

## UC CalFresh Weekly Update April 9, 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					

#### 4/4/18 Registration Opens for Rethink Your Drink Day

Rethink Your Drink (RYD) Day (May 16th) is a collaborative effort across the state of SNAP-Ed agencies and community based organizations. This opportunity, on May 16th, is for SNAP-Ed agencies to draw in non-traditional partners (CBO) and generate greater awareness in the community about the health effects of sugary drinks and the benefits of replacing these drinks with water. Register for RYD Day on (or after) April 4 at [RethinkYourDrinkDay.com](http://RethinkYourDrinkDay.com). Check out the "Education & Resources" section of the Weekly Update for additional information about Rethink Your Drink Day and Event-in-a-Box!

#### 4/9-4/11/18 UC ANR Statewide Conference, Ontario, CA

We are excited to see many of you at the upcoming UC ANR Statewide Conference in Ontario, CA! Please visit the conference [website](#) for additional details and information.

#### Canceled: 4/17/18 UC CalFresh Town Hall Webinar

Please note that the Town Hall Meeting originally scheduled for April 17, 2018 has been canceled. This update has been noted on the [FFY 2018 Town Hall Webinars Schedule](#) and the [UC CalFresh Trainings and Meetings Calendar](#). The next Town Hall webinar will be on May 15, 2018.

#### 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! 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. Please contact [Lyn Brock](mailto:lnbrock@ucanr.edu) ([lnbrock@ucanr.edu](mailto:lnbrock@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>.

"I am very thankful to all of the people that make possible all of these programs that help our families grow and be better. I am very happy with these classes, they helped us a lot to organize our diet in a healthy way and to save more money. The teacher in particular was very good. I really enjoyed her techniques and her pleasant and dynamic classes. Thank you for your support."

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

"This program has taught me to know important products for the nutrition of my family. I have also learned the science that eating healthy and buying healthy keeps us well and healthy in all aspects and also [we] save money by eating better. Thank you for this program, we will be better in all aspects."

—Plan, Shop, Save, and Cook Participant,  
Santa Clara County

## Welcome New UC CalFresh Staff!

This feature is to introduce and welcome new staff to UC CalFresh. If you have new staff, please send a brief introduction and photo to Lindsay Hamasaki at [lmhamasaki@ucdavis.edu](mailto:lmhamasaki@ucdavis.edu).



### Kelly Hong, Community Education Specialist 1, UCCE San Luis Obispo/Santa Barbara Counties

San Luis Obispo & Santa Barbara Counties welcomes Kelly Hong to their team. Kelly grew up in Salinas and moved to San Luis Obispo (SLO) to attend Cal Poly. Kelly graduated with a degree in Nutrition in the Spring of 2017. In her free time she enjoys trying new recipes, and is currently experimenting with Korean cuisine. She also volunteers at her local church which is made up of an English and Korean congregation—hence the recent interest in Korean food. After graduating from Cal Poly, Kelly worked at a local hospital. Being able to work closely with the patients helped her realize not everyone has a strong understanding of nutrition. She felt the best way to bridge that gap was to educate individuals, especially youth, so that they might have better odds of growing up with the tools they need to maintain their personal health and wellbeing. Kelly is very excited to become a Nutrition Educator because she gets to live out her passion by sharing her knowledge of nutrition and equipping individuals with appropriate skills to live out a healthy lifestyle. Kelly can be reached at [kqhong@ucanr.edu](mailto:kqhong@ucanr.edu).

