

UC CalFresh Weekly Update July 23, 2018

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Upcoming Events & Deadlines

July 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	31				

Harvard Law School Food Law and Policy Clinic - Request for Technical Assistance Proposals: Approaches to Reducing Consumption of Sugar

See the 7/9/2018 UC CalFresh Weekly Update email for attached flier.

The Harvard Law School Food Law and Policy Clinic (FLPC) is launching a new initiative to identify locally-supported policies that will reduce sugar consumption and build capacity for policy change. FLPC is offering pro bono technical assistance (TA) to community organizations, food policy councils, and local and state government entities across the United States interested in implementing innovative sugar reduction policies. *FLPC will provide one year of capacity-building engagement that includes:*

- * nonpartisan research and legal consultation and resources on a variety of sugar-reduction policies tailored to the interests of the TA grantee,
- * early-stage coalition building and community outreach support, and
- * communications materials and media outreach.

Eligibility

Any community-based organization, local, regional, or state food policy council, or local or state government entity (e.g., health department) is welcome to apply. TA sites will be selected based on readiness for policy engagement and change regarding sugar consumption policies, feasibility of policy success, potential to impact underserved populations, diversity in location/geography, and diversity of potential policy solutions.

Timeline and Application Instructions

Applications are due **July 31, 2018**. See the Request for Technical Assistance Proposals [here](#) for details on applying.

Web StoreFront Closure, August 6-17th

The California Department of Public Health (CDPH) will close the Web StoreFront (WSF) and Public Web StoreFront (PWSF) **Monday, August 6** for the bi-annual physical inventory of educational materials. The WSF and the PWSF sites **reopen on Monday, August 20 at 8:00 a.m.** During the closure, orders can be placed but they will not ship out before August 20th. For those of you interested in ordering materials for the August 29th "Healthy Snack Day," please take these WSF/PWSF closure dates into account. Feel free to contact CDPH at NEOPBcustomerCare@cdph.ca.gov with 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 learned how easy is to save money and be healthy at the same time.”

—Plan Shop Save Cook Participant,
 Kern County

“I have improved and practiced better fruit and veggies consumption on a daily basis!”

—Eating Smart Being Active Participant,
 Alameda County

Welcome New UC CalFresh Staff!
Haley Kerr, CESII, UCCE Alameda County



Haley Kerr comes to UC CalFresh from Miami, where she worked for almost 5 years in HIV Prevention at a healthcare center. Prior to Miami, she was living and working in Trujillo, Peru, overseeing a volunteer program in several communities. There, she worked with families, children, health centers, and schools to do education around nutrition, first aid, dental health, and other important topics.

She completed a Master’s program at Tulane University, focusing on social work and public health and doing practical work in HIV prevention. Before going to grad school, she worked as a Peace Corps Volunteer in Paraguay for 3 years. She was a Rural Health and Sanitation Volunteer in a small community for most of that time, working with the families living there to address their health needs including parasite prevention, dental health, nutrition, and clean water. She extended her service to work in the capital city of Asuncion, on a peer health education project.

From her work and school experiences, Haley carries a strong desire to help empower people to make healthier choices and make use of the resources they have in their communities, in a culturally competent and humble way. She is very excited to work in Alameda County and looks forward to learning more about this very diverse community. Haley will be leading UCCE Alameda’s GGG and CATCH efforts in their 28 partner preschools. You can reach her at hbkerr@ucanr.edu.

UC CalFresh Website Updates
July 2018 Town Hall slides and recording

The slides and recording for the July 2018 Town Hall have been posted to the [Town Halls Webpage](#).

FFY2018 Schedule for Closing Evaluation Portals and Results Distribution.

Please refer to the UC CalFresh website on the [Evaluation Webpage](#) for scheduled dates.

