

UC CalFresh Weekly Update

April 25, 2016



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Upcoming Events & Deadlines



APRIL 2016

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Save the Date: 2017 SNAP-Ed Local Implementing Agency (LIA) Forum

Please save the date for the 2017 SNAP-Ed Local Implementing Agency (LIA) Forum, scheduled for **February 22-23, 2017** at the DoubleTree Hotel in Sacramento. Additional details regarding the 2017 SNAP-Ed LIA Forum will be shared as they are developed.

5/17/16 UC CalFresh Town Hall Webinar, 12:30-2:00 PM
The May UC CalFresh Town Hall Webinar is scheduled for **Tuesday, May 17** from **12:30-2:00 PM**. Additional information regarding this Town Hall webinar will be forthcoming. Please visit: <http://uccalfresh.org/trainings/town-halls> to access the FFY 2016 Town Hall Schedule.



UC CalFresh Website Updates

UC CalFresh Trainings

- * **4/19/2016 UC CalFresh Town Hall Webinar PowerPoint & Recording Now Available!**
The PowerPoint and recording from the UC CalFresh April Town Hall, "Collective Impact: The Calaveras County Experience," is now available on the UC CalFresh website. Please visit: <http://www.uccalfresh.org/trainings/town-halls> for additional information.

UC CalFresh Weekly Update: April 25, 2016

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

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<http://www.uccalfresh.org>



UC CalFresh Success Stories

The State Office will begin sharing successes through this new feature in the Weekly Updates. Successes for FFY 2016 can be shared through the online data entry portal: <http://ucanr.edu/survey/survey.cfm?surveynumber=16525>.

"I've learned what food groups our meals consist of. I also learned the different amount of fat each type of milk contains. I plan to eat more vegetables and exercise daily."

—Eating Smart, Being Active Participant, Alameda County

"It helped me to be more aware of what I feed my family, and the amounts that we need to intake. It helped me understand the Nutrition Facts labels that are on the packaged foods. I would definitely be interested in more nutrition classes."

—UC CalFresh Participant, Placer 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 lmhamasaki@ucdavis.edu.



Smarter Lunchrooms Movement of California

The Smarter Lunchrooms Movement of California

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

The Smarter Lunchrooms Movement of California Monthly Nudge

The Smarter Lunchrooms Movement of California *Monthly Nudge* is a monthly newsletter which provides updates on how the Smarter Lunchrooms Movement is moving throughout California and is brought to you by the SLM of CA Collaborative. The newsletter provides updates, upcoming trainings and events, and more! If you are interested in signing up to receive the *Monthly Nudge*, please [click here!](#)



UC CalFresh in Action!

MyPlate Making a Difference, UCCE Fresno County

From November to January, child-friendly *MyPlates* were given to each Preschool, Transitional Kindergarten (TK), and Kindergarten class enrolled in the UC CalFresh Nutrition Education Program to place in their dramatic play area and use in their classrooms. In the dramatic play area there is usually a kitchen set up with plastic foods and items for dress up and dramatization. Upon revisiting these classrooms, UC CalFresh Nutrition Educator, **Kristi Schultz-Sharp**, began to notice that these young students seemed more familiar with *MyPlate* and were able to recall the food groups to classify foods that belong in those groups. [Read full blog article.](#)



Partnering with School Food Service, UCCE San Luis Obispo/Santa Barbara Counties

Find Common Goals: Food service directors have a lot on their plate! Food service is simultaneously business, food distribution, restaurant, and educational setting all rolled into one. Many school food operations provide tens of thousands of meals every day. When you first meet with food service, let them know your goals and ask about theirs. Whether increasing revenue, decreasing food waste, promoting school food, or feeding students safely there is common ground where common goals can be identified.

Partner with Food Services: Whether you are teaching nutrition, math, science or working with student groups to raise money or identify a service project, food service can be an excellent partner. Many food service professionals would like to be more involved with their schools. Often they are only seen in the cafeteria at lunchtime.

