cal fresh Nutrition Education

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UC CalFresh Weekly Update June 4, 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 |

Nutrition Updates Webinar June 5th, 11:00am-12:30pm

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

This webinar features Dr. Rachel Scherr and Dr. Sheri Zidenberg-Cherr from the UC Davis Nutrition Department. You'll learn the up-to-date research facts from our expert presenters about topics your participants see in the media - like the Master Cleanse, Bulletproof Coffee, alkaline water, and apple cider vinegar 'shots'. You must pre-register for this webinar. You can find <u>registration</u> information on the UC CalFresh Training Calendar or the SNAP-Ed Training and Events Calendar. Please contact Lyn Brock with any questions.

UC CalFresh PEARS Office Hours June 5th, 1:00 pm

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, 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

Teens-As-Teachers (TAT) Training June 11th, 9:00 am—4:00 pm

The agenda is attached in the UC CalFresh Weekly Update email. UC 4-H has extended its support of teens-as-teachers (TAT) programming through awarding counties mini grants and technical assistance through the 2018-19 program year. Both grantees and non-grantees are invited to participate in the TAT training, June 11th from 9:00am-4:00pm at the UC ANR Building. Register <u>here</u> by June 7th.

UC CalFresh Weekly Update June 4, 2018

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UC CalFresh Success Stories

Success stories from your FFY 2018 UC CalFresh participants can be shared through the online data entry portal: <u>https://ucanr.edu/</u><u>survey/survey.cfm?surveynumber=22089</u>.

"I have learned how important it is to eat healthy; you feel better, you look better. I intend to stick with it and I intend to do much better with my vegetables."

> —Eat Smart, Live Strong Participant, Alameda County

"This class has helped me become more aware of what I consume and the portions I consume. I learned about the amount of sugar a drink contains... I learned about saturated fats."

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—Eating Smart, Being Active Participant, Fresno 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 Elizabeth Egelski at <u>eegelski@ucdavis.edu</u>.

Amanda Colegrove, Community Education Specialist 2, UCCE Shasta/Trinity Counties



Amanda grew up in Northern California where she naturally developed a love for the outdoors and maintaining healthy lifestyle. While travelling through her high school and college years, she enjoyed experiencing other cultures, learning about people through their customs, lifestyles and food. After graduating from Princeton University, she returned to Northern California where she has been raising her three children while gaining work experience in a variety of industries including restaurant startup, journalism management and outdoor vocations like construction and white water rafting. She loves studying whole food nutrition and subscribes to farm-to-table living as much as possible. She looks forward to using the skills and techniques she has gained over the years to provide understanding and education in her local schools, families and community regarding nutrition and healthy, active lifestyles. Her spare moments involve getting her kids to all their

sporting events and extra-curricular activities, playing softball, snowboarding and binge watching cooking competition shows. Amanda can be reached at <u>asevans@ucdavis.edu</u>

Aileen Trujillo Sounougatov, UC CalFresh Nutrition Education, UCCE Santa Clara County Santa Clara County welcomes back Mrs. Aileen Trujillo Sounougatov to UC Calfresh. Mrs. Trujillo Sounougatov has had



the honor of working in both Expanded Food and Nutrition Education Program and UC Calfresh as a nutrition educator. Raised in the diverse population of Santa Clara County, Mrs.Trujillo Sounougatov loves the opportunity to create and find solutions to address food insecurity through policy, systems, and environmental changes. Mrs. Trujillo Sounougatov received her undergraduate degree in Nutritional Science with a concentration in Dietetics from San Jose State University. She will be pursuing a Master's in Public Health with a specialization in community health education in the fall at San Jose State University. Her passion is teaching youth and families how food is a tool of prevention for chronic diseases. Mrs. Trujillo Sounougatov loves demonstrating how healthful living is obtainable with culturally relevant, seasonal, budget-friendly recipes. You can contact Mrs.Trujillo

Sounougatov at actrujillo@ucanr.edu.

