

## UC CalFresh Weekly Update September 24, 2018

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### Upcoming Events & Deadlines

September 2018

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### 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.](#)

## 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 really liked that the class helps you be able to plan your meals and include fruits and vegetables."

—Plan Shop Save Cook Participant,  
Placer County

"You guys did an amazing job. I've cut out carbs and sodium tremendously. Feel healthier and happier!!!"

—Eat Healthy, Be Active Community Workshop  
Participant, Madera County

## Welcome New UC CalFresh Staff!

### Diana Y. Cardenas, UCCE Stanislaus/Merced Counties

Diana Y. Cardenas joins the UC CalFresh Team in Stanislaus/Merced. She comes from Turlock, California where she is currently finishing up her undergraduate education at California State University, Stanislaus with a major in Kinesiology, concentrating on Health Promotion and minoring in Psychology. While working on her B.S degree she has volunteered at the Student Health Center on campus, where she advocated different health topics including mental health, physical activity, nutrition education and sexual health. She extended her volunteer service in forms of outreach, presentations and events to serve the CSUS community of students as a University Peer Health Educator.

Her future plans after completing her undergraduate degree is to pursue master's degree in Public and Behavioral health in order to follow her dreams of making a difference to those that are underprivileged. She looks forward to teaching others how the impact of their individual choices can affect their health in the future. She hopes that this will empower and motivate those who have not had the same opportunities as she. Diana's experiences and background has made her a passionate individual that wants to help and impact communities that need change in policies, structure and available education for the underprivileged so that they can take that first step of beginning a healthier lifestyle. She is bilingual in English and Spanish and hopes this can help her reach out to more individuals in her current position with UC CalFresh. You can reach her at [dycardenas@ucanr.edu](mailto:dycardenas@ucanr.edu).

### Miriam Sanchez, UCCE Stanislaus/Merced Counties

Miriam Sanchez was born in Los Angeles (go Dodgers!) but raised in the foothills of Sonora. She currently lives in Turlock and loves spending her free time backpacking, practicing yoga, and helping others achieve healthier lives. At Stanislaus State, she earned a degree in Kinesiology with a concentration in Health Promotion. She also gained valuable experience as a yoga instructor at the Stanislaus State Student Recreation Complex. Her passion for physical fitness coupled with promoting healthy lifestyles has been rewarding for Miriam. Making a positive difference in her community is her goal. Miriam is eager to continue learning and is looking forward to making a positive impact on the community. She can be reached at [misanchez@ucanr.edu](mailto:misanchez@ucanr.edu).

### 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!

### Joni Samay, CES II, UCCE Tehama/Shasta Counties

UC CalFresh Shasta Cluster welcomes Joni Samay to their team as a community education specialist in Tehama and Shasta Counties. Joni enjoys building community partnerships, loves grant writing and has been advocating school garden programs for over a decade. Her work in school gardens gave her a unique invitation to the White House, where 35 school garden advocates from across the nation gathered and were recognized through Michelle Obama's "Let's Move" program. Joni is enthusiastic about working with Youth, Families and Community programs. Her work with schools teaching nutrition workshops has allowed her to work one-on-one with students, administrators, and community members to build sustainable educational networks. She is passionate and positive about joining the Shasta Cluster team and looks forward to a bright future with the UC CalFresh program. You can reach her at [jmsamay@ucanr.edu](mailto:jmsamay@ucanr.edu).

## UC CalFresh Website Updates

### Technical Issues with Website

The UC CalFresh State Office is having technical difficulties with our website. We are aware of the error messages on the site and are taking steps to correct this issue. If there are documents or other information that you are in immediate need of, please email [uccalfresh\\_support@ucdavis.edu](mailto:uccalfresh_support@ucdavis.edu) or the relevant State Office contact.

## UC CalFresh Evaluation Updates

### FFY2018 County Annual Reports and Profiles



Thurs - Oct 11 <sup>th</sup>	Templates Posted - Updated county annual report and profile templates posted and email sent to Advisors/Supervisors
Wed - Nov 14 <sup>th</sup>	Drafts Due - County annual report and profile due to State Office County Contacts and <a href="mailto:uccalfresh_support@ucdavis.edu">uccalfresh_support@ucdavis.edu</a>
By Fri - Nov 30 <sup>th</sup>	Feedback - UC CalFresh county leads send feedback on county reports and profiles
Fri - Dec 21 <sup>st</sup>	Final version - Final versions of county reports and profiles due to UC CalFresh

UNIVERSITY OF CALIFORNIA  
CalFresh (Admin) Division

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP. SNAP is a California state (formerly food stamp). These institutions are equal opportunity providers and employees. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-987-9895.