How?

- * Connect nutrition or science lessons to what is served in the cafeteria. If you're tasting a food in class, ask students if they have seen it on their salad bar. Remind students to be brave and try new things in the cafeteria.
- * Students can host a "Try-It Tuesday" event. Work with food service to train student leaders in food safety. On a planned day, have the students pass out sample sizes of new foods (or current menu items that students just aren't eating).
- * Math is all over the cafeteria, ask food service for a recipe for a favorite food and have students convert it to a size that would feed their family. Ask students to compare a typical sack lunch to the nutrients found in the school meal using the nutrient analysis for lunch menus. Have students complete a "plate waste" study.

Whatever you do, promote it! Food service loves to get positive attention! When you see something great happening, tell people about it. You can write a press release, announce it over the school intercom, put it in the school newsletter, write an Op-ed for a local paper, take pictures and post them in the cafeteria or on social media. The more recognition they receive for their efforts, the more likely food service will be to work with you in the future. [Read full article.](#)

UC CalFresh in Action! (continued)

UC CalFresh & 4-H Cooking Academy in Yolo County, UCCE Yolo County

Thirty three percent of children eat from a fast food restaurant daily, even though research has shown that food prepared at home is usually healthier, more economical and lower calorie. With more than one third of children overweight in the United States, healthy eating habits lower the risk of developing related chronic diseases which impact the physical, social, emotional and financial health of individuals and the country. Lack of cooking education in schools and homes are cited as a major factor for selecting fast food over home cooked meals. Thus, teaching students how to choose, prepare, and cook healthy foods is a priority for the UC CalFresh and 4-H Program in Yolo county. Cooking is a life skill that also increases self-efficacy in children and promotes independence, problem solving, family cohesion, and comprehension of abstract math, science and language skills.

The UC CalFresh Nutrition Education Program in Yolo County has coordinated with 4-H to lead a new project, Cooking Academy, using the 4-H Cooking 101 series curriculum with elementary students from six different, ethnically diverse, low-income sites in Yolo County, California. The hands-on, experiential, skill-based program includes seven weeks of cooking and food safety instruction. Students learn basic nutrition information to plan meals, safely prepare and enjoy food, and try new foods like tofu, whole-wheat tortillas, and zucchini. Cooking Academy promotes the three pillars of dietary behavior change; skills, attitudes and knowledge. Students try new foods in delicious ways (attitudes), learn the skills needed to prepare fruits, vegetables, and other healthy items (skills) and increase food literacy around recipe reading and food preparation concepts (knowledge). This further shapes their eating behaviors by creating a healthy food environment at home for each student and their family. Overall, the program is on track to successfully graduate over 120 students by the end of spring 2016.

While learning to follow a recipe, there are opportunities to try foods from each MyPlate food group, such as zucchini (with 97% of students stating that they would eat it again). Among the various new foods prepared, students stated a willingness to ask for food at home, (73% of students enjoyed whole wheat pasta and 94% enjoying blackberries). By introducing students to new foods like tofu, students increased the likability by 35% with willingness to eat the food at school. Formative testing showed increases in cooking at home, self-efficacy in trying new foods, washing hands before food preparation, and eating more than one fruit or vegetable at dinner. Further research is being planned. [Read full UC Delivers article.](#)

Marysville Joint Unified School District's (MJUSD) Annual Nutrition Fair, UCCE Butte Cluster

UC CalFresh participated in the Marysville Joint Unified School District's (MJUSD) Annual Nutrition Fair on Thursday, April 14th. Each year MJUSD selects a different elementary school to host the event. This year's event was held at Arboga Elementary. The fair ran from 8:30am-1:30pm with students rotating through the various stations for 20 minute sessions. UC CalFresh hosted a station where educators presented on Food Safety and the importance of proper hand washing. Some of the topics included; Re-Think Your Drink, Bicycle Safety, Vegetable Planting and Dental Health. Presenters were invited to join the students at Arboga Elementary for lunch the day of this event. The cafeteria was very well presented and featured many Smarter Lunchrooms Movement strategies including an A-Z Salad Bar that had creative and descriptive labels displayed for all of its contents. Amber Watson, the MJUSD Food Service Director said, "This was by far our biggest event to date and we value each of you and your contribution!" MJUSD has selected the site for next year's Annual Nutrition Fair which will take place at Edgewater Elementary School. [Click here](#) for local news coverage of the event.

