

UC CalFresh Weekly Update December 10, 2018

Contents

Upcoming Events & Deadlines

- * PEARS Office Hours for UC CalFresh—December 11th
- * FFY2019 Evaluation Survey Data Entry—PEARS
- * FFY2019 Evaluation Survey Data Entry—ANR Portal
- * The Mountain Plains Region (MPR) SNAP-Ed Impact Report: Sharing our Vision Webinar, December 12th

UC CalFresh Success Stories

- * Healthy Happy Families Participant, Alameda County
- * Eat Healthy, Be Active Community Workshop Participant, Madera County

Emergency Resources—Support for Our UC CalFresh Friends and Colleagues

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

Welcome New UC CalFresh Staff

- * Eldon Bueno, Community Education Specialist, Kings County

UC CalFresh Website Updates

- * UC CalFresh Issues Program Directive 2019-02: Guidance on the Purchase of Nutrition Education Reinforcement Items
- * Eat Fit 5th Edition Training Webinar Recording

SNAP-Ed Trainings and Announcements

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

Smarter Lunchrooms Movement of California

- * Smarter Lunchrooms Movement Self-Assessment Scorecard Reporting Tool and Smarter Mealtimes Reporting Tool Portals Now Available for FFY19 Data Entry
- * The Smarter Lunchrooms Movement of California *Monthly Nudge*
- * Digital Food Pictures for Educators

UC CalFresh in Action!

- * Consumer Food Safety Segment Featured on PBS Show, "Valley's Gold", UCCE Fresno and Madera Counties
- * Nutrition and Food Questions Web Page

Articles and Research

- * Eating Healthier at School Improves Learning

Education & Resources

- * USDA Provides Additional Food Disaster Assistance in Three California Counties Hit by Wildfires
- * Webinar to Launch the Guide for Public Health and Community Nutrition, 3rd Edition
- * SNAP-Ed Connection Professional Training Resources
- * Join Today! CA SNAP-Ed Peer Exchange Program

Upcoming Events & Deadlines

November 2018

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					

Upcoming UC CalFresh Trainings

PEARS Office Hours for UC CalFresh—Dec 11th

Please Pre-Register for these meetings | Dial-In Number(s):

Toll free: 303.248.0285 | Access Code: 7544137

The December PEARS Office Hours will be spent reviewing the new procedures for survey data entry. Please note the change in date.

Time: 1:00 – 2:00 pm

Purpose:

Angie and Barbara are planning a PEARS Survey webinar to review the new procedures. This webinar will be held in place of the December PEARS Office Hours. Register for this webinar at this link <https://cc.readytalk.com/r/hwo2bwzx6b6w&eom>

UC CalFresh Evaluation Updates

FFY2019 Evaluation Survey Data Entry—PEARS

Please hold-off on entering any additional evaluation surveys into PEARS for FFY2019. Some improvements are being made that require changes to the survey procedures. We will review these in depth during the PEARS Office Hours on December 11th (see above) We plan to collect three pre/post surveys in PEARS this year:

- * Food Behavior Checklist (FBC),
- * Healthy Happy Families (HHF), and
- * Adult Physical Activity Survey (APAS) - **NEW** for UC CalFresh.

FFY2019 Evaluation Survey Data Entry—ANR Portal

The Plan, Shop, Save & Cook pre/post survey has been removed from PEARS and will be collected through the ANR data entry portal [here](#). All other surveys and ANR data entry portals have been updated on the UC CalFresh website.

- * Youth surveys and data portals can be found [at this link](#)
- * Adult surveys and data portals can be found [at this link](#)

The Mountain Plains Region (MPR) SNAP-Ed Impact Report: Sharing our Vision Webinar, Dec 12th

Please join the Mountain Plains Region SNAP-Ed team as they describe the process in creating the SNAP-Ed Impact Report, lessons learned along the way, and next steps in tracking and reporting.

The Webinar is FREE but prior registration is required.

When: Dec 12, 2018 8:00 AM PT

Register today at:

<https://unl.zoom.us/meeting/register/b34474963c9ae58a66858a512be5123a>

After registering, you will receive a confirmation email containing information about joining the meeting.

