

UC CalFresh Weekly Update April 23, 2018

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Upcoming Events & Deadlines

APRIL 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					

Rethink Your Drink Day Registration is Open!

On May 16, 2018 health advocates across the state will come together to continue changing the way Californians think about their drinks for the **FIRST** Rethink Your Drink Day—a Statewide Day of Action to raise awareness about the health effects of sugary drinks and the benefits of replacing these drinks with water.

- * **Step 1:** Register to host an event at www.RethinkYourDrinkDay.com by 9:00pm, Pacific Standard Time on April 22 to be eligible for a **FREE** event kit, which includes everything you need to build a successful Rethink Your Drink Day event, like posters, surveys, an activity, and more!
- * **Step 2:** Sign up for the webinar: Complete Guide to Hosting 'Rethink Your Drink Day with Event-In-A-Box (Logistics for Registered Organizations)' on May 2, 2018 ([click here to register](#)).

For any questions or for assistance navigating the RethinkYourDrinkDay.com site, please contact C4C_PR@RescueAgency.com.

Webinar: Youth Behavior Guidance and Classroom Management: What We Learned—How We Used It—What Comes Next?, April 24, 2018, 2:30-4:00pm

Please mark your calendar for a webinar, "Youth Behavior Guidance and Classroom Management: What We Learned—How We Used It—What Comes Next?" This webinar is designed to follow-up and continue the learning from the regional youth education trainings conducted in July 2017. In this webinar, you will have the opportunity to:

- * Hear from your fellow educators how they have implemented behavior guidance and classroom management strategies
- * Hear how these strategies have made a difference
- * Reflect on and discuss how you have used what you learned
- * Hear about continuing learning opportunities

[Click here](#) to join the webinar or visit the [UC CalFresh Training Calendar](#). (Call-in Number: (646) 558-8656 or (669) 900-6833; Meeting ID: 730 835 336). Please plan to attend!

****UPDATE:** We would like to encourage you to [participate in the webinar in a group](#) with your team mates if possible. Your team will benefit from participating together in the discussion portions of the webinar.**

If the time doesn't work for you, the webinar will be recorded, and depending on interest, may be offered [live](#) at an alternate time.

***Note:** If you haven't used Zoom very much—[click here](#) to view a short video about how to join and set-up your audio.

Please contact [Lyn Brock](mailto:lynbrock@ucanr.edu) (lynbrock@ucanr.edu) if you have any questions.

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 to be more conscious of my diet and exercise and physical health. I have been struggling with my family to be more health conscious as a result of this education. It is helping. I get a chance to question the instructor. I like the handouts for future reference. The handouts are very informative and colorful. Very friendly instructor. He is good!”

—*Eat Smart, Live Strong Participant,*
Alameda County

“I am a mother of two boys (ages 4 and 6), they are very picky when it comes to eating fruits and vegetables. The past four weeks I have been taking these nutrition classes, I have learned a lot of different tips and ideas on how to get my boys excited about eating healthy foods. In one of the classes, we learned about making a list. My boys helped me with it and we only bought the items on our list. It worked, they did not want to get other items. In another class we learned to read labels and serving sizes. My boys love eating cookies and I always give them three. After the class that day, I told the boys what I had learned in class. When they asked for [cookies], I said yes, but that we needed to read the label to know the serving size. I helped my son look for the serving size [and] he helped me count and serve his brother. Since that day, my son asks for the serving sizes so he can help me count food items.”

—*Plan, Shop, Save, and Cook Participant,*
Riverside County

UC CalFresh Youth Engagement Technical Assistance Assessment and Cohort Selection

Requests for Feedback & Information, Responses due April 30, 2018

The Youth Engagement Training & Technical Assistance Team is planning for the upcoming year and are writing to ask for 2 things from UC CalFresh counties to help optimally tailor technical assistance to local interests and needs.

- 1) **We are requesting your feedback on Technical assistance provided this fiscal year.** This assessment is anonymous. Your honest and constructive feedback is imperative to our planning process. Please take 5-10 minutes to provide your feedback on this survey here: <https://www.surveymonkey.com/r/YETAAssessment>
- 2) **We would like you to indicate which Youth Engagement TA Cohort best aligns with your program focus for 2018-2019** (feel free to indicate more than one if your programs are implementing more than one strategy). Note that ALL sites will continue to have opportunities to learn from and with each other and the full TA team as well. Please take 1-2 minutes to provide this information here: <https://www.surveymonkey.com/r/ffy1819yecohorts>.

Please complete each by **COB April 30th**—this will help us hit the ground running with preparations for the new school year.

Upcoming UC CalFresh Trainings

UC CalFresh PEARS Office Hours, Various Dates

Please join UC CalFresh for monthly PEARS Office Hours if you have any pressing questions related to reporting your program activities, FBC/PSSC surveys, and PSE efforts in PEARS. We look forward to hearing about the great work you are doing and working together to clarify the best reporting approaches using PEARS.

