

UC CalFresh Weekly Update November 10, 2014



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UC CalFresh Website Updates

SNAP-Ed Site Change Process Resources Now Available!

A copy of the SNAP-Ed Site Change Process Chart, Flowchart and Forms reviewed during the "SNAP-Ed Site Change Request Process Webinar" on 11/6/14 are now available on the UC CalFresh website. For additional information, please visit: <http://www.uccalfresh.org/administrative/targeting-resources>.

Updated Food Behavior Checklist Evaluation Tool Now Available!

An updated Food Behavior Checklist (FBC) evaluation tool is now available in English and Spanish. The updated FBC tools should replace any previous versions. The online data entry portal will be available soon and will be announced via weekly update. To download the updated FBC evaluation tools or view the Instruction Guide, please visit: <http://www.uccalfresh.org/evaluation/Adult%20Evaluation>.

Upcoming Events & Deadlines



NOVEMBER 2014

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
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| 30 | | | | | | |

11/11/14 Veterans Day Holiday

11/18/14 UC CalFresh Town Hall Webinar, 12:30-2:00 PM
The November UC CalFresh Town Hall Webinar has been scheduled for Tuesday, November 18, 2014 from 12:30-2:00 PM. The topic of the Town Hall will be "Follow-Up to the UC CalFresh-EFNEP Skills Based Training," presented by Lyn Brock. Tammy McMurdo and Michele Byrnes will also provide an overview on the Smarter Lunchroom Movement of California.

ReadyTalk Information:

Event Address: <https://cc.readytalk.com/cc/s/registrations/new?cid=8ps3x9lk9hsu>

Call-In Toll-Free Number: 1-866-740-1260

Event Password: apple1

Access Code: 7544137

Attendance is highly encouraged. If you are unable to attend, please notify your supervisor. If you have any questions, please submit them in advance to Rolando Pinedo at rgpinedo@ucdavis.edu.

11/21/14 Draft FFY 2014 County Annual Report & County Profile Due to State Office

Drafts of the FFY 2014 Annual Report and County Profiles are due to the State Office. Please refer to the UC CalFresh website for additional details and information: <http://www.uccalfresh.org/administrative/ffy-2014-call-for-annual-report>.

Save the Date: December 2014 EFNEP-UC CalFresh Regional Trainings

Please contact Lyn Brock (rlbrock@ucanr.edu) if you have any immediate questions regarding these regional trainings.

| Date | Location |
|-------------|--|
| 12/3-12/4 | UC-ANR Building 2801 Second Street, Davis, CA 95618-7774 |
| 12/8-12/9 | University of California, Fresno Center 550 E. Shaw Avenue, Fresno, CA 93710 |
| 12/17-12/18 | Southern CA (Location TBD) |

12/16/14 UC CalFresh Town Hall Webinar, 12:30-2:00 PM

The December UC CalFresh Town Hall Webinar has been scheduled for Tuesday, December 16, 2014 from 12:30-2:00 PM. The topic of the Town Hall will be "Stress and How it Relates to Healthy Eating," presented by Kevin Laugero. Details regarding this webinar will be forthcoming. For additional UC CalFresh Town Hall dates, please visit: <http://www.uccalfresh.org/trainings/town-halls>.

UC CalFresh Weekly Update: November 10, 2014

One Shields Avenue, 1103 Meyer Hall • Davis, CA 95616 • (530) 754-7794

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cal fresh Nutrition Education

<http://www.uccalrfresh.org>



UC CalFresh Success Stories

The State Office will begin sharing successes through this new feature in the Weekly Updates. Successes for FFY 2015 can be shared through the online data entry portal: <http://ucanr.edu/survey/survey.cfm?surveynumber=13883>.

*"It helped me to try and eat veggies and fruits every day, how to use more veggies in your everyday meals, and start dancing."
—Eat Smart, Live Strong Participant, Fresno County*

*"I learned how to save money while buying healthy foods and how to read nutrition labels. Because of this class, I eat more healthy with my family."
—Plan, Shop, Save, Cook Participant, Kings County*



UC CalFresh in Action!