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 helped me understand the necessity of healthy eating. I made a plan for meals for me and for my family. [This class also taught me] how to read labels, [about] fats, sugars, etc.”

—*Healthy Happy Families Participant,*
Alameda County

“I learned how to save money and buy foods that are on sale. Also, I hope to cut down on [unhealthy] canned foods. I liked all the recipes made in class. I loved that it was an interactive class.”

—*Eat Healthy, Be Active*
Community Workshop Participant,
Madera 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

Welcome New UC CalFresh Staff!

Eldon Bueno, Community Education Specialist, Kings County



Eldon Bueno has recently joined the UC CalFresh team in Kings County as a Community Education Specialist! With a B.S. Degree in Health Education from San Francisco State, Eldon’s passion resides in youth development, education, and promoting health and wellness. He previously worked in After School Programs for the Stonestown Family YMCA in San Francisco and is excited to utilize his past experiences in the Bay Area to serve his hometown community. Eldon aims to provide quality instruction and enriching classes on MyPlate and CATCH curriculum to our youth and is hopeful about making a healthy change in the Central Valley to decrease health disparities that are currently affecting the community. While he is committed and enthusiastic about making positive change, he also takes time to enjoy himself by taking dance classes (hip-hop), playing games, spending time with family, and occasionally binge-watching shows on Netflix. You can reach Eldon at epbueno@ucanr.edu.

UC CalFresh Website Updates

UC CalFresh Issues Program Directive 2019-02: Guidance on the Purchase of Nutrition Education Reinforcement Items

The State Office has issued updated Program Directive providing guidance on the purchase of Nutrition Education Reinforcement Items (NERI). This updated addendum to Program Directive 2012-04 reflects updates in the USDA SNAP -Ed Guidance for FFY 2019. A copy of Program Directive 2019-02 can be found our [website](#) for you reference. Please contact your State Office contact if you have any questions on how to budget for NERI.

Eat Fit 5th Edition Training Webinar Recording

The recording and slides for the 12/4 Eat Fit 5th Edition Training Webinar has been added to the website under <https://uccalfresh.ucdavis.edu/trainings/trainings-and-presentations>

SNAP-Ed Trainings and Announcements

SNAP-Ed Online Civil Rights Training, Temporarily Unavailable until 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 date of the SNAP-Ed Online Civil Rights Training is **Wednesday, January 2, 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.



Smarter Lunchrooms Movement Self-Assessment Scorecard Reporting Tool and Smarter Mealtimes Reporting Tool Portals Now Available for FFY19 Data Entry

The UC CalFresh State Office is pleased to announce that the [Smarter Lunchrooms Movement Self-Assessment Scorecard Reporting Tool](#) and [Smarter Mealtimes Reporting Tool](#) are now open and ready for data input! The portals are very similar to last year, with only a few minor revisions. As always, please add your scorecard data into the portal(s) and save a copy of the original files for your personal records.

You can access the new reporting tools by clicking on the links above or you can find them on the [UC CalFresh TAP Resources Page](#).

If you have any questions or concerns regarding the updated tools, please feel free to contact MaryAnn Mills at mamills@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!](#)

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.

UC CalFresh in Action!

Consumer Food Safety Segment Featured on PBS Show, “Valley’s Gold”, UCCE Fresno and Madera Counties

Nutrition Education Specialist [Elizabeth Lopez](#) shared consumer food safety tips and tools in a recent PBS episode of “Valley’s Gold.” [Elizabeth](#) did a great job representing UC CalFresh and spreading the word about the great work that UCCE does! Watch her segment starting at that 18:32 mark on PBS: <https://www.pbs.org/video/valleys-gold-food-safety-bqfgv4/>

Nutrition and Food Questions Web Page

Do your participants ask questions about nutrition or needs that you find difficult to respond to? Check the [Nutrition and Food Questions](#) web page for a response. If your question is not answered there you can submit a new question. You can find the link on the UC CalFresh website under [Resources > Resources for Educators](#). Please contact [Lyn Brock](mailto:rlbrock@ucanr.edu) (rlbrock@ucanr.edu) if you have any questions.