### Deanna Cruz-Ortiz, Community Education Specialist 2, UCCE San Joaquin County

UCCE San Joaquin County welcomes Deanna Cruz-Ortiz, Community Education Specialist 2. Deanna Cruz-Ortiz earned her Bachelors of Science Degree in Family and Consumer Sciences, Nutrition and Food from California State University Sacramento. Prior to her position, Deanna worked as the San Joaquin County Nutrition Action Partnership Coordinator (CNAP), with the San Joaquin County Public Health Services and UC Cooperative Extension. Working as CNAP gave her the experience of working closely with community partner agencies and indirectly with participants during various County community events. Deanna's passion for overall health and wellness influenced her decision to pursue her degree and her job as a nutrition educator. Deanna enjoys living an active lifestyle. During her spare time, she participates in recreational softball, soccer, and CrossFit. Deanna Cruz-Ortiz can be reached at: [dcruzortiz@ucdavis.edu](mailto:dcruzortiz@ucdavis.edu).

## UC CalFresh Website Updates

### \* UC CalFresh Trainings

#### **Nutrition Update Webinar Recording and PowerPoint Slides Now Available**

The recording and PowerPoint slides from the March 6, 2018 Nutrition Update webinar presented by Sheri Zidenberg-Cherr, PhD, and Rachel E Scherr, PhD, have been uploaded and are now available on the UC CalFresh website. Please visit: <http://www.uccalfresh.org/trainings/trainings> to access the webinar recording and slides.

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## 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.

<b>Tuesday, May 1, 2018</b>	<b>Tuesday, June 5, 2018</b>
Time: 1:00pm PST Audio Dial-In Information: U.S. Toll: 303.248.0285 Access Code: 7544137 Link: <a href="https://cc.readytalk.com/r/miorx00fmuli&amp;eom">https://cc.readytalk.com/r/miorx00fmuli&amp;eom</a>	Time: 1:00pm PST Audio Dial-In Information: U.S. Toll: 303.248.0285 Access Code: 7544137 Link: <a href="https://cc.readytalk.com/r/gceocy6o7xo7&amp;eom">https://cc.readytalk.com/r/gceocy6o7xo7&amp;eom</a>

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

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## 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](mailto: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](mailto:mamills@ucdavis.edu)
  - \* Christopher Wong, Food Finders— [cwong@foodfinders.org](mailto:cwong@foodfinders.org)
  - \* Candice Sainz, Dairy Council of California— [csainz@dairycouncilofca.org](mailto:csainz@dairycouncilofca.org)
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## UC CalFresh, UC ANR, and UC Davis in the News!

### Students head for the kitchen to see what's cooking at third annual Culinary Academy, UCCE San Luis Obispo/Santa Barbara Counties

Roughly two dozen students from five schools in the Santa Maria-Bonita School District and Oceano Elementary traded their pencils and paper for chef's knives and cutting boards for a crash course in culinary skills and food safety in the Liberty Elementary cafeteria kitchen Wednesday morning. Organized in partnership with two UC Cooperative Extension programs in Santa Barbara and San Luis Obispo counties—UC CalFresh Nutrition Education and UC 4-H Youth Development—the third annual 4-H SNAC (Student Nutrition Advisory Council) Culinary Academy provided students with a hands-on opportunity to extend their classroom learning. “We want to help facilitate students to become leaders at their schools, mainly in health and nutrition,” said [Melissa LaFreniere](#), a [UC] CalFresh nutrition educator and one of the event's organizers. “We want to help them learn to cook so they can teach these healthy recipes to their families and peers.”

Preparing Japanese sushi, English blueberry muffins or French vegetable omelets, the Culinary Academy gave students the chance to travel the world without leaving city limits. In addition to the culinary diversity, each recipe is low in sugar, has extra vegetables and falls in line with [UC] CalFresh's nutritional guidelines or is affordable and inexpensive. “We're trying to help students cook healthy foods inexpensively,” LaFreniere explained. Between 80 and 90 percent of students in Santa Maria schools qualify for free or low-cost meal programs, a fact organizers kept in consideration when planning recipes. Students got to eat the food they cooked—providing them with a meal for the afternoon—and were sent home with bags of ingredients from the Foodbank of Santa Barbara County.

