 learned about my kids and their growth and development. I learned how to teach my kids good habits and how to watch less television. I want to continue to learn more about how to communicate with my kids."

—Healthy Happy Families Participant,  
Tulare County

"[This class] has reinforced my observance of wholesome eating. And has given me more detailed food analysis facts. Thank you."

—Eat Smart, Live Strong Participant,  
Madera County

## Welcome New UC CalFresh Staff! Itzel Palacios Sanchez, CES I, UCCE Riverside

Itzel Palacios Sanchez first became affiliated with UC ANR during her internship as a student at CSU San Bernardino where she received a Bachelor's degree in Public Health Education. In her internship she became familiar with EFNEP with the help of the UC ANR staff in San Bernardino and assisted with the program curriculum delivery. Before interning in the San Bernardino office, she volunteered at Riverside Community Hospital through the COPE Health Scholars program. For a year and a half she learned how to help deliver quality patient care while also helping promote healthy lifestyles to the community at hospital community events and interacting with community members. Through her education and community involvement she became intrigued with the impact that nutrition has on the community. She hopes that as a nutrition educator with UC CalFresh she can make an impact on others and help provide those in the community with the opportunity to develop more life skills. She is very excited to learn everything and anything from her team and looks forward to contributing and helping the UC CalFresh team as much as possible. You can reach her at: [igpalaciossan@ucanr.edu](mailto:igpalaciossan@ucanr.edu)



## Keilani Cordero, CES II, UCCE Placer/Nevada Counties

Keilani Cordero is excited to join the UC CalFresh Nutrition Education Program in Placer/Nevada Counties. Previously, she worked as a student assistant for the CSU Center for Advancement of Reading and assisted with their Expository Reading and Writing Course. She recently graduated in May 2018 from Sacramento State earning her B.S. in FACS – Nutrition and Food. As a student, Keilani held various internships that inspired her to want to make a difference in her community by pursuing a career in community nutrition. Her first internship with the Food Literacy Center gave her an opportunity to work with K-6th graders in summer nutrition programs for low-income schools in Sacramento. For her community nutrition class field placement, she interned with the UCCE in San Joaquin County, where she enjoyed promoting healthy lifestyles in the Stockton community. In addition, she helped food insecure college students apply for CalFresh and find free food resources as a Sac State CalFresh Outreach Program intern. She looks forward to working with elementary school students and hopes to inspire students to make healthy choices as a Community Education Specialist 2. In her spare time, she enjoys listening to island reggae music and DIY projects. You can reach her at [kbcordero@ucanr.edu](mailto:kbcordero@ucanr.edu).



## Edith Duran, CES II, UCCE Butte Cluster

Edith Duran is excited to join the UC CalFresh Nutrition Education Program in the 5 County Butte Cluster. She will primarily be serving Colusa, Sutter, and Yuba Counties, which she describes as very close knit communities that hold family values closely. Edith hopes that by bringing nutrition education to schools, that entire families can begin to inject healthy habits in their everyday lives. This position gives her the freedom to be creative and mold the curriculum to assist individual needs of the community. During her time off, she enjoys hiking, playing and watching soccer, spending as much time as she can by the ocean, and exploring new places. You can reach her at [meduran@ucanr.edu](mailto:meduran@ucanr.edu).



## UC CalFresh Website Updates

### PEARS Support Page Updates

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

- \* Partnership Module Tip Sheet
- \* Coalitions Tip Sheet
- \* Entering Extenders with Multiple classes/groups
- \* Entering Newsletters
- \* Reporting RYD Day of Action

