

## UC CalFresh Weekly Update

### February 1, 2015



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## UC ANR Employment Opportunity

### Area Cooperative Extension Advisor—Nutrition, Family and Consumer Sciences (NFCS) Serving Fresno and Madera Counties

The University of California's division of Agriculture and Natural Resources (UC ANR) seeks an academic advisor to conduct a multicounty-based extension, education, and applied research program providing leadership to the University of California Cooperative Extension (UCCE) low-income nutrition education programs funded by the Expanded Food and Nutrition Education Program (EFNEP) and the UC CalFresh Nutrition Education Program (a SNAP-Ed Program). The closing date of this employment opportunity is **February 22, 2016**. Please visit: [http://ucanr.edu/Jobs/Job\\_990/?jobnum=930](http://ucanr.edu/Jobs/Job_990/?jobnum=930) for additional information regarding this opportunity.

## Upcoming Events & Deadlines



FEBRUARY 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					

### 2/15/16 President's Day Holiday

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

The February UC CalFresh Town Hall webinar is scheduled for Tuesday, February 16, 2016 from 12:30-2:00pm. Additional details regarding this Town Hall webinar will be forthcoming.

### UC CalFresh Evaluation Regional Trainings

The UC CalFresh State Office is offering Regional Evaluation Workshops to review evaluation expectations and to learn from UCCE county teams. These facilitated learning opportunities will be most relevant to individuals who are collecting evaluation data and/or using the results for their UC CalFresh county programs. In addition to an evaluation "refresher", we plan to use this face-to-face time with county staff to find out how we can provide better evaluation support to your teams.

### Evaluation Workshop Details

- \* **Who Should Attend:** Program Supervisors and Nutrition Educators; Advisors (if available for part or all of the day)
- \* **Dates (Location):**
  - \* **Feb 8th (Fresno)** - Targeted Counties—Fresno, Kern, Kings, SLO/SB, Stanislaus/Merced, Tulare
  - \* **Feb 17th (Riverside)** - Targeted Counties—Riverside, Imperial
  - \* **Feb 22nd (San Jose)** - Targeted Counties—Alameda, SF/San Mateo, Santa Clara
  - \* **Mar 3rd (Davis)** - Targeted Counties—Butte Cluster, Central Sierra, Placer/Nevada, San Joaquin, Shasta/Tehama/Trinity, Yolo
- \* **Time:** 9:00am-4:00pm (6-hour workshop, 1-hour lunch)
- \* **Workshop Purposes:**
  - \* Review evaluation expectations/new consenting procedures
  - \* Check in on what is working/what can be improved
  - \* Discuss new directions (PSE Evaluation, SNAP-Ed Evaluation Framework)

Please register to attend the Evaluation Workshop scheduled in your area using the link below: <http://ucanr.edu/survey/survey.cfm?surveynumber=17185>.

If you have any questions regarding these upcoming evaluation trainings, please contact **Barbara McNelly** ([bmcnelly@ucdavis.edu](mailto:bmcnelly@ucdavis.edu)) or **Angie Keihner** ([akeihner@ucdavis.edu](mailto:akeihner@ucdavis.edu)).

## UC CalFresh Weekly Update: February 1, 2015

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UNIVERSITY of CALIFORNIA  
cal fresh Nutrition Education

<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>.

*"Very informative about health and nutrition facts. Also, good info about cheaper ways to shop and save money."*

—Plan, Shop, Save & Cook Participant, San Mateo County

*"It changed my meals. I'm more healthier than before. Before I get something, I make sure I read the label on the back. I'm exercising at least 30 minutes every day. My son eats a lot of vegetables and fruit. We're both healthy."*

—Eating Smart, Being Active Participant, Tulare County

### 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](mailto: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 Website Updates

#### UC CalFresh Trainings

##### \* UC CalFresh Training Calendar—Updated 1/12/16

The UC CalFresh Training Calendar was updated on 1/12/16. Please visit: <http://www.uccalfresh.org/trainings> for additional information and to download the most recent copy.