Tuesday, May 1, 2018

Please join us on Tuesday, May 1, 2018 at 1:00pm for monthly PEARS Office Hours if you have any pressing questions related to reporting your program and indirect activities, FBC/PSSC surveys, and PSE efforts in PEARS. We look forward to hearing about the great work you are doing and working together to clarify the best reporting approaches using PEARS. See dial in and web links below to join the meeting.

Time: 1:00pm PST
Audio Dial-In Information: U.S. Toll: 303.248.0285
Access Code: 7544137
Link: <https://cc.readytalk.com/r/miorx00fmuli&eom>

Tuesday, June 5, 2018

Time: 1:00pm PST
Audio Dial-In Information: U.S. Toll: 303.248.0285
Access Code: 7544137
Link: <https://cc.readytalk.com/r/gceocy6o7xo7&eom>

You may also visit the [UC CalFresh Training Calendar](#) for additional information.

Items Available for UC CalFresh County Programs

Nutrition Education Reinforcement Items for UC CalFresh County Programs

The State Office has a limited quantity of nutrition education reinforcement items available for UC CalFresh County Programs:

Quantity	Item
59	Assorted EatFresh Recipe Index Cards, English
60	Assorted EatFresh Recipe Index Cards, Spanish
22	“Flavors of My Kitchen” Recipe Books
9	“Kids Get Cookin’” Recipe Books
8	“Soulful Recipes Building Healthy Traditions” Recipe Books
4	Team Nutrition Middle School Poster Sets (<i>Includes: Power Up! Sports, Power Up! Video Games, You Control You—Breakfast, You Control You—Milk</i>)

If you are interested in any or all of these items, please coordinate with your Program Manager/Supervisor or Advisor to submit your request to **Rolando Pinedo** (rgpinedo@ucdavis.edu). Please be sure to note the shipping address. Requests will be honored on a first-come-first-serve basis.

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!](#)

School Food: Too Good to Waste Webinar Resources

Thank you for attending the SLM of CA Webinar—School Food: Too Good to Waste. The [webinar recording](#) and [PowerPoint slides](#) are now posted to the TAP Resource Page for your review. Please feel free to share these links with those who were unable to attend. In addition, below are links to some of the resources discussed on the webinar:

- * **Share Table Resources:**
 - * [Stopwaste.org](#)— Food Share Table Guide: A step-by-step guide to implementing share tables, including guidance on proper food safety.
 - * [The Use of Share Tables](#): California Department of Nutrition Services Division Management Bulletin
- * **School Food Donation Resource:**
 - * [School Food Donation Guide](#): Oakland Unified School District guide to creating a school food donation program.
- * **Food Rescue Organizations in California:**
 - * [CA Food Banks and Food Recovery Organizations](#): CalRecycle list of food banks and food rescue organizations in California organized by county.
 - * [Food Rescue Locator](#): A directory of organizations across the United States that rescue, glean, transport, prepare, and distribute food to the needy in their communities.
- * **Policy Resources:**
 - * [Los Angeles Unified School District Food Donation Policy](#)
 - * [School Wellness Policy Language for the Smarter Lunchrooms Movement](#)
- * **SLM Resources:**
 - * [Smarter Lunchrooms Movement of CA Webpage](#)
 - * [SLM of CA The Price is Right](#): List of low and no-cost items to implement SLM.

If you have additional questions, please feel free to contact us:

- * MaryAnn Mills, UC CalFresh Nutrition Education Program— mamills@ucdavis.edu
 - * Christopher Wong, Food Finders— cwong@foodfinders.org
 - * Candice Sainz, Dairy Council of California— csainz@dairycouncilofca.org
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UC CalFresh in Action!

UC CalFresh Gearing Up for Walk and Bike to School Day on May 9th

UC CalFresh is getting ready for the [Walk and Bike to School Day](#) on May 9th by sharing resources on social media that can help plan events and sustain the movement over time. [Austin Cantrell](#), PA Lead in Fresno/Madera and [Angela Asch](#), PA Lead in Yolo, have created a Facebook page with links to resources and pictures of how they are gearing up for May 9th. The link is here: <https://fb.me/UCcalfreshwalkstoschool>.

We would like you to connect to this Facebook page and share what you are doing in your county to help our participants to walk, bike, or roll to school. You can use the following hashtags: #uccalfresh #walktoschoolday #mayisbikemonth #bikemonth #biketoschoolday #walkbiketoschool #slowdown #visionzero.

On May 9th, we will all celebrate by sharing on social media how we are personally helping to promote walk and Bike to School Day. We will also post next steps to making walking and biking to school a sustainable systems change in our schools and communities. Please join us in sharing what your county is doing to promote Walk and Bike to School Day starting today through May 9th.

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.

UC CalFresh, UC ANR and UC Davis in the News!