Share your UC CalFresh success stories with the State Office: <http://ucanr.edu/survey/survey.cfm?surveynumber=13883>

Healthy Hands, UCCE Fresno County

Mrs. Leyva, a kindergarten teacher at Lowell Elementary, demonstrates a creative activity she made with her class using the five essential food groups of MyPlate. Mrs. Leyva's activity will help students associate each food group to a different finger on their hand (see photo). Great job Mrs. Leyva! Your hard work and dedication to helping kids learn the importance of nutrition will help expand their knowledge and commitment to a healthy lifestyle! [Read full blog article.](#)



Organwise in the Cafeteria, UCCE Fresno County

This October, Rowell Elementary's cook, Amal Avedian, wore her OrganWise Guys apron in the cafeteria to reinforce nutrition education with students! Students familiar with the OrganWise Guys were excited to spot the lovable organs and MyPlate pictures as they picked up their lunch. The apron was a great way to reinforce the OrganWise Guys' key messages of eating high fiber foods, drinking low-fat milk and lots of water, and getting plenty of exercise. To see more pictures of Amal in action, [read full blog article.](#)

Smarter Lunchroom Movement

The UC CalFresh State Office would like to see how the Smarter Lunchroom Movement has been implemented in your county! Please share your success stories and photos with Lindsay Hamasaki via e-mail: Hamasaki@caes.ucdavis.edu.

UC CalFresh Nutrition Corners

The UC CalFresh State Office would like to see the creative ways your program and partners have used the Nutrition Corners in your county. Please send photos and a brief description to Lindsay Hamasaki at Hamasaki@caes.ucdavis.edu.



UC CalFresh, UC ANR and UC Davis in the News!

UC app encourages people to play with food

Launched this week, the University of California's new food collage app allows users to use California-grown fruit and vegetables to create works of art. Built as part of a larger campaign underscoring the reach and relevance of public higher education, the university hopes to highlight all the unexpected—and delightful—ways that it touches the lives of everyone in the state, and beyond. Taking well-known phrases that include the word "public"—public offering, public records and public office—the campaign creates a twist on the understood meaning by connecting the phrase visually with an unexpected image. In the world of food, a playful turn phrase "public offering" underscores that University of California researchers and educators are dedicated to the creation, development and application of research in agriculture. Interacting with the app, users can explore how UC's research has played a role in the food that you cook and eat every day. The campaign is getting national attention, with Marion Nestle highlighting it in her Food Politics blog. You can invite friends and social media followers to "play with their food," and perhaps win a \$75 LocalHarvest gift card. To get started, visit: <http://public.universityofcalifornia.edu/#collage>. You can see some of the submitted food collages on the UC Facebook page at: <https://www.facebook.com/universityofcalifornia>. For a quick video showing how the app works, please visit: http://youtu.be/FekKwD_7uj8. [Read full blog article.](#)

Petersen: Support for local food is still just a fraction of the population

Earlier this month, Laura Petersen had the good fortune to attend the Eat Local Placer Nevada Project Community Dinner hosted by UCCE. About a hundred people turned out for the event at the North Star House to honor local farmers and eat a delicious meal prepared using locally grown food. Proceeds from the event will purchase fresh produce from local farms for the Food Bank of Nevada County this winter. As a regular Saturday booth vendor at the Nevada County Growers Market this summer, Petersen looked forward to saying "hello" to farmer friends and buying weekly vegetables. When shopping at BriarPatch Co-op, she intentionally seeks food from farms she's been to, grown by people she knows. That's why it came to a surprise to learn that even with a farmers market available nearly every day of the week in Nevada County, the number of people who actually buy their food from local farmers remains low, as few as two percent of the population, according to Cindy Fake, Horticulture and Small Farms Advisor for University of California Cooperative Extension Placer/Nevada Counties. "We just feel like we've scratched the surface as far as getting people aware of and buying local produce. It's still a very tiny fraction of the community. The reality is different than what we think it is," said Fake. For people who are accustomed to their routine of shopping familiar supermarket aisles, the outdoor farmers market can be intimidating, said Fake. UCCE has been working to change that habit by offering tastings at farmers markets, recipe cards and redeemable vouchers. "For some people it's just outside their comfort zone. A higher percentage of people buy at a grocery store in Nevada County, but it still depends upon a lot of different factors. The thing that comes up most often as a deterrent in our surveys is convenience. People don't want to go out of their way to buy local," said Fake. [Read full article.](#)



