

UC CalFresh Weekly Update

January 19, 2015



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Upcoming Events & Deadlines

JANUARY 2016

SUN	MON	TUE	WED	THU	FRI	SAT
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31						

FEBRUARY 2016

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1/13-1/14/16 2016 SNAP-Ed LIA Forum, Sacramento, CA

1/15/16 UC CalFresh Advisor and Program Supervisor Meeting, 8:30-4:00 PM, Sacramento, CA

UC CalFresh Advisors and Program Supervisors: Please Save the Date for the UC CalFresh Advisor and Program Supervisor Meeting scheduled for Friday, January 15, 2016 at the DoubleTree Hotel in Sacramento, CA. Additional details for this meeting will be forthcoming.

1/18/16 Martin Luther King Jr. 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 Weekly Update: January 19, 2015

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

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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>.

"Nutrition education has helped me to successfully obtain the information that I need to live more healthy in the future by learning what a healthy meal looks like, proper serving sizes and healthy tips for dos and don'ts to stay healthy and eat nutritious [in an] economical way, as well as food safety."
—Eating Smart, Being Active Participant, Fresno County

"I learned to read the nutrition facts more often so you know what you're eating. I learned how to balance and maintain my meals to get healthier."
—Eating Smart, Being Active Participant, Alameda 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.

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 contact Mary Ann Mills at mamills@ucdavis.edu.



UC CalFresh Website Updates

UC CalFresh Trainings

* 12/15/15 UC CalFresh Town Hall Webinar

The recording and PowerPoint presentation from the 12/15/15 UC CalFresh Town Hall webinar is now available on the UC CalFresh website. Please visit: <http://www.uccalfresh.org/trainings/town-halls> for additional information.

* 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.

* Healthy Happy Families Webinar—Website Introduction and Self Study

The recording and PowerPoint presentation from the Healthy Happy Families Webinar, featuring website introduction and self study, is now available on the UC CalFresh website. For additional information, please visit: <http://www.uccalfresh.org/trainings/meetings-conferences/trainings/trainings>.

UC CalFresh FFY 2016 Plan

* FFY 2016 California SNAP-Ed Plan for UC CalFresh

A copy of the FFY 2016 California SNAP-Ed Plan with respect to UC CalFresh has been posted to the UC CalFresh website. To view a copy, please visit: <http://uccalfresh.com/administrative/nutrition-education-plan>.

UC CalFresh Resources Page

* 2015-2020 Dietary Guidelines for Americans

The UC CalFresh Resources webpage has been updated to include a link to the newly released 2015-2020 *Dietary Guidelines for Americans*. To view a copy of the 2015-2020 *Dietary Guidelines for Americans*, please visit: <http://www.uccalfresh.org/resources>.



UC CalFresh in Action!

UC Delivers

This is a friendly reminder that counties should contact **Andra Nicoli** (amnicoli@ucdavis.edu) at the State Office if you are interested in developing a UC Delivers or have recently submitted a UC Delivers without State Office involvement. For those developing a UC Delivers, Andra can assist you in writing/editing/submitting a UC Delivers story. The State Office is also interested in keeping track of UC Delivers that are being submitted directly from counties. For those not requiring writing/editing services from the State Office, please share a copy of your submission with Andra. In this way, we can track the type of stories UC CalFresh is submitting and advocate for your story!



Articles & Research



Salud! America Research Examines Healthy Food, Physical Activity Spaces in Latino Communities

Fast food restaurants and corner stores in Latino neighborhoods often outnumber supermarkets and farmers' markets, while opportunities for physical activity are limited—factors that contribute to the higher risk of obesity among Latino children—according to two new research packages from Salud! America. “[Better Food in the Neighborhood](#)” and “[Active Spaces](#)” describe how interventions such as healthy food financing programs, healthier food marketing, and shared use agreements can improve high-risk communities. For additional information about Salud! America, please visit: <http://www.communitycommons.org/groups/salud-america/>.



Education & Resources

For additional resources, please visit the UC CalFresh website: <http://www.uccalfresh.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. Some of the upcoming trainings include:

- * The Science of Nutrition: Nutrition Research Updates (In-Person, Various Locations: Riverside, Fresno, San Jose, Davis)
- * SNAP, Crackle, and Learner-Centered Education (In-Person, Sacramento)
- * 2016 SNAP-Ed Local Implementing Agency Forum (In-Person, Sacramento)

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>.

New Dietary Guidelines & MyPlate Materials Are Now Available!

Last week, the U.S. Department of Health and Human Services and the Department of Agriculture released the *2015-2020 Dietary Guidelines for Americans*, which emphasizes the importance of a [healthy eating style](#) in reducing the risk of chronic diseases. [MyPlate](#) aims to translate the science of the *Dietary Guidelines* into messages, resources, and tools to help you find food and beverage choices that are right for you. Check out the MyPlate initiative—[MyPlate, MyWins](#)—designed to help American families find solutions to make healthier eating easier. To download an electronic copy of the new *2015-2020 Dietary Guidelines for Americans*, please visit: <http://health.gov/dietaryguidelines/2015/>.

Join the network of schools working towards healthier school nutrition and physical activity environments, USDA Team Nutrition

Signing up to be a Team Nutrition School is free and easy using their online form. All schools participating in the National School Lunch Program can sign up!

- * Sign Up
- * Search the Team Nutrition Schools Database
- * Search for Your School to Update the Information

Why should your school sign up?

- * Show your commitment to helping students make healthier food choices and be more physically active.
- * Collaborate with other Team Nutrition Schools.
- * Be among the first to hear about new Team Nutrition materials.
- * Receive special nutrition education and promotion materials
- * Apply for a [HealthierUS School Challenge: Smarter Lunchrooms](#) award.
- * Have the opportunity for your Team Nutrition activities to be highlighted. See the Team Nutrition Popular Events Idea Booklet and [@TeamNutrition](#) for examples.

For additional information on USDA Team Nutrition, including [free resources](#) available to Team Nutrition schools, please visit: <http://www.fns.usda.gov/team-nutrition>.

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:

- 2. Setting goals and Establishing an Evaluation Baseline, January 28, 2016, 2:00 PM EST**
How do you know if your activities are helping local farmers and improving student health? Learn how to integrate program planning/evaluation tools and techniques that will document outcomes and show the impacts of farm to school programs. To register, please visit: <https://cc.readytalk.com/r/jold9c50eip0&eom>.
- 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/c8h5kxmkgmby&eom>.

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Education & Resources (continued)

Webinar Series: Planning for Farm to School Success in 2016 (continued from previous page)

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/upjlruplmamm&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, 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>.



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>.

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