UC Davis World Food Center Relaunches

The University of California, Davis, has renewed its World Food Center within the College of Agricultural and Environmental Sciences. The World Food Center's mission is to mobilize the research, educational and outreach resources of UC Davis to promote innovative, sustainable, and equitable food systems. "The renewed program intends to work on local, national and global scales to support scientific research, extension and policy developments at UC Davis that address these goals," said Kent J. Bradford, the newly appointed interim director of the World Food Center. Bradford is also a distinguished professor in the Department of Plant Sciences and director of the UC Davis Seed Biotechnology Center. "We are excited by the opportunity to enable the unique resources of UC Davis to be focused on improving the diverse aspects of food systems."

Previously housed in the Office of the Chancellor, the realignment of the World Food Center within the college was first announced in December 2016. Under Interim Director Jan Hopmans, the center has engaged in internal evaluation processes among campus and college leadership, faculty, and staff to determine its most effective role as a college program. In September 2017, the UC Davis Office of the Provost approved a two-year plan created by the World Food Center's Visioning Committee to pursue new opportunities and begin reforming the center within the college. Dean Helene Dillard and Associate Dean David Campbell of the College of Agricultural and Environmental Sciences provide oversight to the World Food Center, along with a steering committee of nine faculty members. "As a world leader in agricultural and environmental sciences, we are excited to build on the voices and expertise of our college faculty to seek transformational solutions to critical food-system challenges," said Dean Dillard. "We look forward to working with partners in the public, private and nonprofit sectors to help provide safe and nutritious food for us all."

The World Food Center will host its first public events for the year in the coming months. The local community is invited to attend two [Food For Thoughts Showcases](#) in the UC Davis Mondavi Center on [May 7 and June 4, 2018, from 4pm to 7pm](#). These events will congregate dozens of UC Davis research centers shaping the future of food to showcase their work to the greater Davis community. The event is free and open to all, and guests are asked to RSVP [here](#). [Read full article](#).

UC ANR's Elkus Ranch is an outdoor classroom for local youth

Each year, about 9,000 kids visit the UC Agriculture and Natural Resources [Elkus Ranch](#) in Half Moon Bay for hands-on educational experiences in urban horticulture, nutrition, food safety, pest management, livestock management and food preservation, reported Sara Hayden in April 2018 issue of [Half Moon Bay Magazine](#) (the article begins on p.16). Hayden visited the ranch with photographer Jaime Soja when a group of preschoolers descended to explore the garden and meet the farm animals. "They can taste and touch and smell things—feel the wool of the sheep or an egg, know where their food is from, where the clothing fibers come from," said [Kathi Baxter](#), UC Cooperative Extension environmental science educator at Elkus Ranch. "Ideally, kids would get the idea that space is necessary to grow food. We're hoping to plant that seed of stewardship here." The Elkus family donated the 125-acre ranch in the 1970s as a gift for youth. The ranch's operating budget depends heavily on grants and donations. For more, visit the Elkus Ranch website at: http://ucanr.edu/sites/elkus_ranch. [Read full blog article](#).

Articles & Research

New CDE Mobile App Helps Families Find Summer and Afterschool Meal Program Locations

State Superintendent of Public Instruction Tom Torlakson announced the release of the California Department of Education's (CDE) CA Meals for Kids mobile app. The app allows users to find the locations of California's Summer and Afterschool Meal Programs, which are spread throughout the state. These programs provide no-cost meals to children aged eighteen and under. "It is critical that children continue to receive nutrition meals when schools are not in session. This helps to counter summer learning loss and ensures that students are able to return to the classroom ready to learn," said Torlakson. "This application will make it easier for families and caregivers to locate the sites closest to them and receive other information about meal services." The CA Meals for Kids App draws upon information submitted to the CDE Nutrition Services Division by local program sponsors and provides the most up-to-date information about meal services available in the community. Children and families can use location-based searches to find meal sites, dates, and times. The app also allows for searches by site name, zip code, and city. The CA Meals for Kids mobile app is available for free download through Apple's [App Store](#), Google's [Play Store](#), and Microsoft's [App Store](#) web pages. More information is also available on the CDE's [CA Meals for Kids Mobile Application](#) support web page. [Read full news release.](#)

Nearly 1 in 3 California kids have a sugary drink daily

Nearly one-third of California children between the ages of 2 and 11 drink one or more sugary drinks per day, according to a UCLA [fact sheet](#) published on April 19, 2018. That percentage represents an alarming increase since 2009, when just over one-quarter of the state's children had one or more sugary drinks per day. Conducted by the [UCLA Center for Health Policy Research](#) and funded by [The California Endowment](#), the research analyzed [California Health Interview Survey](#) data on sugary drink consumption among California children from 2003 to 2014. Sugary drinks include soda, sports drinks, energy drinks, and tea and juice drinks with added sugar but do not include diet beverages or 100 percent juice. "The numbers we observed are especially troubling because they show that the reductions in consumption observed in the past are reversing," said [Susan Babey](#), lead author of the study and co-director of the UCLA Center for Health Policy Research's [Chronic Disease Program](#). Between 2003 and 2009, the proportion of children consuming at least one sugary drink per day decreased from 49 percent to 26 percent. However, since 2009, the percentage has risen to 31 percent. Research confirms that one sugary drink a day can increase people's risk for Type 2 diabetes, liver disease, dental decay and obesity. [Read fact sheet.](#) [Read full press release.](#)