The Characteristics and Circumstances of Zero-Income Supplemental Nutrition Assistance Program Households

The proportion of Supplemental Nutrition Assistance Program (SNAP) households with zero gross income has increased at a faster rate than the growth in the overall SNAP caseload. Households with zero gross income have no reportable earnings and do not receive other cash benefits, but may have in-kind benefits from other nutrition assistance programs, Medicaid or Medicare, or subsidized housing. This study describes the characteristics, circumstances, and participation and income dynamics of zero-income SNAP households and seeks to assess whether economic and policy changes may have affected this growth. [Volume I](#) of this study used survey data to examine trends in the zero-income population. [Volume II](#) examines the circumstances leading to a household having no income or cash benefits and how these households are coping with extremely limited resources. To view the report in its entirety, please [click here](#).

Monterey school district serves local food

A school district in Monterey is one of 15 districts in California that is trying to serve its students locally grown foods, but the task is far more onerous than it would seem on the surface. Monterey Peninsula Unified School District has joined forces with the Center for Ecoliteracy to cook locally grown and raised foods for cafeteria lunches. Called "California Thursdays," the program launched at MPUSD on October 23 and is based on the belief that California children will benefit from more freshly prepared foods, grown or raised within the Golden State. "Nutritious school meals also make perfect financial sense," said Jennifer Gerard, MPUSD's director of nutrition services, who implemented the local pilot program. "Healthy kids put less strain on our district's health, counseling and special education services, while lowering absentee rates and improving school finances. We're funded based on how many kids show up to class, so it's worth investing in quality meals that children are more likely to eat." If the program is successful, the concept will become a regular part of menus for MPUSD students, as well as students across the state. Fifteen school districts—large, small, urban and rural—that collectively serve more than 190 million school meals a year, participated in the statewide rollout. The Monterey district schools alone serve almost 1.8 million meals annually. "Whenever we serve fresh, locally grown food to children with these recipes, they devour it," said Zenobia Barlow, executive director of the Center for Ecoliteracy. "That alone is a victory. Properly nourished children are healthier and ready to learn." [Read full article.](#)

Berkeley breaks through on soda tax

Berkeley, California made history Tuesday night by approving the first real sin tax on soda in the United States. Voters approved Measure D, a penny-per-ounce tax, by a three-to-one margin after a bitter campaign battle. Berkeley has now done what more than two dozen other cities and states have tried and failed to do in recent years: Put in place a punitive tax on sugar sweetened-beverage tax designed to reduce consumption and raise revenue. The measure, which covers sports drinks, sweet teas and beverage syrups used in coffee shops, would raise prices by about 10 percent. The tax, which does not apply to diet sodas, kicks in January 1, 2015. Health advocates are practically jumping for joy. After decades of hard-fought losses on soda taxes, they hope their victory in Berkeley will breathe new life into the issue. The win is "absolutely huge," according to Marion Nestle, a professor at New York University and author of *Food Politics*. [Read full article.](#)

Overweight Children Who Eat Vegetables Are Healthier, Research Finds

Getting children who are overweight to regularly eat even just a helping or two of the right vegetables each day could improve their health in critical ways, a new study in the November edition of the *Journal of the Academy of Nutrition and Dietetics* reports. School cafeterias, families, policymakers and health professionals have been looking for ways to address a growing epidemic of childhood obesity, which is three times as prevalent now as it was a generation ago. The study's finding that even small amounts of green and orange vegetables can help the children who are most at risk—regardless of whether they lose weight—suggests selecting the right vegetables is a critical part of the puzzle. The study found that making nutrient-rich vegetables (including leafy foods such as spinach or broccoli and orangish vegetables such as carrots) even a small part of a child's daily diet reduced bad fats in the body. It also improved insulin levels in a group of overweight Latino children monitored by a research team from the Keck School of Medicine at the University of Southern California and from The University of Texas at Austin. Children who regularly consumed one or two fist-size servings of these nonstarchy vegetables reduced their risk for liver problems, Type 2 diabetes and other complications of obesity. Although the children, who ranged in age from 8 to 18, continued to eat fewer nutritious vegetables than what's recommended by the U.S. Department of Agriculture, the improvements to their health were significant. [Read full article.](#)