UC CalFresh Website Updates

Memorandum of Understanding (MOU), Letters of Agreement for Participation (LOA), and other Business Contracts MOU's and LOA's are no longer required and have been removed from the UC CalFresh Website. If an agency, school, or school district is requesting an MOU or LOA, please refer to the information on the ANR webpage - <u>Memoranda of understanding and other business contracts</u>.

A new Frequently Asked Questions (FAQ) document has been added to the <u>PEARS</u> page.

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 <u>registration link</u> 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 nut-ed reinforcement items available for UC CalFresh County Programs:

| Quantity | Item | | |
|----------|--|--|--|
| 35 | Rolls of Active Kids My Plate Stickers | | |
| 9 | Team Nutrition Popular Event booklets | | |
| 8 | Rolls of My Plate Stickers | | |
| 1 | Rolls of Stickers for Healthy Kids | | |

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: <a href="mailto:mamilto:m mamilto:mamilto:mamilto:mamilto:mamilto:mamilto:mamilto:mamilto:mamilto:mamilto:mamilto:mamilto:mamilto:mamilto:m

Smarter &

Jessica's Stop Bullying Lunch Menu

Jessica, a fourth-grade student attending Village Elementary School in Coronado, California, noticed bullying happening all over campus. In an effort to bring awareness to what was happening at her school, she met with Principal, Dr. Whitey Desantis, and Director of Child Nutrition Services Charity Johnson, who wrote the menu. Jessica expressed her concern and requested to have a "Stop Bullying Behaviors Week" at her school. She came up with a positive name for each menu item to help guide students to what they should be doing on a daily basis. The campus also created posters and displayed them during the week to bring more awareness to their efforts on campus. The event was well received by students and staff and the Coronado Unified School District is planning to extend this promotional event to all school sites next school year. Jessica's menu is pictured below.



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The Smarter Lunchrooms Movement of California (continued)

share your success stories and photos with MaryAnn Mills via e-mail: mamills@ucdavis.edu

The Smarter Lunchrooms Movement of California Monthly Nudge

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

Digital Food Pictures for Educators

This information was originally shared in the Smarter Lunchrooms Movement of CA: April Monthly Nudge. Educators, are you on the hunt for pictures to improve food literacy lessons or classroom nutrition education programs? New images of five-food-group and mixed foods are now available at HealthyEating.org/FoodGallery.

UC CalFresh in Action!

Woodlake School District SNAC, UCCE Tulare County

UC CalFresh in Tulare County collaborated with Woodlake School District to create a Student Nutrition Action Committee (SNAC). Two groups of students from Woodlake High School and Woodlake Valley Middle School have come together to implement healthy changes in their school. Students have had the opportunity to learn about the obesity rates in their own community, this has motivated students to take on a meaningful role to improve their school and encourage their fellow peers to make healthy decisions.

Nutrition Educator, Maria Gutierrez and Food Service Director of Woodlake School

necessary changes to improve their school's lunchroom environment. SNAC students were assigned their first project to administer a scorecard to evaluate their school cafeterias improvements. Evaluating their cafeteria allowed them to acknowledge the positive changes that were made to influence their

peers to eat healthfully. They determined the white milk was visible and positively displayed, TV screens displayed lunch menu, more signage encouraging students to eat from MyPlate food groups, perfect score in lunchroom environment, and score improved on offering more fruits and vegetables. The second project for the SNAC members was to create a nutrition corner in both the middle and high schools. Students created a nutrition corner that contained key nutrition messages and healthy smoothie recipes. Students enjoyed creating the nutrition corner and expressed

District administered a scorecard to determine the

how they were going to use these recipes at home.

SNAC students had the chance to go on a SNAC Field Day to the Central Kitchen

where school lunch meals are prepared and packaged. Students received a mini lesson about food portions and measuring their food products when cooking. Students then put their skills to the test and made fruit parfaits in the central kitchen. They worked as a team and prepared 75 fruit parfaits for students who attend an after-school program.