Upcoming UC CalFresh Trainings

PEARS Office Hours for UC CalFresh

Please join the UC CalFresh evaluation team in monthly PEARS Office Hours focused on PEARS Users within UC CalFresh. Angie Keihner, Barbara MKNelly, and Jennifer Quigley will be available during the below days/times to provide technical hands-on assistance to counties needing technical assistance. All of the questions asked during these sessions become part of an FAQ document that was recently posted to our website: [Frequently Asked Questions](#)



<p align="center">Office Hours August 7, 2018 from 1– 2 pm</p> <p>Web Conference Information: PARTICIPANTS: click here to join the meeting: https://cc.readytalk.com/r/2cf41qw6thvi&eom</p> <p>Audio Conference Information: Dial-In Number: U.S. Toll: 303.248.0285 Access Code: 7544137</p> <p>For technical support: https://support.readytalk.com/SP/?src=ccical-h</p>	
<p align="center">Office Hours September 4th, 2018 from 1– 2 pm</p> <p>Web Conference Information: PARTICIPANTS: click here to join the meeting: https://cc.readytalk.com/r/hsp1x8cl0qxc&eom</p> <p>Audio Conference Information: Dial-In Number: U.S. Toll: 303.248.0285 Access Code: 7544137</p> <p>For technical support: https://support.readytalk.com/SP/?src=ccical-h</p>	<p align="center">Office Hours October 2nd, 2018 from 1– 2 pm</p> <p>Web Conference Information: PARTICIPANTS: click here to join the meeting: https://cc.readytalk.com/r/1lzzpu4a4iith&eom</p> <p>Audio Conference Information: Dial-In Number: U.S. Toll: 303.248.0285 Access Code: 7544137</p> <p>For technical support: https://support.readytalk.com/SP/?src=ccical-h</p>

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	
50	Measuring Cup Sets	
276	Measuring Spoon Sets	
38	My Healthy Plate Eating Made Easy Handout Pads	
18	My Healthy Plate Platemat Pads	
500	Reusable Shopping Bags	
30	UC CalFresh Nutrition Corner Bulletin Board Borders	
1	African American "Building a Healthy Body and Soul" Banner	
19	SLM Marketing Cafeteria Kits	
23	Rolls of Active Kids My Plate Stickers	
9	Team Nutrition Popular Event Booklets	
2	Rolls of My Plate Stickers	
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	Discover Emergent Readers: Teacher's Edition	Spanish
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

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.



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.

UC CalFresh in Action!

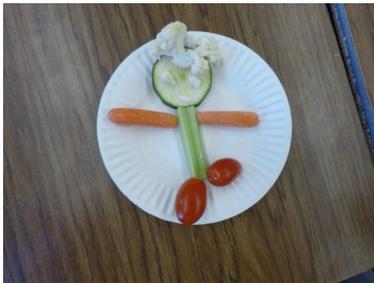
Dig into Summer Nutrition Education, UCCE Tulare County

UC CalFresh Nutrition Education Program joined efforts with Earlimart and Tulare City School District (TCSD) to make summer school a memorable experience for students. Both districts utilized Science, Technology, Engineering, Arts and Mathematics (STEAM) to educate children on the importance of making healthy food choices.

Nutrition Educators, [Marina Aguilera](#) and [Maria Gutierrez](#), taught students to identify a variety of fruits, vegetables, grains, proteins, and dairy foods from MyPlate. As students became aware of healthy foods, they put their imaginations to test and created foods using molding clay. The older students had the opportunity to learn more about fruits and vegetables and how they grow by identifying the six parts of the plant. Students discovered the different parts of a plant that they eat; for example, many did not know that jicama is a stem.

Nutrition Educator, Grilda Gomez, provided students with unique healthy recipes for students to share with their parents at home. Students tasted tofu berry smoothies and tain popcorn. The recipes were both nutritious and very tasty!

UC Calfresh educators were excited to participate in helping to make summer school a memorable experience for Earlimart and TCSD students!



