

UC CalFresh Weekly Update September 17, 2018

Contents

Upcoming Events & Deadlines

- * UC CalFresh Town Hall, September 18th
- * Trust for America's Health 4-Part Webinar Series: Taking Action to Promote Health Equity

UC CalFresh Success Stories

- * Eating Smart Being Active Participant, Fresno County
- * Plan Shop Save Cook Participant, Placer County

Welcome New UC CalFresh Staff!

- * Theresa Reynolds, Dietetic Intern, UCCE SLO and Santa Barbara Counties

UC CalFresh Website Updates

- * CA SNAP-Ed Physical Activity Resource Guide
- * Examples: Coalitions and Partnership Examples for PEARS reporting
- * PEARS Closing Dates for FFY 2018
- * Town Hall Schedule for FFY 2019

Smarter Lunchrooms Movement of California

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

UC CalFresh in Action!

- * 2018 Challenge Awardees, UCCE San Luis Obispo and Santa Barbara Counties
- * Nutrition and Food Questions Web Page

Articles & Research

- * Analysis of Supplemental Nutrition Assistance Program Education (SNAP-Ed) Data for All States

Education & Resources

- * Role of Law and Policy to Increase Fruit and Vegetable Intake — Report and 9/27 Webinar
- * Food Safety Education Month Resource
- * Two Ways to Participate at the LIA Forum!
- * Childhood Obesity Conference Registration/Poster and Roundtable Registration Now Open
- * Coming Soon: National Farm to School Month!
- * Save the Date—CATCH ECE (Pre/K) Training Academy
- * Making a Difference: Including Individuals with Disabilities
- * Child Feeding Community of Practice Webinar, October 25th
- * 2018 Promising Practices Exchanges

Upcoming Events & Deadlines

September 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						

UC CalFresh Town Hall, September 18th

The next UC CalFresh Town Hall is September 18th, 2018 from 12:30 PM to 2:00 PM. Topics this month will include:

- * **Dairy Council of California** will discuss their role in nutrition education, and discuss building county partnerships.
- * The State Office will provide **information to conclude FFY 2018 documentation and reporting.**
- * The State Office will be providing programmatic and administrative updates.

Web Login:

Link: <https://cc.readytalk.com/r/4a0nw1wjgokf&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.

Trust for America's Health 4-Part Webinar Series: Taking Action to Promote Health Equity

Trust for America's Health's (TFAH) is launching a 4-part webinar series called Taking Action to Promote Health Equity—Using the Lessons from Cutting-Edge Practices to Improve Health and Well Being. The goal is to highlight some of the most compelling and replicable activities that help advance health equity. Speakers will share lessons learned through practice and experiences that are transferable to diverse community settings - large or small, urban or rural and with substantial or minimal resources.

TFAH designed the series so you can participate in all, or any, of the four webinars. When the series is over, they will be available for on-line listening. Each segment is being planned with time for questions and answers. Anyone working in public health, advocacy, community-based systems, education, housing, hunger, insurers, and local and state health officials should join.

The first webinar, *Lessons from The California Endowment's Building Healthy Communities Project*, is **Tuesday, September 18th**, at 10:30 am. Register [here](#). Closed captioning is available.

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 took the course with my daughter, and my daughter started to get motivated to cook healthy food and try new things. When we go grocery shopping, she is more vigilant and pays more attention to what she buys and if it has a lot of sugar. Thank you."

—Eating Smart Being Active Participant,
Fresno County

"[This class] has helped me to plan my meals and shopping list and to choose better, healthy food options."

—Plan Shop Save Cook Participant,
Placer County

Welcome New UC CalFresh Staff!

Theresa Reynolds, Dietetic Intern, UCCE SLO and Santa Barbara Counties



UC CalFresh in San Luis Obispo & Santa Barbara Counties welcomes Theresa Reynolds to their team for the next four weeks. Theresa is a dietetic intern through Cal Poly San Luis Obispo and will be working with our Youth, Families and Communities programs. Theresa graduated from Saint Louis University with a degree in nutrition and dietetics with an emphasis in culinary arts. She has been living in Juneau, Alaska for the past four years where she had the opportunity to work with the University of Fairbanks' Cooperative Extension. Her time there is the reason she elected a UC Cooperative Extension rotation. During her time with cooperative extension in Alaska, she got to see firsthand the positive impact of nutrition education programming. She is really looking forward to her time with UC CalFresh and the Master Food Preservers. She is inspired by the school nutrition programs, the volunteer network of the food preservation program, the support of school gardens and so much more!

UC CalFresh Website Updates

CA SNAP-Ed Physical Activity Resource Guide has been updated. It can be found on the [Physical Activity Resources page](#), under the Resources tab.

Examples: Coalitions and Partnership Examples for PEARS reporting were added on the [PEARS > FFY 2018 PEARS Training and Support Materials page](#), under the Administrative tab.

