

UC CalFresh Weekly Update April 22, 2019

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April/May 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	1	2	3	4



The Weekly Update will be on hiatus 4/29 and 5/6. It will return on 5/13.

See [Education & Resources](#) section for more items with deadlines occurring while we are on hiatus.

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.

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

Registration: Click to register: [CDE 2019 F2Summer Week](#)

Event number: 665 997 255 / Event password: 163027

Contact: [Katharina Streng](#)

GENYOUth's AdVenture Capital Initiative AdCap Challenge for Youth

Description: 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; [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!

Childhood Obesity Conference Registration

- * [Conference Registration:](#) Register by **April 30** to avoid late fee

UC CalFresh Weekly Update April 15, 2019

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.

"[After this workshop,] I was able to get my husband to also change his way of eating. We go shopping for healthier food and buy more fruits and veggies. The class was really fun and would love to go to more."

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

"[This class] has helped me [to realize] the quantity of food that I should serve and helped my family not to eat so much fat and not to drink so many liquids with so much sugar. Thank you very much for helping us."

—*Plan Shop Save Cook Participant,*
Kern County

Rename the Weekly Update Contest!

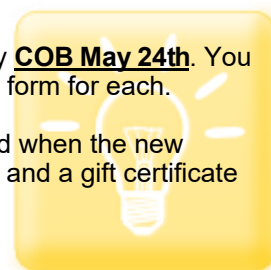
As discussed in the April [Town Hall](#), the Weekly Update will be undergoing some improvements, based on the feedback that was provided in the Weekly Update and Town Hall Satisfaction Survey. One of the major changes includes a biweekly (every other week) schedule for the Weekly Update. Therefore, the Weekly Update will need a rename refresh!

The UC CalFresh State Office would love to tap into the creative minds of our UCCE staff with our *Rename the Weekly Update Contest*. We would love to hear your suggestions for a new and improved name.

Entries can be submitted through Qualtrics—[RenameTheWeeklyUpdateContest](#)—and are due by **COB May 24th**. You are welcome to submit as many name suggestions as you'd like, but please complete a separate form for each.

The UC CalFresh State Office will vote on the submitted entries and the winner will be announced when the new "Weekly Update" is rolled out in June. The winner will receive recognition in the "Weekly Update" and a gift certificate courtesy of our UC CalFresh Director, Kamal Singh-Khaira.

Good luck and thank you for your suggestion!



CalFresh United Launch, A Message from CDSS

Better access to better food for better living -- that's the shared vision of CDSS CalFresh for all people in California. CalFresh has the power to reduce hunger, boost incomes, support health, expand opportunity – and even respond to disasters. But not all Californians know what CalFresh can do and how they can connect.

That's why over the past few months CDSS has been working with hundreds of our state, county, and community partners, as well as eligible low-income Californians, to better understand the perceptions of CalFresh and how we currently communicate about available food benefits, nutrition education, employment and training services, and disaster food-aid. Thank you to so many of you - from Shasta to Orange to Alameda to LA and beyond - for your engaged and expert partnership! And thank you too to the CDSS CalFresh Healthy Living team (formerly SNAP Nutrition Education) for your collaborative and creative leadership of this effort.

Today, we are pleased to share the results with you: a cohesive and flexible set of communication tools to unite all the CalFresh services and better connect all Californians to food, health, and opportunity.

You'll see a bold and refreshed CalFresh logo, with a family of logos clearly communicating the Food assistance, Healthy Living programs, Employment & Training services, and Disaster Response food-aid that together we provide to millions of people statewide.

Please watch this brief video that brings to life our unified message and vision for how all CalFresh services positively impact children, families, older adults and all people of California.

[CLICK HERE FOR THE CALFRESH UNITED STORY](#)

The [CalFreshHealthyLiving.org](#) website went live Wednesday, April 17. Find all materials at the new one-stop web page [CalFreshHealthyLiving.org/partners](#)

Our ultimate goal is that these united and refreshed communication tools help you increase your reach and impact in your community -- and that together we can do more than ever to reduce hunger, boost incomes, support health, and expand opportunity.

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

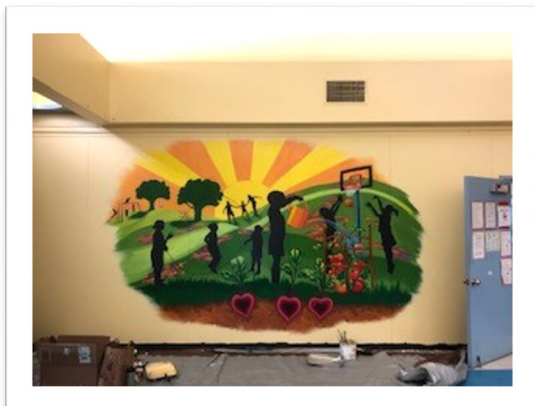
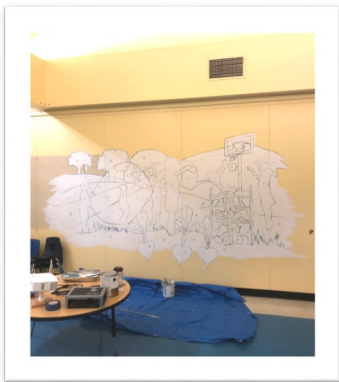
Registration: https://ucdavis.co1.qualtrics.com/jfe/form/SV_a665aLIVfZ2r07H

UC CalFresh in Action!

