

UC CalFresh Weekly Update

October 7, 2013



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Upcoming Events & Deadlines



OCTOBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	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	31		

10/1: Start of FFY 2014 & FFY 2013 Final Report Documents Posted to UC CalFresh Website

FFY 2013 Final Report Documents will be available for download from the UC CalFresh website. The State Office will also e-mail all programs with more information.

10/8: UC CalFresh Town Hall Meeting, 12:30—2:00 PM

The focus of the next Town Hall Meeting is evaluation. Any questions can be submitted **in advance** of the Town Hall to Virginia Chaidez at vachaidez@ucdavis.edu.

Webinar information:

Link: <https://fsnep.webex.com/fsnep/onstage/g.php?t=a&d=968399217>

Event Number: 968 399 217

Event Password: apple

Call-in toll-free number: 1-877-668-4490

10/18: Q4 Reporting Tools Workbook and Documentation (NARFs, Teacher Enrollment Forms, etc.) due to the UC CalFresh State Office; Local Support Entered & Approved into the UC CalFresh Online Local Support System

10/31: FFY 2013 Final Report Narratives & County Profiles due to the UC CalFresh State Office



UC CalFresh Website Updates

FFY 2014 Evaluation Online Data Entry Portals Now Available

The online data entry portals have been updated for FFY 2014 and are now accessible through the UC CalFresh website: <http://www.uccalfresh.org/evaluation>. Please contact Virginia Chaidez (vachaidez@ucdavis.edu) if you have any questions.

FFY 2013 UC CalFresh Annual Report Templates Now Available

UC CalFresh Nutrition Education Programs are required, as part of our reporting requirements to USDA, to submit an Annual Report providing program results and accomplishments. This report, including all attachments and requested supporting documents, will be due to the UC CalFresh State Office by **Thursday, October 31, 2013**. To review the timeline and download the templates, please visit: <http://www.uccalfresh.org>.

UC CalFresh Weekly Update: October 7, 2013

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UC CalFresh and UC ANR in the News!

Sugar Overdose, UCCE Tulare County

There are everyday foods and there are sometimes foods. Fruits and vegetables fall under the everyday foods and candy under the sometimes foods. Sounds simple, but families at Strathmore Elementary School's Back-to-School Night were recently shocked to find out how much sugar is in the sometimes food they've been consuming every day. "They were shocked when we actually showed them," said Grilda Gomez, a nutrition educator with the University of California Cooperative Extension. The nutrition educators at the Cooperative Extension provide supplemental classroom information and lessons for teachers and also provide community outreach at events like back-to-school nights. [Read full article.](#)



UC CalFresh Success Stories

Share your UC CalFresh success stories with the State Office: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11480>

The UC CalFresh State Office would like to thank all of the counties who submitted Success Stories through the online data entry portal. In FFY 2013, over 280 successes were shared from 15 programs. The State Office will begin sharing successes through this new feature in the Weekly Updates. Successes for the new fiscal year can be shared through the online data entry portal for FFY 2014: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11480>.

"I've taken this class series 3 times. I keep coming back. Ever since the first class I've followed all the tips about eating healthier. I'm 60 years old and I've been walking. Because I applied everything I learned I lost 10 pounds and have kept it off for over a year. I clip coupons to save money, this class has changed my life. I tell everyone about my better food choices I've made and how they made a difference."

—PSSC, MEDC Participant, aged 60, Stanislaus County

"In my home I do all of the cooking and I've learned new ways to make healthy choices. Every week I've made small changes in my home and my family has embraced the changes. I was very shocked to learn how much sodium is contained in tomato sauce and chicken broth. My grocery bill has decreased by \$20-\$30 a week. Thank you for all the tips!

—PSSC Participant, Fresno County

Welcome New UC CalFresh Staff!

This new feature is to introduce and welcome new staff to UC CalFresh. If you have new staff, please send a short paragraph and photo to Lindsay Hamasaki at Hamasaki@caes.ucdavis.edu.



