

CalFresh Healthy Living, UC Town Hall: March Agenda

Nutrition Spotlight: Sesame Allergy and Food Labels

Anna Jones, PhD CFHL, UC State Office (01:09)

Feature Presentation: Addressing Food Allergies with Recipe Substitutions

Lyn Brock, MA, RD & Tammy McMurdo MS, RD CFHL, UC State Office (11:32)

PA Break

Paul Tabarez, Physical Activity Manager CFHL, UC State Office

County Highlight: The Great Tomato Challenge

Sonya Gonzalez, Nutrition Educator, Veronica Van Cleave Hunt, Supervisor, Butte County Cluster & Karina Hathorn, School and Community Gardens Project Manager CFHL, UC State Office (32:33)

State Office Updates (38:29)

ALL STAFF MEETING CONCLUDES

BREAK - 5 minutes

ADVISOR – SUPERVISOR MEETING

- Progress update on CFHL recruitments
- Statewide efforts to support talent development
- TB screening
- Auto insurance policy refresher
- MOU with Schools

Nutrition Spotlight





Nutrition Spotlight: Sesame Allergy and Food Labels

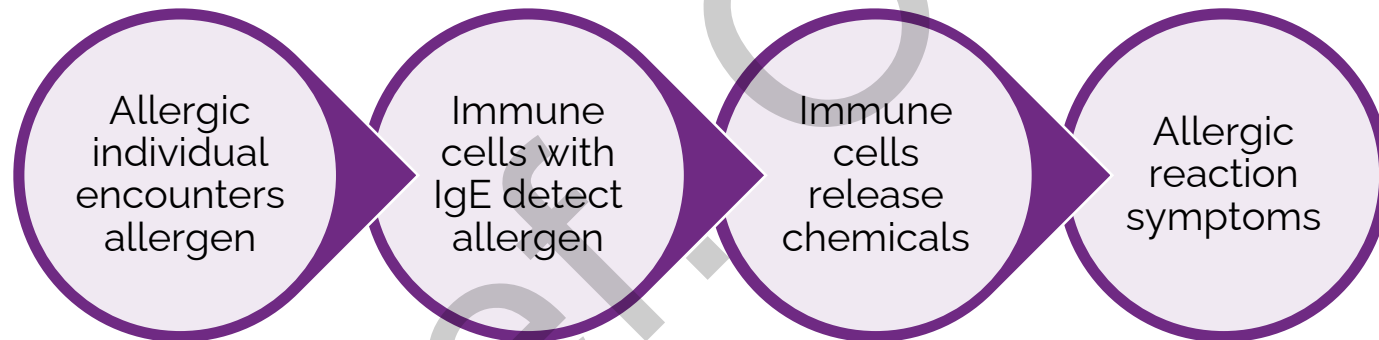
Anna Jones
CFHL, UC State Office

What is a food allergy?

- Adverse immune response to a food protein
- Specific type of immune response – causes production of Immunoglobulin E (IgE) antibodies

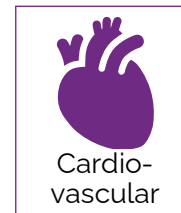
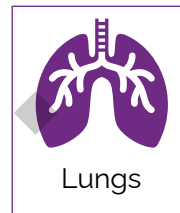
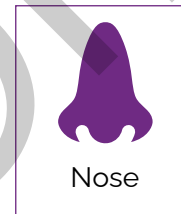


Allergic Reaction



Allergic Reaction Symptoms

- Can vary in symptoms from person to person and even reaction to reaction
- Symptoms can appear in multiple systems in the body



Mild Symptoms



Nose

- Itchy, runny nose
- Sneezing



Gastro-intestinal

- Mild nausea or discomfort



Mouth

- Itchy mouth



Skin

- Minor hives
- Mildly itchy skin

Adapted from Recognizing and Responding to a Reaction.
Food Allergy Research and Education Website.
<https://www.foodallergy.org/resources/recognizing-and-responding-reaction>