#### UC CalFresh FFY 2015 Annual Report

##### \* FFY 2015 Annual Report for UC CalFresh

A copy of the FFY 2015 Annual Report for UC CalFresh has been posted to the UC CalFresh website. To view a copy of the annual report, please visit: <http://uccalfresh.com/administrative/final-report/final-report>.

#### UC CalFresh Curriculum

##### \* California SNAP-Ed Integrated Curricula List Now Available

The new *California SNAP-Ed Integrated Curricula List* has been added to the UC CalFresh website. This list contains all curricula that is approved for use by California SNAP-Ed programs. Please contact **Tammy McMurdo** at [tjmcmurdo@ucdavis.edu](mailto:tjmcmurdo@ucdavis.edu) if you have any questions regarding the *California SNAP-Ed Integrated Curricula List*. To view the list, please visit: <http://uccalfresh.org/curriculum>.

#### UC CalFresh Targeting Resources

##### \* Updated Targeting Resources Now Available on UC CalFresh Webpage

The UC CalFresh website has been updated to include the new site change process as well as links to helpful resources. Please visit: <http://uccalfresh.org/administrative/targeting-resources> for additional information.

#### UC CalFresh Program Directives

##### \* UC CalFresh Program Directives 2016-02, 2016-03 and 2016-04 Now Available

Three new UC CalFresh Program Directives were issued this past week and are now available on the UC CalFresh website. Two of the Program Directives related to travel and one related to bi-weekly time reporting. Please visit: <http://www.uccalfresh.org/administrative/program-directives>.

### FFY 2017-2019 Integrated Work Plan (IWP) Instructions, Sample and Template Available on the 2016 SNAP-Ed LIA Forum Website

Electronic copies of the FFY 2017-2019 Integrated Work Plan (IWP) Instructions, Template and Sample have been posted and are available on the 2016 SNAP-Ed LIA Forum Website.

- \* [Integrated Work Plan Instructions FFY17-19](#)
- \* [Integrated Work Plan Template FFY17-19](#)
- \* [Integrated Work Plan Sample FFY17-19](#)

To download or view these documents, please visit: <http://www.cvent.com/events/2016-lia-snap-ed-forum/custom-19-635d7b2737b344879b0e1d218dca40cf.aspx>.



#### SNAP-Ed Local Implementing Agency Forum

Going the Distance: Paving the Way for Effective Multi-Year SNAP-Ed Program Delivery

January 13 – 14, 2016 • Sacramento, CA



## 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](mailto:lmhamasaki@ucdavis.edu).



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

### UC ANR's Farm Smart extends ag information to the public, UCCE Imperial County

The UC Agriculture and Natural Resources Farm Smart program, which attracts thousands of visitors to the UC Desert Research and Extension Center in Imperial County each year, focuses on ag education and offers hands-on experience in irrigation and harvesting, reported Courtney Miller in the [Desert Review](#). Many of the visitors are from other parts of the country and Canada who winter in the Southern California desert to enjoy its sunshine and warm temperatures. "Hopefully the word gets out and lots of people hear about it," said Stacey Willis, Farm Smart manager. "What we're hoping to do is not only open it to winter visitors but open it up locally as well. I don't know if the locals realize how rich our agriculture is here, especially young people. They don't understand the great agricultural opportunities and programs we have." Farm Smart, which began 15 years ago, relies on many volunteers to implement the winter visitor program and educational programs for K-12 students in the Imperial Valley. Two of the volunteers, Shirley and Larry Durans, live on the center in their RV from October to March to help run the program, the article said. "They basically work from sunrise to sunset," said Willis. "They help us prep the food, drive the tractors and ensure everything is being run smoothly. They are the life blood of the program. They make Farm Smart." The [Imperial Valley Press](#) also ran an article marking the beginning of the 2016 Farm Smart season. Writer William Roller reported that tours at the UC facility show visitors where their food comes from and reminds them they are linked with the environment and must be responsible stewards of the land. "The great thing about the program is everyone learns about the research being done and gets to pick their own vegetables from our garden," Willis told the Imperial Valley Press. [Read full article.](#)