Reminder: Success Stories and Quotes from UC CalFresh Participants

As a reminder, when sharing Success Stories and/or quotes from your UC CalFresh participants, please use *first name only* to allow for appropriate anonymity. If you have any questions, please contact [Andra Nicoli](mailto:amnicoli@ucdavis.edu) at amnicoli@ucdavis.edu.



Articles & Research



USDA Announces Effort to Strengthen Nutrition among Young Children, Create Healthy Habits Early

Agriculture Undersecretary Kevin Concannon announced strengthened nutrition standards for food and beverages served to young children and others in day care settings at the annual conference of the National Child and Adult Care Food Program (CACFP) Sponsors Association. Young children and adults in day care will now receive meals with more whole grains, a greater variety of vegetables and fruits, and less added sugars and solid fats. The science-based standards introduced in this [final rule](#) will elevate the nutritional quality of meals and snacks provided under the CACFP to better align with the Dietary Guidelines for Americans and to be consistent with the meals children receive as part of the National School Lunch Program (NSLP) and School Breakfast Program (SBP). "Research indicates that America's obesity problem starts young, with obesity rates in preschoolers more than doubling over the last three decades and one in eight preschoolers classified as obese," said Concannon. "Since taste preference and eating habits develop early in life, CACFP could play a crucial role in the solution. This final rule marks another important step toward ensuring young children have access to the nutrition they need and develop healthy habits that will continue to their well-being over the long term." The new meal patterns will improve access to healthy beverages, including low-fat and fat-free milk and water, and encourage breastfeeding for the youngest program participants. These standards reflect the nutritional improvements seen in children across the country since the passage of the Healthy, Hunger-Free Kids Act of 2010. CACFP provides aid to child and adult care institutions and family or group day care homes for the provision of nutritious foods that contribute to the growth and development of children and the health and wellness of older adults and chronically impaired disabled persons. Through the CACFP, over 4 million children and nearly 120,000 adults receive nutritious meals and snacks each day as part of the care they receive. This is the first major revision of the CACFP meal patterns since the program's inception in 1968 and will require meals and snacks provided through the CACFP to better reflect the Dietary Guidelines for Americans and the nutritional issues facing young children and adults today. These changes are a meaningful first step in improving CACFP participants' access to nutritious foods. [Read full Press Release.](#)

Causes of childhood obesity complex, but families, media play key roles

Children's genetic risks for obesity may be reduced by interventions that strengthen family communication and help children manage their emotions and feelings of satiety, according to a new review of research on the problem. Although the causes of obesity are complex, families have significant influence on children's dietary habits and weight, and should be involved in planning healthy living campaigns and efforts to curb food marketing that targets children, suggest the study's authors, Barbara H. Fiese and Kelly K. Bost, both with the University of Illinois. "The family system plays an important role in understanding childhood obesity—not as a source of blame but part of a larger ecology that may support or derail children's health," wrote Fiese and Bost, who are scholars with the U. of I.'s Family Resiliency Center and its Synergistic Theory and Research on Obesity and Nutrition Group, better known as the STRONG Kids program. While researchers have identified about 20 genes that heighten people's risk for obesity, a recent large study with 10-year-old children found that children's awareness of and response to feelings of fullness or hunger mediated the relation between their genetic risk for obesity and their body mass index, Fiese and Bost wrote. Published recently in the journal *Family Relations*, the paper by Fiese and Bost indicated that shared family meals provide powerful opportunities to promote and model health eating behaviors and reduce children's likelihood of developing eating disorders or weight problems. "Family communication is key to the developmental processes that promote—or disrupt—healthy eating habits, physical activity and internal cues to satiety," said Fiese, who is the center's director as well as a professor of human development and family studies. "Families who routinely engage in positive forms of direct communication and show genuine concern about each other's activities also have children who are less likely to be overweight or obese or engage in unhealthy eating habits." In a recent study of 200 families, Fiese's research team found that children whose family members shared meals that lasted at least 20 minutes each a minimum of four times a week weighed significantly less than peers whose family dinners were three or four minutes shorter. Parenting styles, parent-child attachment relationships and feeding practices all have been found to be reliable indicators of children's food consumption, eating behaviors and risks for obesity. However, experts often don't involve parents when planning healthy-living campaigns for fear that parents will feel they are being blamed for their children's weight problems, according to the study. [Read full article.](#)



