

## UC CalFresh Weekly Update September 4, 2018

### Contents

#### Upcoming Events & Deadlines

- \* PEARS Office Hours

#### UC CalFresh Success Stories

- \* Eat Smart Live Strong Participant, Alameda County
- \* Eating Smart Being Active Participant, Fresno County

#### UC CalFresh Website Updates

- \* Catch Lesson Observation Tool
- \* Youth Curricula Evidence-Based Summaries
- \* August 2018 Town Hall slides and recording
- \* CATCH PE 3-5 Grade Pacing Guide
- \* Lesson Observation Tool

#### Smarter Lunchrooms Movement of California

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

#### UC CalFresh in Action!

- \* UC CalFresh, Tulare County Goes Back to School!, UCCE Tulare County
- \* Nutrition and Food Questions Web Page

#### Articles & Research

- \* Despite strong economy, many Americans struggling to get by

#### Education & Resources

- \* Trust for America's Health Launches 4-Part Webinar Series: Taking Action to Promote Health Equity
- \* Childhood Obesity Conference Registration/Poster and Roundtable Registration Now Open
- \* Coming Soon: National Farm to School Month!
- \* NEW Programs and Policy Equity Assessment Tool
- \* Evergreen Packaging and Kids Gardening Present the 5th Annual Carton 2 Garden Contest
- \* California SNAP-Ed Peer Exchange Program
- \* ToP Secrets of Implementation (TSI) for SNAP-Ed LIAs
- \* Youth Leadership Cohort Training
- \* Comprehensive Programming and Inquiry Education Training
- \* Making a Difference: Including Individuals with Disabilities
- \* Save the Date—CATCH ECE (Pre/K) Training Academy
- \* 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						

### 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/hsp1x8cl0gxc&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>

# UC CalFresh Weekly Update September 4, 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>.

"[As a result of this class,] I drink more water and have less sugar and salt. Also, I now walk 30 minutes 3 times a week."

—Eat Smart Live Strong Participant,  
Alameda County

"I learned something new each time they came. They answered all my questions I had. The activities we did were fun and helpful. Some changes I made were how much salt and sugar I need in my daily diet and how to read the label on the back of food."

—Eating Smart Being Active Participant,  
Fresno County

## UC CalFresh Website Updates

**Catch Lesson Observation Tool** was added under the Resources and Tools on the [Curriculum Page](#).

### 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)

### 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](#).

## 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).

## UC CalFresh in Action!

### UC CalFresh, Tulare County Goes Back to School!, UCCE Tulare County

UC CalFresh Tulare County is thrilled to start the new school year! We have attended five Back to School Night events to showcase the amazing work that our program is doing in their schools. All of the cafeterias have been updated with eye-catching nutrition corners and the nutrition corners focus on encouraging students to wash their hands to stop the spread of germs. Tulare County Nutrition Educators promoted youth education, adult education, Smarter Lunchrooms, and school farmers markets, and shared information about upcoming events such as the new stencils at Roosevelt and CATCH! We had fun teaching students about nutrition and provided a delicious, healthy trail mix taste test.

Mr. Pendleton, Principal of Wilson Elementary, expressed his appreciation for our support to Tulare City School District, "Again, I cannot thank all of you enough for all that you have done to assist the Wilson & Roosevelt school communities. You truly have made a tremendous impact in our schools and we are both very grateful for your assistance, support, and care." Mr. Pendleton's words of encouragement confirm the impact UCCE and partners are making in Tulare County!



Nutrition Educators, Gilda, Alice, and Maria excited to be at Freedom Elementary back-to-school night!



Nutrition Educators Alice and Marina posing with Mr. Pendleton, school Principal.



Teaching students about the importance of proper handwashing!

---

## Nutrition and Food Questions Web Page

Do your participants ask questions about nutrition or needs that you find difficult to respond to? Check the [Nutrition and Food Questions](#) web page for a response. If your question is not answered there you can submit a new question. You can find the link on the UC CalFresh website under [Resources > Resources for Educators](#). Please contact [Lyn Brock \(rlbrock@ucanr.edu\)](mailto:rlbrock@ucanr.edu) if you have any questions.

