

## UC CalFresh Weekly Update June 11, 2018

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### Upcoming Events & Deadlines

June 2018

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
	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

#### Fuel Up to Play 60 NFL FLAG-In-Schools Kit— June 13th application deadline

*More information can be found on the attachment to the 6/11/2018 UC CalFresh Weekly Update email.*

Fuel Up to Play 60 is pleased to offer schools an opportunity to apply for a Fuel Up to Play 60 NFL FLAG-In-Schools Kit, valued at \$395. Each kit includes 10 footballs, 50 flag belts, 3 kicking tees, an NFL FLAG poster, participation certificates and a flag football curriculum. The purpose of the Fuel Up to Play 60 NFL FLAG-In-Schools Kit is to provide physical education teachers in elementary and middle schools with flag football equipment and curriculum. The Kit is intended to be used in PE class, but it is encouraged to be used before and after school as well.

#### Instructions:

- [Log in](#) or sign up for an account on [FuelUpToPlay60.com](http://FuelUpToPlay60.com).
- Once logged in, visit [My Funding](#) on your Dashboard.
- Locate the NFL FLAG-In-Schools box and click "Get Started" to apply for your free Kit!
- Complete and submit the online application by June 13, 2018.
- The application will be reviewed, and, if considered for approval, the applicant will be notified via email by mid-August.
- Kits are expected to ship during the month of September.

## 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>.

“Excellent information and great insight to how we can stay healthy and stay on budget.”

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

“[This class] Helped me realize how important it is to read labels more closely.”

—*Eating Smart, Being Active Participant, El Dorado County*

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## 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 Elizabeth Egelski at [eeegelski@ucdavis.edu](mailto:eeegelski@ucdavis.edu).



### **Kamaljeet (Kamal) Singh-Khaira, UC CalFresh Director**

The UC CalFresh State Office is pleased to announce that Kamaljeet (Kamal) Singh-Khaira has accepted the position of director of the University of California CalFresh Nutrition Education Program (UC CalFresh). Singh-Khaira emerged as the top candidate in a national search for the position and will begin her new role on June 18, 2018. She will succeed David Ginsburg, who has successfully led UC CalFresh since 2008.

Singh-Khaira is currently an independent consultant and some of her clients have included the following: The Sierra Health Foundation, The California Department of Public Health, The Alameda County Office of Education, Public Health Institute, The San Francisco Foundation, The State of Hawaii, The State of Washington, and the YMCA of Honolulu. She has previously held leadership positions with the Network for a Healthy California and the American Heart Association. She has a master's degree in community development from UC Davis and is the 2012 recipient of that program's Ted Bradshaw Award, honoring an alum of the program who exemplifies the passion, humanity and devotion for community empowerment for which Professor Bradshaw was known. In 2015 Singh-Khaira received a

U.S. Department of Agriculture Western Region Food and Nutrition Service Recognition Award honoring her professional contributions and leadership in Supplemental Nutrition Assistance Program (SNAP) education efforts.

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## Upcoming UC CalFresh Trainings

### **Child Feeding Community of Practice Webinar, June 21st, 2018 at 2:30 PM PCT**

*This information was previously shared in the 5/7/2018 UC CalFresh Weekly Update.*

This webinar series is open to any staff members who want to learn more about healthy feeding practices with young children or how to answer questions on child feeding topics that may come from parents or pre-school staff. The webinar will include time for you to hear about current research and to ask questions and learn about resources. We will also review teaching the 'Watching Children Grow' lesson from the Healthy Happy Families curriculum. You must pre-register for this webinar. You can find the [registration link](#) on the UC CalFresh training calendar. The webinar will be recorded and the recording posted on the UC CalFresh website. Please contact [Lyn Brock](#) with any questions.

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 and lesson enhancements available for UC CalFresh County Programs, listed below. These items would be in addition to your previous order request, which is part of Statewide Coordinated Ordering for the program.