Students created a plant part person at Tulare Summer School



Nutrition Educator, Mariana Aguilera, teaching class about plant parts at Tulare Summer School



The tofu smoothie was a hit at Earlimart Summer School

Nutrition and Food Questions Web Page

Do your participants ask questions about nutrition or needs that you find difficult to respond to? Check the [Nutrition and Food Questions](#) web page for a response. If your question is not answered there you can submit a new question. You can find the link on the UC CalFresh website under [Resources > Resources for Educators](#). Please contact [Lyn Brock](mailto:rlbrock@ucanr.edu) (rlbrock@ucanr.edu) if you have any questions.

Articles & Research

New study shows certain video games can improve health in children with obesity

A new study from LSU's Pennington Biomedical Research Center showed for the first time that video games, in combination with fitness coaching and a step tracker, helped overweight children lose weight, lower their blood pressure and cholesterol and increase their physical activity.

The results of the GameSquad trial are available online and will be published in an upcoming Special Issue of the journal *Pediatric Obesity* in a scientific paper titled: "Home-based exergaming among children with overweight and obesity: a randomized clinical trial."

"Kids who gain excessive weight and are not physically active can develop early signs of heart disease and diabetes. They may also struggle every day with asthma, sleep apnea, and the other psychological and health challenges that excess weight and obesity can bring," said Dr. Amanda Staiano, PhD, director of Pennington Biomedical's Pediatric Obesity and Health Behavior Laboratory and the study's primary investigator.

In Louisiana, one in every three children (35.3 percent) aged 10-17 is overweight or has obesity, and one in five (21.1 percent) has obesity, according to the Centers for Disease Control and Prevention. All are at increased risk for developing serious medical problems. Exergaming, or playing video games that require physical activity, may be able to help. "Screens are everywhere in our lives, and they are here to stay. Kids spend half their waking hours in front of screens," said Dr. Staiano. "I'm looking for ways to use those screens -- smartphones, computers, televisions and tablets -- to incorporate more physical activity into kids' lives."

The GameSquad study enrolled 46 children ages 10 to 12 who were overweight or had obesity. Half were girls and more than half were African-American. The study randomly assigned children to a "gaming" group of 23 families or a control group of 23 families.

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Articles & Research *(continued)*

New study shows certain video games can improve health in children with obesity *(continued)*

The gaming group was encouraged to meet the national recommendations of 60 minutes per day of physical activity. The children received an Xbox 360, Kinect and four exergames (Your Shape: Fitness Evolved 2012, Just Dance 3, Disneyland Adventures and Kinect Sports Season 2) and were asked to play these at their home with a friend or family member for six months. They also received a "challenge book" to complete three one-hour gaming sessions each week and a Fitbit to track their steps each day. Each child and parent or parents also took part in regular video chats over the video game console with a Pennington Biomedical fitness coach to monitor their progress. The control group members were not asked to make any changes in their behavior. These families received the exergames and gaming console at the end of the six-month study.

Twenty-two of the 23 families in the gaming group finished the six-month program. Children and parents in the gaming group completed 94 percent of the gaming sessions and attended 93 percent of the video-chat sessions. "When you don't intervene with kids who are overweight, often their health risk factors and health behaviors worsen over time," said Dr. Staiano. "So, unfortunately, we weren't surprised to see that kids in the control group increased blood pressure and cholesterol and decreased physical activity over the six-month period."

Children in the gaming group:

- * Reduced their body mass index by about 3 percent while the control group increased their BMI by 1 percent.
- * Reduced their cholesterol by 7 percentiles while the control group increased cholesterol by 7 percentiles. In other words, the kids in the gaming group remained in the healthy range. The increase in the control group's cholesterol levels pushed them into the borderline category for high cholesterol.
- * Increased their physical activity by 10 percent while the control group decreased their physical activity by 22 percent.
- * Increased their self-efficacy, or their belief about personal control, toward physical activity, which predicts exercise adherence.