It's Official: Safe Routes to School is Proven to Work

Just in time for International Walk to School Day, a new study has been published in the *Journal of the American Planning Association* that confirms what those of us in the field have long known: Safe Routes to School programs are effective at increasing rates of walking and bicycling to and from school. The new study is the most comprehensive Safe Routes to School evaluation to date—it looked at school travel data from 801 schools in DC, Florida, Oregon and Texas collected between 2007 and 2012. A total of 378 schools implemented Safe Routes to School programs of some kind during the study period—meaning that the researchers could look at before and after data—and 423 schools did not implement a Safe Routes to School program and could thus serve as control schools to compare against. The findings are quite impressive:

- * After an engineering improvement was completed, schools saw an 18 percent increase in walking and bicycling rates.
- * Each year of Safe Routes to School education and encouragement programming resulted in a five percent increase in walking and bicycling rates—adding up to 25 percent after five years.
- * These results could be cumulative—so a school that implements a comprehensive Safe Routes to School initiative with engineering improvements plus five years of education and encouragement would result in a 43 percent increase in walking and bicycling rates.

The study builds on the work of many other researchers who have looked at individual models or results on a smaller group of studies, and it really is the missing link in clearly demonstrating the effectiveness of Safe Routes to School. [Read full article.](#)

Getting Students Involved in Wellness

At El Monte City School District, our students are actively involved in setting wellness goals, mentoring others, and participating in taste tests. For the past twenty years or so, the United States has seen a steady rise in childhood obesity and juvenile type 2 diabetes. These are the epidemics of our time. We can solve them. But it will take all of us working together. What does that mean or look like? That means community members will need to become more involved in study wellness efforts at the school level as well as the municipal level. In Dr. Robert Lewis' school district, the coordinated school health team is led by a teacher; its members include school administrators, parents, medical facility managers, nutritionists, PTA members, coaches, former principals, city representatives, and parks and recreation leaders. They work to create a culture of wellness for the children of the community. The messaging is the same whether for schools or city properties: *every child deserves a healthy environment!* Dr. Lewis always says it only takes one person to start a movement. Anyone can be a catalyst for change. We must all keep our children's health in mind so that the twenty-first century can be our nation's healthiest one yet. Getting students actively involved in taste tests, summertime cooking camps, school gardens, and wellness goals helps them internalize lifetime healthy habits. These are all activities that El Monte City School District practices throughout the school year. Students are actively engaged in a culture of wellness. The more students feel engaged in healthy lifestyle choices, the more ownership they will have. Community members who participate in wellness activities are more likely to support wellness initiatives in their town. [Read full blog article.](#)



Education & Resources

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



Holiday Food Safety Success Kit—Resources for Consumers

HolidayFoodSafety.org offers everything you'll need for a festive, delicious, food-safe celebration! Some of the resources available include:

- * **Holiday Food Safety Videos:** These videos highlight the importance of the four core safe food handling practices of clean, separate, cook and chill, as you prepare for your big holiday meal. The video is available in both [English](#) and [Spanish](#).
- * **Infographic for a Safe Holiday Feast:** This infographic puts a safe holiday feast at your fingertips. Whether you're shopping, preparing, or re-heating your meal, make this your road-map for staying food safe.

For additional information and resources to keep your holidays food-safe, please visit: <http://www.holidayfoodsafety.org/>.

Rural Childhood Obesity Prevention Toolkit

Research shows that where we live matters for our health, wellness and longevity. In fact, our zip code can be just as important as our genetic code in determining how well—and how long—we live. Although studies have shown some signs of progress across the United States in our effort to reverse the national childhood obesity epidemic, too many families continue to live in unhealthy communities that lack affordable nutritious foods or safe places to play. This is especially true in rural areas, where obesity tends to be more prevalent and healthy options can be few and far between. *Leadership for Healthy Communities*, a national program office of the Robert Wood Johnson Foundation, developed the **Rural Childhood Obesity Prevention Toolkit** to help local and state leaders advance innovative, evidence-informed strategies for improving health in rural towns, counties, tribal lands, and schools. They believe policymakers, advocates, and community leaders can work together and use these strategies to advance policy solutions that support vibrant, healthier rural communities. To download the Toolkit, please visit: http://www.leadershipforhealthycommunities.org/images/RESOURCES/LHC_Rural_Toolkit_FINAL.pdf.