Chelsey Slattery, Nutrition Educator, UCCE Sutter and Yuba Counties

In June 2013, Chelsey joined UC CalFresh as a Nutrition Educator serving the Sutter and Yuba County area. Chelsey is a Chico State Graduate with a degree in Exercise Physiology. She holds a certification from the National Academy of Sports Medicine (NASM) as a Certified Personal Trainer (CPT) and is also certified as a Nutritional Consultant. Prior to joining the Butte Cluster UC CalFresh team, Chelsey worked as a Physical Activities Specialist with the Health Education Council (HEC) in West Sacramento serving low-income, diverse populations in rural communities in Yolo and Placer counties.

In addition to her passion for nutrition, physical activity and helping others, Chelsey really enjoys outdoor activities such as; snowboarding, wakeboarding, hiking, rafting, running and golfing. Chelsey was born and raised in Sutter County; she loves the community and enjoys helping others. She is really looking forward to having the opportunity to provide nutrition education to the members in her local community with the hopes of making a positive impact and improving the quality of life.

Nick Jordan, Nutrition Educator, UCCE Butte Cluster

Nick began working as a Nutrition Educator in September. He is the newest member of the UC CalFresh team in the Butte Cluster. Nick holds a degree in Nutrition and Food Science from Chico State. Nick is inspired by healthy activity and good nutrition in many different areas. Being able to introduce new foods prepared in different ways inspires Nick to be a dynamic Nutrition Educator. He says, "Creativity is key. A person may think that they could never choose healthy foods because they can't handle the taste but with a little creativity, we could find something they don't hate. And, once you crack that door just a little, anything is possible." Nick also enjoys live music, art shows, and "just about anything outside" including disc golf, ultimate Frisbee, hiking, and freeze tag.



Nick and Chelsey in action at a Farm Day presentation.



Articles & Research

When Schools Improve Meals, Positive Results Follow

The last few years have seen significant improvements to the health of the school environment. Schools across the country are increasing their efforts to prevent childhood obesity by serving healthier school meals, providing more time for physical activity, and helping kids learn about proper nutrition. It's clear that the new, healthier school meals implemented last year are working and having a positive impact on the health of our next generation. USDA recently surveyed states and schools across the country, and the vast majority of schools—80 percent—have already reported that they are meeting the updated meal standards successfully, with some states reporting 100% of schools completely transitioned to the new standards. [Read full article.](#)



President Bill Clinton to Recognize 267 U.S. Schools for Efforts to Prevent Childhood Obesity

President Bill Clinton recognized 267 schools at the Clinton Presidential Center in Little Rock, AR for creating healthier environments for children to learn and staff to work. The awards ceremony is part of the eighth annual Healthy Schools Program Forum. In addition, President Clinton shared data showing that each of the 267 schools—and nearly all schools that participate in the Healthy Schools Program and have such data—are meeting or exceeding recently updated federal nutrition standards for healthy school meals. The Healthy Schools Program is a project of the Alliance for a Healthier Generation, which was co-founded by the American Heart Association and the Clinton Foundation. Findings from the Alliance's Healthy Schools Program, based on self-reported data from participating schools, reveal the following:

- * Schools in both low-income and more affluent communities are meeting or exceeding the new guidelines. In two-thirds of the recognized schools, more than 50 percent of students are eligible to receive free or reduced-price lunch, while nearly one-third of the schools serve a more affluent student population.
- * In addition to the schools receiving recognition, more than 95 percent of all schools that participate in the Alliance's Healthy Schools Program and have such data (n=3000+) are meeting or exceeding federal nutrition standards.

For more information about the schools recognized, visit: www.HealthierGeneration.org. [Read full article.](#)

Most Schools Expect to Meet Healthier Lunch Standards

Ninety-four percent of U.S. school districts expected to meet updated federal nutrition standards for lunches by the end of the 2012-13 academic year, according to a national survey commissioned by the [Kids' Safe and Healthful Foods Project](#). However, many school districts say that their current kitchen equipment and infrastructure limit their ability to do so and that food service staff need more training as they work to implement the U.S. Department of Agriculture (USDA) guidelines. The report, "Serving Healthy School Meals: Despite challenges, schools meet USDA nutrition requirements," finds that although most districts expect to meet the updated standards with current facilities, one-third report that their current kitchen equipment makes it difficult to serve healthier foods, and one-quarter face challenges related to infrastructure, such as electrical and plumbing capacity. [Read full article.](#)

