

## UC CalFresh Weekly Update

### August 5, 2013



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### UC CalFresh Website Updates

#### **UPDATED: Resources Page**

The 'Resources' page continues to be updated with helpful links to external sites. The State Office would appreciate your feedback on these new resources. Feel free to e-mail us with any suggestions.

### Upcoming Events & Deadlines



AUGUST 2013

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

#### **8/9-8/12: Society for Nutrition Education and Behavior Annual Conference, Portland, OR**

For more information, please visit: <http://www.sneb.org/register>.



#### **8/16: UC CalFresh Recipe Cards Survey**

The UC CalFresh State Office is beginning to collect recipes from various sources, including our county programs. Please respond to our UC CalFresh Recipe Cards Survey by 8/16/13. If you have recipes or recipe cards (including photos of the food), please share them with the UC CalFresh State Office. For additional information, please visit: <https://ucanr.edu/survey/survey.cfm?surveynumber=11054>.

#### **Rethink Your Drink (RYD) / Potter the Otter Kits from The Network for a Healthy California**

Your program may have already received or will soon be receiving the following RYD materials:

- \* Rethink Your Drink 2'x5' banner
- \* Rethink Your Drink tablecloth
- \* Potter the Otter consumer education materials

Once you have received these items, please e-mail Lindsay Hamasaki at [Hamasaki@caes.ucdavis.edu](mailto:Hamasaki@caes.ucdavis.edu) to confirm receipt. Please remember that confirmation of receipt of items is required for accounting and auditing purposes. Thank you to those who have already responded!

# UC CalFresh Weekly Update: August 5, 2013

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## UC CalFresh and UC ANR in the News!

### YFC meets regents' associates

Representatives of ANR's Statewide Youth, Families, and Communities (YFC) Program provided a two-hour workshop for the associates of the president, chancellors and regents on July 17. The workshop team included Connie Schneider, YFC director; Steven Worker, 4-H Science, Engineering and Technology (SET) academic coordinator; Anne Iaccopucci, 4-H Healthy Living academic coordinator; Marcel Horowitz, UCCE 4-H Youth Development and nutrition, family and consumer science advisor in Yolo County; Ethan Horowitz, 4-H member; and Jessica Choi, 4-H alumna. Their interactive presentation showcased 4-H Youth Development and Nutrition Education Programs' purpose, delivery, impacts and activities. [Read full article.](#)



### New Nutrition, Family and Consumer Science Advisor, UCCE Los Angeles and Orange Counties

UCCE welcomes Drusilla Rosales as the nutrition, family and consumer science advisor for Los Angeles and Orange counties, effective June 24. The July edition of the ANR Report features Rosales who joins UCCE with more than 10 years of experience delivering services in nutrition therapy and education, personal training and community development. Rosales earned her bachelor's degree in kinesiology from USC and a master's degree in nutritional science from Cal State LA. [Read full article.](#)

### Lucrecia Farfan-Ramirez retires after 30 years with UC Cooperative Extension in Alameda County



Lucrecia Farfan-Ramirez, UCCE County Director in Alameda County retired in June after 30 years with UCCE. Farfan-Ramirez managed the UCCE office for 25 years and maintained an active role in addressing the nutrition needs of underserved populations in Alameda County and the Bay Area.

Farfan-Ramirez is looking forward to the freedom of retirement to explore her creative side. "I'm hoping to do theater, dancing, poetry," Farfan-Ramirez said. "I would like to travel in Europe and make connections with Latin American cultures." She will also maintain her involvement in promoting the development of healthy food systems in the Bay Area and internationally. [Read full blog post.](#)

UC CalFresh would like to congratulate Lucrecia Farfan-Ramirez on her retirement! Thank you Lucrecia for all of your hard work and dedication to the UC CalFresh program and families in Alameda County and the Bay Area. We wish you a very Happy Retirement!

## Welcome New UC CalFresh Staff!

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



## UC CalFresh in Action!

Share your UC CalFresh success stories with the State Office: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=10612>

The State Office would like to hear your comments regarding our new Weekly Update format! Please e-mail Lindsay Hamasaki at [Hamasaki@caes.ucdavis.edu](mailto:Hamasaki@caes.ucdavis.edu) to share your comments, stories, photos or other items you would like to see featured in future Weekly Updates.