## PEARS Closing Dates for FFY 2018

See the 9/20/2018 UC CalFresh Weekly Update email for the attached flyer.

### PEARS Closing Dates for FFY 2018

DATE	TASK	DESCRIPTION
<b>SEPTEMBER 30, 2018</b>	PEARS Data entry target date for 2018 activities. <i>Note: services delivered through 9/30 can be entered up until 10/10</i>	<b>Please complete</b> 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 <b>September 30 – October 15, 2018</b>
<b>OCTOBER 10, 2018</b>	PEARS Data entry deadline for local implementing agencies.	PEARS FFY 18 <b>Closes</b> for edit / entry. All data must be completed.
<b>OCTOBER 18, 2018</b>	PEARS FFY19 Opens	Begin Data entry for FFY 2019 October 1, 2018 – September 30, 2019

## Upcoming UC CalFresh Trainings



**Office Hours**  
October 2<sup>nd</sup>, 2018 from 1– 2 pm

#### 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

#### For technical support:

<https://support.readytalk.com/SP/?src=ccical-h>

## Items Available for UC CalFresh County Programs

### Supplies Available

The UC CalFresh Stanislaus/Merced program has toner available on a first-come-first-serve-basis for our UC CalFresh county programs, see availability described to the right.

If you are interested in these items for use with your UC CalFresh program, please reach out directly to Jaci Westbrook at [jwestbrook@ucanr.edu](mailto:jwestbrook@ucanr.edu) with your request and shipping address.

Qty.	Item
2	HP #56 Black ink cartridges
8	HP #57 Tri-color ink cartridges



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## 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!

### Nutrition Educator Motivates Participant to Make a Healthy Change!, UCCE Tulare County

Nutrition Educator, [Alice Escalante](#) (Mrs. Alice) has made a positive impact on participant's lives through her creative and inspirational teachings. A parent of the Woodlake Family Resource Center decided to re-attend *Plan, Shop, Save, and Cook* after two years as a refresher on making healthy decisions for her family. The participant expressed how the previous class she had taken with Mrs. Alice motivated her to make positive changes in her diet, "This program has helped me a lot because I made changes to my foods and in 5 months I lost 20 pounds. I have had less soda, sugar, flour tortillas and more fruits and vegetables. The nutritionist, [Alicia](#), is very good in teaching her classes." This exemplifies the positive impacts UC CalFresh Tulare County and nutrition education can make on participants' lives and the lives of their families!



### America's Healthiest Schools Awardees

Congrats to UC CalFresh Riverside County for their contributions to Loma Vista Middle School who was awarded the Gold Medal for [America's Healthiest Schools 2018!](#) We would also like to congratulate EFNEP Riverside for their contributions to Terrance Elementary School who received the Bronze award and Valley View Elementary School who received the Silver award. And finally, congratulations to EFNEP San Bernardino for their contributions to 4 schools that were awarded Bronze: Bob Holcomb, Emmerton, Juanita Jones and Norton Elementary Schools.

All of the award-winning, America's Healthiest Schools:

- \* Meet or exceed federal nutrition standards for school meals and snacks
- \* Offer breakfast daily
- \* Implement district wellness policies and update progress annually
- \* Provide students with at least 60 minutes of physical education per week and ensure physical activity throughout the school day

Read more about America's Healthiest Schools Award [here](#).

### 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

### States Now Report Obesity at or Above 35%, CDC

The Centers for Disease Control (CDC) recently released new data on self-reported adult obesity prevalence for all 50 states, the District of Columbia, Guam, and Puerto Rico. The [2017 Adult Obesity Prevalence Maps](#) show that adult obesity prevalence across the country remains high and differs by race, ethnicity, and education.

The data come from the [Behavioral Risk Factor Surveillance System](#), which is an ongoing, state-based, telephone interview survey conducted by CDC and state health departments. Height and weight data are self-reported.

In 2017, 7 states reported an adult obesity prevalence at or above 35 percent: Alabama, Arkansas, Iowa, Louisiana, Mississippi, Oklahoma, and West Virginia. This is up from 5 states in 2016. Five years ago, all states had obesity prevalence lower than 35 percent.

See the map [here](#).

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## Education & Resources

### 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

Click [HERE](#) for information, guidelines and to submit a poster application. We look forward to seeing your agency's work showcase at the 2019 LIA Forum. Poster applications opened **September 17, 2018** are due by **5:00 pm (PST) October 12, 2018**.

#### 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.

Click [HERE](#) for information, guidelines and to submit a *Story of Transformation* application. Submissions for *Stories of Transformation* opened **September 17, 2018** and will close **November 30, 2018**.

### 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**

### 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](#)

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## Education & Resources

### 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 ([mnbbyrnes@ucdavis.edu](mailto:mnbbyrnes@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>

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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.