Anaphylaxis

- Life-threatening allergic reaction
- Onset is typically 5 to 30 minutes, but can be > 1 hour
- Administer epinephrine and call 911. Patient should go to the ER even if symptoms improve
- Severe Symptoms OR Mild Symptoms in more than one system

Severe Symptoms



Neuro-logical

- Anxiety
- Confusion
- Sense of impending doom



Lungs

- Shortness of breath
- Wheezing
- Coughing



Cardio-vascular

- Pale or bluish skin
- Faintness
- Weak pulse
- Dizziness



Mouth

- Significant swelling of lips or tongue



Throat

- Tight or hoarse throat
- Trouble breathing
- Trouble swallowing



Gastro-intestinal

- Repetitive vomiting
- Severe diarrhea



Skin

- Severe hives
- Widespread redness

Adapted from Recognizing and Responding to a Reaction.
Food Allergy Research and Education Website.

<https://www.foodallergy.org/resources/recognizing-and-responding-reaction>

Food Allergy Facts and Figures

- More than 90 percent caused by one of these nine foods
- Nearly 8% of children have a food allergy
 - ~Two in everyone classroom
- Nearly 11% of adults



Image by U.S. Food and Drug Administration

Food Allergy Labeling

Food Allergy Labeling and Consumer Protection Act of 2004

- Identified 8 major food allergens
- Required clear labeling on foods

Ref. Only

Food Allergy Safety, Treatment, Education & Research (FASTER) Act

- Passed by Congress in 2021
- Went into effect January 1, 2023
- Updated allergen labeling laws to include sesame



Sesame

- Seeds, flour, oil, paste (such as tahini)
- Found in a variety of foods, including:
 - bakery items
 - sauces, marinades
 - hummus
 - granola bars
 - spice blends

Photo by [cleo stracuzza](#) on [Unsplash](#)

Sesame Labeling

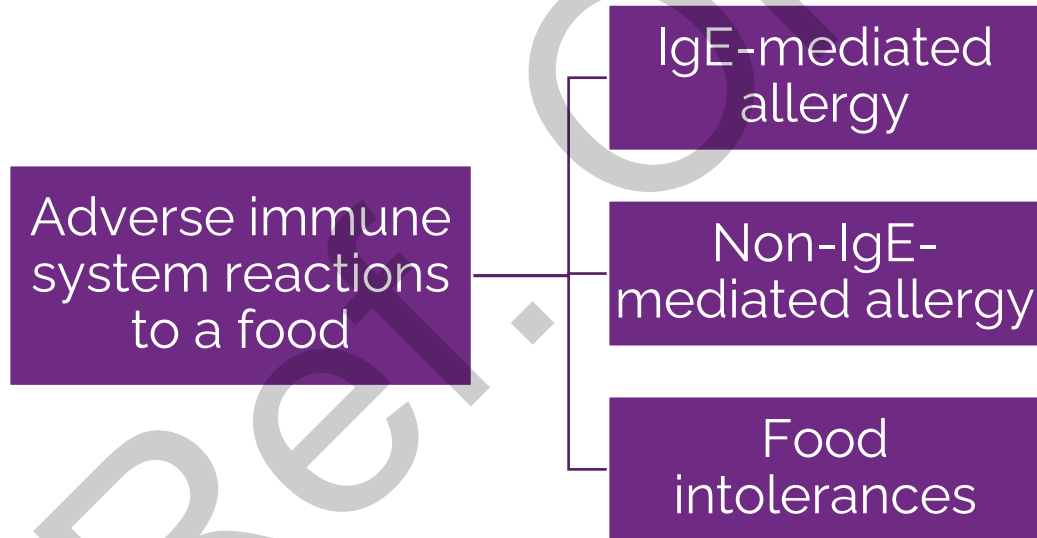
INGREDIENTS: BROWN RICE FLOUR, WHOLE GRAIN YELLOW CORNMEAL, POTATO STARCH, SESAME SEEDS, OLIVE OIL, CANE SUGAR, FLAX SEEDS, OAT FIBER, SEA SALT.
CONTAINS: SESAME.

