

UC CalFresh Weekly Update September 10, 2018

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Upcoming Events & Deadlines

September 2018

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Youth Leadership Cohort Training

See the 8/13/2018 UC CalFresh Weekly Update email for the attached flyer

Overview: This cohort is geared towards sites that are interested in exploring or are already implementing a youth engagement strategy other than Youth-Led Participatory Action Research (YPAR). Staff members may be interested in or already facilitating enhanced youth leadership and engagement opportunities within Peer-to-Peer nutrition or physical activity education, Teen-as-Teachers programming, the Smarter Lunchrooms Movement (SLM), Student Nutrition Action Committees (SNACs), Youth-led Farmers Markets, and/or other strategies. As a part of this cohort, participants will receive training, coaching support and peer-learning opportunities focused on youth leadership strategies, providing a foundation for a empowering youth in your existing programs for the upcoming school year.

Date: September 11th, 2018

Location: Davis, CA

Time: 9:30 AM – 4:00 PM

Registration: <https://www.surveymonkey.com/r/LeadershipCohortTraining>

Making a Difference: Including Individuals with Disabilities

See the 8/20/2018 UC CalFresh Weekly Update email for the attached flyer

The California Department of Public Health and National Center on Health, Physical Activity and Disability have partnered to bring you a three-part webinar series in which you will learn knowledge, skills, and abilities to effectively integrate the health needs of people with disabilities in local SNAP-Ed programs and services. Attend all webinar sessions to learn about tips and resources to best benefit your SNAP-Ed work.

Episode 1: An Introduction to Inclusion of People with Disabilities in SNAP-Ed

Wednesday, September 12, 2018, 10:00am - 11:30am PDT [Register Here](#)

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>.

“The truth is that this was an excellent workshop that helped me a lot, to know what good nutrition is for my children. Thank you very much for your time and for sharing this experience.”

—Eating Smart Being Active Participant,
Fresno County

“[As a result of this class,] I eat more fruit and veggies. I make veggie and egg omelets using 4 to 5 different vegetables. I walk and exercise at least 30 minutes a day.”

—Eat Smart Live Strong Participant,
Alameda County

UC CalFresh Website Updates

Catch Lesson Observation Tool was added under the Resources and Tools on the [Curriculum Page](#).

PEARS Closing Dates for FFY 2018 were added under PEARs on the [Administrative Page](#).

See the 9/20/2018 UC CalFresh Weekly Update email for the attached flyer.

PEARS Closing Dates for FFY 2018

DATE	TASK	DESCRIPTION
SEPTEMBER 30, 2018	PEARS Data entry target date for 2018 activities. <i>Note: services delivered through 9/30 can be entered up until 10/10</i>	Please complete as much of the FFY 2018 programmatic data entry by this date. State Office staff will be working with counties to complete a final check of the data between September 30 – October 15, 2018
OCTOBER 10, 2018	PEARS Data entry deadline for local implementing agencies.	PEARS FFY 18 Closes for edit / entry. All data must be completed.
OCTOBER 18, 2018	PEARS FFY19 Opens	Begin Data entry for FFY 2019 October 1, 2018 – September 30, 2019

Town Hall Schedule for FFY 2019 was updated under Town Halls on the [Training Page](#).

The Smarter Lunchrooms Movement of California



The UC CalFresh State Office would like to see how the Smarter Lunchroom Movement of California has been implemented in your county! Please share your success stories and photos with MaryAnn Mills via e-mail: mamills@ucdavis.edu.

The Smarter Lunchrooms Movement of California Monthly Nudge

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

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!

Fitness takes center stage at Williams Unified, high school, UCCE Colusa County

The fitness program at Williams Unified School District is evolving, along with the new wellness facility at the high school. The project by the school district and Teams Rise Together, an organization that is made up of a group of former athletes, coaches and educators who came together to solve problems in wellness and education, works to create a state-of-the-art wellness center, update infrastructure to modernize the high school's main building and enhance the curriculum of the physical education program, said the superintendent of schools for Williams.

"The development of the facilities master plan involved input from the school and community stakeholders," said Dr. Edgar Lampkin, superintendent of schools for WUSD. "This process determined and prioritized modernization and facility updates that have been long overdue." The previous weight room had equipment that dated back to the 1960s, Lampkin said. There were rusted weights and bars. Lampkin said a project like this gives students the opportunity to participate and develop a better understanding of the importance of wellness.

"All high school and middle school students will have access to a variety of equipment," he said. "Students will now have access to 21st century fitness equipment and curricular programs. This will improve students' physical fitness, mental health, increase motivation (and) promote self-esteem, all of which impact student academic achievement."

