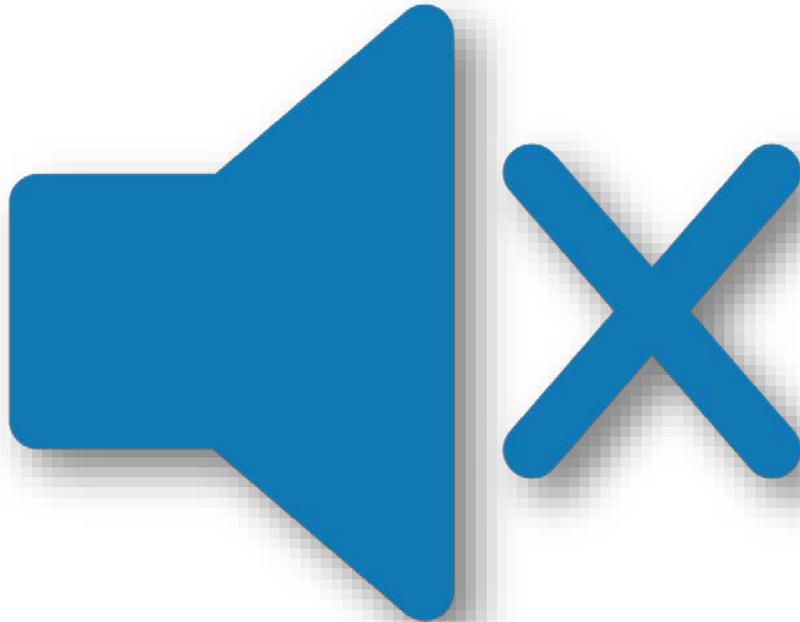


Call-in Information

Step 1: Dial-In

 U.S. & Canada: 866.740.1260
 Access Code: 7544137



 Please keep your phone on mute when not speaking.

Audio Controls:

  Mute Line 
  Unmute Line



Agenda

- 🥕 Feature Presentation with County Highlight
- 🥕 Nutrition Science Spotlight
- 🥕 State Office Updates
- 🥕 Upcoming Trainings and Meetings

New Program Directives: 17-01, 17-02, and 17-03

📌 PD: 17-01: FFY 2017–2019

Site Change Process Notification

📌 PD: 17-02: SNAP-Ed

Site List Maintenance

📌 PD: 17-03:

California's SNAP-Ed Site Utilization Policy and Procedure

- These documents are on the CDSS SharePoint site under the “Resources” tab, Site Change Process Resources.
- UC CalFresh Website: Administrative Tab: Targeting Resources

☰ Site Change Process Resources

- CDA References Rev 10-24-16
- Clarification on Site Duplication Memorandum
- FFY 16 Site Change Process for Alternative Methodologies
- FFY 16 Site Change Process for Approved Methodologies
- FFY 16 Site List Instructions
- FFY 16 Site List Template Rev 1-28-16
- FFY 2016 USDA/WRO Targeting Methodologies Summary Document Rev 3-16-16
- FFY 2017 USDA-WRO Targeting Methodologies Summary Document Rev 11-9-16
- Program Directive 17-01: FFY 2017–2019 Site Change Process Notification Rev 11-10-16**
- Program Directive 17-02: SNAP-Ed Site List Maintenance Process Rev 11-10-16**
- Program Directive 17-03: California's SNAP-Ed Site Utilization Policy and Procedure Rev 11-10-16**

If your FFY 2017 Site List has any remaining comments with regard to site utilization please make the appropriate changes to your sites according to the new program directives

Collaboration

- 🍌 Collaboration is an essential part of our work especially now with an integrated work plan.