Highland Child Development Center gets Healthy Eating, Active Living Mural, UCCE Alameda County

In partnership with Oakland Unified School District, UC CalFresh Alameda County has partnered with a local muralist to install three Healthy Eating, Active Living murals at child Development Centers in Oakland. The first of FFY19 is a school located in East Oakland, Highland CDC. This site is engaged in the following UC CalFresh interventions: Go Glow Grow, CATCH for ECE, gardening, Smarter Mealtimes, and playground stencils.

The design process started with a meeting with the school staff, UC Calfresh, and the muralist. Here we gleaned ideas from staff around healthy eating and active living imagery that they wanted to see at their school. The collective themes were fruits and veggies, play, and gardening. This showcased on the main wall of their small cafeteria, transforming the space from a rather uneventful wall to a bright, happy, colorful space with lots of opportunity to link the mural to great topics to discuss over lunchtime. In an effort to build school community around the mural, we started with an open paint day for students from every classroom to come out and help "paint" the mural. This was a huge success, with all our little artists ready and excited to paint on the wall. Over the course of the next two weeks, the students were able to watch the mural come to life, and often stopped by to give hugs to the muralist. It was a beautiful event from inception to completion.



UC CalFresh in Action! (*continued*)

UC Delivers: UC CalFresh encourages fruit and vegetable consumption among students in Tulare and Kings Counties

The Issue

Research indicates that repeated exposure to a variety of healthy foods including fruits and vegetables in different forms can increase their acceptance, preference, and consumption. To expose students to healthy foods, increase students' willingness to try healthy foods, and encourage them to ask for these foods at home, the UC CalFresh nutrition education program in Tulare and Kings Counties of California conduct food tasting activities and recipe sharing across schools and after-school settings.

What Has ANR Done?

During 2017-18 school year, the UC CalFresh nutrition education program was implemented in schools and after school settings in Tulare and Kings Counties to capture students' exposure and response to foods presented during food tasting. Kindergarten and elementary school students received nutrition education, followed by tasting the target food and the target food recipe. Teachers completed Youth Taste Testing (TTT) and Teacher Observation (TOT) evaluation tools. Nutrition educators encouraged students to try local and seasonal combinations of familiar and unfamiliar fruits and vegetables in school during nutrition education classes and events followed by sharing a simple recipe.

The Payoff

Students motivated to try a variety of affordable, local, and seasonal fruits and vegetables

In Tulare County schools, TTTs were conducted in 207 classes reaching 4,219 students. Of these participants, 96% tasted the food offered, 67% were willing to eat that food in school again, and 63% were willing to ask for that food at home. In Kings County schools, TTTs were conducted in 68 classes reaching 1,317 students. Of these participants, 92% tasted the food offered, 74% were willing to eat that food in school again, and 74% were willing to ask for that food at home. Results for TOT indicated that, of the 1,338 students in Tulare schools, 52% students can now identify healthy food choices. Similarly, of the 1,308 students in Kings schools, 52% students can now identify healthy food choices. Findings show that a variety of healthy foods from all food groups including familiar (e.g. broccoli, spinach, blueberries) and unfamiliar (e.g. Swiss chard, beets, edamame, pears) fruits and vegetables were offered. Findings provide essential insight into taste testing behavioral strategies such as nudging students to try affordable, local, and seasonal fruits and vegetables and sharing the recipe with students to take back home.

Clientele Testimonial

Students like the food tasting activities as evident from one student's comment, "Can I have the recipe? I want my mom to make these."

Contact

Tulare/Kings Unit: Deepa Srivastava, Ph.D., NFCS Advisor, dsr@ucanr.edu

See the article on UC ANR's [website](#)



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.

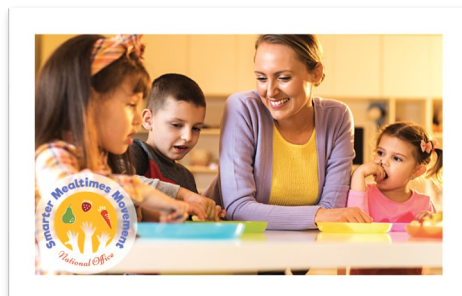


An Introduction to Smarter Mealtimes in Childcare Settings Webinar

Description: Join the Smarter Lunchrooms Movement of California Collaborative in a webinar discussing the Smarter Mealtimes Movement, an adaptation of the Smarter Lunchrooms Movement (SLM) for child care environments. Guest speakers from the SLM National Office and Washington State will provide a detailed overview of Smarter Mealtimes for childcare settings, share best practices for implementation and stakeholder engagement, and demonstrate how to find and utilize Smarter Mealtimes resources.