Rotating between three separate stations, students spent the morning learning safe knife handling techniques, how to correctly measure baking ingredients and proper use of a conventional stovetop. “This is an opportunity for students to have a chance participating in the cooking process,” said 4-H program supervisor Janelle Hansen. “We want to help students be ready to go out into the community.” Though she considers herself a somewhat experienced chef, the prospect of making an omelet was something intimidating to Yuliana Raya. “I mainly cook quesadillas, beans and rice at home,” she said. “My dad has helped me make an omelet before, but I've never done it on my own.” [Click here](#) to also check out the news coverage the Culinary Academy received! [Read full article.](#)

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## UC CalFresh in Action!

### 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](mailto:rlbrock@ucanr.edu)) if you have any questions.

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## Articles & Research

### NPI study finds that prices for fruits and vegetables may be higher in low-income neighborhoods

Shoppers purchasing fruits and vegetables in stores located in low-income neighborhoods in California may pay more for those fruits and vegetables than shoppers in other neighborhoods, according to a study that examined prices in a large sample of stores throughout the state. Published online in March 2018 in the journal *Public Health Nutrition*, [the study, conducted by researchers at UC's Nutrition Policy Institute](#), involved more than 200 large grocery stores, 600 small markets, and 600 convenience stores in 225 low-income neighborhoods (where at least half of the population was at or below 185 percent of the Federal Poverty Level) and compared observed prices to purchased price data from chain grocery stores in the same counties during the same months. The study found that produce prices for the items examined (apples, bananas, oranges, carrots, and tomatoes) were higher in stores in low-income neighborhoods than the average prices of those items sold in stores in the same counties during the same month. Fruits and vegetables for sale in convenience stores in low-income neighborhoods were significantly more expensive than those for sale in small markets or large grocery stores. Yet even in large grocery stores the study found prices in the low-income neighborhoods to be higher than average county grocery store prices during the same month. “Americans eat too few fruits and vegetables to support optimal health, and we know that dietary disparities among socioeconomic groups are increasing,” said study author Wendi Gosliner. “This study suggests that one important issue may be fruit and vegetable prices—not just that calorie-per-calorie fruits and vegetables are more expensive than many unhealthy foods, but also that there are equity issues in terms of relative prices in neighborhoods where lower-income Californians live.” [Read full blog article.](#)

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## Articles & Research *(continued)*

### Nutrition: Gardening Interventions to Increase Vegetable Consumption Among Children

The Community Preventive Services Task Force (CPSTF) recommends school-based gardening interventions in combination with nutrition education to increase children's vegetable consumption. Gardening interventions provide children with hands-on experience planting, growing, and harvesting fruits and vegetables in an effort to increase their willingness to consume fruits and vegetables. Interventions must include at least one of the following:

- \* Outside gardens
- \* Microfarms
- \* Container gardens
- \* Other alternative gardening methods

Interventions may also include nutrition education or a parental component. They may be implemented in early care and education settings, schools, afterschool programs, or communities. [Click here](#) to view the "Gardening Interventions to Increase Vegetable Consumption among Children" one-pager. [Read full review.](#)

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## 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.

### Webinar: Understanding Pacific Islanders and Diabetes, April 10, 2018, 12:00pm PDT

*This webinar was originally shared through the Los Angeles Collaborative for Healthy, Active Children (LACollab) Listserv on 4/3/2018.*

Join the Association of Asian Pacific Community Health Organizations (AAPCHO) for the first session of their *Pacific Islanders and Diabetes Learning Community: Addressing and Improving Health Center Strategies* series, which aims to increase knowledge and capacity of health centers to effectively meet the needs of Pacific Islander patients with diabetes. After this session, participants will:

1. Know the current state of Pacific Islander health including diabetes,
2. Have knowledge on the subgroups that make up Native Hawaiian and Pacific Islanders (NHPIs),
3. Be able to identify at least four cultural factors that influence health care behaviors and health seeking practices among NHPIs, and be able to list at least three culturally competent practices that can be applied in the clinic setting when working with NHPI patients.