## Articles & Research

### Summer Meals in California Promote Health and Education

More than 150 children participated in the California Summer Meals Kickoff Event hosted by the California Summer Meal Coalition, Sacramento Public Library, and the Elk Grove Unified School District. [USDA's Summer Food Service Program](#) offers free meals during summer break so kids are better fueled with healthy food to learn and grow all year long. The collaboration between the California Library Association and California Summer Meal Coalition, in partnership with the [Food and Nutrition Service](#) and the California Department of Education raised awareness among families in Sacramento—and across the state—about free, healthy lunches available through the USDA summer meals program. [Read full blog post.](#)



### USDA Tests New Methods to Ensure Children Have Access to Healthy Food during the Summer Months

An Agriculture Department evaluation released on August 1 examines the impact of a new alternative delivery method for providing low income children with access to food during the summer months when school meals are not available. As part of its ongoing commitment to improving access to healthy food for low income children, USDA has set a goal of serving 5 million more meals to eligible children this summer. The Summer EBT for Children (SEBTC) demonstration project is testing the impact of providing a monthly household benefit through existing electronic benefit transfer systems on food insecurity among low income children during the summer when school meals are not available. The evaluation report highlights the impact of the project during the summer of 2012, including:

- \* Reaching a significant proportion of low income eligible children for free and reduced-price school meals. USDA's evaluation found that the SEBTC approach could reach up to 75 percent of eligible children.
- \* Reducing food insecurity among low income children. SEBTC reduced the prevalence of food insecurity among children by 19 percent, and the prevalence of very low food security among children, the most severe category, by 33 percent, compared to children who did not receive SEBTC benefits.
- \* Improving the diets of young, low income Americans during the summer months. Participating children in households with SEBTC ate more fruits and vegetables, whole grains, and dairy foods while consuming fewer sugar-sweetened beverages.

For more information on the SEBTC demonstration project, please visit: <http://www.fns.usda.gov/ORa/menu/Published/CNP/FILES/SEBTC2012.pdf>.

### Nearly 60% of California Students Eligible for Free/Reduced Price School Meals

Newly posted data on kidsdata.org reports the percentage of California public school students eligible for subsidized meals rose from 51% in 2007 to 57.5% in 2012. Nationwide, the percentage of public school students eligible for these meals increased from 42% in 2007 to 49% in 2011. Free or reduced price school meal programs provide a safety net to help ensure that low-income students get adequate nutrition. These programs help to address food insecurity among low-income students, and can improve students' physical health, behavior, school performance and cognitive development, research suggests. [Click here](#) to see the numbers for your county or school district. For more information about subsidized school meal eligibility, including policy implications, visit: <http://www.kidsdata.org/data/topic/dashboard.aspx?cat=39#whatitis>.

### NYC Doctors Are Now Prescribing Fruits And Veggies

Doctors typically give patients prescriptions for medications. But a new program in New York City has doctors prescribing fruits and vegetables to obese or overweight patients. Deputy Mayor Linda Gibbs and Health Commissioner Thomas Farley launched the [Fruit and Vegetable Prescription Program \(FVRx™\)](#) on Tuesday, which aims to give at-risk families greater access to healthy foods. Under the program, obese or overweight patients can be prescribed "Health Bucks" which are redeemable for produce at local farmers markets. FVRx™ is meant to benefit whole families and communities at a time. Patients in the program receive \$1 Health Bucks per day for each person in their family for a period of at least four months. Each month, patients check in with the hospital to have their prescriptions renewed, and their weight and body mass index (BMI) evaluated. They also receive nutrition counseling. [Read full article.](#)

### USDA to Kick-Off National Farmers Market Week

The U.S. Department of Agriculture (USDA) will announce the number of markets registered in the 2013 [National Farmers Market Directory](#) on Saturday, August 3, kicking off National Farmer's Market Week (August 4-10, 2013). The Farmers Market Directory, a voluntary online database, identifies new farmers markets, the states with the highest number of markets in operation, and the total number of farmers markets that have registered throughout the United States. Farmers markets have increased in number and popularity over the years and have evolved into a favorite social assembly point in many communities. To locate farmers markets in your area, visit: <http://farmersmarkets.usda.gov>.

