

UC CalFresh Weekly Update October 20, 2014



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UC CalFresh Website Updates

FFY 2015 Evaluation Data Entry Portals Now Available!

The online data entry portals for FFY 2015 have been updated and are now accessible through the UC CalFresh website: <http://www.uccalfresh.org/evaluation>. Please contact Virginia Chaidez (vachaidez@ucdavis.edu) if you have any questions.

10/14/14 UC CalFresh Town Hall Recording & Resources Now Available!

The ReadyTalk recording and handouts from the 10/14/14 UC CalFresh Town Hall, "Implementing the 2015 SNAP-Ed Plan," presented by the UC CalFresh State Office have been posted to the UC CalFresh website: <http://www.uccalfresh.org/trainings/town-halls>.

Upcoming Events & Deadlines



OCTOBER 2014

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	

Confirmation of Receipt of Items

E-mail notifications have been sent to each county providing the quantity of each item to be expected. Once your items have been delivered, please e-mail **Rolando Pinedo** at rgpinedo@ucdavis.edu to confirm receipt. Please remember that confirmation of receipt of items is **required** for accounting and auditing purposes.

11/6/14 SNAP-Ed Site Change Request Process Webinar

Please mark your calendars for the upcoming SNAP-Ed Site Change Request Process webinar scheduled for November 6. This webinar will inform Local Implementing Agencies of the new SNAP-Ed Site Change Request process, which streamlines the process and increases cohesion and collaboration statewide and at the local level. Details regarding this webinar will be forthcoming.

11/18/14 UC CalFresh Town Hall Webinar, 12:30-2:00 PM

The November UC CalFresh Town Hall Webinar has been scheduled for Tuesday, November 18, 2014 from 12:30-2:00 PM. The topic of the Town Hall will be "Follow-Up to the Skills Based Training," presented by Lyn Brock. Details regarding this webinar, including the webinar link, will be forthcoming.

11/21/14 Draft FFY 2014 County Annual Report & County Profile Due to State Office

Drafts of the FFY 2014 Annual Report and County Profiles are due to the State Office. Please refer to the UC CalFresh website for additional details and information: <http://www.uccalfresh.org/administrative/ffy-2014-call-for-annual-report>

FFY 2014 UC CalFresh Annual Report Due Dates

For due dates related to the FFY 2014 Annual Report, please visit the UC CalFresh webpage: <http://www.uccalfresh.org/administrative/ffy-2014-call-for-annual-report>.

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.



UC CalFresh Weekly Update: October 20, 2014

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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>

"What I learned from this class was that reading food labels is very important. I learned about fat content in milk. I got to see what a pound of fat looks like. I really enjoyed your visual aids. Thank you for coming!"

—Plan, Shop, Save, Cook Participant, Fresno County

"This class gave me the tools I need to eat healthy while saving money at the same time."

—Plan, Shop, