

## UC CalFresh Weekly Update August 27, 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  |     |

#### Healthy Snack Day is next week!

On Wednesday, August 29th, over 350 agencies and organizations across California will host Healthy Snack Day. Below is a pre-event checklist and some social media reminders.

This Statewide Day of Action is supported by the Healthy Snack Day Event Box, a no cost, supplemental resource available to LIAs and CBOs.

If you have questions, please contact [C4C\\_PR@RescueAgency.com](mailto:C4C_PR@RescueAgency.com)

#### Pre-Event Checklist

- \* **List your event on the Interactive Virtual Map [here](#).**

The Virtual Map allows you to see where your fellow hosts are holding Healthy Snack Day Events! This quick and easy form provides free publicity for your event.

- \* **Reread the Event Guide and be ready to take it with you to your event.**

This guide is full of great information to wow your attendees. It will be your best and quickest resource for any on-site questions. The guide is available on the [Healthy Snack Day Resources page](#).

- \* **Rehearse the scripts and talking points in the Event Guide.**

On pages 8-10 of the Event Guide are important talking points and scripts you can use with guests at your event. Become familiar with them and use them in your own words when talking to event attendees.

#### Social Media Reminders

- \* Use the sample social media posts provided in your box and on the [Healthy Snack Day Resources page](#) to spread the word about your event
- \* Plan to take LOTS of pictures and send your top five favorites to [C4C\\_PR@rescueagency.com](mailto:C4C_PR@rescueagency.com)
- \* Use the hashtags #HSD2018 or #HealthySnackDay on social media
- \* Follow [CA Champions for Change](#) on Facebook and feel free to share any of our posts!

## UC CalFresh Weekly Update August 27, 2018

### 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 that] It's better to eat fresh food and it's easy, too. [I also learned that I should] cut down on salt and sugar, use more herbs and spices!"

—Eat Healthy, Be Active Participant,  
Fresno County

"I learned how to compare unit prices before shopping. I also learned that is easy to go shopping with a grocery list."

—Plan shop Save Cook Participant,  
Santa Clara 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 brining 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

### UC CalFresh Website Updates

#### Youth Curricula Evidence-Based Summaries

Five new evidence-based summaries have been added to [Evidence-based Summaries Page](#), for curricula including:

- \* Go, Glow, Grow (GGG)
- \* Happy Healthy Me...Moving, Munching and Reading Around MyPlate (HHM)
- \* My Amazing Body (MAB)
- \* Good for Me and You (GMY)
- \* It's My Choice...Eat Right! Be Active (IMC)

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## UC CalFresh Website Updates *(continued)*

### August 2018 Town Hall slides and recording

The slides and recording for the August 2018 Town Hall have been posted to the [Town Halls Webpage](#).

### CATCH PE 3-5 Grade Pacing Guide

The CATCH PE 3-5 Grade Pacing Guide was added to the [Physical Activity Resources Page](#).

### Lesson Observation Tool

The Lesson Observation Tool was updated and can be found under Resources and Tools on the [Curriculum Page](#).

## 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 McNelly, 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](#)

September 4<sup>th</sup>, 2018 from 1– 2 pm

#### Web Conference Information:

PARTICIPANTS: click here to join the meeting:  
<https://cc.readytalk.com/r/hsp1x8cl0qxc&eom>

#### 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>

## 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](https://HealthyEating.org/FoodGallery).

## UC CalFresh in Action!

### Making Every Dollar Count Participants Show Off Talents, UCCE Kings County

UC CalFresh in Kings County joined forces with Corcoran Family Resource Center to engage parents in advancing their skill set. Adult Nutrition Educator, Maria Carbajal uses Making Every Dollar Count (MEDC) curriculum to promote life skills for limited resource families in Kings County. Creativity was incorporated in *Lesson 3: Stretch Your Dollars* of Making Every Dollar Count to encourage participants to learn and understand the importance of saving and managing their finances. To help participants identify how they can use their personal talents and community resources to stretch their dollars, Maria Carbajal spruced up the class with a talent show!



Participant showcasing her home-made dress.

