

## UC CalFresh Weekly Update

### October 28, 2013



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### Upcoming Events & Deadlines



OCTOBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	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		

**10/18: Q4 Reporting Tools Workbook and Documentation (NARFs, Teacher Enrollment Forms, etc.) due to the UC CalFresh State Office; Local Support Entered & Approved into the UC CalFresh Online Local Support System**

**11/7: Deadline Extended: FFY 2013 Final Report Narratives & County Profiles due to the UC CalFresh State Office**

The UC CalFresh is extending the due date for the FFY 2013 Final Report Narratives and County Profiles by one week. For more information, please visit the UC CalFresh website: <http://www.uccalfresh.org/administrative/administrative/ffy-2013-call-for-annual-report/ffy-2013-call-for-annual-report>.

**11/14: Save the Date: UC CalFresh & EFNEP Town Hall**  
**Webinar Information:**

**Webinar link:** <https://fsnep.webex.com/fsnep/onstage/g.php?t=a&d=966351730>

**Event number / Access code:** 966 351 730

**Event password:** apple

**Call-in toll-free number (US/Canada):** 1-877-668-4490



### Evaluation Updates

#### FFY 2013 Evaluation Data for UC CalFresh Final Reports

The FFY 2013 evaluation data that was submitted to the State Office at the end of September will be returned to each program very soon. If you have any questions regarding your FFY 2013 evaluation data, please contact Virginia Chaidez at [vachaidez@ucdavis.edu](mailto:vachaidez@ucdavis.edu).

# UC CalFresh Weekly Update: October 28, 2013

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UNIVERSITY of CALIFORNIA  
cal fresh Nutrition Education

<http://www.uccalfresh.org>



## UC CalFresh in Action!

Share your UC CalFresh success stories with the State Office: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11480>

### MyPlate Rules at Recess!, UCCE Fresno County

Recently, DeAnna Molinar, UC CalFresh Program Coordinator, made a visit to Sunset Elementary. She took a seat outside to organize her things in between classes and to her astonishment students gathered around her and asked to learn more about MyPlate...*DURING RECESS!* Students enjoyed the challenge of matching foods up with their MyPlate food group and worked together in teams to match foods up.



### UC CalFresh Nutrition Corners

The UC CalFresh State Office would like to see the creative ways your program and partners have used the Nutrition Corners in your county. Please send photos and a brief description to Lindsay Hamasaki at [Hamasaki@caes.ucdavis.edu](mailto:Hamasaki@caes.ucdavis.edu).

*This Nutrition Corner from Balderas Elementary in Fresno County was posted in the school's cafeteria. This is a great place where teachers can show off class work and give healthy tips for students and parents. The Nutrition Corners are also great for staff lounges, where you can provide teachers with examples of ways to make healthy choices for their classroom parties this holiday season.*



## UC CalFresh Success Stories

The State Office will begin sharing successes through this new feature in the Weekly Updates. Successes for FFY 2014 can be shared through the online data entry portal: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11480>

*"I wanted to share something that happened yesterday—I was at Lincoln School—I had a picnic with 10 students with the Fire Department (winners selected through attendance incentive). I had snacks (meat/cheese/crackers/apples) and [sports drinks]. A third grader picked up the bottle—first thing he does is looks at the back and announces the grams of sugar in the drink!"*

—Hanford Elementary School District Ready Program  
Director, Kings County

*"I was very uncertain of your age and knowledge. But you have proven that you can teach an old dog new tricks. It's never too late to learn. I have enjoyed the time every Friday and look forward to the classes. My husband is very happy to learn there is something that I can really get excited about besides him. Thank you for your time, and your Spanish translation is excellent. It will change the way I eat and buy groceries. My husband is diabetic and it will help him too.*

*Thank you."*

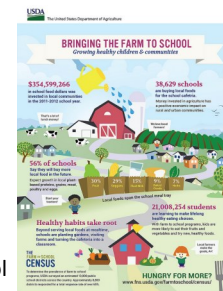
—Eat Smart, Live Strong Participant, Fresno County



## Articles & Research

### USDA Celebrates National Farm to School Month

On Tuesday, Agriculture Secretary Tom Vilsack highlighted important strides made in offering healthy, local food to millions of school children through USDA's Farm to School program, and emphasized the program's role in creating economic opportunity for America's farmers and ranchers. According to USDA's first-ever Farm to School Census, in school year 2011-2012, schools participating in farm to school activities purchased and served over \$350 million in local food, with more than half of participating schools planning to purchase even more with local foods in future school years. Forty-three percent of public school districts across the country reported having an existing farm to school program in place, with another 13 percent of school districts surveyed committed to launching a farm to school program in the near future. [Click here](#) to download a copy of the Farm to School Census graphic from the USDA. Census results can be accessed online at: <http://www.fns.usda.gov/farmtoschool/census>. [Read full article.](#)