Quantity	Item	Notes
480	EatFit Brochure packs	
100	Measuring Cup Sets	
276	Measuring Spoon Sets	
38	My Healthy Plate Eating Made Easy Handout Pads	
18	My Healthy Plate Platemat Pads	
25	MyPlate Plastic Plates [Spanish, Child-Sized, 7']	Without water messaging
500	Reusable Shopping Bags	
30	UC CalFresh Nutrition Corner Bulletin Board Borders	
350	UC CalFresh/MyPlate Folders	
1	African American "Building a Healthy Body and Soul" Banner	
29	SLM Marketing Cafeteria Kits	
16	Power Play! School Ideas & Resources Kit—5th Grade	
25	Power Play! School Ideas & Resources Kits—4th Grade	
35	Rolls of Active Kids My Plate Stickers	
9	Team Nutrition Popular Event Booklets	
8	Rolls of My Plate Stickers	
1	Roll of Stickers for Healthy Kids	
1	Discover MyPlate Curriculum: Nutrition Education Guide for Kindergarten	English
1 pack of 25	Discover MyPlate Student Workbook for Kindergarteners	English
1 pack of 50	Discover MyPlate Parent Newsletters	English
1	MyPlate Poster (Green)	English
1	Discover Emergent Readers: Teacher's Edition	Spanish
10 pack	MyPlate Posters (8.5X11)	English
100 pack	Friendship Pocket Handout (8.5X11 Handout)	English
25	Discover MyPlate Vegetables Booklet	English
25	Discover MyPlate Fruits Booklet	English
25	Discover MyPlate Meal Booklet	English
25	Discover MyPlate Protein Booklet	English
25	Discover MyPlate Dairy Booklet	English
25	Discover MyPlate Grains Booklet	English
1 pack	Discover MyPlate Fresh Foods Cards	English

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 \(rgpinedo@ucdavis.edu\)](mailto: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](mailto:mamills@ucdavis.edu).

### 2017-2018 School Year SLM Scorecard data – new 60 point scorecard

Current year SLM scorecard data should be entered into the SLM of CA Self-Assessment Scorecard Reporting Tool. We are requesting that all TAPS enter the new 60 point scorecard data collected during the 2017-2018 school year by **Wednesday, August 1, 2018**.

### The Smarter Lunchrooms Movement of California *Monthly Nudge*

The Smarter Lunchrooms Movement of California *Monthly Nudge* is a monthly newsletter which provides updates on how the Smarter Lunchrooms Movement is moving throughout California and is brought to you by the SLM of CA Collaborative. The newsletter provides updates, upcoming trainings and events, and more! If you are interested in signing up to receive the *Monthly Nudge*, please [click here!](#)

### Digital Food Pictures for Educators

This information was originally shared in the *Smarter Lunchrooms Movement of CA: April Monthly Nudge*.

Educators, are you on the hunt for pictures to improve food literacy lessons or classroom nutrition education programs? New images of five-food-group and mixed foods are now available at [HealthyEating.org/FoodGallery](http://HealthyEating.org/FoodGallery).

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## UC CalFresh in Action!

### Rethink Your Drink Day May 16, UCCE Riverside County

This information was originally shared in the *UCCE Riverside County Blog* at [http://ucanr.edu/blogs/ucce\\_riverside/](http://ucanr.edu/blogs/ucce_riverside/)

This year, UC CalFresh joined the statewide day of action in promoting Rethink Your Drink Day by serving fruit infused water to middle school students. What would have been a regular lunch break, turned into a time to teach about increasing water consumption. On a given day, 6 in 10 youth (63%) and 5 in 10 adults (49%) drank a sugar-sweetened beverage (CDC, 2017). Our educators work to help reduce these numbers through nutrition education in local schools.