To inspire and engage participants in a fun and interesting way, they were encouraged to showcase their personal skill and share with the class. Baskets made from recycled newspaper, crocheting, hand-made dresses, and home-made cultural meals were among some of the talent that was showcased. The talent show sparked a conversation about motivation. Participants were asked about their motivation for behind their personal talent and how they can use their talent to benefit them financially. One participant shared, "My son motivates me to use my talent and sell my baskets. My son takes pride in what I do and most of the time he advertises my work to his friends or anyone he meets." The talent show was a fun and exciting approach that allowed participants to showcase creativity in the classroom while also learning the importance of stretching their dollars.



Participant showcasing her homemade baskets made of recycled newspaper.

This idea originated from Alice Escalante, Adult Nutrition Educator in Tulare County. Alice trained Maria Carbajal and shared all her creative ideas that have been effective in invigorating her nutrition classes.

### 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.

## Articles & Research

### Best Practices and Innovative Solutions to Overcome Barriers to Delivering Policy, Systems and Environmental Changes in Rural Communities

To better understand the barriers to implementing policy; systems; and environmental (PSE) change initiatives within Supplemental Nutrition Assistance Program-Education (SNAP-Ed) programming in U.S. rural communities; as well as strategies to overcome these barriers, this study identified: (1) the types of nutrition-related PSE SNAP-Ed programming currently being implemented in rural communities; (2) barriers to implementing PSE in rural communities; and (3) common best practices and innovative solutions to overcoming SNAP-Ed PSE implementation barriers. This mixed-methods study included online surveys and interviews across fifteen states. Participants were eligible if they: (1) were SNAP-Ed staff that were intimately aware of facilitators and barriers to implementing programs, (2) implemented at least 50% of their programming in rural communities, and (3) worked in their role for at least 12 months. Sixty-five staff completed the online survey and 27 participated in interviews. Barriers to PSE included obtaining community buy-in, the need for relationship building, and PSE education. Facilitators included finding community champions; identifying early "wins" so that community members could easily see PSE benefits. Partnerships between SNAP-Ed programs and non-SNAP-Ed organizations are essential to implementing PSE. SNAP-Ed staff should get buy-in from local leaders before implementing PSE. Technical assistance for rural SNAP-Ed programs would be helpful in promoting PSE.

Read the full article [here](#).

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## Education & Resources

### Coming Soon: National Farm to School Month!

National Farm to School Month is right around the corner, and now is the time to start planning celebrations for your school and community! Every October, thousands of students, teachers, farmers, food producers, food enthusiasts and families celebrate the connections happening all over the country between children and local food. Join us!

Here are several resources to get your planning started:

- \* Find activity suggestions in the [About National Farm to School Month fact sheet](#)
- \* Download and print [posters](#), [stickers](#) and [bookmarks](#)
- \* Get creative with National Farm to School Month coloring pages
- \* Check out our National Farm to School Month [calendar](#) and see what events are happening in your community (Hosting an event? Submit it to the calendar!)
- \* Host a farm to school [site visit](#) for your legislators
- \* Ask your governor or mayor to sign a Farm to School Month [proclamation](#) (learn more in our [upcoming webinar](#))
- \* Recognize farm to school champions with an [award](#)
- \* Sign on your organization/school to be a National Farm to School Month [outreach partner](#) and help spread the word

[Find More Ideas](#)

### NEW Programs and Policy Equity Assessment Tool

The National Farm to School Network is pleased to share a new equity assessment tool, the Programs and Policy Racial and Social Equity Assessment Tool, which aims to help NFSN staff and partner organizations assess the implications of specific programming and policy advocacy on advancing racial and social equity.

The Equity Assessment Tool has two principal goals: (1) to help staff refine their racial and social equity priorities, and (2) to assess the implications of specific programming and policy advocacy on advancing racial and social equity, ensuring these opportunities are maximized. We aim for this tool to support our organization and our partners in making meaningful strides to advance racial and social equity in farm to school work across the country.