Webinar Recording: Eat Smart, Move More: Healthy Vending: Two Recent Studies Support Healthy Vending Efforts

Many states and localities are working to improve the nutritional quality of foods and beverages sold through vending machines on their public property. This webinar will give an overview of two recent studies on vending machines on public places. One study looks at the nutritional quality of foods and beverages on state and local public property across the country and the other analyzes the Chicago Parks District 100% healthy vending policy. To view the recording of this webinar, please visit: <https://www4.gotomeeting.com/register/228591871%22>.

Webinar Recordings: *Stock Healthy, Shop Healthy*

Starting a healthy corner store or grocery program can be overwhelming. University of Missouri Extension has developed free webinars to give you through the *Stock Healthy, Shop Healthy* resources and get you moving toward your goal of increasing access to healthy, affordable foods in your community.



- * **What Is Stock Healthy, Shop Healthy?:** This introduction to *Stock Healthy, Shop Healthy* covers the basics of identifying your community's healthy food access issue and explains the role small food retailers can play in increasing residents' access to healthy foods. In addition to learning about the aspects of a community that may be barriers to access, you will learn about resources available through the *Stock Healthy, Shop Healthy* program.
- * **Getting Started With Your Community:** When starting a new initiative, it can be hard to know where to start. *Stock Healthy, Shop Healthy* stresses that a community engagement strategy is vital to the success of any healthy food retail program. This webinar will help you identify potential stakeholders to join your network, select your partner store and take the first few steps toward increasing the availability of healthy, affordable foods in your community.
- * **Keys to Success:** After you have built your network and gotten started, the next step is to determine strategies you can use to build more demand for healthier foods in your community. Demand is built through nutrition education, both in the store and in the community, and various outreach activities. In this webinar, you will learn about such strategies and hear from an experienced community member who led an effort in her St. Louis neighborhood with the St. Louis Healthy Corner Store Project. You'll also be introduced to several process and outcome evaluation tools you can use to determine the success of your program.

For additional information on *Stock Healthy, Shop Healthy*, please visit: <http://extension.missouri.edu/stockhealthy/home.aspx>.

Webinar: Expert Panel: Leveraging Social Media in Delivering Successful Nutrition Programs, November 13, 2014, 2:00-3:00 PM EST

This webinar brings together three professionals from different states to each share a social media project success including evaluation strategies. The projects featured are diverse with topics ranging from using social media for survey and focus group recruitment to texting, Twitter tags, online blogs and promotion of messages via Facebook. Participants will be inspired by the breadth of potential for successfully using social media in programs. SNEB & ASNNA members attend webinars free as a benefit of membership. Cost to attend as a non-member is \$25. If you are not an SNEB or ASNNA member, you will receive an email with payment instructions after registering. After registering you will receive a confirmation email containing information about joining the webinar. For additional information, including learning objectives and speakers, please visit: <https://www2.gotomeeting.com/register/413378178>.

Funding Opportunity: San Joaquin Valley Health Fund Grants, Deadline: December 1, 2014, 12:00 PM

The Center for Health Program Management will award San Joaquin Valley Health Fund grants up to \$20,000 to networks and organizations located and working in the eight counties of Fresno, Kings, Madera, Mariposa, Merced, San Joaquin, Stanislaus and Tulare. The Center for Health Program Management will fund emerging and established health, social justice, youth-serving and community-based networks or organizations, and local government agencies. For additional information, please visit: <http://www.shfcenter.org/sjvhealthfund>.

