

UC CalFresh Weekly Update
 January 2, 2019

Contents

Upcoming Events & Deadlines

- * UC CalFresh, UC ANR & Partner Employment—Administrative Assistant II, UCCE Shasta, Trinity, and Tehama Counties

UC CalFresh Success Stories

- * Eat Healthy, Be Active Community Workshop Participant, Fresno County
- * Happy Healthy Me Teacher Perspective, San Mateo County

Emergency Resources—Support for Our UC CalFresh Friends and Colleagues

- * Support Our Friends and Colleagues Affected by the Camp Fire

Upcoming UC CalFresh Trainings

- * Child Feeding Community of Practice Webinar

SNAP-Ed Trainings and Announcements

- * SNAP-Ed Online Civil Rights Training, Temporarily Unavailable until early January 2019
- * 2019 Update for FFY 2017-2019 California State Plan Now Available

Smarter Lunchrooms Movement of California

- * UCCE Fresno County's SLM work at Birney Elementary highlighted on Smarter Lunchrooms' Facebook!
- * The Smarter Lunchrooms Movement of California *Monthly Nudge*
- * Digital Food Pictures for Educators

Articles and Research

- * Slower weight gain found in youths in schools with nutrition programs

Education & Resources

- * CDC Virtual Healthy School
- * America Walks Monthly Webinar Series
- * Nutrition Update Webinar
- * SNAP-Ed Connection Professional Training Resources
- * Join Today! CA SNAP-Ed Peer Exchange Program

UC CalFresh, UC ANR & Partner Employment

- * Community Education Specialist 1 or 2 (Nutrition Educator), UCCE San Luis Obispo and Santa Barbara Counties

Upcoming Events & Deadlines

January 2019

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	31		

UC CalFresh, UC ANR & Partner Employment

Administrative Assistant II, UCCE Shasta, Trinity, and Tehama Counties

The Administrative Assistant II position will support the extension efforts of UC CalFresh in Shasta, Trinity, and Tehama counties (Shasta cluster).

Applications are due 1/6/2019.

For more information and to apply, click [here](#).



UC CalFresh Success Stories

Success stories from your FFY 2018 UC CalFresh participants can be shared through the online data entry portal: <https://ucanr.edu/survey/survey.cfm?surveynumber=22089>.

“This class has really changed my approach to the way I shop at the grocery store. Also, I have learned a lot about physical exercise and its positive attributes aligned to healthy living. The counselors were great and knowledgeable.”

—*Eat Healthy, Be Active Community Workshop Participant, Fresno County*

“Students share their healthy choices at home. My class and I have become more aware of choosing healthy alternatives for snacks at recess. Students bring more fruits and vegetables to eat over cookies and chips!”

—*Happy Healthy Me Teacher Perspective, San Mateo County*

Emergency Resources—Support for Our UC CalFresh Friends and Colleagues Support Our Friends and Colleagues Affected by the Camp Fire

UC ANR has set up a site of [Emergency Resources](#), under the ANR Staff Assembly Resources page, that houses updates and information about supporting our UC ANR “family” whenever there are disasters. The site currently lists the staff members who were directly affected by the Camp Fire and a variety of options to support them during this difficult time. Please take a look at the page and consider making a donation, if you are able:

http://staffassembly.ucanr.edu/Resources/Emergency_Resources/?fbclid=IwAR1kY-az2WILJqLXpBHLshsqviuuWFLGSGIQ3uF1p2AGagRKewAw2vmRN0c

Upcoming UC CalFresh Trainings Child Feeding Community of Practice Webinar

Date: Thursday, March 14, 2:30pm – 4:00pm

Description: This webinar series is open to any staff members who want to learn more about healthy feeding practices with young children or how to answer questions on child feeding topics that may come from parents or pre-school staff. The webinar will include time for you to hear about current research and to ask questions and learn about resources. We will also review teaching the ‘Child’s Play’ lesson from the Healthy Happy Families curriculum.