To register for this webinar, please visit: <https://register.gotowebinar.com/register/7404625163204306179>.

### UC ANR Sacramento Urban Ag Risk Management Workshops, Various Dates

Are you an urban farmer in the Sacramento region? This low-cost series is for you! Learn the basics of urban farming from UCCE advisors and local partners at this upcoming urban ag risk management workshop series. Take one or take all four of these low-cost workshops.

<b>Workshop #1</b> Friday, March 16, 2018, 9:00-4:00	Center for Land Based Learning (CLBL) @ The Cannery <a href="#">1550 Cannery Ave, Davis, CA 95616</a>	<b>Marketing &amp; Business Management for Urban Farmers:</b> From business planning to labor laws, basics to help you succeed.
<b>Workshop #2</b> Friday, April 6, 2018, 9:00-4:00	Yolo Brewing Company (CLBL), <a href="#">1520 Terminal Street, West Sacramento, CA 95691</a>	<b>Legal Basics of Urban Farming:</b> Get up to speed on zoning, permits, and local resources.
<b>Workshop #3</b> Saturday, April 14, 2018, 9:00-4:00	Fruit Ridge Community Collaborative (Yisrael Family Urban Farm) 4625 44th St., Sacramento, CA 95820	<b>Production Issues &amp; Urban Farms:</b> Learn key concepts in site design, soil quality, irrigation, pest management, pollinators and backyard chickens.
<b>Workshop #4</b> Friday, May 4, 2018, 9:00-4:00	Soil Born Farms American River Ranch, <a href="#">2140 Chase Drive, Rancho Cordova, CA 95670</a>	<b>Food Safety Basics for Urban Farmers:</b> How to ensure a safe harvest, from the field to the fork.

The workshops will take place at various urban farm locations in the Sacramento/Davis area. The cost is \$20 for a full day of speakers, demonstrations and networking opportunities, which includes lunch and refreshments. The workshops are offered by UC Agriculture and Natural Resources and UC Cooperative Extension in partnership with the Sacramento Food Policy Council. Pre-registration is required, and space is limited. To register, please visit: [ucanr.edu/sacurbanag2018](http://ucanr.edu/sacurbanag2018). Please contact Penny Leff at [paleff@ucdavis.edu](mailto:paleff@ucdavis.edu) if you have any questions.

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## Education & Resources *(continued)*

### 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.

<b>Tuesday, March 20, 10:00am PT</b>	<b>Tuesday, April 17, 10:00am PT</b>	<b>Tuesday, May 15, 10:00am</b>	<b>Thursday, June 14, 10:00am</b>
<a href="#">Tribal and Rural Summer Meals</a>	<a href="#">What Cities Can Teach Us About Summer Meals</a>	<a href="#">Boosting Your Budget—Summer Meals Financial Planning</a>	<a href="#">Middle of Summer Strategies</a>

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>.

### 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
<b>Central Valley</b>	Foodlink for Tulare County 611 2nd Street Exeter, CA 93221	April 17-18, 2018
<b>Southern California</b>	<b>May 1st:</b> Mark Twain Elementary School 3728 W. 154th Street Lawndale, CA 90260  <b>May 2nd:</b> Kit Carson Elementary School 3530 W 147th Street Hawthorne, CA 90250	May 1-2, 2018

[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](mailto:mamills@ucdavis.edu)) if you have any questions.

### 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/>.

### 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](mailto:Ignacio.Romero@cdph.ca.gov) or call (916) 552-9883.

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## Education & Resources *(continued)*

### 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.

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

NIFA’s Agriculture in the Classroom Program (AITC) serves nearly 5 million students and 60,000 teachers annually through workshops, conferences, field trips, farm tours, and other educational activities. AITC programs include working with state AITC 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.