## 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 <sup>th</sup> , 2018 from 1– 2 pm	Office Hours October 2 <sup>nd</sup> , 2018 from 1– 2 pm
<b>Web Conference Information:</b> PARTICIPANTS: click here to join the meeting: <a href="https://cc.readytalk.com/r/hsp1x8cl0qxc&amp;eom">https://cc.readytalk.com/r/hsp1x8cl0qxc&amp;eom</a>	<b>Web Conference Information:</b> PARTICIPANTS: click here to join the meeting: <a href="https://cc.readytalk.com/r/1lzzpu4a4ith&amp;eom">https://cc.readytalk.com/r/1lzzpu4a4ith&amp;eom</a>
<b>Audio Conference Information:</b> Dial-In Number: U.S. Toll: 303.248.0285 Access Code: 7544137	<b>Audio Conference Information:</b> Dial-In Number: U.S. Toll: 303.248.0285 Access Code: 7544137
<b>For technical support:</b> <a href="https://support.readytalk.com/SP/?src=ccical-h">https://support.readytalk.com/SP/?src=ccical-h</a>	<b>For technical support:</b> <a href="https://support.readytalk.com/SP/?src=ccical-h">https://support.readytalk.com/SP/?src=ccical-h</a>

## 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 \(rgpinedo@ucdavis.edu\)](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).

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## UC CalFresh in Action!

### Tulare County Learns to CATCH!, UCCE Tulare County

Nutrition Educators, Maria Gutierrez and Sue Lafferty are leading a CATCH movement in Tulare/Kings County! The duo has facilitated four CATCH trainings and has trained a total of 110 school educators. Two of the CATCH trainings were for Kaweah Delta Early Childhood Educators. The third CATCH training was to support UC CalFresh in Kern County, and their most recent training was for Tulare County Office of Education CHOICES After School Program. Our UC CalFresh nutrition team is excited to support school educators to implement CATCH.

UC CalFresh Tulare/Kings County had a lot of fun training CHOICES After School Program in the CATCH Kids Club. Participants learned that CATCH is all about bringing people together to create a healthy environment for kids and helping them develop healthy habits early in life. After gaining an understanding of CATCH, participants learned how to utilize their new CATCH boxes and participated in many Go Activities (see below). Participants were also introduced to the Behavior Management Strategies to successfully implement the activities. Most importantly they learned that CATCH is fun, it engages the students in moderate-to-vigorous physical activity, and every student gets the opportunity to practice skills!

The success of the CATCH training was confirmed by a board member of the council in Terra Bella, "This training was great. We've wanted structured play at our school. We're excited to bring this to our site!" Participants completed the training and are excited and ready to successfully implement CATCH Kids Club at their sites.



Nutrition Educators, Maria Gutierrez and Sue Lafferty ready to facilitate the CATCH Training.



CHOICES After-School Program educators with their new CATCH Activity Boxes and ready to implement CATCH Kids Club.



Participants playing musical hoops.

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



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## Articles & Research

### Heart doctors recommend less screen time, sedentary behavior for kids

(Reuters Health) - When it comes to childhood obesity, sedentary behavior may be the most influential and controllable factor that parents can change, especially through managing screen time, according to a new American Heart Association Science Advisory. In particular, the AHA Obesity Committee recommends removing TVs and other screens from bedrooms and excluding them from meal times, creating daily “device-free” time, encouraging outdoor play and for parents to enforce appropriate screen time by modeling these behaviors themselves.

“We’ve seen such dramatic changes in the nature of screen-based recreational devices in the last 10 years, and our behaviors are quite different, too,” said lead author Tracie Barnett of the National Institute of Scientific Research in Quebec, Canada.

Sedentary behavior is more than an absence of physical activity, the authors note in the journal *Circulation*. It includes time spent watching TV, reading and riding in a car. Increased sedentary time, including screen time and sitting time, is associated with an increased risk of heart disease, diabetes and obesity, the authors write. Obesity now affects 1 in 6 children and adolescents in the U.S., according to the Centers for Disease Control and Prevention. Current guidelines recommend limiting screen time to less than two hours per day, yet with the number of screens used both at home and at school, researchers are looking at sedentary behavior and physical activity for answers.

“Since we have portable devices, you might think we’re using them while standing or moving, but the sedentary behaviors are still there,” Barnett told Reuters Health by phone. “And we’re learning more about what happens when we have multiple screens, such as a TV and a phone.”