### House Plan on Food Stamps Would Cut 5 Million From Program

The Health Impact Project, a Washington research group, released a study on Tuesday about the impact of the proposed cuts to the food stamp program. The project is a collaboration between the Robert Wood Johnson Foundation and the Pew Charitable Trusts. The report states the cuts to the program, known as the Supplemental Nutrition Assistance Program, or SNAP, would not only affect the ability of low-income households to feed themselves but would also increase poverty. The combination of poverty and a lack of food would lead to increases in illness like heart disease, diabetes and high blood pressure among adults, the study found. [Read full article.](#)

## Articles & Research (continued)

### Students search school menus, nutrition facts on mobile app

Students and parents in a Utah school district have access to a new mobile application for school menus, where they can learn about their schools' lunch and breakfast options. The application lists nutritional information for menu items and potential allergens, such as peanuts and eggs, and officials say the application will also list the local farms that supply fresh produce. The app is the first of its kind in Utah and provides detailed school-by-school information to parents and students on the month's lunch and breakfast offerings. It is one of several initiatives to improve communication with parents on school lunch offerings as well as encourage healthy eating habits in children. [Read full article.](#)

### How Many Extra Calories Add Up to Obesity for Kids?

A study published in the July 30 online issue of *The Lancet Diabetes & Endocrinology*, updates the mathematical model doctors use to calculate the daily calorie needs of children and adolescents. The study suggests overweight kids may be consuming far more calories than their doctors or parents realize. The new model tries to more accurately estimate the energy requirements for growing girls and boys. It also accounts for kids' higher metabolisms, relative to adults, and takes into account the drop in physical activity that happens with age. The study also factors in the increased energy required to maintain a bigger body size with age. In sum, the model predicts that it takes far more calories for children to gain weight than experts had realized. To view the article in *The Lancet Diabetes & Endocrinology*, [click here](#).



## Education & Resources

For additional resources, please visit the UC CalFresh website: <http://www.uccalfresh.com/resources>

### Let's Move! Cities, Towns and Counties (LMCTC) Peer Learning Webinar: How Large Cities Can Achieve the Goals of Let's Move! Cities, Towns and Counties, August 21, 2013, 3:00-4:00 PM EST

Learn how local elected officials in large cities (population over 200,000) can achieve the five goals of Let's Move! Cities, Towns and Counties. This webinar will feature leaders who will share how their large cities developed partnerships and increased collaboration to address barriers to healthy eating and physical activity in their efforts to accomplish the goals of Let's Move! Cities, Towns and Counties. To register, visit: <https://attendeegotowebinar.com/register/952487483654170368>.

### Weight of the Nation: New Findings and Policies to Advance Healthy Latino Communities, August 29, 2013, 11:00 AM PST

The obesity epidemic poses a growing burden across the U.S. In some places, one in two adults and one in three youth are obese or overweight. Low income Latinos lacking insurance coverage are especially hard hit by the cost and disabilities from obesity-related type 2 diabetes, heart disease, and stroke. Latino communities are fighting back by improving opportunities for healthy eating and physical activity. This webinar will highlight the latest research on the obesity epidemic and the factors impacting Latino communities. [Click here to register.](#)

### Dairy Council of California, Health Connections: The School Nutrition Environment—Active Partner in Health Promotion

This newsletter outlines how schools can connect with family and community as partners in health promotion. Marilyn Briggs, Co-Director of the Center for Nutrition in Schools at UC Davis provides her perspective on how all stakeholders can coordinate efforts to strengthen the impact of the school nutrition environment. To view the entire newsletter, [click here](#).

### Sponsorship—Healthy Choices: Sutter Health offers sponsorship to health, wellness non-profits

Sutter Health Sacramento Sierra Region is inviting the non-profit organizations to apply for sponsorships—otherwise defined as community relations investments. The organizations must be located in Amador, El Dorado, Nevada, Placer, Sacramento, Solano, Sutter, Yolo or Yuba counties. Applications must be submitted by September 30. The application period provides funds for January through May 2014, or for year-long periods. Those who are interested in applying for sponsorships should visit the following website to watch an informational webinar: <http://www.checksutterfirst.org/community/sponsorship/>.



## We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please e-mail Lindsay Hamasaki at [Hamasaki@caes.ucdavis.edu](mailto:Hamasaki@caes.ucdavis.edu) to share your comments on the new format of the Weekly Update, 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.com/weekly-updates>.

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