### 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!

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## Education & Resources *(continued)*

### 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](http://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](http://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](mailto:Asbury.Jones@cdph.ca.gov)) or Andra Nicoli ([amnicoli@ucdavis.edu](mailto:amnicoli@ucdavis.edu)) if you have any questions.

### Plan for the Rethink Your Drink Day of Action on May 16

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

An event is a good way to raise awareness about the amount of sugar in sugary drinks. Be sure to have an eye-catching display that offers information on healthy drink options, especially water. *Rethink Your Drink* displays engage people in a fun and interactive way, and get them thinking about healthy drink options. Below is an excerpt from the *Rethink Your Drink Fairs and Festivals Guide* that can help you begin your planning.

#### Prior to the Event

Prior to the event, create a materials checklist for the size and location of the event. Make sure you have enough materials that are culturally appropriate and in the languages needed to reach your audience. Review your messaging and materials with all involved staff, promoters, and volunteers to ensure mastery of event activities and speaking points.

#### Setting the Stage

Use as many *Rethink Your Drink* branded display materials as possible (e.g., banners, tablecloths, signage, tent panels). Have staff working a booth or display coordinate what they are wearing so you have a uniform appearance. Design the booth to facilitate traffic flow. For example, stage the flavored water tasting and other participatory activity at opposite ends of the booth space.

#### Be GREAT!

By following the **G**reet, **R**elay Message, **E**ngage, **A**ctivate & **T**hank approach, you will make your event or booth the most effective. When greeting people, staff should draw attention to themselves and the materials using a friendly and inviting approach.

Relay realistic behavioral change messages. Examples include: “What you drink is as important as what you eat. Being healthy means drinking healthy beverages. Healthy smoothie recipes for you and your family found here! Stop by and taste our flavored water—a healthy way to feel refreshed!”

*(continued on next page)*



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## Education & Resources *(continued)*

### Plan for the Rethink Your Drink Day of Action on May 16 *(continued from previous page)*

Engage and entertain those that stop by providing a memorable experience for families (including kids). You can share some of these interesting facts:

- \* Did you know there could be 15 teaspoons of sugar in just one 20-ounce bottle of soda (point to display, or hand them unlabeled 20-ounce soda bottle prefilled with 15 teaspoons of sugar).
- \* Once children are over age two, make the switch to fat-free and one percent low-fat milk.
- \* Did you know that more than half of California teens drink one or more sodas daily?<sup>1</sup> *That's a lot of added calories and sugar!*
- \* Sugary drink intake by adults has more than doubled in the last 30 years, translating to an extra 77 calories from sugary drinks per day.<sup>2</sup>
- \* Did you know that half of the added sugar in American diets comes from sugary drinks.<sup>3</sup> *Stop by our booth to learn how much sugar is in your drink.*

Make space for learning by setting up a children's activity to keep children engaged so that parents can focus their attention on learning about healthy drinks.

Activate and highlight simple ways people can enjoy alternatives to sugary drinks while conveying the *Rethink Your Drink* healthy beverage messaging. Be supportive. Be engaging. Offer these behavior change goals: Drink water instead of sugary drinks; Drink *(insert category of sugary drink)* less often; Drink a smaller size or add extra ice within drinking *(insert sugary drink)*; and, use the nutrition facts label to see how much sugar is in your drink.

Finally, thank and encourage consumers to return for more.

<sup>1</sup> California Health Interview Survey. CHIS 2011-2012 Adolescent Survey. UCLA Center for Health Policy Research. Los Angeles, CA: June 2014.

<sup>2</sup> Popkin, BM. Patterns of beverage use across the lifecycle. *Physiol Behav.* Apr 2010;100(1):4-9.

<sup>3</sup> Rosinger A, Herrick K, Gahche J, Park S. Sugar-sweetened beverage consumption among U.S. adults, 2011-2014. DCHS Data Brief. No 270. Hyattsville, MD: National Center for Health Statistics. 2017.

### 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>.

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#### 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](mailto: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>.

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