

UC CalFresh Weekly Update April 15, 2019

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28	29	30				

EatFit Curriculum Delivery – Q&A Session

Description: Marcel Horowitz, *EatFit* co-author, will respond to your questions during this open-format webinar.

Please enter your *EatFit* questions at <http://ucanr.edu/survey/survey.cfm?surveynumber=27091>

Date: Apr 18, 2019 at 2:00 PM

Register in advance for this meeting: <https://ucanr.zoom.us/j/4454a15d07ef5e5c5b9141539e44ee6>

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

Important - Please submit your *EatFit* questions at <http://ucanr.edu/survey/survey.cfm?surveynumber=27091>

Childhood Obesity Conference Registration/ Scholarships

- * [Conference Registration](#): Register by **April 30** to avoid late fee
- * **Young Adult/New Professional Scholarship Awards Now Available for a Limited Time Only! Due April 19th**

Scholarships include complimentary registration, hotel accommodations, travel arrangements and meal/per diem coverage for those who meet the 2019 scholarship criteria. [Click here to review the eligibility criteria and apply today!](#)

For more information, please contact Jessie Gouck, Conference Manager at jessie.gouck@cdph.ca.gov or by calling 916.449.5383.

USDA Releases FFY 2020 SNAP-Ed Plan Guidance

The USDA has announced the release of the FFY 2020 SNAP-Ed Plan Guidance. You can find the new Guidance on the UC CalFresh website under [California SNAP-Ed Plan, Reports and Guidance](#).

This document provides guidance to States for planning and implementing SNAP-Ed. Please keep in mind the newly released FFY 2020 SNAP-Ed Plan Guidance does not go into effect until October 1, 2019.

The UC CalFresh State Office **will not** be providing each county/county cluster with a [printed copy](#) of the FFY 2020 SNAP-Ed Plan Guidance (accessing the electronic version of the SNAP-Ed Guidance allows for keyword searches). The UC CalFresh State Office expects that UC CalFresh Advisors, Program Managers, and Supervisors review the Guidance and share pertinent information with their UC CalFresh staff.



UC CalFresh Success Stories

Please note that success stories are no longer reported through the online data entry portal. Entries from the PEARS Success Story module will be used to inform this section on the Weekly Update.

"[This class] has helped me, thanks to the food demos and easy recipes. I can make [the recipes] for my family and I can [now] pair foods I did not know how to combine before."

—Plan Shop Save Cook Participant,
Imperial County

"I always read labels now and learn[ed] to limit sodium and sugar intake."

—Eat Smart Live Strong Participant,
Alameda County

Welcome New UC CalFresh Staff

Rosa Vargas, Community Educator, UCCE San Luis Obispo and Santa Barbara Counties



UC CalFresh SLO/SB is excited to welcome Rosa Vargas. Rosa was raised in Paso Robles, CA and left in 2005 to pursue a Bachelor's degree in Business Administration and a Master's in Public Administration from California State University, Stanislaus. After graduating, she had the opportunity to work with the California Health Collaborative as a Health Educator for the SNAP-ED and PICH programs. In this capacity, she discovered her passion for education, helping others, and serving the community.

As a public health professional, Rosa has experience coordinating and implementing programs focused on activity promotion, healthy eating, chronic disease management, maternity management, and tobacco cessation for adults and youth. Rosa chose this new position because she believes that education is a fundamental piece in improving wellbeing and health. Rosa's goal is to positively influence health behaviors by providing education, guidance, support, and motivation.

The world is her playground! Rosa finds traveling to be one of the most fascinating things to do. The things that she enjoys the most about traveling are learning about new cultures, customs, foods, and finding new hiking trails. What she love the most is spending time with family and friends. You can reach Rosa at rivargas@ucanr.edu

UC CalFresh Website Updates

Garden Supply Purchase Form Now Available

The UC CalFresh [Garden Supply Purchase Form](#) is now available to streamline garden supply purchase requests. Please use this form to submit all garden purchase requests to the state office. When submitting, please send to your county lead, MaryAnn Mills- mamills@ucdavis.edu and Lindsay Hamasaki- lmhamasaki@UCDAVIS.EDU. This form is also available on the UC CalFresh website under Home → Initiatives → [Garden Implementation](#).