The committee looked at recent research around sedentary behavior, childhood obesity, heart health outcomes and interventions that change screen time. They note that traditional TV watching at home has decreased among children and teens, but screen time has increased, and kids are using other devices around the house to watch movies or online videos, play games and chat with others. A 2015 study by nonprofit organization Common Sense Media found that U.S. teens spend 6 hours 40 minutes per day on screens, including about two hours of TV, and younger kids spend just over 4.5 hours per day on screens. Screen time rises substantially as children enter their teen years, and girls and minorities tend to log slightly more time on screens. Previous studies found that decreasing screen time, both at school and at home, reduced sedentary behavior. The most successful interventions incorporated more parental involvement and structural changes in the home environment.

“Most people are starting to realize this is a serious problem, particularly in this country,” said Jennifer Roberts of the University of Maryland in College Park, who wasn’t involved in the advisory. “When we’re sedentary at work and home and try to cram in a 45-minute gym session, that’s already a challenge,” she told Reuters Health by phone. “How can we incorporate physical activity into our lives where we achieve some movement by getting from Point A to Point B?”

Ultimately, the AHA Obesity Committee writes, future research should look at specific screen time and give device-specific guidelines. Also, scientists must look at the new patterns of binge-watching streaming TV services and using several devices at the same time. “We need to emphasize face-to-face interactions, prioritize time outdoors and create supportive environments with parks and walkable streets,” Barnett said. “Instead of limiting screen time, prioritize other activities that will have a positive impact on overall screen time.”

Source: [bit.ly/2P62fkg](https://bit.ly/2P62fkg) *Circulation*, online August 6, 2018.

## Education & Resources

### California SNAP-Ed Peer Exchange Program



**The Peer Exchange Program can connect you with an LIA peer via Phone Call, Web-Based, or In-Person**

#### Join the California SNAP-Ed Peer Exchange Program!

*The Peer Exchange Program can:*

- \* Put you in touch with another agency working on the same topic or same setting as you
- \* Help set-up, plan, and facilitate your exchange
- \* Provide conference call lines or web-based meeting software
- \* Provide travel grant funds for in-person meetings

*We are recruiting Mentors and Mentees now!* Sign up with our [Peer Exchange Program Application](#)  
Want to learn more? Visit our [Peer Exchange Program Website](#) or contact [Michael.Beccarelli@cdph.ca.gov](mailto:Michael.Beccarelli@cdph.ca.gov)

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## Education & Resources *(continued)*

### 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](mailto: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](mailto: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 11<sup>th</sup>, 2018

**Location:** Davis, CA

**Time:** 9:30 AM – 4:00 PM

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

### Making a Difference: Including Individuals with Disabilities

*See the 8/20/2018 UC CalFresh Weekly Update email for the attached flyer*

Mark your calendars! The California Department of Public Health (CDPH) and National Center on Health, Physical Activity and Disability (NCHPAD) are partners in bringing you a webinar series to positively impact local SNAP-Ed work and make a difference in the lives of **all** community members.

In this three-part webinar series, you will learn knowledge, skills, and abilities to effectively integrate the health needs of people with disabilities in local SNAP-Ed programs and services. Attend all webinar sessions to learn about tips and resources to best benefit your SNAP-Ed work.

**Episode 1:** An Introduction to Inclusion of People with Disabilities in SNAP-Ed on Wednesday, September 12, 2018, 10:00am - 11:30am PDT [Register Here](#)

**Episode 2:** How to Adapt Your SNAP-Ed Work for Individuals with Disabilities on Tuesday, October 23, 2018, 10:00am - 11:30am PDT [Register Here](#)

**Episode 3:** Implementing and Sustaining Inclusion in Your SNAP-Ed Work on Monday, December 3, 2018, 10:00am - 11:30am PDT [Register Here](#)

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## Education & Resources *(continued)*

### 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 and are designed to foster local connections and develop learning communities regionally. 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](mailto: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](mailto:christine.bilbrey@cdph.ca.gov)

Service Area: **North Coast and Cascades**

Date: September 20

Location: Redding

Theme: [Creating Healthy Communities Through Schools](#)

Training Consultant: [leann.timbrook@cdph.ca.gov](mailto:leann.timbrook@cdph.ca.gov)

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](mailto: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](mailto: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.

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## 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](#)

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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 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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*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.*