Physical Activity in Schools is Essential to Reversing Childhood Obesity

Over the past 40 years, rates of obesity have doubled in 2- to 5-year-olds, quadrupled in 6- to 11-year-olds, and tripled in 12- to 19-year-olds. The causes of childhood obesity are complex and interconnected. The environment created by the intersection of culture, societal norms, media and technology, community assets and practices within the home all influence a family's ability to make healthy choices and to lead active lifestyles. This ultimately affects a child's weight status. Progress has been made, but we still have a long way to go to reverse the childhood obesity epidemic. As we look for reasons to be hopeful and signs that this battle can be won, we see creativity and innovation fueling a grassroots movement that is focused on increasing quality physical activity for our kids. Physical activity and movement are critical components to obesity prevention. Yet, the large majority of our children do not achieve the recommended 60 minutes of moderate-to-vigorous activity each day. In every community, there is an important setting in which we can take steps to upend this norm—our nation's schools. Children spend an average of eight hours per day in school, making schools optimal sites for boosting movement and exercise. [Read full article.](#)



Education & Resources

For additional resources, please visit the UC CalFresh website: <http://www.uccalfresh.com/resources>



1-Minute Energizer Toolkit, Network for a Healthy California—Physical Activity Integration Program—Los Angeles Region

The Network for a Healthy California—Physical Activity Integration Program—Los Angeles Region has published the 1-Minute Energizer Toolkit for classroom teachers. 1-Minute Energizers are designed to increase kindergarten through sixth grade students' knowledge of various anatomical, physiological and nutritional concepts as well as to increase daily physical activity participation. Studies have shown that physical activity breaks throughout the school day help improve enjoyment, focus, and alertness. All 10 energizers can be performed in the classroom or outdoors with little to no equipment as a means to break up traditional teaching practices. Energizers are linked to California's Physical Education and Health Education Content Standards, as well as Nutrition Competencies. To view the Toolkit, please visit: <http://publichealth.lacounty.gov/nut/Network/campaignsandprograms/physicalactivity.htm> or <http://www.beactivela.org/>.

Education & Resources (continued)

Funding Opportunity: Whole Kids Foundation Garden Grant in Partnership with FoodCorps, Deadline: October 31, 2013

Whole Kids Foundation accepts garden grant applications annually from September 1 to October 31, 2013. \$2,000 School Garden Grant for a non-profit K-12 school (public, private or charter—elementary, middle, or secondary) and/or a 501(c)(3) organization that is developing or currently maintaining a garden project on school grounds that will engage children with fresh fruits and vegetables. Recipients will be announced in the Spring of 2014. For more information, please visit: <http://www.wholekidsfoundation.org/schools/programs/school-garden-grant-program> or contact gardens@wholekidsfoundation.org.



How State Health Agencies Can Support the Physical Activity Guidelines, October 9, 2013, 2:00-3:00 PM EST

Sponsored by the Association of State and Territorial Health Officials, this webinar will provide an overview of evidence-based physical activity programs and intervention strategies that have been shown to be effective in the school environment, share examples and resources for creating school-wide change from *Let's Move!* Active Schools, and highlight the Georgia SHAPE initiative, a comprehensive statewide childhood obesity prevention effort dedicated to improving the health of young people. To register for the webinar, [click here](#).

USDA Farm to School Program and eXtension Upcoming Webinar, October 9, 2013, 1:00-2:00 PM EST

The USDA Farm to School Program and the eXtension Community of Practice in Community, Local, and Regional Food Systems is hosting this webinar to explore Cooperative Extension professionals' role in supporting farm to school programs. Julia Govis from the University of Illinois Extension and Morgan Taggart from Ohio State University Extension will discuss the many ways they are supporting farm to school through the development of educational resources and curriculum. There is no registration required for the webinar. To access the webinar, an Internet connection and telephone line is required. To view the webinar via LiveMeeting, [click here](#). To hear the webinar, dial 1-800-988-0278 and use the passcode 91613#. For more information, visit USDA's Farm to School webinar page: <http://www.fns.usda.gov/farmtoschool/webinars>.



Free Webinar: How to Teach Nutrition, October 15, 2013, 1:00-2:30 PM EST

How to Teach Nutrition is an introductory webinar that will teach YOU how to teach kids and adults about nutrition and healthy eating habits. Through this webinar taught by nutritionist and wellness expert, Julie Negrin, MS, you will learn:

- * Why teaching adults about nutrition is not that different from teaching kids;
- * The secret of inspiring people to make changes in their lives instead of TELLING them to make changes;
- * And much MORE!