Upcoming UC CalFresh Trainings

UC CalFresh "Building Capacity in Wellness" Training

Description: The UC CalFresh State Office, Public Health Institute Center for Wellness and Nutrition, and UC Davis Center for Nutrition in Schools are holding a workshop focused on building UC CalFresh staff capacity related to school wellness policy and school wellness initiatives. By the end of this workshop, participants will be able to:

- Describe the benefits of school wellness strategies on academic performance and student health
- Explain how UC CalFresh initiatives connect to the FNS and USDA's Final Rule on Local School Wellness Policy
- Demonstrate ability to facilitate prioritization and action planning exercises for school wellness policy implementation
- Identify how the Local Control and Accountability Plan (LCAP) can assist in funding portions of district action plans

The training is also open to staff from other SNAP-funded agencies that [partner with UC CalFresh](#) in school wellness work. Priority will be given to UC CalFresh staff, however. If you have partners who are interested in attending the training, please send the number of people and their agency to MaryAnn Mills- mamills@ucdavis.edu:

Dates:

- * June 19th in Fresno, California — Register by 5:00 pm on June 14th
- * June 26th in Davis, California — Register by 5:00 pm on June 21st

Registration: https://ucdavis.co1.qualtrics.com/jfe/form/SV_a665aLIVfZ2r07H

UC CalFresh in Action!



Preschoolers engaged in MyPlate activity prior to starting Go Glow Grow curriculum!

Making Go Glow Grow Food Knowledge a Shared Value through Collaboration!, UCCE Kings County

The UC CalFresh nutrition education program of Kings County in partnership with the College of Hospitality Management (CHM) of West Hills Community College (WHC) and preschools located in WHC campus at Lemoore, embraced an innovative and a collaborative approach to promote healthy eating by helping preschoolers learn and taste Go Glow Grow foods!

In the next few weeks, Sue Lafferty-UC CalFresh Nutrition Educator will teach Go Glow Grow foods to preschoolers (n=72) along with CHM student chefs (n=12) who are providing food demo/tasting. While preschoolers are the target audience in this intervention, CHM student chefs are excited to learn about Go Glow Grow foods, interact with preschoolers, and integrate this hands-on learning experience into their capstone project. Additionally, preschool teachers are enthusiastically reinforcing Go Glow Grow key messages in the classroom as well as sending home the recipe for parents. Thus, this collaboration is promoting skills, attitudes and knowledge about healthy foods.

The kick-off week witnessed preschoolers learning about Go Glow Grow foods, handwashing, and completing a MyPlate

activity. In the same week, CHM student chefs provided a taste test of the Glow fruits. All the preschoolers tasted the Sun Punch in a delicious way with fresh blueberries. Preschoolers observed how fresh oranges are squeezed to make Sun Punch. Additionally, the CHM student chefs encouraged preschoolers to pour and stir orange juice, provided recipe, and reinforced concepts by asking preschoolers about Glow fruits.

Preschoolers KNOW it ALL! When CHM students asked preschoolers about the "Glow Fruits" in the Sun Punch their spontaneous responses included the names of the ingredients – "orange, lemon, blueberries, water, ice, and vitamins," and the name of "Miss Sue" who is teaching them "glow foods make their hair grow, their eyes sparkle, and skin soft," indicating that they are taking home key healthy messages! Research suggests when caregivers teach healthy eating habits to children from a young age, it can have a positive influence on their dietary habits later in life.

Considering that this innovative and creative collaboration is enthusiastically supported by Christian Raia (Program Director /Coordinator Hotel Restaurant Casino Management Faculty-WHC) and Nancy Jeffcoach (Site Supervisor of Preschools-Lemoore), there is a potential to continue empowering preschoolers with knowledge about healthy foods, to expand program delivery knowledge and skills of CHM student chefs, and to a promising long-term program sustainability. Indeed, UC CalFresh nutrition education program of Kings county is making Go Glow Grow food knowledge among preschoolers a shared value through collaboration!



Preschoolers tasting the sun punch with blueberries!



Preschoolers pose with their amazing chefs and teachers!

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.

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.

Education & Resources

GENYOUth's AdVenture Capital Initiative AdCap Challenge for Youth

Description: GENYOUth's AdVenture Capital initiative is proud to launch the first-ever national AdCap Challenge. Why? Because we believe that students have the potential to lead today — and we need their ideas and answers to help solve some of the world's biggest issues. Our Challenge Partners believe in students too, and they have committed not only funding to support the AdCap Challenge and scholarships, but also their enthusiasm, time and expertise.