Step It Up Walking Competition, UCCE Tuolumne County

Tuolumne County's UC CalFresh program just wrapped up their 2nd annual Step It Up walking competition. This 6 week competition encourages positive role modeling by school staff to show what a healthy lifestyle looks like at any age. School staff formed teams to walk, run, hike, and step their way to fitness by competing with other schools in Tuolumne county. At the end of the 6 weeks, over 150 school staff from 8 schools has collectively walked over 33,819 miles. That's like walking the circumference of Planet Earth 1.4 times! Students noticed their teachers walking and often joined in at recess or before and after school. Winners were treated to donated prizes from local farms, gyms, and healthy restaurants as encouragement to keep up their awesome work. We'd like to

thank those who challenged each other in making our community a healthier place to be, for students and staff alike. See you next year!"







Smarter Lunchrooms

UC CalFresh in Action! (continued)

Free Farmers' Market Greets Parents at Adam School Open House, UCCE San Luis Obispo County 4-H SNAC students at Adam Elementary partnered with the Santa Barbara County Food Bank to send families home with the ingredients to make a healthy recipe after their school's Open House. Students unloaded and bagged the fresh vegetables and talked to families about what they do as leaders in the Student Nutrition Advisory Council and how to use the vegetables to create a healthy meal.

"I teach nutrition at the school at almost every classroom four times a year, so it's a good extra part of our lesson, so we get to bring actual food to them," said Melissa Lafreniere, UC CalFresh Nutrition Education Program community education supervisor. Four-hundred families were given bags full of food to take home. See press coverage of this event, including a video, <u>here</u>.

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 <u>Resources > Resources for Educators</u>. Please contact Lyn Brock (<u>rlbrock@ucanr.edu</u>) if you have any questions.

Articles & Research Youth Study Food Waste

This information was previously shared in the 5/29/2018 Center for Wellness and Nutrition at Public Health Institute's newsletter. <u>University of California (UC), CalFresh Nutrition Education Program in Imperial County</u> has been implementing a <u>Youth-Led Participatory Action Research (YPAR)</u> project for the past two years at Meadows Union K-8 School. The program targets middle school aged youth in the After-School setting. This year, the cohort of sixth through eighth graders who call themselves Helping Hands, Active Knights (HHAK) decided to examine how much fruits and vegetables students are throwing away from their school lunch by conducting a food waste study. Camila Gutierrez, a 12 year old HHAK Researcher, explains that... "We decided to do a food waste study because it is a serious problem in not only our school, but also around the world."</u>

In April, Center for Wellness and Nutrition's (CWN) Metria Munyan partnered with UC Calfresh's MaryAnn Mills to conduct a Food Waste Study Training to help the youth researchers prepare. Youth designed everything in the study from the flow of traffic, the roles for youth and adults, and an interview process for select students. With support from Paul Tabarez, the adult ally on this project, the HHAK team successfully administered the study at Meadows Union, which included vigorously working through 2 lunch periods, processing 363 lunch trays, interviewing 25 students, and tracking over 85 pounds of wasted food. The students are still analyzing the data they gathered, but we look forward to hearing what innovative solutions they recommend for improving school lunch and eliminating food waste!

This is one of the exciting youth programs being administered by <u>UC Calfresh programs statewide</u> as they shift from simply providing youth with nutrition education to engaging them in developing solutions for healthier communities. CWN, in partnership with the UC Davis <u>Center for Regional Change</u>, provides technical assistance, documentation, and training throughout the state to build young people and empower them as community leaders. For more information about youth engagement, please contact Metria Munyan at <u>Metria.Munyan@wellness.phi.org</u>.