- Foods manufactured *after* January 1, 2023 must clearly label if they contain sesame
- Foods produced *before* January 1, 2023 may not be labeled but may still be available for purchase – **read labels carefully**
- Some foods have been reformulated to contain sesame – **read labels carefully**

References, Resources, and Additional Information

- Anvari, S., Miller, J., Yeh, CY. *et al.* **IgE-Mediated Food Allergy.** *Clinic Rev Allerg Immunol* 57, 244–260 (2019). <https://doi.org/10.1007/s12016-018-8710-3>
- Zhang S, Sicherer S, Berin MC, Agyemang A. **Pathophysiology of Non-IgE-Mediated Food Allergy.** *Immunotargets Ther.* 2021 Dec 29;10:431-446. <https://doi.org/10.2147/ITT.S284821>
- **Facts and Statistics.** Food Allergy Research and Education Website. <https://www.foodallergy.org/resources/facts-and-statistics>
- **Recognizing and Responding to a Reaction.** Food Allergy Research and Education Website. <https://www.foodallergy.org/resources/recognizing-and-responding-reaction>
- **Anaphylaxis.** American Academy of Allergy, Asthma, and Immunology Website. <https://www.aaaai.org/Conditions-Treatments/Allergies/Anaphylaxis>
- **Anaphylaxis.** Food Allergy Research and Education Website. <https://www.foodallergy.org/resources/anaphylaxis>
- **Allergic to Sesame? Food Labels Now Must List Sesame as an Allergen.** US Food and Drug Administration Website. <https://www.fda.gov/consumers/consumer-updates/allergic-sesame-food-labels-now-must-list-sesame-allergen>
- **Food Allergies in Schools Toolkit.** Centers for Disease Control and Prevention Website. <https://www.cdc.gov/healthyschools/foodallergies/toolkit.htm>

What is a food allergy?





Addressing Food Allergies and Intolerances with Recipe Substitutions

Tammy McMurdo and Lyn Brock
CFHL, UC State Office

Food Allergies

Chat: Which common food allergen is missing from this list?

Milk

Eggs

Fish

Shellfish

Peanuts

Wheat

Soybeans

Sesame

Tree
Nuts

walnut
almond
hazelnut
pecan
cashew
pistachio



<https://www.fda.gov/food/food-labeling-nutrition/food-allergies>

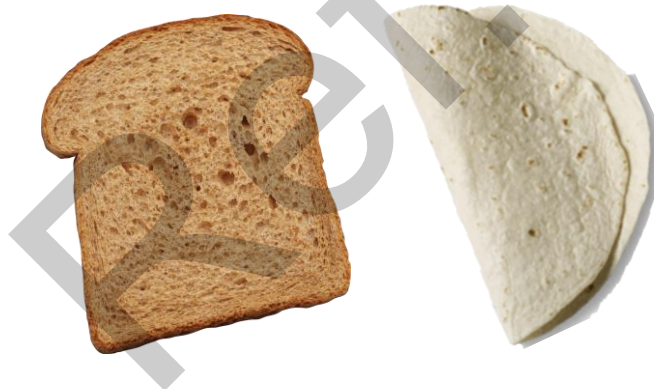
Food Intolerances

Intolerance causes digestive problems

Most common food intolerances:

Milk (lactose)

Wheat, rye, barley (gluten)



<https://www.myplate.gov/resources/graphics>

Addressing food allergies and intolerances

Planning for recipe demonstrations or food tastings:

Identify all ingredients in a recipe

- Example – peanut oil for stir fry

Check labels for packaged foods

Swap ingredients where possible

Youth classes:

Check school policies

- Ex. some schools have nut-free policy for classrooms

Ask teacher or program leader for list of allergies or intolerances

INGREDIENTS: YELLOW CORN, VEGETABLE OIL (SUNFLOWER, SAFFLOWER, CANOLA, AND/OR CORN OIL), SWEET POTATO, FLAX SEEDS, BLACK SESAME SEEDS, CHIA SEEDS, SEA SALT.