Articles & Research

Eating Healthier at School Improves Learning

The Centers for Disease Control and Prevention has [posted this webpage](#) providing resources and studies to be used to promote nutritious foods at school. Most U.S. children attend school for six hours a day and consume as much as half of their daily calories at school.

Education & Resources

USDA Provides Additional Food Disaster Assistance in Three California Counties Hit by Wildfires

The U.S. Department of Agriculture (USDA) recently announced that households in three California counties have been approved to receive [Disaster Supplemental Nutrition Assistance Program \(D-SNAP\) benefits](#). D-SNAP will be offered in parts of Los Angeles and Ventura counties due to the impact of the Woolsey and Hill wildfires, and Butte County in northern California due to the Camp Fire. Households in the affected areas may be eligible if they have qualifying disaster-related expenses and meet D-SNAP income limits.

If a household in the affected area qualifies for D-SNAP, they could receive one month of benefits to meet their food needs as they settle back home following the disaster. Households in certain zip codes that already receive SNAP benefits will automatically receive disaster supplements, up to the maximum allotment for their household size, and are not eligible to apply for D-SNAP. Affected households should look for public information notices from the state regarding the application process, location of application sites, and dates of application in each county.

This is one of many tools that USDA has available to aid states as they recover from disasters. To date, [multiple actions](#) have been taken to help California residents cope with the effects of recent wildfires:

- *USDA provided assistance to an estimated 8,000 residents of Butte County and the surrounding area through the Disaster Household Food [Distribution Program](#).
- *The department recently approved California's request to issue mass replacement of SNAP benefits to affected beneficiaries in parts of Ventura, Los Angeles, Butte and Plumas Counties.
- *Butte County schools will be allowed flexibility in providing lunch and breakfast meals due to food shortages caused by road closures and hazardous conditions.
- *Butte County schools are also authorized to provide breakfast and lunch to students at no cost to them due to the large number of students left homeless by the wildfire.
- *On Nov. 21, USDA announced a waiver allowing residents of 14 fire-affected counties to [purchase hot foods with SNAP benefits](#).

Read the full press release [here](#) and find more resources available through the CDSS: <http://www.cdss.ca.gov/Disaster-Help-Center>

Webinar to Launch the Guide for Public Health and Community Nutrition, 3rd Edition

SNAP-Ed brings together people representing diverse disciplines, different educational backgrounds, and a wide range of experience. Hot off the press, *The Guide for Developing and Enhancing Skills in Public Health and Community Nutrition, 3rd Edition*, will help SNAP-Ed leaders develop even higher-performing teams.

The Guide was developed with Association of SNAP Nutrition Education Administrators (ASNNA) input and uses the Social Ecological Model as a foundation, so the competencies, learning activities and resources can support SNAP-Ed practitioners from entry to management positions.

The content of this comprehensive curriculum covers six domains:

1. Food and nutrition
2. Communication, marketing and cultural competence
3. Advocacy and education
4. Policy, systems and environmental change
5. Research and evaluation
6. Management and leadership.

Register for the live webinar to introduce The Guide:

Webinar Title: Training Our Workforce: A New Guide for Training Public Health and Community Nutrition Professionals

Date: December 20, 2018

Time: 7:00 am – 8:30 am PST

CPEU: 1.5

Cost: FREE

Registration: Register [Here](#) *The audio for this webinar will be presented using VOIP (your computer speakers).

With this webinar attendees will be able to:

- * describe the importance of developing our present and future nutrition workforce;
- * describe the rationale for developing the Guide; and
- * identify how to use and customize the Guide to meet personalized knowledge and skill development goals.

Following the webinar, users may download the Guide at www.phcnpg.org in its entirety or view one of the three interactive versions based on profession – practitioner, employer, or educator/preceptor/student.

Questions? Contact Kay Sisk, MS, RDN, LD at kaysisk@gmail.com

(continued on next page)

Education & Resources (continued)

SNAP-Ed Connection Professional Training Resources

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

SNAP-Ed [Webinars](#)

There are several webinars on topics related to SNAP-Ed. Plus, 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. They have links to organizations that host online webinars on a variety of SNAP-Ed related subjects. Many of these webinars offer continuing education credits.

**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.*

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](#)

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

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**

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.



University of California
Agriculture and Natural Resources | Nutrition Education