At Nicolet Middle School, lines were formed and students answered surveys about their sugar sweetened beverage habits. One question was “How likely are you to drink more water after what you learned?” and 46% of 168 students surveyed responded with “very likely.” UC CalFresh nutrition educators, Claudia Carlos and Yazmin Nieto, along with Reanna Liversage from Banning Unified Nutrition Services and Brandon Takahama, California Baptist University intern, gave students information about sugar sweetened beverages. They showed students the amount of sugar in various drinks, informed them about health consequences, and gave them a tasting of fruit infused water.

At Bobby Duke Middle School in Coachella Valley, UC CalFresh Nutrition Educators, Malryn Pulido and Jackie Barahona, had a similar event. Students (265) rushed to taste cucumber mint or kiwi berry blend infused water. The votes were casted with “yum” or “not today.” The winner was the cucumber water with 191 ‘yums’ but the kiwi berry blend was not far behind with 176 ‘yums’. Youth were taught a lesson on rethink your drink in their class that day. Students received stickers promoting drinking more water and re-useable straws donated by the Dairy Council.

Students pledged to rethink their drink because...  
“Some drinks have too much sugar and it's not healthy”  
“It will be healthy and help me with sports”  
“The water was really refreshing”  
“The water was really good!”



See the article on the UCCE Riverside County blog [here](#).

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## UC CalFresh in Action! *(continued)*

### Wilson Elementary Healthy Farmers' Market Nutrition Ambassadors, UCCE Tulare County

UC CalFresh awarded eleven Wilson Elementary students a certificate of participation for their contribution to the school's Farmer's Market. This marks the first year to involve students in supporting the farmer's market as Nutrition Ambassadors. Students had the responsibility of distributing produce, providing key nutrition messages, and ensuring the successful execution of the farmer's market. The students demonstrated a commitment to working hard and remained dedicated in fulfilling their duties. Congratulations to Wilson Elementary School Healthy Farmers Market Nutrition Ambassadors for a job well done!



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

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## Articles & Research

### Creating a Culture of Wellness in Preschools

*This information was originally shared on the SNAP-Ed Connection Success Stories site—<https://snaped.fns.usda.gov/success-stories>*

#### Summary

Since 2012, the Culture of Wellness in Preschools (COWP) has worked to prevent early childhood obesity in Colorado. The program has reached over 22,000 children and their families in 140 low-income preschools across 12 counties in Colorado. Because of COWP, preschool children, their parents, and their teachers eat more fruits and vegetables and participate in more physical activity in the classroom and at home.

#### Challenges

Obesity is a growing epidemic across the United States and is linked with increased risk for chronic diseases like diabetes, heart disease, and hypertension. In Colorado, 1 in nearly 6 adults are overweight or obese. 1 in 4 preschool children are overweight or obese. Overweight or obese 5-year olds are 5 times more likely to be obese as adults. Early childhood is a key time to prevent childhood obesity. Eating more fruits and vegetables and increasing physical activity are 2 important steps toward creating a healthier lifestyle.

#### Solution

The COWP Program focuses on improving healthy eating and physical activity behaviors in low-income preschool children, their parents and their teachers. It combines policy, systems and environmental (PSE) policy changes with education programs to create a culture of wellness in preschools. The program has 5 key components: in-class nutrition education, outdoor physical activity, parent wellness workshops, staff workplace wellness program; and planning process for PSE changes.

#### Results

88% of teachers involve their preschool children in food preparation  
82% of teachers report their preschool children are more willing to select fruits and vegetables at snack and meal times.  
10% increase in children's physical activity from the beginning to the end of the school year.  
88% of teachers are more likely to use portable play equipment with their preschool students during outdoor playtime  
88% of teachers are more likely to participate in physical activities with their students.  
84% of teachers are more physically active at work.  
93% of parents have made one or more positive behavior changes around healthy eating and physical activity.

Read the full article [here](#).

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## Education & Resources

### Healthy Meeting Resources

[Members of the National Alliance for Nutrition and Activity \(NANA\)](#) developed a Healthy Meeting Toolkit to provide guidance on key components of a healthy meeting and resources to help make hosting healthy meetings easier. Studies show a strong relationship between the physical and social environments of the workplace and the health behaviors of employees. By adopting healthy meeting guidelines, organizations can help to create an environment that supports employees' and members' efforts to eat well and be physically active.