Date/time: May 8th, 2019 at 10:00-11:30 am PST

Registration Link: <https://attendee.gototraining.com/r/6329434740576067585>



Articles & Research

USDA Launches SNAP Online Purchasing Pilot

Participants May Buy Groceries Online in New York

For the first time, Supplemental Nutrition Assistance Program (SNAP) participants will be able to select and pay for their groceries online, during a two-year test (pilot) launched today in New York State. In making the announcement, U.S. Secretary of Agriculture Sonny Perdue highlighted online purchasing's potential, along with the U.S. Department of Agriculture's (USDA) commitment to program integrity by looking carefully at the pilot. Lessons learned from this pilot are expected to inform future efforts to expand online purchasing in SNAP.

"People who receive SNAP benefits should have the opportunity to shop for food the same way more and more Americans shop for food – by ordering and paying for groceries online. As technology advances, it is important for SNAP to advance too, so we can ensure the same shopping options are available for both non-SNAP and SNAP recipients," Secretary Perdue said. "We look forward to monitoring how these pilots increase food access and customer service to those we serve, specifically those who may experience challenges in visiting brick and mortar stores."

The system is developed to allow online purchasing only by SNAP households with electronic benefit transfer (EBT) cards issued by New York for this start of the online pilot project. Online retailers will be limited to delivery in the pilot areas in New York only. Information regarding expansion will be available after this launch is determined successful and other pilot states indicate their readiness to implement.

Background:

Amazon and Walmart will participate in the initial pilot launch today with ShopRite joining early next week. ShopRite and Amazon are providing service to the New York City area and Walmart is providing online service in upstate New York locations. Additional retailers are slated to participate in the pilot in coming months. The pilot will eventually expand to other areas of New York as well as Alabama, Iowa, Maryland, Nebraska, New Jersey, Oregon and Washington.

The pilot will test both online ordering and payment. SNAP participants will be able to use their benefits to purchase eligible food items, but will not be able to use SNAP benefits to pay for service or delivery charges. For more information, please visit the [SNAP Online Purchasing pilot webpage](#).

The 2014 Farm Bill authorized USDA to conduct and evaluate a pilot for online purchasing prior to national implementation. The pilot phase is intended to ensure online transactions are processed safely and securely. USDA anticipates all eligible and interested retailers who can meet the requirements to process online SNAP transactions will eventually be able to take part, though the timeline is dependent on the progress of the pilot and any regulations which may need to be issued.

USDA's Food and Nutrition Service (FNS) works to reduce food insecurity and promote nutritious diets among the American people. The agency administers 15 nutrition assistance programs that leverage American's agricultural abundance to ensure children and low-income individuals and families have nutritious food to eat. FNS also co-develops the Dietary Guidelines for Americans, which provide science-based nutrition recommendations and serve as the cornerstone of federal nutrition policy.

Education & Resources

American Heart Association Grants Support Physical and Emotional Well-Being for Students and Teachers

To help kick off the American Heart Association's Move More Month, nine schools have been awarded grants as part of the inaugural Kids Heart Challenge grant program. Recipients will use their share of funding for physical activity equipment, water filling stations and improvements for recreation spaces. Additional grants will be awarded with a total of \$400,000 to be given this school year. Applications can be [submitted online](#) through the **May 1** deadline.

State of Young People Summit

Description: Today's young people are at the forefront of social change movements. They are actively using their voices to demand change and take action on critical issues of the day.

To support and learn from their efforts, America's Promise in partnership with Facebook Education will host the State of Young People, a youth led and designed gathering that will bring together young people with the nation's leading adult advocates for youth, as well as business and community leaders.

We will provide a platform for young people to share their real-time perspective, lived experiences, and ideas for change with adult thought leaders. Through this experience, we will create a shared vision for what authentic youth leadership and engagement can look like. This gathering will be a kick-off of a year-long initiative to put youth voice, action, and leadership at the center of everything we do collectively.

Youth (aged 13—25) interested in being one of 75 national delegates to the Summit should use the America's Promise [application](#) to nominate themselves.

Summit Date: Thursday, June 6 - Saturday, June 8, 2019 in Menlo Park, CA

(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/>

Transform Your School with the More "BE Time" Grant

Description: Unstructured time when kids can explore, invent, and play is a necessity. Unfortunately, screen time, academic pressures, lack of safe places to play, and many other factors mean kids simply don't get enough of it these days. That's Action for Healthy Kids (AFHK) has partnered with GoGo squeeZ to [offer Game On grants with a focus on BE Time for the 2019-2020 school year](#). The grants, which range from \$5,000-\$10,000, provide funding and AFHK's support to schools to create more options for unstructured time that nurtures growth and learning.

"BE Time" is time spent without screens for kids to play, explore, and use their imaginations to nourish their minds, creativity, bodies, and relationships. Watch this [inspiring video](#) to see how three grantees this year are using BE Time grants to transform student health and well-being.

Apply: Grant applications are due Tuesday, May 28. [Learn more and apply here.](#)

Schools with 75% or more of students eligible for free and reduced-priced meals may receive priority. Please email contactus@actionforhealthykids.org with questions.

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.