For more information and to register for the webinar, please [click here](#).

Free Workshop: Creating and Sustaining Your School Garden Workshop, Santa Cruz, October 24, 2013

The Creating and Sustaining Your School Garden (CSYSG) Workshop is for teams working to create or enhance a school garden program. This workshop covers planning and designing a school garden, basic gardening skills, curricular connections and outdoor classroom management. Content varies by region. [Click here to view CSYSG web resources](#). To register for the Santa Cruz Workshop, [click here](#).

Food Day, October 24, 2013

Food Day, held annually on October 24, is a nationwide celebration and a movement for healthy, affordable, and sustainable food. Food Day aims to help people "Eat Real." That means cutting back on sugary drinks, overly salted packaged foods, and fatty, factory-farmed meats in favor of vegetables, fruits, whole grains, and sustainably raised protein. For more information, including resources, recipes, and how you can get involved, visit <http://www.foodday.org>.



Funding Opportunity: 2013 Youth Garden Grant Award, Deadline: December 3, 2013

NGA awards Youth Garden Grants to schools and community organizations with child-centered garden programs. Priority will be given to programs that emphasize one or more of these elements:

- * Integration of content standards
- * Environmental awareness
- * Social aspects of gardening such as leadership development, team building, community support, or service-learning
- * Nutrition connections
- * Entrepreneurship

For more information, visit: <http://grants.kidsgardening.org/2013-youth-garden-grant-award>.

Funding Opportunity: The 2013 Project Orange Thumb Online Grant, Deadline: December 15, 2013

Eleven (11) recipients will be chosen from this year's applicants—10 will receive \$5,000 in cash and tools to help support their goals of neighborhood beautification and horticulture education, and one (1) lucky applicant will receive a complete garden makeover! Apply now and help sow the seeds of community change! For more information, visit: <http://www2.fiskars.com/Community/Project-Orange-Thumb>.

Funding Opportunity: The Culinary Trust: Chefs move to school, Deadline: Ongoing

The Chefs Move to Schools Grant provides funds for culinary professionals to help our children eat right by teaching them about food, nutrition and cooking. Funds can be used from garden to table: culinary professionals may seek funding for any program that promotes health and wellness in schools. For example, the grant may be used to plant a garden, teach a class, promote or create a wellness program for students or parents or assist in creating a school curriculum that focuses on healthy eating. In order to qualify, the grant application must have the support of the school principal and, in some cases, additional school personnel. For more information, visit: <http://www.theculinarytrust.org/#!chefs-move-to-school>.

Education & Resources (continued)

Funding Opportunity: Awesome Foundation's Food Chapter, Deadline: Open

The Awesome Foundation's Food Chapter is now taking applications for its \$1,000 microgrants to further food awesomeness in the universe. Apply at Awesome Foundation and submit under "Food" category. Every month, one microgrant will be given for an awesome idea about involving food, be it urban farming, food truck, receipt collects, pop-up cafes, or health. The more inventive the better. For more information, visit: <http://awesomefoundation.org/submissions/new>.

Funding Opportunity: OCIA Research & Education Micro Grants, Deadline: Open

OCIA International (Organic Crop Improvement Association) offers grants in the range of \$300 to \$1,500 for organic research, organic education, and other ideas supporting organic agriculture. Projects must benefit multiple producers, processors and/or consumers. There may be limitations on the number of grants given within any one region. For more information, visit: <http://www.ociaresearchandeducation.org/index.php/awards/micro-grants>.

Funding Opportunity: Simply Organic 1% Fund, Deadline: Open

The Simply Organic 1% fund supports and promotes the growth of organic and sustainable agriculture. They support research into organic production methods and crop improvement; educating farmers on organic growing techniques, certification standards and documentation; educating the public on the value of organic agriculture; developing projects that help organic farmers to be more efficient, produce better products, and add value to their products. Electronic applications may be submitted. For more information, visit: <http://www.simplyorganic.com/simplyorganic/ourvalues/applying.php>.



We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please e-mail Lindsay Hamasaki at Hamasaki@caes.ucdavis.edu to share your comments on the new format of the Weekly Update, 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 David Ginsburg, 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.com/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 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.