### Nutritional intervention improved fruit, vegetable consumption

Rural, low-income children enrolled in a nutritional study consumed significantly more fruits and vegetables, according to recent study findings published in the *Journal of the Academy of Nutrition and Dietetics*. "The objective of our analysis was to examine changes in fruit, vegetables, legume, whole-grain and low-fat dairy consumption compared with students in control schools," Juliana F. W. Cohen, ScM, ScD, of the Harvard School of Public Health, said in a press release. The Creating Healthy, Active and Nurturing Growing-Up Environments (CHANGE) study included 432 first- to sixth-graders in eight rural communities. Researchers found that children in the intervention group consumed 0.08 cups of vegetables more per day, 0.22 cups combined fruits and vegetables more per day, and had a lower glycemic index compared with the control group. [Read full article.](#)

### At-home 'tasting game' helps kids accept vegetables

Parents often struggle with children who refuse to eat their vegetables because they don't like the bitter flavors. This can lead to kids becoming picky eaters and not having a balanced diet. Past studies showed researchers and doctors can make kids more open to eating veggies by repeatedly offering them tastes followed by a reward. But that strategy requires several office visits, and not all parents of fussy eaters can get professional advice. The new study found a similar process could be used by parents at home. They called the intervention "Tiny Tastes." The researchers recruited families of three-year-old twins from England and Wales. Half the families were randomly selected to be in the Tiny Tastes group. They were sent the tasting game kit, which included booklets, reward stickers and a link to an online instruction video. The results were published in the *Journal of the Academy of Nutrition and Dietetics*. Of the 196 children who went through the Tiny Tastes program, the number who would eat the selected vegetable rose from 39 before the intervention to 141 after. [Read full article.](#)

### Taste "Tests" at School Introduce Kids to Healthy Choices

"Taste tests" give children an opportunity to try new, healthy foods and, equally important, they give schools good information about how to introduce healthy, new foods on the school menu. Say for example a school would like to serve butternut squash. Are the kids more likely to eat it when it is pureed or baked? At Clinton Elementary in Poughkeepsie, NY, Food Service Director Alan Muhnckel found out with a taste test. At a school open house on a recent Thursday night, Muhnckel invited parents and students to sample broccoli gratin, roasted root vegetables, carrot and butternut squash puree, Tuscan kale and white bean ragout, and beet hummus. The taste test was part of a broader initiative to bring more local and regional foods into the school cafeteria via the Poughkeepsie City Farm to School Program, a USDA Farm to School Grant recipient, so all of the items sampled that night were from local farms. [Read full article.](#)

### Merced supervisors OK rural area food delivery

The Merced County Board of Supervisors hired a nonprofit group Tuesday to truck food such as fruits and vegetables to areas in the county that need it most. The board unanimously approved a year-long \$177,528 contract with Make Someone Happy, a Merced-based mobile grocery vendor and nonprofit. The organization was the only bidder, according to county staff. "We thought this would be an opportunity to try to provide healthy food to the people of Merced County," owner Don Bergman said. Bergman, who owns the nonprofit with his wife, Nancy, said the truck, 30-foot trailer and refrigeration van will carry fruit, vegetables, dairy products and eggs to locations in the county designated as "food deserts." A food desert is an area where a large percentage of the population does not have transportation, is more than a mile from a grocery store and is considered low income. Bergman said he will purchase his produce from Merced County farms as much as possible. He has contacts with three certified farmers markets in the county, as well as with other farmers and producers in the area. The mobile service will be able to take several types of payments, including cash, credit cards, CalFresh and EBT cards. [Read full article.](#)

### Study suggests gold star nutrition labels at grocery stores help consumers buy healthier

A nutritional rating system using gold stars affixed to price labels on grocery store shelves appears to have shifted buying habits, potentially providing another tool to educate consumers on how to eat healthier, according to a new study. The independent study examining a proprietary gold star system used in Maine-based Hannaford Supermarkets suggested it steered shoppers away from items with no stars toward healthier foods that merited gold stars. "Our results suggest that point-of-sale nutrition information programs may be effective in providing nutrition information that is otherwise nonexistent, difficult to obtain or difficult to understand," the researchers wrote in the study, published last week in the journal *Food Policy*. It's the most rigorous scientific study focusing on Guiding Stars, which was instituted in Hannaford stores and is now licensed for use in more than 1,800 stores in the U.S. and Canada. [Read full article.](#)



## Education & Resources

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

### “20 Recipes to Get Kids Cooking”

Introducing “20 Recipes to Get Kids Cooking,” a brand new collection of affordable, approachable, and delicious recipes for beginner chefs young and old. It features 20 ideas for breakfast, lunch, and dinner by Kate Sherwood, *Nutrition Action Healthletter’s* Culinary Institute of America-trained culinary director, plus recipes from the authors of the new book *Get Your Family Eating Right*. For more information, please visit: [http://www.foodday.org/20\\_recipes](http://www.foodday.org/20_recipes).