## Articles & Research



### School breakfast policy is associated with dietary intake of fourth- and fifth-grade students

Breakfast in the classroom is associated with more students eating breakfast as well as better dietary quality, but not with higher breakfast or daily calorie intake, according to a study in the *Journal of the Academy of Nutrition and Dietetics*. Researchers examined the impact of different school breakfast policies on student calorie intake and dietary quality among 3,944 fourth and fifth graders in 43 low-resource schools in southern California. Twenty schools served breakfast in the cafeteria before the school day, 17 served breakfast in the classroom at the start of the school day, and six served breakfast in the cafeteria before school started and again at the first recess (second chance breakfast). Students in the breakfast in the classroom group had higher scores for overall dietary quality compared to all students in the sample, all breakfast eaters, and all students who skipped breakfast. Compared to the other two breakfast groups, the breakfast in the classroom group had a lower proportion of students skipping breakfast, higher proportion of students eating breakfast at school only, and higher proportion of students eating breakfast both at home and school. For instance, 24 percent of students ate breakfast at both home and school in the breakfast in the classroom group, compared to approximately six percent of students in the school cafeteria group and 15 percent of students in the second chance breakfast group; these differences were statistically significant. However, there were no significant differences in breakfast calorie intake or mean daily calorie intake between the three breakfast groups after accounting for students' race-ethnicity, grade, and language spoken at home. The authors conclude that "no evidence was found to support discontinuation of breakfast in the classroom policy on the basis of concern about children consuming excessive breakfast calories." [Read full article.](#)

### Study Predicts Health Warning Labels on Sugar-Sweetened Beverages Would Decrease Likelihood of Parents Purchasing Them for Their Kids

Parents who participated in an online survey were 20 percentage points less likely to say they would choose a sugar-sweetened beverage for their kids if they viewed a health warning label on its packaging than those who did not view a warning label, according to a study published by *Pediatrics*. Forty percent of participating parents said they would choose a sugar-sweetened beverage for their kids after viewing a warning label, compared to 60 percent of participating parents who saw no label. The study, which was funded by the Robert Wood Johnson Foundation (RWJF) through its Healthy Eating Research program, also concluded that health warning labels may reduce parents' perception of the healthfulness of sugar-sweetened beverages and the ability of these beverages to boost kids' energy and focus. Additionally, the labels may increase parents' understanding of their child's risk of weight gain, heart disease and diabetes from consuming these drinks. The study, among the first to examine the influence of sugar-sweetened beverage warning labels, tested the effects, via an online survey of 2,381 parents, of five different labels—one which displayed calorie content and four which displayed variations of warning text—in addition to a control group who saw no warning label. Researchers found there were minimal differences in the effects produced by the four different variations of the warning labels. However, all four of the warning labels proved to have a more powerful impact than the calorie version. Fifty-three percent of parents who saw just the calorie label said they would choose a sugar-sweetened beverage for their kids compared to the 40 percent of parents who said they would choose a sugar-sweetened beverage for their kids after viewing the health warning labels. "This study suggests that sugar-sweetened beverage warning labels could play an important role in educating parents and may motivate them to buy fewer sugary drinks for their children," said Christina Roberto, PhD, Assistant Professor of Medical Ethics & Health Policy at the Perelman School of Medicine at the University of Pennsylvania and the study's lead author. [Read full article.](#)

### Low-Cost Tool In Fight Against Childhood Obesity: Water Dispensers in NYC Schools Associated With Student Weight Loss