Access the resources [here](#).

### Save the Date—California SNAP-Ed Local Implementing Agency Forum, January 22-24, 2019

The California Department of Social Services (CDSS), and its state partners, the California Department of Public Health (CDPH), the California Department of Aging (CDA), the University of California, CalFresh Nutrition Education Program (UC CalFresh), and Catholic Charities of California (CCC) are excited to share news about the 2019 Supplemental Nutrition Assistance Program-Education (SNAP-Ed) Local Implementing Agency (LIA) Forum.

Please mark your calendars for the 2019 LIA Forum on January 22-24, 2019 at the DoubleTree Hotel in Sacramento, California. The Forum includes a two-day, in-person meeting (January 23-24, 2019), as well as optional in-person pre-meeting workshops (January 22, 2019).

CDSS will continue sharing Forum planning details and information, including registration and lodging information once they become available. If you have any questions, please contact [CalFreshsnap-ed@dss.ca.gov](mailto:CalFreshsnap-ed@dss.ca.gov)

### 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.

### Regional Physical Activity Trainings: June 13th and 21st, 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:

- \* June 13, 2018 in Ventura
- \* 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.

### 2018 USDA Summer Meals Webinars

*This information was previously shared in the 5/7/2018 UC CalFresh Weekly Update.*

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.

Thursday, June 14,

[Middle of Summer](#)

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>.

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## Education & Resources *(continued)*

### YPAR Trainings

*This information was previously shared in the 5/21/2018 UC CalFresh Weekly Update.*

The UC CalFresh Youth Engagement team is excited to offer 2 YPAR training opportunities this summer. Attendees can register to join one or both trainings based on their expertise, interest, and implementation plans for FFY2018-2019.

[Register today](#) for these trainings!

### YPAR Orientation

*Experience Level: Beginner - Intermediate*

Date: Wednesday, July 11<sup>th</sup> 9:30AM—5:00PM

Location: Sacramento, CA

**Note:** Attendees will receive a YPAR Curriculum Binder

### YPAR Implementation Training & Planning

*Experience Level: Beginner- Advanced*

Date: Thursday, July 12<sup>th</sup> 9:30AM—5:00PM

Location: Sacramento, CA

**Note:** Attendees must have either attended the July 11th YPAR Orientation or another YPAR Orientation in the past and have a YPAR Binder

### 2018 Promising Practice Exchanges

*The following information was previously shared in the 5/2/18 LHD News Bulletin. See the Weekly Update email for an attached agenda.*

The California SNAP-Ed Statewide Training (CSST) team is pleased to announce that the first of the 2018 Promising Practice Exchanges (PPEs) is scheduled for July 16th in Riverside. The PPEs are annual mini-workshops that provide an opportunity for SNAP-Ed agencies to showcase local and regional promising practices. While providing customized training and technical assistance activities, PPEs are also designed to foster local connections and develop learning communities regionally. The training and technical assistance provided will address region-specific needs as identified in the SNAP-Ed Integrated Work Plans and will allow opportunities for attendees to network with peers.

### Working Together for Healthier Communities: Inland Desert Promising Practices Exchange

July 16, 2018

9am – 3pm (Registration starts at 8:30am)

Riverside University Health System – Public Health

4210 Riverwalk Parkway

Riverside, CA 92505

Register [here](#). For More Information, Contact Maegan Jorgensen at 916-552-9951 or [maegan.jorgensen@cdph.ca.gov](mailto:maegan.jorgensen@cdph.ca.gov)

PPEs will be held in each service area by September 30. Registration for the exchanges in more areas will be posted on the SNAP-Ed [Training and Events Calendar](#) and the [Statewide Regional Support](#) webpage in the near future.