This summary comes from:

Louisiana State University. "New study shows certain video games can improve health in children with obesity." ScienceDaily. ScienceDaily, 20 July 2018. <www.sciencedaily.com/releases/2018/07/180720092501.htm>

See the full *Pediatric Obesity* article [here](#). Please note that access to the full article requires a subscription, which your organization may have, or a fee.

Education & Resources

Call to Submit Youth Engagement Related Items for Website

See the 7/23/2018 UC CalFresh Weekly Update for the attached Youth Engagement Web Page Submission Instructions

The Center for Wellness and Nutrition, Public Health Institute is requesting submissions of pictures*, videos, reports, success stories, and UC Delivers that showcase the Youth Engagement work happening across the state for inclusion in the State UC CalFresh Website. The vision is to have a place to showcase and celebrate the local work and stories being done in the Youth Engagement realm.

To submit your Youth Engagement related item, please use the submission form included in the 7/23/2018 UC CalFresh Weekly Update email. The deadline to submit will be **Friday, August 17th, 2018**.

*Please ensure that any photos shared do have a photo consent obtained by UC CalFresh staff lead.

Produce Safe Handling Tips—Resources from the Partnership for Food Safety Education

Fresh produce is plentiful right now, and your local farmer's market is a great place to find it.

It's important to follow simple guidelines to make sure your fruits and vegetables are safe to eat. Remember to rinse fresh produce just before you eat or prepare it. Never use soap or bleach on your produce. The Partnership for Food Safety Education's shareable [Produce Pro fact sheet](#) has everything consumers need to know. Also, you can download [free tools](#) to help teach others in your community about how they can reduce their risk of foodborne illness.

Foodsafety.gov offers [more tips](#) to help you select your farmer's market produce.

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.

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Education & Resources *(continued)*

Childhood Obesity Conference—July 15-18, 2019

The 10th Biennial Childhood Obesity Conference (COC) invites individuals and organizations engaged in researching, developing, implementing and evaluating policy and environmental strategies that address root causes of childhood obesity to submit proposals for consideration for inclusion in the 10th Biennial COC program.

New this year, all proposals will be submitted as a single Presenter. Conference Organizers will be pairing presenters together to form Traditional or Facilitated panels. In addition, presenters can suggest other presenters/proposals they would like us to consider pairing with their proposal.

Presentations will be organized by Subthemes:

1. Collaboration and Partnership
2. Research and Evidenced-based Practices
3. Health Equity
4. Leveraging Policies for Sustainable Change

Session proposals should address achieving greater levels of health equity while addressing the social determinants of health, and should demonstrate improving outcomes for groups most affected by health Disparities. Session proposals that include the utilization of cross-sector collaboration, evidence-based community and clinical practice, innovative policy work addressing longstanding inequities, collaborations and alliances to plan, implement and evaluate their work are encouraged. Submission proposals that focus on reaching children and adolescents who suffer disproportionality from high obesity/overweight are also encouraged. Click [here](#) to learn more or to submit a session proposal!

Please refer to the conference [website](#) for the most up-to-date instructions on how to submit your proposal. Questions about the proposal process? Please email childhoodobesityconference@cce.csus.edu

MARK YOUR CALENDARS! Upcoming Conference Dates and Deadlines

- * Submit a Presenter Proposal: **Opens June 21, 2018 - Closes August 3, 2018**
- * Conference Registration: **Opens September 2018 - *Early Bird Rate from September 2018 - January 2019**
- * Poster and Roundtable registration: **Opens September 2018**

ToP Secrets of Implementation (TSI) for SNAP-Ed LIAs

The California SNAP-Ed Statewide Training team (CSST) is pleased to announce the ToP Secrets of Implementation (TSI) for SNAP-Ed LIAs training which will be held in each service area. The full-day training will provide a road map to sustaining and implementing plans. TSI will cover the four (4) stages of plan implementation. Participants will learn ways to keep plans and projects alive, relevant, and achievable. Interested participants can register [here](#).