### Funding Opportunity: Whole Kids Foundation Garden Grant in Partnership with FoodCorps, Deadline: October 31, 2013

Whole Kids Foundation accepts garden grant applications annually from September 1 to October 31, 2013. \$2,000 School Garden Grant for a non-profit K-12 school (public, private or charter—elementary, middle, or secondary) and/or a 501(c)(3) organization that is developing or currently maintaining a garden project on school grounds that will engage children with fresh fruits and vegetables. Recipients will be announced in the Spring of 2014. For more information, please visit: <http://www.wholekidsfoundation.org/schools/programs/school-garden-grant-program> or contact [gardens@wholekidsfoundation.org](mailto:gardens@wholekidsfoundation.org).

### Webinar: Making It Work: Innovative Ways to Provide Drinking Water and Encourage Water Consumption in Schools, October 29, 2013, 10:00-11:15 AM

Effective August 2013, the USDA’s Smart Snack in Schools Interim Final Rule requires that potable water is available and accessible without restriction to children at no charge in the places where lunch is served and when breakfast is served in the cafeteria. Schools are turning to innovative water delivery systems—from tap water dispensers to bottle filling stations—to improve access to fresh, free drinking water on school campuses. This webinar will discuss the results of a six-week effort to provide water and promote water consumption in San Francisco Bay Area middle schools. We will also share highlights from our *Water in School Food Service Implementation Guide*, which details how schools can most effectively implement the “water in schools” requirements. This discussion will include real-world examples of innovative and cost-effective practices for improving water intake among students. To register for the webinar, visit: <https://attendee.gotowebinar.com/register/6862763806575918081>.

### Webinar: Food Policy Councils: Recipes for Success from the Local, County, and State Levels, October 31, 2013, 2:00-3:15 PM EDT

This webinar will feature three food policy councils within the Mid-Atlantic Region, representing local, county and state level Food Policy Councils (FPCs). The speakers will share perspectives as both elected officials and community members, different ways in which FPCs form, challenges they overcame, and success stories. A recurring theme of this webinar is how food policy councils promote equitable access to nutritious foods for all people in the region. This webinar is intended for community members and local governments interested in starting a food policy council, individuals or groups interested in learning about food policy councils and equitable access to nutritious foods. To register for the webinar, visit: <https://attendee.gotowebinar.com/register/1806748646378024961>.

### Funding Opportunity: 2013 Youth Garden Grant Award, Deadline: December 3, 2013

NGA awards Youth Garden Grants to schools and community organizations with child-centered garden programs. Priority will be given to programs that emphasize one or more of these elements:

- \* Integration of content standards
- \* Environmental awareness
- \* Social aspects of gardening such as leadership development, team building, community support, or service-learning
- \* Nutrition connections
- \* Entrepreneurship

For more information, visit: <http://grants.kidsgardening.org/2013-youth-garden-grant-award>.



### Funding Opportunity: The 2013 Project Orange Thumb Online Grant, Deadline: December 15, 2013

Eleven (11) recipients will be chosen from this year’s applicants—10 will receive \$5,000 in cash and tools to help support their goals of neighborhood beautification and horticulture education, and one (1) lucky applicant will receive a complete garden makeover! Apply now and help sow the seeds of community change! For more information, visit: <http://www2.fiskars.com/Community/Project-Orange-Thumb>.

### Funding Opportunity: The Culinary Trust: Chefs move to school, Deadline: Ongoing

The Chefs Move to Schools Grant provides funds for culinary professionals to help our children eat right by teaching them about food, nutrition and cooking. Funds can be used from garden to table: culinary professionals may seek funding for any program that promotes health and wellness in schools. For example, the grant may be used to plant a garden, teach a class, promote or create a wellness program for students or parents or assist in creating a school curriculum that focuses on healthy eating. In order to qualify, the grant application must have the support of the school principal and, in some cases, additional school personnel. For more information, visit: <http://www.theculinarytrust.org/#!chefs-move-to-school>.

### Funding Opportunity: Awesome Foundation’s Food Chapter, Deadline: Open

The Awesome Foundation’s Food Chapter is now taking applications for its \$1,000 microgrants to further food awesomeness in the universe. Apply at Awesome Foundation and submit under “Food” category. Every month, one microgrant will be given for an awesome idea about involving food, be it urban farming, food truck, receipt collects, pop-up cafes, or health. The more inventive the better. For more information, visit: <http://awesomefoundation.org/submissions/new>.

## Education & Resources (continued)

### Funding Opportunity: OCIA Research & Education Micro Grants, Deadline: Open

OCIA International (Organic Crop Improvement Association) offers grants in the range of \$300 to \$1,500 for organic research, organic education, and other ideas supporting organic agriculture. Projects must benefit multiple producers, processors and/or consumers. There may be limitations on the number of grants given within any one region. For more information, visit: <http://www.ociaresearchandeducation.org/index.php/awards/micro-grants>.



### Funding Opportunity: Simply Organic 1% Fund, Deadline: Open

The Simply Organic 1% fund supports and promotes the growth of organic and sustainable agriculture. They support research into organic production methods and crop improvement; educating farmers on organic growing techniques, certification standards and documentation; educating the public on the value of organic agriculture; developing projects that help organic farmers to be more efficient, produce better products, and add value to their products. Electronic applications may be submitted. For more information, visit: <http://www.simplyorganic.com/simplyorganic/ourvalues/applying.php>.



## 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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