Making water more available in New York City public schools through self-serve water dispensers in cafeterias resulted in small—but statistically significant—declines in students' weight, according to new findings. The study, publishing January 19 in the online issue of *JAMA Pediatrics*, was conducted by researchers at NYU Langone Medical Center, New York University's Institute for Education and Social Policy, and the Center for Policy Research at Syracuse University's Maxwell School of Citizenship and Public Affairs. The research team reports on analysis of more than one million students in 1,227 elementary and middle schools across the city. The paper, which compares students in schools with and without water dispensers, called "water jets," is the first to establish a link between the program and weight loss. "This study demonstrates that doing something as simple as providing free and readily available water to students may have positive impacts on their overall health, particularly weight management," says study senior investigator Brian Elbel, PhD, MPH, an associate professor in the Department of Population Health at NYU Langone and NYU Wagner Graduate School of Public Service. "Our findings suggest that this relatively low-cost intervention is, in fact, working." In 2009, New York City's Department of Health and Mental Hygiene and Department of Education began introducing water jets—large, clear electronically powered jugs with a push lever for dispensing water—into schools. Each water jet costs about \$1,000. About 40 percent of schools received a water jet over the course of the study period: the academic school years 2008-9 through 2012-13. Using height and weight data collected annually by schools to assess the fitness level of students, the investigators compared BMI and overweight status for all students before and after the introduction of water jets. Their results showed positive change: Students at schools that had water jets for at least three months saw a reduction in standardized body mass index (zBMI) of .025 for boys and .022 for girls, compared to students at schools without water jets. Adoption of water jets also was associated with a .9 percentage point reduction in the likelihood of being overweight for boys and a .6 percentage point reduction for girls. [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

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](mailto:NEOPBTrainingSection@cdph.ca.gov). Some of the upcoming trainings include:

- \* The Science of Nutrition: Nutrition Research Updates (In-Person, Various Locations: San Jose, Davis)
- \* Introduction to the EatFresh.org Mini Course (Webinar)
- \* Smarter Lunchrooms Movement Principles & Practices Workshops (In-person, Various Locations: Ontario, Bakersfield, Salinas, Livermore, Chico)

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>.

### Healthy Students, Promising Futures Toolkit

Earlier this month, the U.S. Department of Education (ED) and the U.S. Department of Health and Human Services (HHS) announced a new, joint effort—*Healthy Students, Promising Futures*. This effort emphasizes the critical connection between student health and learning and the need for greater collaboration between the health and education sectors to ensure students thrive. The launch was marked by the release of a joint letter and toolkit from Acting Secretary King and Secretary Burwell to Chief State School Officers and State Health Officials highlighting the importance of school health and identifying high impact opportunities for health and education sectors to collaborate. For additional information, please visit: <http://www2.ed.gov/admins/lead/safety/healthy-students/index.html>.

### Registration Open for SLM Introductory Trainings!

**Smarter Lunchrooms Movement Principles and Practices Workshops** provide a solid foundation in the theory of the SLM principles and practices. In this five-hour introductory workshop, you will identify and diagnose school lunchroom challenges and develop a plan to implement one to three changes in the lunchroom. Participate in an interactive session on how to engage internal and external stakeholders, and learn about front-line training, implementation resources, and ways to measure success.

**Prerequisite:** Before attending the training, you must view the 2-hour online course on the [smartlunchroom.org](http://smartlunchroom.org) website. This will greatly enhance your understanding of Smarter Lunchrooms and help you get the most out of the in-person training.

### Registration Instructions for Nonprogram Participants:

1. Access the CDE CNIPS Web page at [https://www.cnips.ca.gov/ccgCnpTraining/training/trainingRegistration\\_2.aspx](https://www.cnips.ca.gov/ccgCnpTraining/training/trainingRegistration_2.aspx) to begin the online registration process.
2. Enter your agency or organization name in the text box where indicated. If you do not work an agency or organization, enter your last name in the text box. Select **View Available Training**.
3. Register following the system prompts below:
  - a. Program Screen—select **All**
  - b. Training Screen—select **Smarter Lunchrooms Movement**
  - c. Location Screen—select preferred location
4. After completing the Attendee Information and selecting the **continue** button, a confirmation e-mail will be sent to the e-mail address provided upon completion of the registration process.

Please also refer to the attached flyer for additional information. For UC CalFresh programs, please contact **MaryAnn Mills** at [mamills@ucdavis.edu](mailto:mamills@ucdavis.edu) if you have any questions.