The wellness facility will be primarily used for the physical education program and after-school programs. Craig Spence, director of education for Teams Rise Together, said the new curriculum will implement the UC CalFresh education for the elementary school, the CATCH curriculum, after-school programs for all levels and seventh through 12th-graders will have a strength and conditioning curriculum that adheres to the state of California education standards. CATCH is the Coordinated Approach to Child Health. The curriculum aims to create a behavior change by enabling children to identify healthy foods and increase the amount of moderate to vigorous physical activity children engage in each day. Spence said, in conjunction with UC CalFresh in the county, they recently finished training the teachers and will now be implementing physical education grades for transitional kindergarten through sixth grade. The middle school and high school students will also now have a curriculum focused on movement and technique and will be graded on a daily basis.

"Rather than get dressed and roll out some balls and play games, we're trying to make it something that can be measured and improved," Spence said. Spence said the wellness portion of the funding comes from the same sources that provide children free lunches, CalFresh.

The construction program is funded by WUSD's facilities funds, a CLP loan, bond revenues and Local Control Funding Formula, Lampkin said. Along with LCAP and ASSETS funds that will help support the curriculum, after school programs, staffing and equipment costs.

"The state-of-the-art fitness center, (the) new wellness curriculum project and the new \$280,000 ASSETS grant will definitely offer more opportunities for our students to participate in sports as well as in after school programs," Lampkin said. "The district is the hub of the Williams community. We continue to look for ways to increase access of resources that will build programs to keep our students positively engaged."

This article was featured in the Colusa Sun Herald and can be read [here](#).

Education & Resources

Action for Healthy Kids and Active Schools Join Forces

We are excited to announce that Action for Healthy Kids is the new organizational home for Active Schools, a collective impact initiative formerly known as Let's Move! Active Schools.

Formally launched in 2013, Let's Move! Active Schools played a key role in former First Lady Michelle Obama's signature Let's Move! platform, working to ensure that all students participate in 60 minutes of physical activity a day in K-12 schools across the country. Its vision – to reimagine school environments that provide opportunities for academic, social, emotional, and physical learning so that all children have the ability, confidence, and desire to lead active, healthy lives – fits perfectly with AFHK's longtime mission of helping schools become healthier places where kids thrive.

This partnership leverages the strength of our aligned missions and robust networks, positioning both organizations to activate even more schools and health champions and increase our impact in schools and communities nationwide.

Read the [press release](#) to learn more and visit ActiveSchoolUS.org to learn more about the movement, [Take Your Parent to PE Week](#) (September 24-28, 2018), and sign up to become an Active Schools champion.

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](#).

• **September:** Salinas – September 11

Visit the [SNAP-Ed Training and Events Calendar](#) to register and for more information.

Questions? Contact Nakendra Abner at 916-445-5303 or Nakendra.Abner@cdph.ca.gov.

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Education & Resources *(continued)*

Two Ways to Participate at the LIA Forum!

Back by Popular Demand!

You made the inaugural poster session in 2018 a HUGE success, so we are bringing them back for the 2019 LIA Forum. The Poster session is not only a great way to tell your story to Forum attendees and ignite informal discussions and information sharing, but it also offers your agency an opportunity to share your innovative practices focusing around these six topic areas:

- * Community Engagement
- * Food Systems
- * Partnerships
- * Physical Activity
- * Policy Change
- * Targeted Demographics

Registration for the Poster Session will open September 17, 2018. Additional information and details to follow.

New for 2019!

Share your agency's Stories of Transformation with your fellow SNAP-Ed implementers! Submit an inspirational story or quote from an individual or family whose lives have been touched by the work of SNAP-Ed. Share these inspirational stories of transformation and success at the 2019 Forum.

The goal of the Stories of Transformation is to highlight the amazing work occurring in communities across the state and the impact it is having on SNAP-Ed participants. The Stories will be printed and used as centerpieces during the Forum.

Submissions for Stories of Transformation will open September 17, 2018 and close November 30, 2018. Additional information and to follow.

Trust for America's Health 4-Part Webinar Series: Taking Action to Promote Health Equity

Trust for America's Health's (TFAH) is launching a 4-part webinar series called Taking Action to Promote Health Equity—Using the Lessons from Cutting-Edge Practices to Improve Health and Well Being. The goal is to highlight some of the most compelling and replicable activities that help advance health equity. Speakers will share lessons learned through practice and experiences that are transferable to diverse community settings - large or small, urban or rural and with substantial or minimal resources.