Adolescents' cooking skills strongly predict future nutritional well-being

Evidence suggests that developing cooking and food preparation skills is important for health and nutrition, yet the practice of home cooking is declining and now rarely taught in school. A new [study](#) published in the [Journal of Nutrition Education and Behavior](#) found that developing cooking skills as a young adult may have long-term benefits for health and nutrition. "The impact of developing cooking skills early in life may not be apparent until later in adulthood when individuals have more opportunity and responsibility for meal preparation," said lead author Jennifer Utter, PhD, MPH, University of Auckland, Auckland, New Zealand. "The strength of this study is the large, population-based sample size followed over a period of 10 years to explore the impact of perceived cooking skills on later nutritional well-being." Data were collected as part of the Project Eating and Activity in Teens and Young Adults longitudinal study conducted in Minneapolis-Saint Paul area schools. Participants reported on adequacy of cooking skills in 2002-2003 when they were 18 to 23 years old. Data was then collected in 2015-2016 on nutrition-related outcomes when participants were 30 to 35 years old. Questions assessed the perceived adequacy of cooking skills, how often they prepared a meal that included vegetables, how often they ate meals as a family, and how often they ate at a fast food restaurant. Most participants perceived their cooking skills to be adequate at age 18-23, with approximately one quarter of adults reporting their cooking skills to be very adequate. There were no differences in perceived cooking skills by sex, race or ethnicity, education attainment, or age. Perceived adequacy of cooking skills predicted multiple indicators of nutrition outcomes later in adulthood including greater odds of preparing a meal with vegetables most days and less frequent consumption of fast food. If those who perceived their cooking skills as adequate had families, they ate more frequent family meals, less frequent fast food meals, and had fewer barriers to food preparation. [Read full article.](#)

Updated Data Show Over A Quarter Million Public School Students Homeless

Data on homeless children and youth in California are now available on [Kidsdata](#). [Over a quarter million](#), or 4.4% of public school students, were recorded as homeless at some point during the 2015-2016 school year. Most homeless students stayed with friends or relatives because of loss of housing (85%), and the remainder were in a temporary shelter, motel, or were unsheltered. Recording homeless students during the school year is one way to measure homelessness. A second way to measure homelessness is with a point-in-time (PIT) count which is held nationwide on one night in January each year. In 2017, [1,649 youth](#) who were under age 18 were found homeless without a parent or guardian. Most were unsheltered, meaning that they were found in a place not ordinarily used for sleeping. Federal agencies, researchers, and advocates agree that the homeless youth population remains largely hidden. Current methods to measure homelessness are presumed undercounts. However, the data that are available suggest this is a statewide issue. [Click here](#) to learn more about addressing youth homelessness.

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Articles & Research *(continued)*

Americans Toss Out Tons of Fruits and Veggies

Americans may be trying to eat healthy, but they're throwing away mountains of produce in the process, a new study suggest. "Higher-quality diets have greater amounts of fruits and vegetables, which are being wasted in greater quantities than other food," said study co-author Meredith Niles, an assistant professor at the University of Vermont. "Eating healthy is important, and brings many benefits, but as we pursue these diets, we must think much more consciously about food waste," she added in a university news release. Exactly how much uneaten food wound up in garbage cans between 2007 and 2014 in the United States? Nearly 150,000 tons a day, the study found, which translated into one pound of food per person. In terms of calories, that equaled roughly 30 percent what Americans consumes on a daily basis. Of 22 food groups studied, fruits, vegetables, and mixed fruit and vegetable dishes (39 percent of the total) were wasted most. Those were followed by dairy (17 percent), and meat and mixed meat dishes (14 percent), the findings showed. And more than food was wasted. The researchers said that 30 million acres of cropland, 4.2 trillion gallons of irrigation water, 1.8 billion pounds of nitrogen fertilizer, and 780 million pounds of pesticides went into producing food that was thrown away. The findings suggest the need for simultaneous efforts to improve the quality of Americans' eating habits while cutting food waste, according to lead study author Zach Conrad, from the U.S. Department of Agriculture (USDA), and colleagues. One way to reduce food waste is to educate people how to prepare and store perishable fruits and vegetables, the researchers. Knowing the difference between abrasion and spoilage is critical, the study authors noted. [Read full article.](#)

Supplemental Articles from the Childhood Obesity Declines Project

Please find summaries from the following three additional articles from the Childhood Obesity Declines Project below. These summaries are provided as a follow-up to the April NCCOR Connect & Explore Webinar: Examining Declines in Childhood Obesity in Four Communities: Highlights from Six Papers Published in *Childhood Obesity*.