Register in advance for this meeting: <https://ucanr.zoom.us/meeting/register/203e7cb9fd99d447c24e00bf0acd2b8>
After registering, you will receive a confirmation email containing information about joining the meeting.

Information can also be found on the UC CalFresh Training Calendar <https://uccalfresh.ucdavis.edu/trainings/calendar>

SNAP-Ed Trainings and Announcements

SNAP-Ed Online Civil Rights Training, Temporarily Unavailable until Early January 2019

Due to planned enhancements to the SNAP-Ed Online Civil Rights Training platform, the online training module will be temporarily unavailable during the month of December, 2018. The anticipated relaunch of the SNAP-Ed Online Civil Rights Training is early January, 2019. For information on all SNAP-Ed trainings, please contact the Statewide Training and Support Section at [California SNAP-Ed Statewide Training](#) or visit the [Training and Events Calendar](#).

2019 Update for FFY 2017-2019 California State Plan Now Available

The 2019 update for the FFY 2017-2019 California State Plan is now available in the Resources tab in [SharePoint](#) under the SNAP-Ed State Plan section.

If you have any questions, please send them via-email to CalFreshSNAP-Ed@dss.ca.gov

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 MaryAnn Mills via e-mail: mamills@ucdavis.edu.



UCCE Fresno County's SLM work at Birney Elementary highlighted on Smarter Lunchrooms' Facebook!



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!](#)

Digital Food Pictures for Educators

This information was originally shared in the Smarter Lunchrooms Movement of CA: April Monthly Nudge.

Educators, are you on the hunt for pictures to improve food literacy lessons or classroom nutrition education programs? New images of five-food-group and mixed foods are now available at HealthyEating.org/FoodGallery.

Articles and Research

Slower weight gain found in youths in schools with nutrition programs

Middle-school students in schools with nutrition policies and healthy eating programs had a less than 1% increase in body mass index percentile after five years, compared with a 3% to 4% BMI percentile increase among those in schools without such programs, researchers reported in the *American Journal of Preventive Medicine*. The findings also showed healthier behaviors among those in schools with nutrition programs.

To read the full article, see the [American Journal of Preventive Medicine](#).

Education & Resources

CDC Virtual Healthy School

This is an online, interactive school that provides innovative learning experiences to help make your school healthier. While the Virtual Healthy School's major themes are nutrition, physical education and physical activity, and the management of chronic health conditions (e.g., asthma, diabetes) in schools—the tool also includes examples of how to incorporate all 10 components of the Whole School, Whole Community, Whole Child (WSCC) model.

[Read more](#)

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Education & Resources *(continued)*

America Walks Monthly Webinar Series

America Walks' monthly webinars take place the second Wednesday of every month. Register now for the first set of 2019 webinars to make sure you don't miss the expert speakers, new resources and toolkits, and exciting projects in walkable communities across the US we will be sharing.

Let's Get Moving: The Power of Physical Activity webinar

Date: January 9, 2019

Time: 11am Pacific

Description: In November 2018, new HHS Physical Activity Guidelines were released. They confirmed what we at America Walks already know- that when people move more, they are healthy, active, and engaged. Join us for "Let's Get Moving: The Power of Physical Activity" on January 9, 2019 at 2pm Eastern, 11am Pacific as we explore the guidelines and how communities are promoting physical activity with this webinar. This webinar is intended for those just starting out on the walking path as well as those interested in learning more about the topic.

Attendees of this webinar will:

- Learn about programs, policies, and projects that support walkability in rural communities and small towns
- Hear inspiring stories of communities on the walking path
- Explore resources that can help you in your work to create walkable communities

[Register Here](#)

Creating Safer Communities for All

Date: February 13, 2019

Time: 11am Pacific

Description: Even one life lost is too many. Pedestrian safety is a critical part of planning for healthy, active, and engaged communities. Learn about resources and ideas to improve safety with this webinar. This webinar assumes basic knowledge of issues related to walking and walkability.