Education & Resources

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



Training Opportunities for SNAP-Ed Local Implementing Agencies—Updated April 2016

On behalf of the California Department of Social Services, California Department of Public Health Nutrition Education and Obesity Prevention Branch (NEOPB) is pleased to announce several upcoming SNAP-Ed trainings available to appropriate staff from SNAP-Ed state and local implementing agencies in California. For more information on each training, please refer to the attached flyer; for information on all SNAP-Ed trainings contact the Training and Development Section at NEOPBTrainingSection@cdph.ca.gov. Some of the upcoming trainings include:

- * Tools for Building Successful School Wellness Strategies (In-Person, Various Locations: San Diego, Sacramento)
- * S.N.A.P. Crackle and Learner-Centered Education (In-Person, Riverside)
- * SNAP-Ed Physical Activity (PA) Integration: Moving Towards Sustainable PA (In-Person, Various Locations: Oxnard, Southern California, Redding)

These and other trainings are also posted on the NEOPB Training and Events Calendar, available online at: <http://www.cdph.ca.gov/programs/NEOPB/Pages/NEOPB%20Calendar%20of%20Events.aspx>.

CalFresh/SNAP Farmers Market Sign-Up Events—Fresno, Loomis, Los Angeles, San Diego

The USDA Food and Nutrition Service, Western Regional Office would like to announce an exciting spring series of Supplemental Nutrition Assistance Program (SNAP) Farmers Market Sign-Up Events happening across California. From April 27th through May 17th, the USDA Food and Nutrition Service will be partnering with the California Department of Social Services, the Farmers Market Coalition, the Ecology Center, and many local partner agencies to help expand SNAP access in farm stands and farmers markets throughout the Central Valley and Northern and Southern California. At the following events, we will be helping market managers and farmers become authorized to accept SNAP benefits, known as CalFresh in California, and formerly called the Food Stamp Program:

- * **April 27, 2016—Placer County Sign-Up Event, 9:00am-2:00pm**
Loomis Public Library, 6050 Library Drive, Loomis, CA 95650
- * **April 29, 2016—National Hmong American Farmers Conference, 8:30am-4:00pm**
234 E Shaw Avenue, Fresno, CA 93710
- * **May 16, 2016—San Diego Sign-Up Event and Direct Marketing Training, 9:00am-4:00pm**
San Diego County Operations Center, 5560 Overland Avenue, San Diego, CA 92123
- * **May 17, 2016—USDA Sign Up and Farmers Market Fair in Los Angeles, CA, 10:00am-2:00pm**
City Hall, 200 N. Spring Street, Los Angeles, CA 90012

Expediting SNAP Retailer Authorizations

Ordinarily, the sign-up process takes approximately 45 days, but USDA staff will be able to expedite the process in under two hours. Market managers and farmers can leave with their SNAP authorization and potentially be able to receive free point-of-sale equipment to accept Electronic Benefit Transfer (EBT) cards through USDA's partnership with the Farmers Market Coalition and the California Department of Social Services. The Ecology Center, a California based non-profit organization, will also be onsite offering their [Market Match](#) services.