Catholic Charities of California: An Orientation and Discussion on Alignments

Presented by

Elisa Pehlke, MSPH

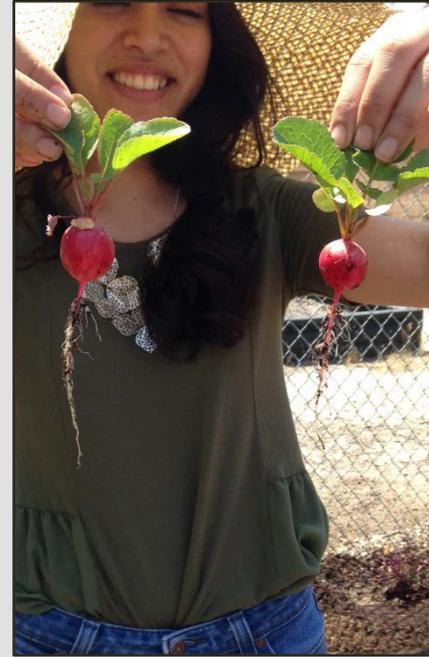
SNAP-Ed Program Manager





**CATHOLIC
CHARITIES**
OF CALIFORNIA

SNAP-Ed Nutrition Education & Obesity Prevention Program



- Poll Question: How familiar are you with your local Catholic Charities Agency and the services it provides?
- Not familiar
- A little familiar
- Very familiar



**CATHOLIC
CHARITIES**
OF CALIFORNIA

**CALIFORNIA'S
LARGEST
NETWORK OF
SOCIAL
SERVICE
PROVIDERS**

6.3 Million Californians live in poverty

16 percent have been helped by Catholic Charities

In 2015, Local Catholic Charities delivered 1.5 million services to California's needy, including:

- 761,945** Food Assistance Services
- 44,113** Clothing Assists
- 20,769** Counseling Services
- 17,183** Healthcare Assists
- 20,519** Housing and Shelter Assists
- 49,631** Refugee & Immigrant Services
- 120,780** Transportation Assists
- 17,173** Utility Payment Assists

WHOLE WELLNESS

& the Social Determinants of Health:

CATHOLIC CHARITIES Comprehensive Services

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
<div style="border: 1px solid black; padding: 2px;">Employment</div> <p>Income</p> <div style="border: 1px solid black; padding: 2px;">Expenses</div> <p>Debt</p> <p>Medical bills</p> <div style="border: 1px solid black; padding: 2px;">Support</div>	<div style="border: 1px solid black; padding: 2px;">Housing</div> <div style="border: 1px solid black; padding: 2px;">Transportation</div> <p>Safety</p> <p>Parks</p> <p>Playgrounds</p> <p>Walkability</p>	<div style="border: 1px solid black; padding: 2px;">Literacy</div> <div style="border: 1px solid black; padding: 2px;">Language</div> <p>Early childhood education</p> <p>Vocational training</p> <p>Higher education</p>	<div style="border: 1px solid black; padding: 2px;">Hunger</div> <div style="border: 1px solid black; padding: 2px;">Access to healthy options</div>	<div style="border: 1px solid black; padding: 2px;">Social integration</div> <div style="border: 1px solid black; padding: 2px;">Support systems</div> <div style="border: 1px solid black; padding: 2px;">Community engagement</div> <p>Discrimination</p>	<div style="border: 1px solid black; padding: 2px;">Health coverage</div> <p>Provider availability</p> <p>Provider linguistic and cultural competency</p> <p>Quality of care</p>

Health Outcomes
 Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

Catholic Charities deliver comprehensive and coordinated services that address poverty, access, self-sufficiency, and equity across the social determinants of health.



CATHOLIC CHARITIES

Network of Local Agencies Delivering SNAP-Ed

*agencies also delivering CalFresh



1. Northern Valley Catholic Social Service
2. Catholic Charities Santa Rosa*
3. Catholic Charities Solano*
4. Catholic Charities San Francisco, Marin & San Mateo
5. Catholic Charities Diocese of Stockton*
6. Catholic Charities Santa Clara
7. Catholic Charities Diocese of Monterey*
8. Catholic Charities San Bernardino & Riverside*
9. Catholic Charities Los Angeles*
10. Catholic Charities Orange County*
11. Catholic Charities Diocese of San Diego*



UC CalFresh Map of County & Cluster Programs





CATHOLIC
CHARITIES
OF CALIFORNIA



SHARE OUR STRENGTH'S
**COOKING
MATTERS**[®]
NO KID HUNGRY

eat**Fresh.org** 



**Eat Smart,
Live Strong**

NUTRITION EDUCATION for OLDER ADULTS



**CHAMPIONS
for CHANGE**[™]



Leah's
Pantry

SERVING UP

MyPlate

A Yummy Curriculum

rethink
YOUR  **DRINK**

Eat Healthy • Be Active Community Workshops

Based on the Dietary Guidelines for Americans 2010 and 2008 Physical Activity Guidelines for Americans