TFAH designed the series so you can participate in all, or any, of the four webinars. When the series is over, they will be available for on-line listening. Each segment is being planned with time for questions and answers. Anyone working in public health, advocacy, community-based systems, education, housing, hunger, insurers, and local and state health officials should join.

The first webinar, *Lessons from The California Endowment's Building Healthy Communities Project*, is **Tuesday, September 18th**, at 10:30 am. Register [here](#). Registration is free and closed captioning is available.

Childhood Obesity Conference Registration/Poster and Roundtable Registration Now Open

Please refer to the conference [website](#) for the most up-to-date information. Register [here](#).

Upcoming Conference Dates and Deadlines

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

Coming Soon: National Farm to School Month!

National Farm to School Month is right around the corner, and now is the time to start planning celebrations for your school and community! Every October, thousands of students, teachers, farmers, food producers, food enthusiasts and families celebrate the connections happening all over the country between children and local food. Join us!

Here are several resources to get your planning started:

- * Find activity suggestions in the [About National Farm to School Month fact sheet](#)
- * Download and print [posters](#), [stickers](#) and [bookmarks](#)
- * Get creative with National Farm to School Month coloring pages
- * Check out our National Farm to School Month [calendar](#) and see what events are happening in your community (Hosting an event? Submit it to the calendar!)
- * Host a farm to school [site visit](#) for your legislators
- * Ask your governor or mayor to sign a Farm to School Month [proclamation](#) (learn more in our [upcoming webinar](#))
- * Recognize farm to school champions with an [award](#)
- * Sign on your organization/school to be a National Farm to School Month [outreach partner](#) and help spread the word

[Find More Ideas](#)

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Education & Resources *(continued)*

Save the Date—CATCH ECE (Pre/K) Training Academy

See the 8/27/2018 UC CalFresh Weekly Update email for the attached flyer.

Overview: It's time to "catch" on to the *movement* by participating in the CATCH ECE (Pre/K) Training Academy in Davis, CA! During this training, you will learn practical skills necessary to implement physical activity into the UC CalFresh Nutrition Education Program using the CATCH ECE Program. There will be two tracks:

TRACK A: 3-day Train-the-Trainer Academy (October 23 - 25, 2018)

Who should attend Track A: By completing the 3-day training academy, you will be a certified CATCH ECE Trainer allowing you to train others such as staff/extenders/teachers. Please limit registration for Track A to **TWO** staff per county/county cluster due to limited spots available. Priority will be given to counties that do not have any trained staff in CATCH ECE. If you have more than two staff that want to attend, please email Michele Byrnes (mnbyrnes@ucdavis.edu) with their name(s) and they will be put on a waitlist.

Dates for Track A:

- * October 23rd: Trainees attend a CATCH ECE Training
- * October 24th: Trainees process through a CATCH ECE Training
- * October 25th: Trainees model a CATCH ECE Training

TRACK B: 1-day Basic/Refresher Training (October 23, 2018)

Who should attend Track B: This track will certify you to implement the CATCH ECE curriculum directly with participants, but not train staff/teachers/extenders. If you have staff that have already been trained in CATCH ECE and feel they would benefit from a refresher course, they should sign up for the 1-day Track B training.

Dates for Track B:

- * October 23rd: Trainees attend a CATCH ECE Training

Location: UC Davis Student Community Center Multi-Purpose Room (upstairs), 397 Hutchison Dr., Davis, CA 95616

Registration: <http://ucanr.edu/survey/survey.cfm?surveynumber=25478>

Please have selected staff submit their registration by October 1, 2018 to secure their spot in the training.

2018 Promising Practices Exchanges

Service Area/Location: **Central Valley** – Merced

Date: September 19

Theme: [Food Matters- Improving Food Access and Security in the Central Valley!](#)

Training Consultant: christine.bilbrey@cdph.ca.gov

Service Area/Location: **North Coast and Cascades** – Redding

Date: September 20

Theme: [Creating Healthy Communities Through Schools](#)

Training Consultant: leeann.timbrook@cdph.ca.gov

Service Area/Location: **Greater Los Angeles** – Los Angeles

Date: September 24

Theme: [PSE Efforts in the Areas of Eat, Live \(Pray\), and Shop](#)

Training Consultant: Nakendra.Abner@cdph.ca.gov

Service Area/Location: **Central Coast** – Seaside

Date: September 27

Theme: [Building Healthy and Equitable Communities](#)

Training Consultant: Sandy.Fagin@cdph.ca.gov

Learn more via the 'theme' links or visit the [CA SNAP-Ed Training and Events Calendar](#) to register. If you have any questions, please contact the appropriate Training Consultant.

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 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>.

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