PEARS Closing Dates for FFY 2018 were added on the [PEARS page](#), under the Administrative tab. See the 9/20/2018 UC CalFresh Weekly Update email for the attached flyer.

PEARS Closing Dates for FFY 2018

DATE	TASK	DESCRIPTION
SEPTEMBER 30, 2018	PEARS Data entry target date for 2018 activities. <i>Note: services delivered through 9/30 can be entered up until 10/10</i>	Please complete as much of the FFY 2018 programmatic data entry by this date. State Office staff will be working with counties to complete a final check of the data between September 30 – October 15, 2018
OCTOBER 10, 2018	PEARS Data entry deadline for local implementing agencies.	PEARS FFY 18 Closes for edit / entry. All data must be completed.
OCTOBER 18, 2018	PEARS FFY19 Opens	Begin Data entry for FFY 2019 October 1, 2018 – September 30, 2019

Town Hall Schedule for FFY 2019 was updated under Town Halls on the [Training Page](#).

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!

2018 Challenge Awardees, UCCE San Luis Obispo and Santa Barbara Counties

Congratulations to the UC Cooperative Extension Department in San Luis Obispo County and the Agriculture Department in Santa Barbara County, who received a joint merit award for the UCCE Youth, Families, and Communities Program's Co-Creating Youth Advocacy for Healthy Communities.

This award from the California State Association of Counties (CSAC) recognizes UCCE's unique programming and impacts, as well as their meaningful partnership with county governments. CSAC's annual statewide program honors innovation and best practices in county government. This year, CSAC received 267 entries. An independent panel of judges with expertise in county programs selected the award recipients. To see UCCE's and the other selected programs' executive summaries, go to the [CSAC website](#).

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.

Articles & Research

Analysis of Supplemental Nutrition Assistance Program Education (SNAP-Ed) Data for All States

The USDA recently published a report analyzing SNAP-Ed programming throughout the country. The study had five objectives for each State: (1) assess adherence of planned programming to what was delivered, (2) assess the variation in planned costs versus actual expenditures, (3) identify programs commonly used by States, (4) determine how States are using interventions from the SNAP-Ed toolkit and using the Evaluation Framework guidance, and (5) assess if SNAP-Ed reporting collects needed information to determine performance. The data analyzed came from three types of State SNAP-Ed documentation in Fiscal Years (FY) 2014-16: (1) State Plans and associated amendments and approval letters, (2) Annual Reports, and (3) Education and Administrative Reporting System (EARS) data.

Key findings included:

- * SNAP-Ed was operated by a variety of implementing agencies (IAs) that delivered direct education, policy, systems, and environment (PSE) change strategies, and social marketing programming.
- * Direct education continues to be the most commonly implemented type of SNAP-Ed programming.
- * SNAP-Ed was delivered across a variety of settings where people eat, learn, live, play, shop, and work.
- * There is limited ability to compare planned and actual project- or intervention-level SNAP-Ed activities.
- * States expended approximately three-quarters of their final approved budgets.
- * The use of multi-level interventions listed in the SNAP-Ed Toolkit doubled between FY 2014 and 2016.
- * SNAP-Ed data collection could be strengthened by aligning reporting metrics used in State Plans, Annual Reports, and EARS.

The report concluded that, although there is room for improvement in coordinating SNAP-Ed data collection and reporting, States are implementing SNAP-Ed in a variety of settings, using innovative PSE changes, and leveraging non-Federal funds.

Read the full report [here](#).

Education & Resources

Role of Law and Policy to Increase Fruit and Vegetable Intake — Report and 9/27 Webinar New Report on Increasing Fruit and Vegetable Intake Through Policy Strategies

A new report, *The Role of Law and Policy in Achieving the Healthy People 2020 Nutrition and Weight Status Goals of Increased Fruit and Vegetable Intake in the United States*, is the first in a series of evidence-based reports, webinars, and success stories (called “Bright Spots”) intended to help community and tribal leaders, government officials, public health professionals, health care providers, lawyers, and social service providers implement policy changes to improve community health and well-being.

Healthy food intake remains a problem in our country. Only 1 in 10 adults eat the recommended amount of fruits or vegetables each day. Beyond individual choice, many factors influence people’s eating patterns — including cost and the ability to access healthy foods.

[Read the report summary](#) to learn about the challenges to and opportunities for improving intake of fruits and vegetables across the Nation.

From Policy to Plate: Increasing Fruit and Vegetable Intake Through Accessibility, Affordability, and Demand

[Join us for the first Law and Health Policy webinar](#) on Thursday, September 27 at 10:00 am PDT. You’ll hear from the report authors about key findings around using law and policy interventions to increase fruit and vegetable intake and learn how a large city used regulation to improve availability of staple foods, including fruits and vegetables, in retail settings. [Register now](#).