* **Childhood Obesity Declines Project: An Exploratory Study of Strategies Identified in Communities Reporting Deadlines**

Topic: Key findings around the settings in which healthy eating and physical activity policies and broader strategies were implemented during periods of obesity declines.

Highlights: Four settings were highlighted related to childhood: (1) communities, (2) schools, (3) early care and education, and (4) healthcare. The findings indicate that programs and policies were implemented across local settings (primarily in schools and early childhood settings) and at the state level, during a timeframe of supportive federal policies and initiatives. Simultaneous public health messaging and multilayered initiatives, supported by cross-sector partnerships and active, high-level champions, were identified as likely important contributors to success in attaining declines in rates of childhood obesity.

Source: <https://www.liebertpub.com/doi/10.1089/chi.2018.0020>

* **The Childhood Obesity Declines Project: A Review of Enacted Policies**

Topic: Exploration of the policy landscape in the four studied communities, including the local- and state-level policies implemented across the four childhood-related settings.

Highlights: A total of 39 policies were captured across the 4 sites. The majority originated at the state level. The policies aimed to improve the nutrition environment and increase opportunities for PA in both the ECE and K-12 school settings.

Source: <https://www.liebertpub.com/doi/10.1089/chi.2018.0021>

* **Childhood Obesity Declines Project: Highlights of Community Strategies and Policies**

Topic: Ways in which strategies implemented within each community reflect the social-ecological model.

Highlights: Site summaries for each of the four communities were produced, including policy and program assessments, key informant interviews, and document reviews. The summaries describe policies and programs implemented across the levels of the SEM to address childhood obesity and examine the interactions both across and within levels of the model to better understand what factors appear important for implementation success.

Source: <https://www.liebertpub.com/doi/10.1089/chi.2018.0022>

For additional information on the Childhood Obesity Declines Project, please visit: <https://www.nccor.org/projects/obesity-declines/>.

Education & Resources

Training Opportunities for SNAP-Ed Local Implementing Agencies

On behalf of the California Department of Social Services, the California Department of Public Health Nutrition Education and Obesity Prevention Branch, UC CalFresh, California Department of Aging, and Catholic Charities of California, we are pleased to announce upcoming SNAP-Ed trainings available to appropriate staff from SNAP-Ed state and local implementing agencies in California. Please visit the [Training and Events Calendar](#) for additional information and opportunities.

New! Early Care and Education Physical Activity Toolkit for Preschool-Aged Children Now Available

Created by the California Department of Public Health (CDPH) in partnership with the California State University Chico's Center for Healthy Communities, the Early Care and Education Physical Activity Toolkit for Preschool-Aged Children provides easy-to-use activities, skills cards, and planning suggestions for use with young children ages 3 to 5 years old. The Toolkit will assist childcare providers, teachers and aids with adding physical activity throughout each day; it is providing programming that helps children meet age-level physical activity recommendations. Download the Toolkit [here](#) or learn more about it in [this training webinar](#). The Toolkit will also be available on the UC CalFresh PA Resource page under SNAP-Ed Resources soon!

Garden & Seasonal Recipe Resources from Team Nutrition

The following information was previously shared in the 4/17/18 edition of [The Dirt Newsletter from USDA Food and Nutrition Service](#).

Check out [Team Nutrition's](#) gardening activities and seasonal recipes to get your spring season off to a great start!

- * [Grow it! Try it! Like it!](#) - an educational toolkit that introduces young children to easy gardening and tasting activities, arts and crafts, songs, and movement.
- * [What's Cooking Mixing Bowl](#) - a recipe catalogue filled with kid-friendly recipes, such as the [Quick Quesadilla](#) and [Spinach Egg Bake](#).
- * The [Food Buying Guide Mobile App](#) - can help you determine how much local food to purchase for your school meal or CACFP site.

For additional information and resources, please visit: <https://www.fns.usda.gov/tn/team-nutrition>.

Sixth Annual Every Kid Healthy™ Week: April 23-27, 2018

Every Kid Healthy™ Week is an annual observance created to celebrate school health and wellness achievements and recognized on the calendar of National Health Observances. Observed the last week of April each year, this special week shines a spotlight on the great efforts schools are making to improve the health and wellness of their students and the link between nutrition, physical activity, and learning—because healthy kids are better prepared to learn! Anyone can get involved and be part of the celebration to help support sound nutrition, regular physical activity and health-promoting programs in schools with a school health event. Schools are invited to host an event during Every Kid Healthy Week or anytime in April. Consider making your field day or other school-wide event health-focused. For additional information and resources, please visit: <http://everykidhealthyweek.org/>.

Webinar: The Benefits of Monday Family Dinners: How Bringing “Kids Cook Monday” to Your School and Community Can Lead to Healthier Outcomes, April 23, 2018, 11:00-11:30am PST

Through this webinar, we will explain The Kids Cook Monday initiative and why it is beneficial to schools and communities. This important initiative focuses on parents and children cooking together to focus on healthy eating and healthy lifestyles. There are many benefits of children and parents preparing meals together, including better health and nutrition, academic skills, and the start of healthy behavior patterns. We will also explain why Monday is the best day to begin this practice, and convey effective ways to implement and maintain The Kids Cook Monday program. To register for this webinar, please [click here](#).