Curricula

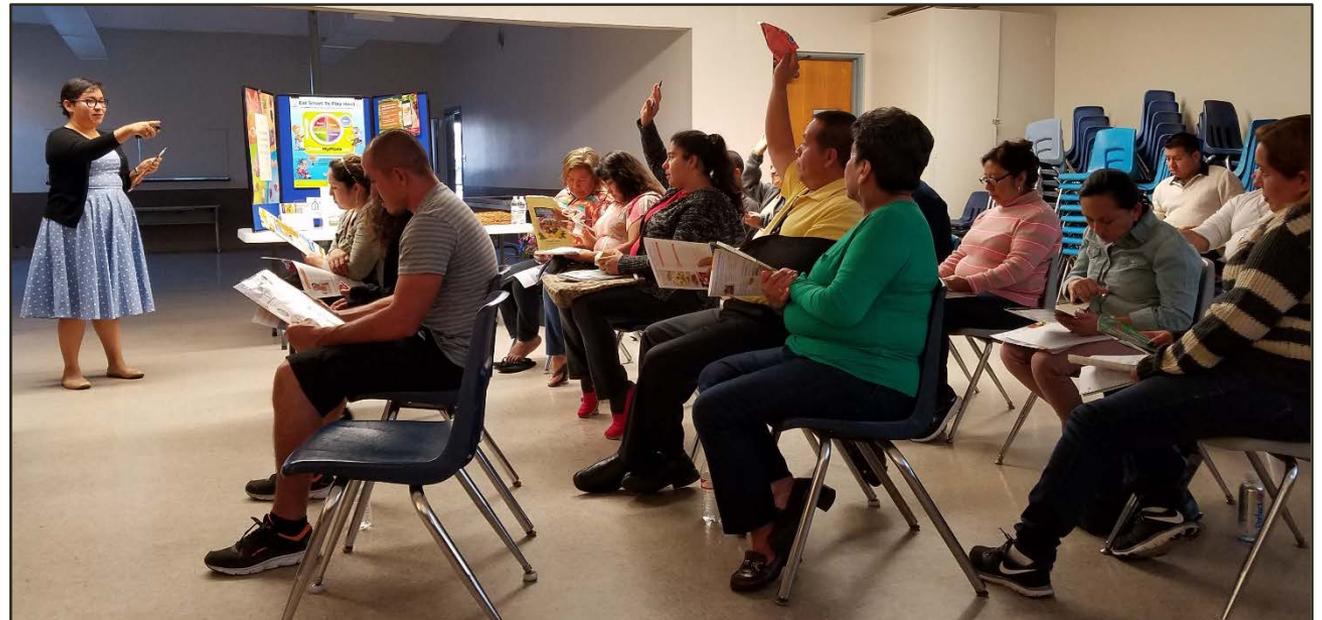


**CATHOLIC
CHARITIES**
OF CALIFORNIA



SNAP-Ed & CalFresh Coordination & Collaboration

- Cross trained staff
- Cross referral of participants
- Coordinated messaging (eg. food resource management)
- Best practice = one stop shop





CATHOLIC
CHARITIES
OF CALIFORNIA

UNIVERSITY OF CALIFORNIA
cal fresh Nutrition Education

Opportunities for Alignment



- Collaboration & Coordination: Participation in collaborative groups & events
food access, hunger taskforce, etc.
- Training & Technical Assistance: CalFresh Program – how programs work in coordination
- Referrals/Promotion across programs and agencies
promotion of other federally funded nutrition programs
CCC encourage adults to take kids to UCCE youth program
- Collaboration & Coordination: Coordination of messaging
- Other opportunities for alignment?