What is a Sign-Up Event?

These are one-time events that aim to start increasing sales for farmers' summer market season while helping to expand access to California-grown produce to CalFresh households. FNS staff will also be on-site to answer questions about promoting markets and providing SNAP nutrition education materials created by the California Department of Public Health. These events will be open to any interested farmers market manager or direct-to-consumer farmer, and we especially encourage market managers and farmers in the neighboring regions surrounding the event locations to join.

How Can You Help?

We hope that by tapping into your resourceful farmers' networks, you would spread the word and invite farmers and market managers to take advantage of this opportunity to expand access to healthy foods for those in low-income communities. **Feel free to share this announcement and attached flyers** with your local partners, farm bureaus, cooperative extension services, health departments, social service agencies, and other interested partners.

Questions?

For more information, please visit the FNS Farmers Market Web site. If you have any questions, please contact **Brenda Mutuma** at brenda.mutuma@fns.usda.gov.

New What's Cooking? Recipes and Cooking Videos Help School Food Service and Home Cooks Make Mouthwatering Meals

USDA's Food, Nutrition and Consumer Services just released 50 new, mouth-watering recipes for schools chefs on the [What's Cooking? USDA Mixing Bowl](#) website. Some are existing USDA recipes that have been updated, while others are brand new recipes that students will love. These tasty, kid-approved recipes are tailored for large quantity food service operations in 25, 50, or 100 portions. And each recipe includes a nutritional breakdown as well as crediting information on how the recipe contributes toward updated meal pattern requirements for the [National School Lunch Program](#) and other USDA child nutrition programs. The 50 recipes include main dishes and side dishes featuring more nutrient-rich ingredients such as whole grains, dark green and red/orange vegetables, and beans/legumes than ever before. And an additional 150 recipes are being developed and will be posted throughout the next year! These recipes will provide a ready-to-go resource for school nutrition professionals looking for delicious, nutrient-rich dishes that will make it easy to meet meal pattern requirements *and* satisfy hungry kids. Another new resource on our *What's Cooking?* Website includes 16 step-by-step cooking videos that make it easy for home cooks to serve healthy meals on a budget. Featuring a variety of nutritious USDA recipes in household-sized portions, these videos feature Chef Amy Riolo demonstrating instructions and variations of delicious dishes like carne adobada, pumpkin soup, and red beans and rice. The recipes are a great complement to the healthy foods kids eat at school and are sure to please parents. So whether you're a school nutrition professional, parent, or just someone looking to add more nutrition to your daily diet, USDA's [What's Cooking? USDA Mixing Bowl](#) website has got the tools for you! [Read full blog article.](#)

Join the Every Kid Healthy Week Celebration—April 25-29, 2016

Join in [Every Kid Healthy Week](#) on April 25-29, to help shine a spotlight on health and wellness efforts! Last year over 1,500 schools hosted events, and over 800,000 students, parents, and community members participated. Join Action for Healthy Kids in the celebration! Want to get involved? If you work in a school, this is your opportunity to host a lively health-promoting event!

- * [Find engaging activities](#) for Every Kid Healthy Week including health and wellness fairs, taste tests, family fun nights and more!
- * Learn how to [engage families in your community](#) as volunteers for your event.
- * Post your Every Kid Healthy Week celebration on our [event and volunteer tool!](#) Sign into the school health portal and click on the Events Tab!

For additional information and resources, please visit: EveryKidHealthyWeek.org.

Education & Resources (continued)

Webinar: Partnering for Strong Economies: Regional Councils and Walkable Communities, May 5, 2016, 11:00 AM-12:00 PM

Join America Walks and the National Association of Regional Councils for a webinar on May 5th at 11am Pacific. The webinar will examine how federal transportation funding is allocated through Regional Councils and how to access it for projects that promote walkable communities including complete streets, safety efforts and place-making. We will hear from a planner from a Regional Council and an advocate who has worked to use the resources available from their own Regional Council to get insight from both perspectives. Participants will be able to engage panelists in a question and answer following the presentations. To register for this webinar, please visit: <https://attendee.gotowebinar.com/register/448303150255300355>.