Webinar: Using the Whole School, Whole Community, Whole Child (WSCC) Model to Build Bridges and Break Down Silos, April 24, 2018, 10:00-11:00am PDT

This webinar, co-hosted by the National Association of Chronic Disease Directors and the Alliance for a Healthier Generation, will describe the Whole School, Whole Community, Whole Child (WSCC) model and how it can be used as a framework for integrating health and learning, enhancing coordination within the school district, and increasing collaboration with community partners. Examples from Winston-Salem/Forsyth County Schools (North Carolina) and San Diego Unified School District (California) will demonstrate real-world application of the WSCC model to engage multiple school and community partners to support student health and academic success. To register for this webinar, please visit: <https://register.gotowebinar.com/register/5176859573643595265>.

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Education & Resources *(continued)*

Webinar: Racial Equity in Food Systems Work: Beginning the Journey, April 24, 2018, 12:00-1:00pm PST

Join the eXtension Community, Local and Regional Community of Practice and Michigan State University of Regional Food Systems webinar for a presentation intended to inspire Extension educators who want to make racial equity a more intentional part of their work—and an introduction to resources and tool set help do so. In this webinar, we will begin to discuss what racial equity training is and how it benefits Extension work. We will also suggest additional resources and tools useful to those who want to bring racial equity training to their organizations. Shorlette Ammons of North Carolina's Center for Environmental Farming Systems will introduce webinar participants to tools and language used in racial equity training. This webinar will be a helpful introduction to greater conversations and work surrounding racial equity and food access. This is the first in a series of webinars that will explore the role that racial equity plays in our food system. To register for the webinar, please [click here](#). Registration will close on Monday, April 23rd.

Refresh Better Advertising & Webinar Information, April 25, 2018, 10:30-11:45am

The following information was previously shared in the 4/4/18 LHD News Bulletin.

Starting in April and continuing through September 30, the **Champions for Change Program** will release the updated "Refresh Better" TV, Radio, Billboards, and Digital advertisements. To highlight the updated advertisements and the new radio remote process, CDPH will host a webinar on Wednesday, April 25, 2018, from 10:30am-11:45am PDT. To register for the webinar, click on this link: <https://attendee.gototraining.com/r/2126200790966825729>.



According to the California Supplemental Nutrition Assistance Program Education (SNAP-Ed) Media and Communications Plan, CDPH will place advertisements highlighting the following focus areas:

- * Refresh Better, April-May
- * Play Better, June-July
- * Eat Better, August-September

For further information, please contact Ignacio Romero at Ignacio.Romero@cdph.ca.gov or call (916) 552-9883.

Regional Physical Activity Trainings: April-June, In-Person Trainings

The following information was previously shared in the 4/4/18 LHD News Bulletin.

Register for the In-Person Physical Activity (PA) Training: "Social Determinants of Health: How They Impact Choices for PA in the SNAP-Ed Population." During the past two decades, the public health community's attention has been drawn to the social determinants of health. The term "social determinants" often evokes issues such as health-related features of neighborhoods (e.g., walkability, recreational areas, and accessibility of healthful foods), which can influence health-related behaviors. Evidence has also accumulated pointing to socioeconomic factors such as income, wealth, and education as the fundamental causes of a wide range of health outcomes. Training participants will explore the social determinants of health, and apply the individual, environmental, and cultural health-related factors when planning and implementing SNAP-Ed physical activity programs. Upcoming dates and locations of the trainings are:

- * April 26, 2018 in San Diego
- * May 2, 2018 in Salinas
- * May 8, 2018 in Fresno
- * June 21, 2018 in Redding

Please visit the [CA SNAP-Ed Training and Events Calendar](#) for more information and to register for a training near you.

Upcoming Webinar: EatFresh.org for County Welfare Departments, April 27, 2018, 10:00-10:45am

Join EatFresh.org for a webinar on Friday, April 27th from 10-10:45am to learn how County Welfare Departments (CWDs) can utilize EatFresh.org and the Mini Course to support the health of their clients. Participants will learn 5 strategies for incorporating nutrition education into the CWD setting, including: building staff knowledge of core nutrition messages, environmental changes to support the use of EatFresh.org, worksite wellness and community events, indirect education activities such as recipe tastings, and more! This webinar is specifically designed for CWDs participating in the Healthy CalFresh Initiative, but all CWDs are welcome to attend! [Click here](#) to register.