**CATHOLIC
CHARITIES**
OF CALIFORNIA

Food Assistance

- Donated and purchased food policy
- Trained food pantry staff
- Partnerships with local farms & community gardens
- Developed on-site gardens
- Pantry capacity to store and distribute produce





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Opportunities for Alignment

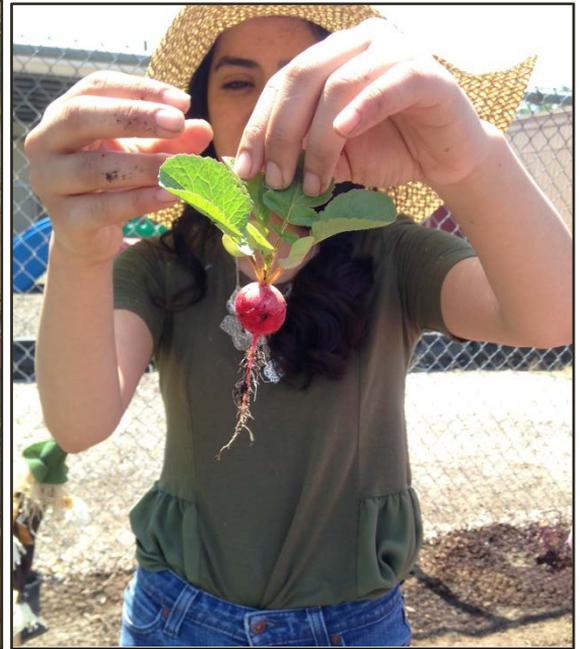


- Training & Technical Assistance: Gardening/Farm-to-Fork
how to start a garden
partnerships with local gardeners/farmers
- Training & Technical Assistance: successful strategies with Food Banks/Pantries
partnerships with the charitable food network
staff training
- Collaboration & Coordination: Participation in collaborative groups & events
food resource management
- Coordination of Messaging, focus on seasonal produce
- Other opportunities for alignment?



CATHOLIC
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OF CALIFORNIA

GARDENS





CATHOLIC
CHARITIES
OF CALIFORNIA

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Opportunities for Alignment



- Training & Technical Assistance: Gardening
how to start a garden, seasonal growing
- Training & Technical Assistance: Garden-based education
garden-based curricula
- Collaboration & Coordination: Partnerships between gardens and food/meal distribution
- Collaboration & Coordination: Promotion of home gardening
Use of EBT benefits for purchase of seeds
- Other opportunities for alignment?



**CATHOLIC
CHARITIES**
OF CALIFORNIA

Healthy Food & Beverage Standards

- Health and wellness policies across programs, departments, sites
- Senior centers, shelters, transitional housing, youth programs
- Parishes: events, fairs, vendors, meal distribution, festivals
- In coordination with Direct Education activities
- Training and education for staff and engaged participants (champions)





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Opportunities for Alignment



- Coordination & Collaborations: Mutually reinforcing projects:
 - Healthy Food and Beverage Standards (CCC)*
 - Garden on-site and/or close by (UCCE + CCC)*
 - Healthy Retail at nearby locations (UCCE)*
 - Active transport initiative (UCCE + CCC)*
 - Murals (UCCE)*
 - PA promotion (stencils- UCCE, Zumba/yoga – CCC)*
 - Joint-Use (UCCE + CCC)*
- Coordinated messaging
 - Harvest of the month*
- TTA: Training for Champions
 - Train-the-Trainer, peer educators*



**CATHOLIC
CHARITIES**
OF CALIFORNIA



Populations

- Youth
- Young adults
- Teen parents
- Adults
- Older adults
- Veterans
- Homeless
- Mentally and physically disabled
- Migrant farmworkers
- Immigrants
- Refugees





CATHOLIC
CHARITIES
OF CALIFORNIA

VOLUNTEERS

PARTNERSHIPS

LEVERAGING
RESOURCES





**CATHOLIC
CHARITIES**
OF CALIFORNIA

Judith
Vargas



**Santa Rosa hotel could become housing for
homeless, veterans**



 **Catholic
Charities**
of the Diocese of Santa Rosa





**CATHOLIC
CHARITIES**
OF CALIFORNIA

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San Joaquin County

Opportunities for Alignment

Capacity Building Across LIAs

- NEOPB GIS Map Viewer
- Shadowing other LIAs Nutrition Educators (ESBA and MPMF)
- SNAP-Ed Guidelines in relation to Programming (Current and Historical Understanding)
- Potential for Gardening Trainings—Master Gardeners and/or UC CalFresh curriculum

Constant Communication

- Integrated Work Plan (Strategic Planning)
- Site List Coordination
- County Nutrition Action Plan—Consistent messaging; joint activities e.g. Activate Your Summer
- Involvement with local collaboratives/taskforces e.g. Healthy San Joaquin, Hunger Taskforce, Obesity & Chronic Disease Prevention Taskforce

Collaborative Events

- Healthy and Hunger Free Summit 2016
- Fostering Partnerships: Supporting Healthful Food Procurement for the Charitable Food Network—UC ANR Nutrition Policy Institute



Picture: A food pantry staff member helps a client with his selections/USDA - FNS, SNAP

- Discussion: Where do you believe opportunities exist for collaboration between UCCE and CC agencies?