This is a fast, fun opportunity for high school students to develop 21st century skills while earning recognition and a chance to take home up to \$35,000 in scholarships and prizes. And they're making a difference in their communities as well! In the AdCap Challenge, students are asked to address questions like:

- What innovation or solution could you develop that helps youth reduce their addiction to phones and increase face-to-face interactions with their friends and others without losing their sense of connection online?
- How could you innovate to recycle, reuse or reduce pizza-box waste in your community?
- By working with partners, how can you help ensure that everyone in your school community has access to healthy, nutritious foods?

Deadline: April 25; Students who submit a complete entry will receive a Certificate of Recognition and be eligible to become a Semifinalist, or even a Finalist and attend the Finalist Experience in June! [Check out the full list of prizes and scholarships.](#)

Sign up: Get your AdCap Challenge Kit [here](#)

Once you receive your Kit, verify your information & log in to set up your student teams. Have fun with it! This is a fast and easy challenge that can be incorporated into your classroom as an assignment, utilized as a community service project, or even as a friendly competition between classmates!

California's Farm to Summer Week 2019 Webinar

Description: The California Department of Education ([CDE](#)) and the California Department of Food and Agriculture ([CDFA](#)) invite you to participate in the upcoming webinar, *California's Farm to Summer (F2Summer) Week 2019*.

This year, California is celebrating F2Summer during the week of June 24–28, 2019. There are many benefits to participating in F2Summer, including increasing participation in the summer meal programs, supporting your local farmers, and educating children about the origin of their food. CDE is hosting a webinar to support your efforts. Following the webinar, you will have an opportunity to complete a survey to let CDE know whether you are interested in participating in F2Summer Week 2019. Details will be announced during the webinar.

During this webinar, you will learn about F2Summer, ideas on how to participate, and useful resources and potential partners. By the end of the webinar, you will have identified easy-to-use ideas for fun and engaging activities, partners to help you, and simple ways to promote your F2Summer week.

Date: Wednesday, April 24, 2019 2-3 p.m.

Registration: This webinar is free. Click to register: [CDE 2019 F2Summer Week](#)

Event number: 665 997 255

Event password: 163027

Contact: [Katharina Streng](#)

(continued on next page)

Education & Resources (continued)

SNAP-Ed Training Scholarships

Would you like to improve your ability to facilitate group communication? SNAP-Ed Training Scholarships to attend ToP Facilitation Methods courses are now available to SNAP-Ed LIA staff. Applications to participate in one of seven publicly offered courses are accessible on the SNAP-Ed Training and Events Calendar. Current training dates and locations:

- * Sacramento: May 7–9, 2019, September 10-12, 2019
- * Oakland: May 22-23, 2019, July 18-19, 2019, August 21-22, 2019
- * Long Beach: March 28-29, 2019

For More Information: [CA Snap Ed Training](#)

Rethink Your Drink Day, May 8th

[Rethink Your Drink Day](#) is a Statewide Day of Action in California to raise awareness about the health effects of sugary drinks and promote the benefits of drinking water. On the same day, local organizations have the ability to execute this event to promote healthy living across the entire state of California.

The Rethink Your Drink Program's primary goals are to:

- * Educate Californians about healthy drink options,
- * Help identify drinks with added sugar, and
- * Make the link between consumption of sugar-sweetened drinks and health risks.



In this way, the program hopes to shift consumption toward healthier, more affordable beverages, like water. At the same time, the Rethink Your Drink Program hopes to stimulate community-level partnerships and invite local environmental changes that will improve access, affordability and desirability of healthy beverages. Please check this link for updates: <https://rethinkyourdrinkday.com/>

New SNAP-Ed Video Montage – Now Available for Use!



The California Department of Public Health now has available an inspirational welcoming video montage that briefly describes the SNAP-Ed program. It includes interview footage of nearly two dozen SNAP-Ed employees discussing their experiences with the program and why it is such a valuable part of local public health and community change efforts. You may find the video helpful in explaining SNAP-Ed to new staff, partners, or other community stakeholders. See the video: [Welcome to SNAP-Ed](#)

The video is a part of the online training for new staff, currently under development, called "SNAP-Ed: Building Blocks for Success". This interactive training will explore the fundamentals of the SNAP-Ed program in building and maintaining healthy communities. It aims to help new SNAP-Ed staff apply public health strategies that support healthy eating and physical activity in the communities they serve. It focuses on key elements of programmatic and fiscal/administrative areas. For more information about either the video or the upcoming online training, email [Statewide Training](#).

CONNECT WITH UC CALFRESH ON SOCIAL MEDIA!



We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please email Elizabeth Egelski at eeegelski@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.