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NCCOR Connect & Explore Webinar: Examining Declines in Childhood Obesity in Four Communities: Highlights from Six Papers Published in *Childhood Obesity*, April 30, 2018, 10:00am PT

The National Collaborative on Childhood Obesity Research (NCCOR) published six papers in *Childhood Obesity* highlighting the findings from the Childhood Obesity Declines project. The supplement details the strategies and policies implemented in four diverse communities—Anchorage, AK; Granville County, NC; New York City, NY; and Philadelphia, PA—that experienced declines in childhood obesity prevalence from 2003 to 2011. The supplement details the rationale, aims, and overall study design of a 2-year project that systematically studied and documented the community-based obesity strategies applied in four distinct communities across the nation. Findings suggest simultaneous public health messaging and multi-layered initiatives—including cross-sector partnerships and active, high-level champions—were likely important contributors to success in attaining declines in the prevalence of childhood obesity. To learn more about the Childhood Obesity Declines Project and to read the supplement, visit: nccor.org/projects/obesity-declines. To register for the webinar, [click here](#).

Save the Date: School and Community Garden Workshops: Light Bulbs to Garlic Bulbs, Various Dates and Locations

This two-day workshop is designed to provide participants with the knowledge, skills, and resources to plan, develop, and sustain an edible school or community garden. Day 1 is an all-day garden skills workshop at a SNAP-Ed garden site. In a train-the-trainer model, you will learn the skills you need to successfully grow food and pass that knowledge back to your own staff or communities. Day 2 is an all-day garden programming workshop, where you will learn how to develop and implement a sustainable garden program and how to incorporate it into other healthy community change efforts.

Region	City	Date
Southern California	May 1st: Mark Twain Elementary School 3728 W. 154th Street Lawndale, CA 90260	May 1-2, 2018
	May 2nd: Kit Carson Elementary School 3530 W 147th Street Hawthorne, CA 90250	

[Click here](#) to register or visit the [CA SNAP-Ed Trainings and Events Calendar](#) for additional information. UC CalFresh counties may contact [MaryAnn Mills](mailto:mamills@ucdavis.edu) (mamills@ucdavis.edu) if you have any questions.

Funding Opportunity: Agriculture in the Classroom (AIRC) Program, May 1, 2018

NIFA's Agriculture in the Classroom Program (AIRC) serves nearly 5 million students and 60,000 teachers annually through workshops, conferences, field trips, farm tours, and other educational activities. AIRC programs include working with state AIRC activities engaged in a variety of issues relating to agricultural literacy. Other programs emphasized by the USDA National Institute of Food and Agriculture (NIFA) office include: science literacy; agricultural careers; nutrition; pre-service and professional development opportunities for teachers. Applications may be submitted by State agricultural experiment stations, State cooperative extension services, all colleges and universities, other research or educational institutions or organizations, Federal and private agencies and organization and individuals. [Click here](#) for additional information.

Webinar: Writing SNAP-Ed Stories: Simple Strategies for Success, May 8, 2018, 9:00-10:00am PDT

The following webinar was previously shared in the 4/16/18 SNAP-Ed Connection Newsletter.

[SNAP-Ed Connection](#) is hosting another continuing education webinar: Writing SNAP-Ed Stories: Simple Strategies for Success. Sharing the success of the SNAP-Ed program can be enhanced with powerful stories that resonate with stakeholders. During this 1-hour webinar, 3 SNAP-Ed agency program leaders with experience developing and sharing effective success stories will share their methods and recommendations. SNAP-Ed Connection will review tips and strategies for creating stories that are concise, powerful, and engaging to readers across the SNAP-Ed stakeholder community. Plus, we'll share with you the top 5 mistakes made when writing success stories—and how you show to avoid them! ****Note: SNAP-Ed Connection success stories must be sent to Andra Nicoli (amnicoli@ucdavis.edu) at the UC CalFresh State Office and not submitted directly to the SNAP-Ed Connection site. CDSS will be vetting SNAP-Ed Connection stories and sending them to SNAP-Ed Connection for California SNAP-Ed.**** This webinar is free, but registration is required. [Click here](#) to register for this webinar.

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Education & Resources *(continued)*

2018 Walk & Bike to School Day, May 9, 2018

Strap on your helmets, raise your kickstands, and join the thousands of students, families, community partners, and elected officials all around the country who will be participating in this year's Walk & Bike to School Day on May 9. To find resources such as how to sign-up/plan an event, flyers, and how to go beyond a one-day event and sustain a program, please visit: <http://www.walkbiketoschool.org/>. [California Active Transport Resource Center](#) also has great resources and webinars to support these efforts here in California. Don't forget to share with the UC CalFresh State Office what you are planning for Walk & Bike to School Day!

2018 USDA Summer Meals Webinars

Wholesome summer meals are critical to the health and well-being of our children. Join USDA for their 2018 Summer Meals Webinars to learn more about this important USDA program. Click on the title of the webinar below to register for the specific webinar that interests you.

Tuesday, March 20, 10:00am PT	Tuesday, April 17, 10:00am PT	Tuesday, May 15, 10:00am	Thursday, June 14, 10:00am
Tribal and Rural Summer Meals	What Cities Can Teach Us About Summer	Boosting Your Budget— Summer Meals	Middle of Summer Strategies

For additional information and resources related to USDA's Summer Food Service Program, please visit: <https://www.fns.usda.gov/sfsp/summer-food-service-program>.