- From today's presentation, what are your key takeaways about how to work with other LIA partners collaboratively?

Questions?



Banner header question mark question problem
many/ geralt - Pixabay/ Public Domain

Nutrition Science Spotlight



Carrot kale walnuts tomatoes vegetable food / dbreen
- Pixabay/ Public Domain



Image Source: USDA-ARS

A background image showing a variety of beans, including white, red, black, and speckled beans, scattered across the frame. A large blue thought bubble is centered over the beans, containing the main text.

Nutrition Science Spotlight

Tammy McMurdo, MS, RD and Lyn Brock, MA, RD

**Are black beans
better/healthier
than pinto beans?**

Nutrition and Food Questions

Resources: <http://uccalfresh.org/resources>



Frequently Asked Questions  [Link to answered questions](#)
• Food and Nutrition Questions *(Use this survey tool to submit questions you have received from participants)*
 [Link to submit question](#)

2016 - United Nations International Year of Pulses

<http://www.fao.org/pulses-2016/en/>

Pulse: dry beans, peas, lentils



What's So Great About Beans and Peas?

- 🌱 Good source of protein (without saturated fat)
 - Better when combined with grains, other foods
- 🌱 Good source of soluble fiber & resistant starch
- 🌱 Good source of:
 - Potassium, magnesium
 - B-vitamins
- 🌱 Contain phytochemicals
- 🌱 Good for the wallet!
 - ↑ nutrients, ↓ cost
- 🌱 Good for the planet
 - Grow in many climates and soils, water-efficient



Photo: USDA ARS Image Gallery. Agricultural Research Service.
<https://data.nal.usda.gov/dataset/usda-ars-image-gallery>

Dietary Guidelines for Americans 2015-2020

Guideline 4. Shift to Healthier Food & Beverage Choices.

When it comes to improving food and beverage choices, small changes can add up to big benefits. That's why the *Dietary Guidelines* emphasizes shifts—doable, healthy changes to how people already eat.



Key Concept:

Shifts. A term for healthy substitutions—replacing typical food choices with nutrient-dense alternatives. Healthy shifts can be within food groups or between them.

Making healthy shifts is a great way to add more nutrient-dense foods while eating fewer foods with added sugars, saturated and *trans* fats, and sodium.

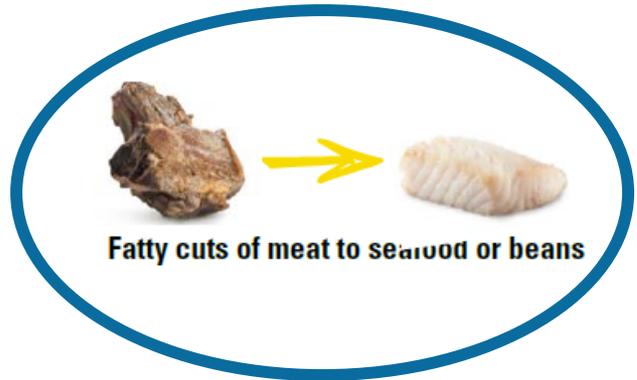
Examples include **shifts** from:



Full-fat cheese or whole milk to low-fat cheese or milk



White bread to whole wheat



Fatty cuts of meat to seafood or beans



Butter to olive or canola oil

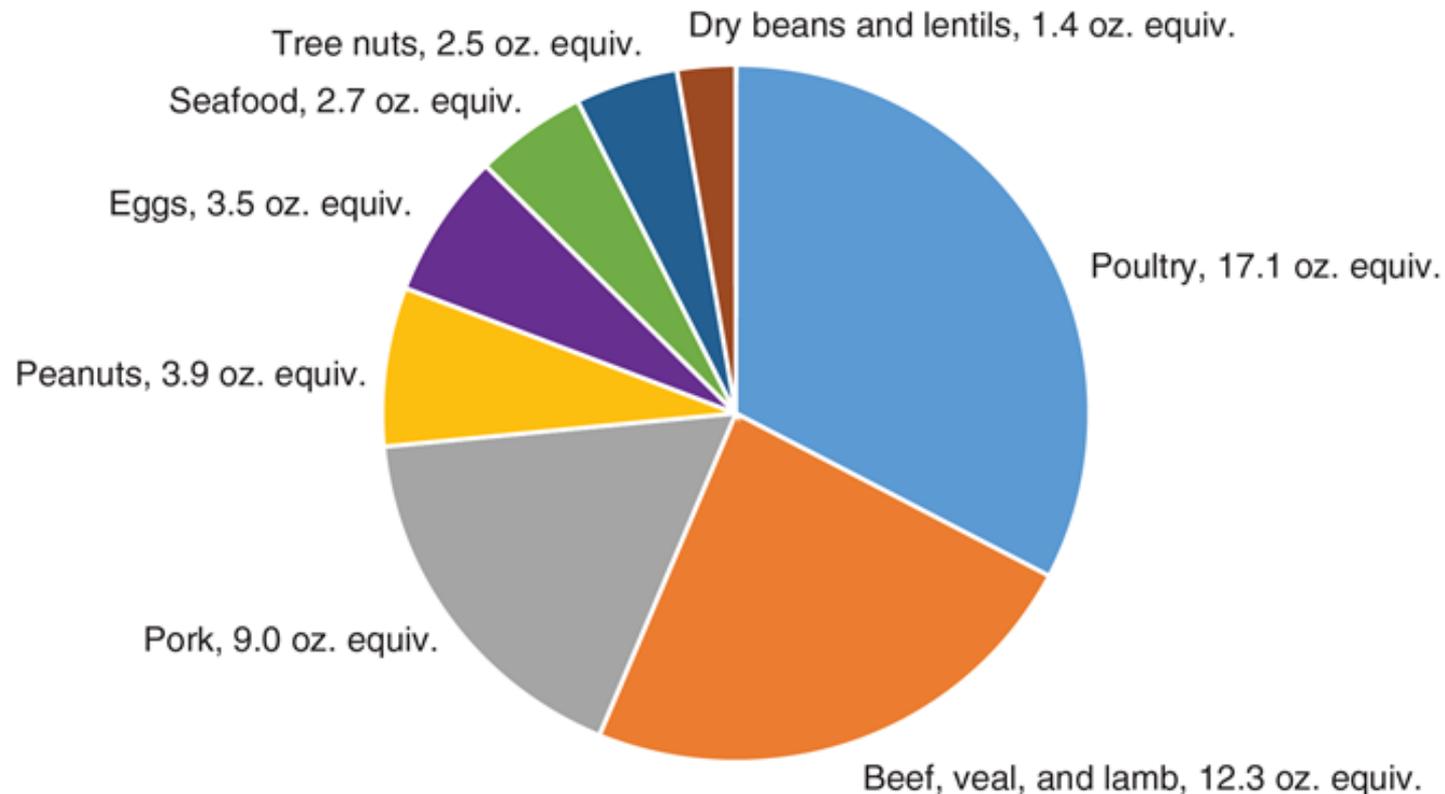


Soft drinks to water



Potato chips to unsalted nuts

U.S. per capita consumption of protein foods, ounce equivalents per week



Note: oz. equiv. = ounce equivalent. One ounce of meat, poultry, or fish; $\frac{1}{4}$ cup of cooked beans; 1 egg; 1 tablespoon of peanut butter; $\frac{1}{2}$ ounce of nuts or seeds is equal to 1 ounce equivalent from the Protein Foods group. Loss-adjusted food availability data are proxies for consumption.

Source: USDA, Economic Research Service, Loss-Adjusted Food Availability data.



Now, Back to the Question...

Are black beans better/healthier than pinto beans?

USDA Food Composition Databases

- USDA National Nutrient Database for Standard Reference
- USDA Branded Food Products Database

 You can search the databases by food item, food group, or manufacturer's name.

 You can also generate lists of foods sorted by nutrient content.