### Funding Opportunity: BirdSleuth School Garden Grant, Deadline: February 15, 2016

School gardens provide the context for lessons across subjects and offer a wonderful opportunity to engage students in hands-on, project-based learning opportunities. Students that engage in school gardening are likely to experience academic, physical, emotional, social, and even behavioral benefits. We are seeking 10 dedicated teachers within the United States who strive to bring STEM and healthy living from the garden to the classroom. These teachers will receive a \$500-\$2,000 grant, gardening supplies, and BirdSleuth's [Habitat Connections](#) kit thanks to sponsor [Alaska Fertilizer](#). Funds may be used to support the building or revitalization of school gardens. In addition to food gardens, preference will be given to bird, pollinator, native habitat, rain and other natural projects. The application is open to all K-12 schools within the United States. The application process opens January 1, 2016 and will close February 15, 2016. All applicants will be notified on February 22, 2016. At least half the gardens funded will be underserved, high-need, urban schools. For additional information, please visit: <https://www.surveymonkey.com/r/garden-grants>.

### Action for Healthy Kids Winter/Spring 2016 Webinars

Please see the list of Winter/Spring 2016 webinars hosted by Action for Healthy Kids:

- \* **Keep Moving: Physical Activity in Schools, February 2, 2016, 12:00-1:00 PM PT**  
Join Action for Healthy Kids to learn about the latest trends and resources to keep your students moving throughout the school year. Experts recommend that kids get at least 60 minutes of moderate to vigorous physical activity every day. There are many opportunities for physical activity during the school day. Cold weather? Winter blues? Join this webinar to ensure your students have active bodies all year long! To register, please visit: <http://www.actionforhealthykids.org/events/event/333>.
- \* **Every Kid Healthy Week 2016: Webinar, February 17, 2016, 11:00 AM-12:00 PM (Noon) PT**  
Action for Healthy Kids is proud to work with schools nationwide to promote Every Kid Healthy™—a national movement to make all schools healthier places. During Every Kid Healthy Week (April 25-29, 2016) schools across the country will host events that highlight their great work and encourage students and their families to eat better and be active every day. Join this webinar to get additional information and resources to host your Every Kid Healthy Week event. To register, please visit: <http://www.actionforhealthykids.org/events/event/332>.

For additional information, including a full list of the Winter/Spring 2016 webinars, please visit: <http://www.actionforhealthykids.org/events/webinars>.

## Education & Resources (continued)

### Webinar Series: Planning for Farm to School Success in 2016

Have you resolved to incorporate more local food into your school meal program in 2016? You are not alone! Preliminary results of the 2015 Farm to School Census tell us that more than 1,700 school districts don't yet have farm to school programs, but are interested in starting one. USDA will be hosting a farm to school webinar series titled *Planning for Farm to School Success*. Through this 11-part series, they will guide you through the USDA Farm to School Planning Toolkit. Served up in bite-sized 30 minute webinars, they will offer questions to consider and helpful resources to reference when starting or growing a farm to school program. Guest speakers will join the webinars to share their hands on farm to school experiences. The entire series is outlined on the [Videos and Webinars](#) page of the USDA Farm to School webpage. Below are a few of the upcoming webinars in the series:

3. **Finding and Buying Local Foods, February 4, 2016, 2:00 PM EST**  
USDA Farm to School local food procurement guru, Christina Conell, breaks down the how to's of finding and buying local food. We'll cover a few procurement basics and then focus on where the opportunities are to target local products in the purchasing process. Join to gain insights on how to start making change in your process, big or small. To register, please visit: <https://cc.readytalk.com/r/egf94pkpefl2&eom>.
4. **Farm to School Menu Planning, February 18, 2016, 2:00 PM EST**  
Let's bring local products to life on your school lunch and breakfast menus! This presentation will take you through the menu planning cycle and show you the variety of ways to incorporate local products into your school recipes, salad bars, and cycle menus so they become permanent items in your kitchen inventory. To register, please visit: <https://cc.readytalk.com/r/c8h5kxmgkmbly&eom>.
5. **Food Safety, March 3, 2016, 2:00 PM EST**  
How can we ensure the safety of farm fresh food? We'll share local food safety best practices, including identifying safety measures for school gardens and school salad bars. To register, please visit: <https://cc.readytalk.com/r/5vzreykxw70o&eom>.
6. **Promoting Your Farm to School Program, March 17, 2016, 2:00 PM EDT**  
You've put in so much hard work! Now, how do you promote your farm to school program to ensure student, school, and community engagement? Hear about programs that have successfully promoted farm to school programs while managing a tight budget. To register, please visit: <https://cc.readytalk.com/r/upjiruplmamm&eom>.
7. **School Gardening, March 31, 2016, 2:00 PM EDT**  
Hear about the different ways to incorporate school gardens into your farm to school program as well as hear how schools are successfully procuring school garden produce for their meal programs. To register, please visit: <https://cc.readytalk.com/r/mp75gg1qterq&eom>.
8. **Curriculum Integration, April 7, 2016, 2:00 PM EDT**  
Experiential education is an important component of successful farm to school programs. This webinar will help you plan for your farm to school educational efforts and brainstorm food, agriculture, and nutrition-related educational activities with which you can engage students. To register, please visit: <https://cc.readytalk.com/r/wb1r7we3d6r6&eom>.
9. **Program Sustainability, April 28, 2016, 2:00 PM EDT**  
Your farm to school project is blooming! But what will happen if funding levels decrease or community interest lags? With this webinar, plan ahead for these potential scenarios and learn about program sustainability best practices. To register, please visit: <https://cc.readytalk.com/r/h7vwxofhwglj&eom>.
10. **Evaluating Your Program, May 12, 2016, 2:00 PM EDT**  
We all know that farm to school programs create positive economic impacts for local and regional farmers and improve the health and well-being of our nation's children. But how can we measure these changes to document these positive impacts? Hear from seasoned farm to school evaluators to learn best practices for evaluating your farm to school efforts. To register, please visit: <https://cc.readytalk.com/r/l27wtsvj3ai1&eom>.
11. **Tying It All Together and Digging In, May 26, 2016, 2:00 PM EDT**  
Join us for a healthy dose of motivation! Deborah Kane, Director of USDA's Office of Community Food Systems, will hit the highlights by showing how local procurement fits into the larger farm to school picture and share several resources to help you meet your local purchasing goals. To register, please visit: <https://cc.readytalk.com/r/j5k0uh1vk78&eom>.

For additional information on the remaining webinars in the series, please visit: <http://www.fns.usda.gov/farmtoschool/videos-and-webinars>.

### Healthy Happy Families Curriculum Training for UC CalFresh Staff, Various Dates

Registration is now open for the Healthy Happy Families curriculum training for UC CalFresh staff. This training is strongly recommended for UC CalFresh Nutrition Educators who work with parents. Advisors and Supervisors are encouraged to also attend. Educators participating in the training will be assigned a 15-20 minute lesson demonstration from the Healthy Happy Families curriculum. Lesson demonstrations will be presented throughout the day. The Healthy Happy Families curriculum training will be presented by Dr. Lenna Ontai and members of the Families with Young Children ANR Workgroup. The training will provide staff the opportunity to learn:

- \* Parenting skills that promote healthy eating habits in pre-school children
- \* How to effectively engage parents in the curriculum lessons and activities
- \* How to address parents' questions about child feeding challenges

Two regional trainings will be offered. Please register for the training that is closest to your location. **Educators:** If you are not able to attend the training closest to your location you need to check with your Advisor and/or Supervisor before registering for the alternate training location.