8/23/2018	ToP Secrets of Implementation for SNAP-Ed LIAs	In-Person	8:30 a.m.	Fresno	ToP Certified Facilitator/Trainers
8/28/2018	ToP Secrets of Implementation for SNAP-Ed LIAs	In-Person	8:30 a.m.	Redding	ToP Certified Facilitator/Trainers
8/29/2018	ToP Secrets of Implementation for SNAP-Ed LIAs	In-Person	8:30 a.m.	Riverside	ToP Certified Facilitator/Trainers
8/30/2018	ToP Secrets of Implementation for SNAP-Ed LIAs	In-Person	8:30 a.m.	Oakland	ToP Certified Facilitator/Trainers
9/4/2018	ToP Secrets of Implementation for SNAP-Ed LIAs	In-Person	8:30 a.m.	Sacramento	ToP Certified Facilitator/Trainers
9/5/2018	ToP Secrets of Implementation for SNAP-Ed LIAs	In-Person	8:30 a.m.	Santa Ana	ToP Certified Facilitator/Trainers
9/11/2018	ToP Secrets of Implementation for SNAP-Ed LIAs	In-Person	8:30 a.m.	Salinas	ToP Certified Facilitator/Trainers

More information about the TSI training, including the training flyer, is available on the [SNAP-Ed Training and Events Calendar](#) and the [Statewide Regional Support](#) webpages. If you have any questions, please contact Nakendra Abner at 916-445-5303 or Nakendra.Abner@cdph.ca.gov.

Healthy Snack Day—Logistics Webinar and Statewide Day of Action

August 29, 2018 - Healthy Snack Day is designed for Local Implementing Agencies (LIAs) and Community-Based Organization partners to promote healthier eating habits within their communities. This Statewide Day of Action is supported by the Healthy Snack Day Event Box, a no cost, supplemental resource available to LIAs and CBOs.

- * **8/16** - Logistics Webinar (Event Hosts)

CDPH SMPR and Rescue Agency are proud to present "The Complete Guide to Hosting "Healthy Snack Day" with the Event Box. This webinar will provide participants with everything they need to know to host a successful event. Event marketing experts from Rescue will take you through practical, step-by-step advice for hosting a fun and impactful event from start to finish. This is a must-see webinar for event organizers, so mark your calendars. [Register](#)

If you have questions, please contact C4C_PR@RescueAgency.com

Nutrition Updates Webinar—Dietary Supplements: *When They May Help—or Hurt*

Join Rachel Scherr, PhD, an Assistant Research Scientist at the University of California, Davis as she presents up-to-date research evidence and recommendations about dietary supplements and coverage in the popular media.

Date: September 4, 2018

Time: 11:00 AM – 12:30 PM

Registration: Webinar Pre-Registration is required: <https://cc.readytalk.com/r/pkyjut8jxwmq&eom>

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Education & Resources *(continued)*

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

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

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.

UC CalFresh, UC ANR & Partner Employment Opportunities

University of California CES-2 (Nutrition Educator), UCCE Shasta, Trinity, and Tehama Counties

The UC CalFresh Nutrition Education Program is hiring for a Nutrition Educator (CES-2). The position is full-time, located in Red Bluff, and will serve both Tehama and Shasta Counties. **Position closes on July 24th!**

Use this link to read more about the position and to apply—<https://jobs.ucop.edu/applicants/Central?quickFind=61203>

We want to hear from you!

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

The UC CalFresh Weekly Updates are sent by the UC CalFresh State Office on behalf of Kamaljeet Singh-Khaira, Director of the UC CalFresh Nutrition Education Program. Electronic versions of the Weekly Updates are also posted on the UC CalFresh website: <http://www.uccalfresh.org/weekly-updates>.

The University of California CalFresh Nutrition Education Program (UC CalFresh) is funded through a joint agreement among the U.S. Department of Agriculture/Food & Nutrition Service (USDA/FNS), the California Department of Social Services (CDSS) CalFresh and Nutrition Branch, and the University of California Cooperative Extension (UCCE). This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