 <https://ndb.nal.usda.gov/ndb/search/list>

Bean Cooking Information and Recipes

California Dry Bean Advisory Board

<http://www.calbeans.org/>

University of Nebraska Lincoln

<http://food.unl.edu/cooking-dry-beans>

USDA Mixing Bowl

<https://www.whatscooking.fns.usda.gov/>



Using Canned Beans

- draining alone reduced sodium by 36%
- draining-rinsing reduced sodium by 41%

Duyff, R. L., J. R. Mount, and J. B. Jones. 2011. Sodium Reduction in Canned Beans After Draining, Rinsing. *Journal of Culinary Science & Technology* 9(2):106-112.

Webinar: Addressing Nutrition Hot Topics

Gluten-free diets



Caffeine Intake

Organic vs. Conventional

GMO facts

November 30th 10:00 – 11:30 am

Dr. Sheri Zidenberg-Cherr and Dr. Rachel Scherr

Registration Information

California SNAP-Ed LIA Training and Events Calendar

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Resources

🍓 The Zidenberg-Cherr Lab has posted a new issue of the newsletter Nutrition Perspectives at <http://nutrition.ucdavis.edu/info/perspectives/index.html>

🍓 In addition, you can also find newly updated info sheets available for download at <http://nutrition.ucdavis.edu/infosheets/>



UC Davis Seminars Donate Directory

UC DAVIS
DEPARTMENT OF NUTRITION

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Home > Nutrition Information > Nutrition Health and Info Sheets > Nutrition and Health Info Sheets

Nutrition and Health Info Sheets

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- [Directory](#)
- [Administration](#)
- [Clinical Study Recruitment](#)
- [Alumni](#)
- [Make a Gift](#)
- [Job Opportunities](#)

Nutrition Department
3135 Meyer Hall
UC Davis
One Shields Avenue
Davis, CA 95616-5270
(530) 752-4630
E-mail

Consumer
New consumer info sheets coming Fall 2016!

- [Added Sugars and High Fructose Corn Syrup](#)
- [Catechins](#)
- [Fat](#)

State Office Updates



UPDATE



Fiscal Reminder - Ledger Review

- ❖ As part of **compliance with USDA fiscal oversight** requirements, the State Office reviews county accounts on a **rotating quarterly schedule**.
- ❖ We review your **supplies, materials, equipment, and travel expenses**.
- ❖ State Office Staff will communicate via email with **Advisors, Supervisors and/or Managers** to request back-up documentation and additional information.

Ledger Review – A Few Best Practices

- Food Demo Purchases:
 - It is best practice to always include:
 - curriculum & lesson this demo is supporting,
 - name of site where lesson was delivered,
 - and number of participants.



Calculator Calculation insurance finance accounting/
stevepb - Pixabay/ Public Domain

- Travel Expenses:
 - Business purpose should clearly detail how travel is in support of UC CalFresh activities.

- Refer to the UC CalFresh Program Directives on our website (i.e., PD 2016-01: Travel Reimbursement Policy for UC CalFresh; PD 2012-03: Purchasing Cards)

Questions? Please contact:

Rolando Pinedo (rgpinedo@ucdavis.edu);
Sandy Vice (sevice@ucdavis.edu); or
Lindsay Hamasaki (lmhamasaki@ucdavis.edu)

Upcoming Trainings, Meetings, and Deadlines



UC CalFresh Training and Meetings Calendar

🍌 New interactive format.

🍌 Can filter through by category.

🍌 Can select event to view details.

🍌 SNAP-Ed trainings are still listed the [CDPH NEOPB website](#).

The screenshot shows the UC CalFresh Training and Meetings Calendar website. At the top right, there is a 'Staff' dropdown menu. Below it are navigation links for 'Home', 'State Office', and 'Contact Us', along with 'About' and 'County UCCE Offices'. A search bar labeled 'Search Site' is also present. The main navigation menu includes 'ACTION', 'PUBLICATIONS', 'RESOURCES', 'TRAININGS', and 'WEEKLY UPDATES'. The 'TRAININGS' menu is expanded, showing options like 'Calendar', 'Town Halls', 'Trainings and Presentations', 'Conferences', 'Regional Meetings', and 'Seattle Western Region SNAP-Ed Training & Meetings'. A hand icon points to the 'Calendar' option. Below the navigation, there are color-coded boxes for 'UC CalFresh Trainings' (pink), 'UC CalFresh Meetings' (olive), and 'Seattle Western Region SNAP-Ed Training & Meetings' (teal). A text prompt says 'Click on the event name below to see details.' At the bottom right, there are options for 'Print', 'Week', 'Month', and 'Agenda', with a dropdown menu for 'Agenda' showing checked items: 'Other Trainings/Meetings', 'UC CalFresh Meetings', 'UC CalFresh Town Halls', and 'UC CalFresh Trainings'.