Funding Opportunities: Increasing Access to Local and Healthy Food, Deadline: May 12, 2016

USDA's Agricultural Marketing Service (AMS) has grant funding available to strengthen local and regional food systems through the Farmers Market and Local Food Promotion Program, and is hosting webinars to help potential applicants with the grant process. AMS is providing over \$26 million in competitive grants, divided equally between the [Farmers Market Promotion Program](#) (FMPP) and the [Local Food Promotion Program](#) (LFPP). FMPP grants support direct producer-to-consumer marketing projects. LFPP funding projects, including farm to school projects, that develop, improve, and expand local and regional food business supply chain activities, including processing, distribution, aggregation, and storage of locally produced food products. AMS will host a webinar March 29 at 2:00pm EDT to explain how to submit grant applications through www.grants.gov. Additional grant writing workshops will be held through the Agricultural Marketing Service Technical Assistance (AMSTA) Project. Visit www.amsta.net to see if training is scheduled in your area. Applications are due May 12, 2016. [Read full funding announcement.](#)

Webinar: Fostering Partnerships: Supporting Healthful Foods in the Charitable Food Network, June 13, 2016, 10:00-11:30 AM

This webinar is hosted by the Nutrition Policy Institute, University of California Agriculture and Natural Resources. California agencies working with the charitable food network including UC CalFresh Nutrition Education, EFNEP and UC Cooperative Extension programs, Catholic Charities of California, CDSS's Get Fresh, CDPH NEOPB SNAP-Ed LHDs, as well as Food Bankers and Food Pantry staff, and all others interested are invited to attend. Webinar topics include:

- * Context: Food banks and pantries as critical community food providers, how the charitable food system operates, and rationale for new focus on nutrition
- * Nutrition guidelines and trends in food bank inventory, recommended shifts in inventory, and implementation challenges
- * Using food bank nutrition policies as a tool, examples of successful policies
- * How Cooperative Extension, Public Health, and others can work collaboratively with food pantries and food banks to support improvements in healthful food procurement and distribution
- * Next steps: completing NPI's free online course and sources of support and TA
- * Q&A

To register for this webinar, please visit: <https://goo.gl/BqtTfN> by June 1, 2016.

Chef Ann Foundation Project Produce Grant, Deadline: Ongoing basis

The Chef Ann Foundation has \$250,000 available to support school lunchroom learning programs. Project Produce: Fruit and Veggie Grants for Schools is a grant program designed to help increase kids' access to fresh fruits and vegetables and create experiential nutrition education when and where students make their food choices: in the cafeteria. The \$2,500 one-year grants support food costs to incorporate school-wide fruit and vegetable tastings into the school's nutrition program. Grants will be determined on an ongoing basis depending on available funding; there is no application deadline. For additional information, please visit: <http://www.chefannfoundation.org/programs-and-grants/project-produce/>.

Funding Opportunity: Enhance Physical Education with the Presidential Youth Fitness Program

Propel physical education with the Presidential Youth Fitness Program. Schools and districts can apply now to receive resources to enhance implementation of the nation's youth fitness education and assessment program. Eligible schools and districts (10 or more schools) can receive up to \$1,000 in resources including software, student recognition items and more! *Let's Move!* Active Schools that have completed their school assessment are eligible to receive up to \$2,000 in resources. Funding applications will be reviewed on a first-come, first-served basis. This funding opportunity for schools and school districts is being provide by the National Foundation of Fitness, Sports, and Nutrition. To learn more and to apply, please visit: www.pyfp.org.



We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please e-mail Lindsay Hamasaki at lmhamasaki@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.