### Funding Opportunity: Robert Wood Johnson Foundation (RWJF) Sports Award: Application deadline July 2

*This information was previously shared in the 5/21/2018 UC CalFresh Weekly Update.*

Is your organization using sports in innovative and collaborative ways to make communities healthier places to live?

The Robert Wood Johnson Foundation (RWJF) Sports Award recognizes sports teams, athletes, and community-based organizations that use sports to help people achieve health and well-being, especially those who are facing the greatest challenges.

If your organization is helping children maintain a healthy weight, creating safe play environments, eliminating bullying, abuse and violence, or expanding opportunities for children living in poverty, we'd love to hear about it!

**Award Amounts:** \$10,000 **Deadline:** July 2. Click [here](#) to learn more and to apply.

### Funding opportunity: Voices for Healthy Kids

*The following information was previously shared in the 5/16/18 LHD News Bulletin.*

The goal of the grant is to advance coordinated state, local, and tribal public policy issue advocacy campaigns focused on healthy eating and active living. **Grant Amounts:** Up to \$125,000. **Deadline:** July 13. Click [here](#) to learn more and to apply.

### Funding opportunity: Healthy Eating Research (HER)

Healthy Eating Research (HER) is awarding \$2.6 million to researchers/research teams studying ways—either through current or new pilot policies/programs—to improve children's nutrition habits and dietary intake to help them grow up healthy. They are most interested in research that can impact kids and families.

**Grant Amounts:** \$2.6 million. **Deadline:** July 18. Click [here](#) to learn more and to apply.

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## Education & Resources *(continued)*

### Funding opportunity: The Walmart Community Foundation's Community Grant Program

*This information was previously shared in the 5/21/2018 UC CalFresh Weekly Update.*

The Walmart Community Foundation's Community Grant Program is offering grants to nonprofit organizations and agencies that work in one of the following areas: hunger relief and healthy eating, health and human service, quality of life, education, community and economic development, diversity and inclusion, public safety, or environmental sustainability. Awards range from \$250 to \$5,000. **Deadline: applications are accepted on a rolling basis.** Click [here](#) to learn more and to apply.

### Funding Opportunity: The Home Depot Foundation

*This information was previously shared in the 5/21/2018 UC CalFresh Weekly Update.*

The Home Depot Foundation provides funding for nonprofit organizations and public agencies in the United States that are using the power of volunteers to improve communities through its Community Impact Grants program. Priority is given to projects that benefit veterans and/or diverse and underserved communities. Projects should be volunteer-friendly, engage people at all skill levels, and be expected to have a strong and lasting impact. Awards of up to \$5,000 will be given in the form of The Home Depot gift cards for the purchase of tools, materials, or services. **Deadline: application are accepted on a rolling basis.** Click [here](#) to learn more and to apply.

### Funding Opportunity: Good Sports Grant

*The following information was previously shared in the 5/16/18 LHD News Bulletin.*

Schools & community organizations can apply for sports equipment, apparel, & footwear for economically disadvantaged children. **Required Match: 10% Deadline: applications are accepted on a rolling basis.** Click [here](#) to learn more and to apply.

### Funding Opportunity: Kaboom Community Playground Grants

*The following information was previously shared in the 5/16/18 LHD News Bulletin.*

Opportunities ranging from building a new playground in the community, to providing creative play areas, to transforming sidewalks and vacant lots. **Deadline: applications are accepted on a rolling basis.** Click [here](#) to learn more and to apply.

### California SNAP-Ed Connection - Hosts Community Resource Library

*The following information was previously shared in the 5/16/18 LHD News Bulletin.*

The [CA SNAP-Ed Connection](#) website now hosts the Community Resource Library providing 500+ resources, such as news bulletins, funder statements, logos, photos, graphics and templates.

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### We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please email Elizabeth Egelski at [eegelski@ucdavis.edu](mailto:eegelski@ucdavis.edu) to share your comments, stories, photos or other items you would like to see featured in future Weekly Updates.

The UC CalFresh Weekly Updates are sent by the UC CalFresh State Office on behalf of 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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