**CONTAINS SESAME.
MAY CONTAIN MILK, SOY.**

Addressing food allergies and intolerances

During class:

Review recipe or tasting item with participants or students and identify all ingredients

Where possible – review recipe or tasting during previous class

Provide a copy of the recipe for adults

Ask participants/students to let you know about any allergy or intolerance

- Provide option to speak to you privately or just refuse sample
- If youth state they are allergic, don't serve the item



Photo by Polina Tankilevitch: <https://www.pexels.com/>

Substituting ingredients

Substitute an ingredient as similar as available to you

Best to choose a substitute ingredient not on the common allergen list:

- Ex. for milk – soy milk or almond milk are common allergens
- Coconut, oat or rice milk are safer choices

If no close substitute available, choose an alternate food from same food group

Substituting ingredients

Consider availability and cost

- Seasonal availability and local availability
- Quantity you would need to purchase
- Shelf life – can it be frozen?

Can you make the item yourself?

Consider key message associated with the demo/tasting

- MyPlate – use same food group(s)
- Lesson on snacks – pick alternate snack



Image by Andrea from Pixabay

Finding an alternate recipe

Do not print and hand out recipes unless the source permits

- No brands or brand images

You can download a recipe for your own use

Can let participant know where to search online



Resource – Coming Soon!

Recipe Demo and Food Tasting Items by Curriculum and Lesson

- Common Allergens
- Lactose and Gluten
- Choking hazards (for curriculum targeting age 4 and younger) – check school policy regarding choking hazards

CURRICULUM	LESSON # (PAGE #)	FOOD/RECIPE FOR TASTING	CONCERNS: Allergen (A) Lactose (L) or Gluten (G) Choking Hazard (C)		ALTERNATIVE(S)
Go Glow Grow (Pre K)	Lesson 1 (Page 6) Overview - MyPlate	Healthy Kids Plate	Peanut butter	(A - peanut)	sunflower butter
			Whole grain cracker	(A - wheat, G - wheat)	rice crackers, mini rice cakes
			Cheese	(A - milk, L - milk)	omit; use extra F/V
			Raisins	(C - raisins)	omit
	Lesson 2 (Page 6) GO Foods - Grains	Pretzel Party	Egg white	(A - eggs)	water
			Whole wheat frozen bread dough	(A - wheat, G - wheat)	gluten-free bread dough or bread mix
			Flour	(A - wheat, G - wheat)	wheat-free flour (rice flour or mix)
			Parmesan cheese	(A - milk, L - cheese)	omit
	Lesson 3 (Page 6) GLOW Foods - Fruit and Vegetable Group	Glow Sticks	Pretzels Sticks	(A - wheat, G - wheat)	gluten-free pretzels or rice crackers/cakes
			Fruits or vegetables	(C - raw vege and/or round fruits)	cut F/V into pieces no larger than one half-inch
	Lesson 4 (Page 6) GROW Foods - Dairy and Protein Groups	Yogurt Parfait	Low-fat granola or cereal	(A - wheat, G - wheat)	gluten-free granola, rice krispies cereal, cheerios cereal
			Vanilla low-fat yogurt	(A - milk, L - milk)	coconut, rice milk yogurt
	Lesson 5 (Page 6) Physical Activity	MyPlate Snack	Whole wheat crackers	(A - wheat, G - wheat)	rice crackers or mini rice cakes
			Cheese Cube	(A - milk, L - cheese)	non-dairy cheese
			Egg / Mayonnaise	(A - eggs)	chickpeas

Questions?