---

## Articles & Research

### Despite strong economy, many Americans struggling to get by

Despite a strong economy, about 40 percent of American families struggled to meet at least one of their basic needs last year, including paying for food, health care, housing or utilities. That's according to an Urban Institute survey of nearly 7,600 adults that found that the difficulties were most prevalent among adults with lower incomes or health issues. But it also revealed that people from all walks of life were running into similar hardships.

The findings issued by the nonprofit research organization highlight the financial strains experienced by many Americans in an otherwise strong economy. The average unemployment rate for 2017 was 4.4 percent, a low that followed years of decline. But having a job doesn't ensure families will be able to meet their basic needs, said Michael Karpman, one of the study's authors. Among the households with at least one working adult, more than 30 percent reported hardship. "Economic growth and low unemployment alone do not ensure everyone can meet their basic needs," the authors wrote. Food insecurity was the most common challenge: More than 23 percent of households struggled to feed their family at some point during the year. That was followed by problems paying a family medical bill, reported by about 18 percent. A similar percentage didn't seek care for a medical need because of the cost. Additionally, roughly 13 percent of families missed a utility bill payment at some point during the year. And 10 percent of families either didn't pay the full amount of their rent or mortgage, or they paid it late.

While startling data to some, it comes as no surprise to those Americans who are struggling to get by. Debra Poppelaars of Nashville, Tennessee, underwent spinal fusion surgery last fall and was diagnosed with breast cancer shortly thereafter. Although she is insured, she owes roughly \$19,000 for her portion of the medical bills. Between disability, a job change and the mounting debt, she hasn't been able to make ends meet and is now facing bankruptcy. "It's very hard at 64 years old, I look back and think I am in this position and I should be able to retire," she said.

Jerri Wood of Renton, Washington, says she makes choices each month to pay one bill instead of another as she struggles to pay for her health care. Wood has lived for years with a brain tumor that requires regular monitoring and was recently diagnosed with diabetes that she takes insulin to manage. Rising costs for her care, even with insurance, have her juggling bills to get by — such as paying her cellphone or electricity bill one month and not the next. And she still feels like one of the lucky ones as she is able to survive. "There is such a need for safety nets, so many people are in this position," she said.

The Urban Institute survey comes at a time when lawmakers are considering cuts to some safety-net programs, such as Medicaid, SNAP and housing assistance. The researchers said that lawmakers run the risk of increasing the rate of hardship if they reduce support services.

It is the first study on the subject by the DC-based organization, which looks at economic and social policy issues. The institute plans to conduct the study every year to track the well-being of families as the economy and safety net systems evolve.

*This summary comes from the Associated Press. Read the Urban Institute's brief [here](#).*

---

## Education & Resources

### Trust for America's Health Launches 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](#). Registration is free and closed captioning is available.

*(continued on next page)*

---

---

## Education & Resources *(continued)*

### 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: **Opens September 2018** - \***Early Bird Rate from September 2018 - January 2019**
- \* Poster and Roundtable registration: **Opens September 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](#)

### 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

**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)

*(continued on next page)*



## 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](#).

• **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).

### 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, providing a foundation for an 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 Meeting Room D 1 Shields Ave Davis, CA 95616	UC Merced Fresno Center Tulare/Madera/Kings Room 550 E. Shaw Ave. Fresno, CA 93710 <i>Fresno course has reached capacity, a waitlist is available.</i>

To register, please visit: [https://ucdavis.co1.qualtrics.com/jfe/form/SV\\_5ANiJQbvyqwZSd](https://ucdavis.co1.qualtrics.com/jfe/form/SV_5ANiJQbvyqwZSd)

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 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

Wednesday, September 12, 2018, 10:00am - 11:30am PDT [Register Here](#)

**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](#)

### 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](mailto: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

*(continued on next page)*

---

## Education & Resources *(continued)*

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

#### **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.

## 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.

---

### 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>.

---

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.