Webinar – December 8th, 9:00 – 10:30 am

Youth Classroom Behavior Management Basics

EFNEP-UC CalFresh joint webinar

*See Training Calendar
or Weekly Update
for log-in information*



Questions Contact:
Contact: Lyn Brock (rlbrock@ucanr.edu)



SNAP-Ed LIA Messaging Training Webinars

Part 1 - Knowing Your Audience

1/10/2017 1:00pm

Part 2 - Getting Them To Hear You

1/17/2017 1:00pm

Part 3 - Storytelling Techniques

1/31/2017 1:00pm



Registration Information

California SNAP-Ed LIA Training and Events Calendar



Physical Activity Webinar on
December 7, 2016 1:30-3pm

**Active Aging: Physical
Activity Tools for SNAP-Ed
Older Adults**

Register on the [NEOPB Training
and Events Calendar](#)



K-12 Physical Activity Promising Practices Exchange:

Yuba & North Coast/Cascade Counties

Dec. 8, 2016 @ 9am at Chico Area Recreation and Park District Office

SHCP Meeting: Health Fairs and Building Community Partnerships

🍌 **Date: Tue, Dec 6, 2016**

– Time: 03:00 PM PST

– Call-In: 866.740.1260

- Access Code: 7520555

– Web Login:

<https://cc.readytalk.com/r/gmd7raqj6moc&eom>

- Passcode: shcp01



Network society social community cooperation /
Peggy_Marco - Pixabay// Creative Commons

Questions Contact:
Chelsey Slattery (cslattery@ucdavis.edu)

UNIVERSITY OF CALIFORNIA
cal2fresh Nutrition Education





SNAP-Ed Local Implementing Agency Forum

🌸 **Theme:** Ca. SNAP-Ed:
Inspiring Community
Change

🌸 **Dates:** February 22 & 23,
2017

🌸 **Location:** Doubletree Hotel
in Sacramento

- To make a room reservation,
please click on the link:
- [2017 LIA SNAP-Ed Forum -
DoubleTree Hotel Room
Reservations.](#)

🌸 Save the Date sent 10/28/16
with the hotel reservation
link.

🌸 Hotel reservations: Group
rate available through
January 31 @ \$95 per night.

UC CalFresh FFY2016 Annual Report

Please visit the UC CalFresh website to download the FFY2016 UC CalFresh **Annual Report** and **County Profile** template.

Date	Documents Due and Detail
November 16, 2016	<ul style="list-style-type: none"> • FFY 16 Annual Report Draft Documents Due <ul style="list-style-type: none"> • DRAFT Annual Report Due to the State Office • FFY 16 DRAFT County Profile Due to the State Office
December 2, 2016	<ul style="list-style-type: none"> • FFY 16 Annual Report Final Documents Due <ul style="list-style-type: none"> • FINAL Annual Report Due to the State Office; all revisions and edits complete • FFY 16 FINAL County Profile Due to the State Office; all revisions and edits complete

ADMINISTRATIVE	CURRICULUM
UC CalFresh Forms	Administrative > Annual Rep
Equipment Purchasing	
Final Report	Submission Docur
Nutrition Education Plan	ools and Resources
Program Directives	Report Templates and re
Targeting Resources	16 Annual Report Timelir
Program Management and Reporting Tools Workbook (RTW)	ate
SNAP-Ed Plan Guidance	
Annual Report Submission Resources	
Branded Materials and Templates	





Design-fall/ Juliejohn1 - Wikimedia /
Creative Commons

Thank you!

Next Town Hall: January 17, 2017

NOTE: The **December 2016** and **February 2017** Town Hall webinars have been **cancelled**.

Contact the State Office if you have any questions.