[Learn more](#)

### Evergreen Packaging and Kids Gardening Present the 5th Annual Carton 2 Garden Contest



Open nationwide to public and private schools, grades PreK-12, contest winners will be selected based on their implementation of an innovative garden creation featuring creative and sustainable uses for repurposed milk and juice cartons. This year, we're awarding fifteen prizes, including a \$5,000 grand prize!

Start your school year by collecting at least 100 empty cartons from your home, community, or cafeteria. Then encourage your students to get creative! We can't wait to see your project. **Entries are due by Monday, March 25, 2019 but are accepted on a rolling basis.**

[Register your interest to participate](#) and receive access to an exclusive collection of online lesson plans inspired by past winners. Designed to integrate your Carton 2 Garden project into your classroom, these lessons explore STEM, health and nutrition, art, and environmental stewardship.

Learn more [here](#).

### California SNAP-Ed Peer Exchange Program

Looking for ideas  
or assistance  
from a peer?



Able to share your  
expertise with a  
peer?

**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](#).

- **August:** Redding – August 28; Riverside – August 29; Oakland – August 30
- **September:** 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).

### 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>

### Comprehensive Programming and Inquiry Education Training

In this two-day, interactive workshop, participants will learn the components that go into a comprehensive programming framework, develop a solid foundation in the guided inquiry educational approach, experience several inquiry-based lessons from a variety of curricula.

| September 11 and 12, 2018   | September 25 and 26, 2018   |
|---|---|
| UC Davis Student Community Center<br>Meeting Room D<br>1 Shields Ave<br>Davis, CA 95616 | UC Merced Fresno Center Tulare/Madera/Kings Room<br>550 E. Shaw Ave.<br>Fresno, CA 93710<br><i>Fresno course has reached capacity, a waitlist is available.</i> |

To register, please visit: [https://ucdavis.co1.qualtrics.com/jfe/form/SV\\_5ANilJQbvyqwZSd](https://ucdavis.co1.qualtrics.com/jfe/form/SV_5ANilJQbvyqwZSd)

Questions: Please email Melanie Gerdes ([magerdes@ucdavis.edu](mailto:magerdes@ucdavis.edu)) or Anna Jones ([anajones@ucdavis.edu](mailto:anajones@ucdavis.edu)).

### Making a Difference: Including Individuals with Disabilities

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

The California Department of Public Health and National Center on Health, Physical Activity and Disability 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)*

### Save the Date—CATCH ECE (Pre/K) Training Academy

See the 8/27/2018 UC CalFresh Weekly Update email for the attached flyer

**Date:** October 23 – 25th, 2018

**Time:** 8am – 4pm

**Location:** UC Davis Student Community Center Multi-Purpose Room (upstairs), 397 Hutchison Dr., Davis, CA 95616

**Overview:** It's time to "catch" on to the *movement* by participating in the CATCH ECE (Pre/K) Training Academy in Davis, CA! During this training, you will learn practical skills necessary to implement physical activity into the UC CalFresh Nutrition Education Program using the CATCH ECE Program.

**Who should attend:** We encourage any staff, including program supervisors and advisors, who have NOT been certified as CATCH ECE Trainers to register. *Space will be limited to 2 staff members per county/county cluster.*

Additional staff will be added to a waitlist upon request. Please email your questions to Michele Byrnes

([mnbyrnes@ucdavis.edu](mailto:mnbyrnes@ucdavis.edu)). Thank you.

**Registration:** Coming soon!

### 2018 Promising Practices Exchanges

The 2018 Promising Practice Exchanges (PPEs) 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.

Service Area/Location: **SF Bay Area** – Redwood City

Date: September 11

Theme: Creating Health Equity in the Bay Area

Training Consultant: [Jessica.Byers@cdph.ca.gov](mailto:Jessica.Byers@cdph.ca.gov)

Service Area/Location: **Central Valley** – Merced

Date: September 19

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/Location: **North Coast and Cascades** – Redding

Date: September 20

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

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

Service Area/Location: **Greater Los Angeles** – Los Angeles

Date: September 24

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/Location: **Central Coast** – Seaside

Date: September 27

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

### 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 [eeegelski@ucdavis.edu](mailto:eeegelski@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.



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Agriculture and Natural Resources ■ Nutrition Education