Funding Opportunity: 2015 Youth Garden Grant, Deadline: December 5, 2014

Since 1982, National Gardening Association has provided the Youth Garden Grant to over 5,000 schools, nonprofits and youth programs across the United States. Youth Garden Grant has contributed over 2.8 million dollars in funding to youth gardening initiatives and serves as National Gardening Association's longest standing grant program. This year, Youth Garden Grant is sponsored by the Grandchildren of Helene and Mark Eisner and by KidsGardening.org's generous donor base with contributions from Bonnie Plants, Ames and New England Arbors. Twenty (20) awards will be offered this year to support programs in the United States. To be eligible for the 2015 Youth Garden Grant, your school or organization must plan to garden in 2014 with at least 15 children between the ages of 3 and 18. The selection of winners is based on the demonstrated relationship between the garden program and education related to the environment, health and nutrition issues, character education, and entrepreneurship in the United States. For additional information, please visit: <http://grants.kidsgardening.org/2015-youth-garden-grant-0>.

Webinar: Safe Routes to School as a Tool to Address Chronic Absenteeism, December 15, 2014, 2:30-4:00 PM EST

What is the relationship between student transportation and attendance? The National Partnership is teaming up with Attendance Works to explore how we can help students get to school every day. This webinar will discuss how transportation can be a barrier to school attendance and highlight Safe Routes to School as a resource to help communities address chronic absenteeism. Panelists will share community based solutions, best practices, and opportunities to partner with organizations and groups that can be allies in ensuring students have access to safe and reliable transportation to school. To register for the webinar, please visit: <https://attendeegotowebinar.com/register/2165056405016312578>.

Education & Resources (continued)

Registration Open: 8th Biennial Childhood Obesity Conference, June 29-July 2, 2015, Deadline for Early Bird Rates: December 31, 2014

Registration for the 8th Biennial Childhood Obesity Conference is now open. Early Bird Registration Rates are available through December 31, 2014:

- * **Early Bird Registration:** \$325.00 (on or before December 31, 2014)
- * **Student Early Bird Registration:** \$260.00 (on or before December 31, 2014) [[Click here](#) for student verification requirements]

For additional information on the conference, including registration fees and lodging options, please visit: www.childhoodobesity2015.com. To register online, please visit: https://www.cce.csus.edu/conferences/webreg/Register_CO15a.cfm?CID=1741.

Webinar: Increasing Teen School Breakfast Participation Through Principal Engagement, December 11, 2014, 3:00-4:00 PM EST

Research shows that offering Breakfast in the Classroom programs like Grab and Go is one of the most proven effective strategies to increasing school breakfast participation among teens. Common barriers to school breakfast participation like late arrivals, long security lines, and the stigma associated with the program being for "poor kids" are even more prevalent at the middle and high school levels where participation in school breakfast tends to be much lower than at the elementary school level. Recognizing the need to make breakfast more accessible, secondary school principals across the country are alleviating these barriers to participation through the implementation of alternative breakfast models like Grab and Go and Second Chance Breakfast where the morning meal is made available after first period for teens that are typically not hungry at the start of the school day. These schools have experienced dramatic increases in breakfast consumption and have reported declines in disciplinary problems, tardiness and visits to school nurses and increases in student attentiveness, attendance, and overall academic performance. Join Food Research & Action Center (FRAC) to hear from secondary school principals who are seeing these positive results first hand and learn how principals in middle and high schools around the country are enhancing the learning environment through the implementation of alternative breakfast models. To register for the webinar, please visit: http://org2.salsalabs.com/o/5118/p/salsa/event/common/public/?event_KEY=72507.

Application Process for Posters, Exhibits, Roundtables for the 8th Biennial Childhood Obesity Conference, Deadline: April 1, 2015

Poster sessions and exhibits are fantastic opportunities for your organization to showcase your programs or products with conference participants outside of the traditional workshop session. With high foot traffic and ample time for meaningful one-on-one interactions with conference goers, you'll find that presenting a poster or exhibiting at the Conference is a great way to highlight your obesity prevention efforts in an impactful way.

- * [Click here](#) to learn more about submitting a Poster.
- * [Click here](#) to learn more about becoming an Exhibitor.



Back by popular demand, two back-to-back 30-minute roundtable sessions will be offered to allow for in-depth discussion among small groups on a wide array of topics. Participant-led roundtables provide a setting to share lessons learned, solicit feedback for current or future initiatives, and exchange ideas, knowledge and resources with colleagues of similar needs/interests.

- * [Click here](#) to learn more about hosting a roundtable.

For additional information regarding the 8th Biennial Childhood Obesity Conference, please visit: <http://www.childhoodobesity2015.com/>.



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

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.