Healthy Food Access at the Library

This information was previously shared in the 5/29/2018 Center for Wellness and Nutrition at Public Health Institute's newsletter. This summer, through funding from the <u>California Department of Social Services</u>, CWN has partnered with the <u>California Summer Meal Coalition (CSMC)</u>, a program of the <u>Institute of Local Government</u>, to expand the reach of summer meals and early childhood education on an innovative healthy food access pilot project with libraries. The pilot project will create Early Learning & Nutrition Champion libraries at up to five locations that implement an Early Childhood Summer Reading program using the Early Childhood Education Touchpoints curriculum. Libraries that have been selected to date include: Contra Costa County Library, Fresno County Library, Oceanside Public Library, and Ontario Public Library. A rural library interested in participating in the pilot this summer still needs to be identified.

In 2013, the CSMC partnered with the <u>California Library Association</u> to pilot the implementation of summer meals in four library systems (at multiple branches) and aligned with summer reading programs to test the viability of public libraries as <u>United States Department of Agriculture (USDA)</u> summer meal sites. Summer meal programs present a significant opportunity to increase healthy food access and build creative community partnerships to address literacy and other interconnected needs of low-income children and their families. Since 2013, partnerships between libraries and USDA summer meals have grown exponentially. The success of library summer meal sites is largely a result of the availability of activities for kids and families, desirability of the sites (e.g., air conditioning, no stigma, technology access) and the complementary partnerships developed to support the programs.

For more information about this summer's Early Learning & Nutrition Champion pilot project or to sign up a rural library for the pilot, contact us at info@wellness.phi.org.

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 <u>Training and Events Calendar</u> 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, 10:00am <u>Middle of Summer</u> <u>Strategies</u>

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

The Agricultural Institute of Marin - Name the Mobile Market Contest, Enter by June 15th

Andy Naja-Riese, former Chief of the Program Integrity Branch of the USDA's Food and Nutrition Service Western Region who oversaw California's SNAP-Ed programming, is now Chief Executive Officer of the Agricultural Institute of Marin (AIM). AIM's mission is to educate the public about the nutritional and economic benefits of buying locally grown food directly from farmers, and to connect and support communities and agriculture. Learn more about Andy and his role at AIM <u>here</u> and see the message, below, for a great opportunity to connect with this important organization.

The Agricultural Institute of Marin is very excited to be launching the Mobile Market this summer! The mission of the Mobile Market is to increase equitable access to fresh, healthy food grown on local farms and to provide nutrition education in underserved communities. AIM wants to hear from you, our local community, partners, and eaters, to help us in naming our "Mobile Market". The winner of the naming contest will receive a farmers market goody bag full of local and fresh ingredients. Click <u>here</u> to enter by Friday, June 15th. The winner will be announced June 21st.

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 11th 9:30AM—5:00PM Location: Sacramento, CA **Note:** Attendees will receive a YPAR Curriculum Binder <u>YPAR Implementation Training & Planning</u> Experience Level: Beginner- Advanced Date: Thursday, July 12th 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 (continued on next page)

Education & Resources (continued)

2018 Promising Practice Exchanges

The following information was previously shared in the 5/2/18 LHD News Bulletin.

The California SNAP-Ed Statewide Training (CSST) team is pleased to announce that the 2018 Promising Practice Exchanges (PPEs) planning efforts are underway. 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.

The PPEs will be held in each service area by September 30. Registration for the exchanges will be posted on the SNAP -Ed <u>Training and Events Calendar</u> and the <u>Statewide Regional Support</u> 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 <u>here</u> 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 grand 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 <u>here</u> to learn more and to apply.

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 <u>here</u> 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 <u>here</u> 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 <u>here</u> 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 <u>CA SNAP-Ed Connection</u> website now hosts the Community Resource Library providing 500+ resources, such as news bulletins, funder statements, logos, photos, graphics and templates.

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 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: <u>http://www.uccalfresh.org/weekly-updates</u>.

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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 Nutrition Education