Food Safety Education Month Resource

September is Food Safety Education Month, and the Partnership for Food Safety Education has a great new resource available to educate consumers. The Story of Your Dinner [animated video](#), available in English and Spanish, is an entertaining way to show consumers their role in the food safety chain of prevention. Consumers who watch this [two-minute video](#) report a greater understanding of important safe food handling practices. Check out all of The Story of Your Dinner resources for [consumers](#) and [health educators](#).

Additionally, we’ve got a quick refresher for you with these [school lunch food safety tips](#). Download our new, colorful flyer for all the parents and kids you know!

Two Ways to Participate at the LIA Forum!

Back by Popular Demand!

You made the inaugural poster session in 2018 a HUGE success, so we are bringing them back for the 2019 LIA Forum. The Poster session is not only a great way to tell your story to Forum attendees and ignite informal discussions and information sharing, but it also offers your agency an opportunity to share your innovative practices focusing around these six topic areas:

- * Community Engagement
- * Food Systems
- * Partnerships
- * Physical Activity
- * Policy Change
- * Targeted Demographics

Registration for the Poster Session will open September 17, 2018. Additional information and details to follow.

New for 2019!

Share your agency’s Stories of Transformation with your fellow SNAP-Ed implementers! Submit an inspirational story or quote from an individual or family whose lives have been touched by the work of SNAP-Ed. Share these inspirational stories of transformation and success at the 2019 Forum.

The goal of the Stories of Transformation is to highlight the amazing work occurring in communities across the state and the impact it is having on SNAP-Ed participants. The Stories will be printed and used as centerpieces during the Forum.

Submissions for Stories of Transformation will open September 17, 2018 and close November 30, 2018. Additional information and to follow.

Childhood Obesity Conference Registration/Poster and Roundtable Registration Now Open

Please refer to the conference [website](#) for the most up-to-date information. Register [here](#).

Upcoming Conference Dates and Deadlines

- * ~~Submit a Presenter Proposal~~: Closed August 3, 2018
- * Conference Registration: ***Delayed*—Opens early October 2018 - *Early Bird Rate from Oct. 2018 - Jan. 2019**
- * Poster and Roundtable registration: ***Delayed*—Opens early October 2018**

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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](#)

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

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

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. There will be two tracks:

TRACK A: 3-day Train-the-Trainer Academy (October 23 - 25, 2018)

Who should attend Track A: By completing the 3-day training academy, you will be a certified CATCH ECE Trainer allowing you to train others such as staff/extenders/teachers. Please limit registration for Track A to **TWO** staff per county/county cluster due to limited spots available. Priority will be given to counties that do not have any trained staff in CATCH ECE. If you have more than two staff that want to attend, please email Michele Byrnes (mnbyrnes@ucdavis.edu) with their name(s) and they will be put on a waitlist.

Dates for Track A:

- * October 23rd: Trainees attend a CATCH ECE Training
- * October 24th: Trainees process through a CATCH ECE Training
- * October 25th: Trainees model a CATCH ECE Training

TRACK B: 1-day Basic/Refresher Training (October 23, 2018)

Who should attend Track B: This track will certify you to implement the CATCH ECE curriculum directly with participants, but not train staff/teachers/extenders. If you have staff that have already been trained in CATCH ECE and feel they would benefit from a refresher course, they should sign up for the 1-day Track B training.

Dates for Track B:

- * October 23rd: Trainees attend a CATCH ECE Training

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

Registration: <http://ucanr.edu/survey/survey.cfm?surveynumber=25478>

Please have selected staff submit their registration by October 1, 2018 to secure their spot in the training.

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 have partnered to bring you a three-part webinar series in which 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, September 12

Episode 2: How to Adapt Your SNAP-Ed Work for Individuals with Disabilities

Tuesday, October 23, 2018, 10:00am - 11:30am PDT [Register Here](#)

Episode 3: Implementing and Sustaining Inclusion in Your SNAP-Ed Work

Monday, December 3, 2018, 10:00am - 11:30am PDT [Register Here](#)

Child Feeding Community of Practice Webinar

What: Webinar series that will teach about healthy feeding practices with young children and how to answer questions on child feeding topics that may come from parents or pre-school staff. Special guest presenter, Dr. Jane Heinig, Executive Director of the UC Davis Human Lactation Center, will discuss her research about supporting informed toddler feeding practices. There will be time for you to ask questions and learn about resources, as well as a review of the 'Encouraging Positive Behavior' lesson from the Healthy Happy Families curriculum.

When: Thursday, October 25 from 2:30 to 4:00 PM

Registration: <https://ucanr.zoom.us/meeting/register/305c6de6b12c3cb47c24e00bf0acd2b8> (continued on next page)

Education & Resources *(continued)*

2018 Promising Practices Exchanges

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

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

Date: September 20

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

Training Consultant: 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

Service Area/Location: **Central Coast** – Seaside

Date: September 27

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

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

Learn more via 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.

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>.

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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