**Please contact Lyn or Tammy
with any additional questions**

Exercise Snack



<https://www.youtube.com/watch?v=2DN9nsgrQ9s>

The Great Tomato Challenge

Butte Cluster



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

Overview

- Objectives
- Outreach
- Contest Details
- Activities
- Reach

THE GREAT TOMATO CHALLENGE RULES

Step 1: **Follow us on Social Media:** Facebook: @CFHL.UCCE,ButteCo Instagram: @butte_cluster_nutrition

Step 2: Pick up Supplies

Step 3: **Share with us:** Post photos of you and your tomato plant

- Photos can be submitted online by posting to social media and using **#UCCEtomato22**
- No social media account? No problem. E-mail photos to karina@ucanr.edu
- Multiple drawings and photos are accepted and encouraged, we want to see your plants grow

Prize Categories

- Best photo of you and your tomato plant
- Best drawing of you and your tomato plant
- Best use of tomato in recipe: Submit drawings of you making recipe or final product

Winners are determined by a panel and announced after contest ends.

See other side for timeline and additional learning opportunities



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Timeline:

July 1- 22: Enter Challenge & Plant Your Tomato

July- August: Connect with us online for tips on successful edible gardening practices

August 26: Deadline for submissions

September 2: Winners Announced

Grow with us!

Join us to get your gardening questions answered:

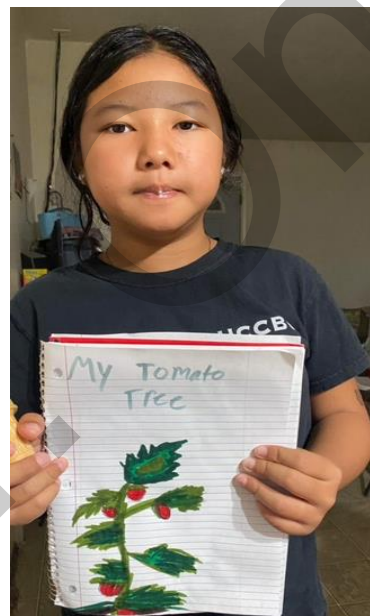
Online July 28, 3:30 - 4:30 pm

Online August 11, 3:30 - 4:30 pm

Online August 25, 3:30 - 4:30 pm

Watch social media for links to registration.





Follow us on:

Facebook

<https://www.facebook.com/CFHL.UCCE.ButteCo/>



Instagram

https://www.instagram.com/butte_cluster_nutrition/





State Office Updates

Karina Hathorn

Garden Project Manager



- 7 + years with UCCE, Butte Cluster
- Organic Farms
- Degree in Agriculture: Crops, Horticulture and Land Resource Management
- WWOOF: World Wide Organized Organic Farmers
- Yoga & SEL

Fernanda Pereira

Business Office Assistant



- Background in commercial insurance underwriting and bookkeeping in the insurance and banking industry.
- Holds a Bachelor of Science degree in Business Administration – Finance from San Jose State University.
- Fernanda can be contacted at fcpereira@ucdavis.edu.



PEARS Q1 Errors

- Managers, Supervisors, Advisors:
 - Please ensure Q1 errors are addressed by Friday, April 1st
 - School Demographics: Pay special attention to any Program Activities that may have missing demographics due to lack of Auto Calculate functionality in Q1
- If you have any questions or concerns, please email Melanie Alexander at magerdes@ucdavis.edu & CC Barbara MKNelly

Mid-year Evaluation Survey Counts

1st week of April

- Evaluation team will download PEARS and Qualtrics survey data
- Summarize and share with UCCE teams number and type of eval surveys entered to date
- If possible, aim to have evaluation surveys entered so included in mid-year count



Evaluation Update – State Office Recruitment

Research Data Analyst 3: As a member of the CalFresh Healthy Living, UC (CFHL, UC) State Office evaluation team, this position will provide programmatic leadership and support for reporting and site eligibility services to the CFHL, UC program which is implemented by University of California Cooperative Extension (UCCE) teams in 34 counties.