Statewide Day of Action: Rethink Your Drink Day, May 16, 2018

On May 16, 2018, health advocates across the state will come together for the **first** annual **Statewide Day of Action-Rethink Your Drink (RYD) Day** to raise awareness about the health effects of sugary drinks and the benefits of replacing these drinks with water. RYD Day is a collaborative effort across the state of SNAP-Ed agencies and community based organizations. The following are key dates and links to webinar recordings and future webinars or resources related to RYD Day:

- * Rethink Your Drink Day one-pager (attached) with information and critical dates you need to help you prepare to host the RYD Day event.
- * Webinar: Rethink Your Drink Statewide Day of Action—Event-in-a-Box Toolkit, February 28, 2018—[Click here](#) to view recording
- * Webinar: Complete Guide to Hosting a Statewide Day of Action: Rethink Your Drink Day-May 16, 2018 (Logistics for Registered Organizations), May 2, 2018, 10:00am—[Click here](#) to register
- * Registration for RYD Day on (or after) April 4 at RethinkYourDrinkDay.com.

Rethink Your Drink Day FAQs

1. I tried to register for the Toolkit, but when I go to the site, it says coming soon. Am I doing something wrong?

If you are having trouble, please try copying the link www.RethinkYourDrinkDay.com and use another browser such as Firefox or Chrome. Also, you can try accessing the site on your mobile phone. Internet Explorer has had a few glitches. CDPH is working on resolving the Internet Explorer issues.

2. One thing that has not really been mentioned in the campaign is whether or not the sites need to be SNAP-Ed eligible in order to register. Can you please clarify?

SNAP-Ed funded projects must follow site qualifying rules per USDA Guidance as they have in the past. Only registered participants hosting an event will receive a kit. Non-funded community partners who serve the SNAP-Ed population will also receive a kit if they host an event and register. Kits will be mailed to registered participants.

Please contact Asbury Jones, CDPH Media and Public Relations Lead on RYD Day (Asbury.Jones@cdph.ca.gov) or Andra Nicoli (amnicoli@ucdavis.edu) if you have any questions.

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Education & Resources *(continued)*

2018 CCLHDN Annual Conference: Be The Movement: Putting Your Policy into Action, May 23-24, 2018, The California Endowment, Sacramento, CA

The following information was previously shared in the 4/18/18 LHD News Bulletin.

CCLHDN strives to build leadership capacity among local health department nutritionists, to influence nutrition funding and programs at the local and state levels and to serve in an advisory capacity to California Conference Local Health Officers (CCLHO). It is CCLHDN's vision that all Californians live in healthy, vibrant, and active communities. On May 23 and 24, CCLHDN will host their annual conference, themed "*Be The Movement: Putting Your Policy into Action*," at the office of The California Endowment in Sacramento. The [objective] is to encourage and inspire participants to harness their expertise as Health Department Nutritionists to make profound and long-lasting impacts on public health through policy. For additional information, or to register, please [click here](#).

Save the Date: Nutrition Updates Webinar, June 5, 2018, 11:00am-12:30pm

Please save the date for the next Nutrition Updates Webinar, scheduled for June 5, 2018 from 11:00-am-12:30pm. The webinar will be presented by Dr. Rachel Scherr from the UC Davis Nutrition Department. Topics will be announced in the near-future and will be announced through the UC CalFresh Weekly Update. Pre-registration for the webinar is required. To register, please visit: <https://cc.readytalk.com/r/1fk9xm3jehgg&eom>.

UC CalFresh, UC ANR & Partner Employment Opportunities

Student Member for Child Nutrition Advisory Council (CNAC), California Department of Education

The State Superintendent of Public Instruction (SSPI) Child Nutrition Advisory Council (CNAC) is currently recruiting for a Student (Junior or Senior Status for School Year 2018-19). The CNAC is composed of 13 individuals representing different segments of the child nutrition community. The CNAC's mission is to advise the SSPI in areas of health, wellness, and nutrition for all students in California's kindergarten through twelfth grade public schools. With this in mind, it is critical to have all 13 members represented as they each bring their unique perspective to the CNAC. The student member commits to a one-year term starting in September 2018. The CNAC meets for a one-day meeting in Sacramento in September, November, March, and May. Travel and other applicable expenses are reimbursed.

Additional information about the CNAC, including the student member application, is on the CDE CNAC Web page at: <https://www.cde.ca.gov/ls/nu/he/cnac.asp>. Please distribute this information to anyone meeting the criteria for the vacant position, especially those that participate on your wellness committee or other health-related group in your district and school sites. The application deadline is **May 11, 2018**. Refer to the attached CNAC Student Recruitment document for additional information. If you have any questions or would like additional information, please contact Michael Danzik, Nutrition Education Consultant, by phone at 916-445-7346 or by email at: mdanzik@cde.ca.gov.

We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please email Lindsay Hamasaki at lmhamasaki@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 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.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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