- \* Davis: February 25, 2016—9:00 AM to 4:00 PM, UC ANR Building, San Joaquin Valley Room (2801 Second Street, Davis, CA 95618)
- \* Fresno: February 29, 2016—9:00 AM to 4:00 PM, UC Merced Fresno Center Inyo-Kern Room (550 E. Shaw Avenue, Fresno, CA 93710)

To register for the Healthy Happy Families Curriculum Training, please visit: <http://ucanr.edu/survey/survey.cfm?surveynumber=17231>. Any questions related to this training can be directed to Lyn Brock at: [rlbrock@ucanr.edu](mailto:rlbrock@ucanr.edu).

## Education & Resources (continued)

### Webinar Series: Learn and Engage with America Walks in 2016!

America Walks is excited to announce their 2016 Webinar Series. Join America Walks on the second Thursday of each month as they explore topics, questions and resources that are critical to building the walking movement. A few of the upcoming webinars are listed below:

- \* **Pedestrian Planning for Communities: A Transferable Training and Implementation Program from Kentucky, February 11, 2016, 11:00 AM PST**  
There are a wealth of resources available to the walking movement. From webinars to toolkits to step-by-step guides, these tools provide the information and guidance necessary to take the first step on the path to a walkable America. Join America Walks as it looks at some of the resources available to the walking movement, hear from experts on how best to use them and learn from real-life examples on their challenges and successes. To register for this webinar, please visit: <https://attendee.gotowebinar.com/register/8317489175737652737>.
- \* **Exploring Tactical Urbanism, March 10, 2016, 11:00 AM PST**  
Walkable communities are safe, healthy and vibrant communities. America Walks is excited to offer a webinar that explores how the idea of tactical urbanism is instrumental in creating communities that promote enjoyable and accessible physical activity. Join us as we speak with two leading experts in tactical urbanism this idea and how it is informing their work in local communities. To register for this webinar, please visit: <https://attendee.gotowebinar.com/register/6673944692096242689>.
- \* **Surgeon General's Call to Action—Walking as a Practice, April 14, 2016, 11:00 AM PST**  
The release of the Surgeon General's Call to Action on Walking & Walkable Communities in September 2015 was a watershed moment for the walking movement. Its release provided leadership and motivation for governments, businesses and organizations to address the numerous barriers to safe, active mobility and promote the multiple health benefits of walking. Join America Walks as we look at the great work that has been done since its launch and what is next. To register for this webinar, please visit: <https://attendee.gotowebinar.com/register/4587010049926260225>.

For additional information about the webinars, please visit: <http://americawalks.org/america-walks-announces-2016-webinar-series/>.

### Funding Opportunity: Responsive Grants Program, Deadline: March 14, 2016, 12 PM (Noon) PST

The Responsive Grants Program is back in 2016 with grants up to \$15,000 to support projects that improve health and well-being for people throughout their [26-county funding region](#). There will be one funding round this year, with a total of \$500,000 available. At least 30 percent will be awarded for projects serving rural areas of the region. Applications are due by noon on March 14, 2016. A proposers' conference will be held in Redding on February 9 from 1:30 PM to 3:30 PM and a webinar on February 10 from 3:00 PM to 4:30 PM. Participation is recommended, but not required. For additional information, including how to register for the proposers' conference or webinar and to download application materials, please visit the Responsive Grants Program webpage: <https://www.sierrahealth.org/responsive-grants-program>.

### Funding Opportunity: Policies for Action: Policy and Law Research to Build a Culture of Health, Deadline: March 15, 2016, 3:00 PM EST

*Policies for Action: Policy and Law Research to Build a Culture of Health (P4A)* was created to help build an evidence base for policies that can lead to a Culture of Health. P4A seeks to engage long-standing health and health care researchers, as well as experts in fields like housing, education, transportation, and the built environment, to name a few, who have not worked in health before. The goal is to develop research that generates actionable evidence—the data and information that can guide legislators and other policymakers, public agencies, educators, advocates, community groups, and individuals. The research may examine established laws, regulations, and policies as well as potential new policies and approaches. The research funded under this call for proposals (CFP) should inform the significant gaps in our knowledge regarding what policies can serve as levers to improve population health and well-being, and achieve greater levels of health equity. Additional information on this program can be found at [policiesforaction.org](http://policiesforaction.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](mailto: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.