[Register Here](#)

Stronger Together: Partnering with the Disability Rights Movement

Date: March 13, 2019

Time: 11am Pacific

Description: This webinar will continue on our September Walking Towards Justice episode that explored the potential partnerships between walkability advocates and the disability rights movement. Learn how communities are becoming more inclusive and accessible and tools and resources to do the same. This webinar is intended for those just starting out on the walking path as well as those interested in learning more about the topic.

[Register Here](#)

Nutrition Update Webinar

Tuesday, February 26, 2019

11:00 AM to 12:30 PM

A Different Look at MyPlate: Nutrition Hot Topics for Each Food Group

Dr. Rachel Scherr from the UC Davis Department of Nutrition will discuss a current dietary fad or misconception – and the real science - related to each MyPlate food group.

Registration (pre-registration required): <https://cc.readytalk.com/r/c5y7o9k3sxql&eom>

Information can also be found on the UC CalFresh Training Calendar <https://uccalfresh.ucdavis.edu/trainings/calendar>

SNAP-Ed Connection Professional Training Resources

SNAP-Ed Connection has great [professional training resources](#)*, including:

SNAP-Ed Webinars - Variety of SNAP-Ed related topics. Registered Dietitians and Dietetic Technicians Registered can earn FREE continuing education credits!

Conference Calendar - Find conferences in the fields of nutrition, education, and public health. Please [contact SNAP-Ed Connection](#) if you would like to have an event included on the page.

Online Training - SNAP-Ed Connection has a list of free or moderately-priced online learning opportunities. These opportunities focus on nutrition education. These are offered by SNAP-Ed partners, or related organizations.

Webinars - SNAP-Ed Connection keeps a list of webinars that may interest nutrition educators and people involved in SNAP-Ed, including links to organizations that host webinars on a variety of SNAP-Ed related subjects.

**Please note, there is a cost for some of the SNAP-Ed Connection Professional Training Resources. UC CalFresh staff should consult with their Advisors/Managers/Supervisors on use of UC CalFresh/SNAP-Ed funds to participate prior to registering.*

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Education & Resources *(continued)*

Join Today! CA SNAP-Ed Peer Exchange Program

The Peer Exchange Program can:

- * Put you in touch with another agency working on the same topic or same setting as you
- * Help set-up, plan, and facilitate your exchange
- * Provide conference call lines or web-based meeting software
- * Provide travel grant funds for in-person meetings

We are recruiting Mentors and Mentees now!

- * Sign up with our [Peer Exchange Program Application](#)

Looking for ideas or assistance from a peer?



Able to share your expertise with a peer?

The Peer Exchange Program can connect you with an LIA peer via

Want to learn more? Visit our [Peer Exchange Program Website](#) or contact Michael.Beccarelli@cdph.ca.gov

UC CalFresh, UC ANR & Partner Employment

Community Education Specialist 1 or 2 (Nutrition Educator), UCCE San Luis Obispo and Santa Barbara Counties

The UC CalFresh Nutrition Education Program of San Luis Obispo and Santa Barbara counties is now hiring for a **Community Education Specialist 1 or 2 (Nutrition Educator)**. The Nutrition Educator is responsible for conducting classes and trainings in the area of nutrition, physical activity and garden education. The position is responsible for the coordination, management, and delivery of education to community based adults and/or youth to improve the environment of the school and community. This includes training, guiding, and supporting volunteer extenders with education information and resources; evaluating program implementation; collecting and compiling enrollment, documentation, and evaluation data from volunteer extenders and participants; and writing reports in compliance with funding requirements. The position is full time 40 hours per week with benefits. The position will promote, in all ways consistent with the other responsibilities of the position, accomplishment of the Affirmative Action goals established by the Division.

For more information or to apply:

<https://jobs.ucop.edu/applicants/Central?quickFind=61481>

We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please email Elizabeth Egelski at eegelski@ucdavis.edu to share your comments, 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 Kamaljeet Singh-Khaira, 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.org/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 and Nutrition 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.



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