- See link [here](#) for the UC Davis position posting and full job description. Apply by April 14th, 2023
- Search UC Davis jobs and search for Job ID 50601

FFY 2024-2026 IWP Development

- **Development Period: March 27th- April 28th, 2023** CFHL, UCCEs will work collaboratively with their LIA partners to build out **Section A**
- **CDSS will copy SECTION B of FFY20-23 IWP** into the new three-year automation system. LIAs will revise Section B to reflect changes in their planned work over the three year period.

TRAININGS

- **“Building your IWP in SharePoint Training”** held by Statewide Training March 29, 2-3:30pm. Please register.
- The State Office will be hosting **FFY24-26 IWP Office Hours** on April 4, 1-2:30pm

SAVE THE DATE

Summer Workshops

Rethinking Farm to School: Strategies for CalFresh Healthy Living, UC

The Center for Ecoliteracy is offering one-day professional development workshops designed to provide participants with the knowledge, skills, and resources to successfully implement farm to school strategies at their school sites.

JUNE 8 UC ANR in Davis

JUNE 13 Fresno USD Nutrition Center in Fresno

JULY 13 The California Endowment in Los Angeles



Save the Dates!



Building Capacity in School Wellness & Youth Engagement Trainings

Fresno

June 27 & 28

Davis

August 15 & 16

Upcoming Youth Engagement Calls

April 6th, 10:00am-11:30am

Youth-led Gardening

[Zoom](#)

Meeting ID: 968 7338 1570

Passcode: 981748

May 4th, 3:00-5:00pm

Youth Presentations and Celebrations

[*Register*](#)



Training Updates

Reminder – CFHL, UC Online Training Calendar
Update! - In-Person Training Calendar

The screenshot shows the website for CalFresh Healthy Living, UC Trainings. The navigation bar includes links for Administration, Initiatives, Curriculum, Evaluation, PEARs, **Trainings**, and Publications. The 'Trainings' menu is open, showing options like Calendar, Trainings and Presentations, Town Halls, Other Staff Meetings, Nutrition Updates, Onboarding New Staff, and Required Ongoing Trainings. The 'Calendar' option is circled in red. Below the navigation bar, the page title is 'CalFresh Healthy Living, UC Trainings'. A section titled 'Click on the event name below to see details.' provides information about training details and contact information. A calendar view for Thursday, March 16 is shown. To the right, two links are circled in red: 'In-Person Training Calendar' with the URL [CFHL, UC In-Person Trainings FFY 23](#), and 'CFHL Statewide Training Calendar' with the URL <https://leahspantry.org/cfhl-statewide-training-calendar/>.

Administration > Initiatives > Curriculum > Evaluation > PEARs > **Trainings** > Publications >

Calendar
Trainings and Presentations
Town Halls
Other Staff Meetings
Nutrition Updates
Onboarding New Staff
Required Ongoing Trainings

CalFresh Healthy Living, UC Trainings

Click on the event name below to see details.

CalFresh Healthy Living, UC Trainings and Meetings are typically reserved for CalFresh Healthy Living, UC Staff. The event details will indicate whether a particular training is open to others. If you are interested in one of our trainings please contact our support team at uccalfresh_support@ucdavis.edu

Today | Thursday, March 16

Tuesday, March 21
12:30pm Town Hall Webinar

Friday, March 24
1:00pm Journal-Webinar Discussion Group

Wednesday, March 29
2:00pm Building Your IWP in SharePoint

In-Person Training Calendar
[CFHL, UC In-Person Trainings FFY 23](#)

CFHL Statewide Training Calendar
<https://leahspantry.org/cfhl-statewide-training-calendar/>

2023 CFHL LIA Forum

October 23-25, 2023

Hyatt Regency Orange County -
Garden Grove, CA

More information to come on
the upcoming Forum!



Thank you!

Next Town Hall: Tuesday May 16, 2023



Image Source: [Gellinger](#) via Pixabay/ CC0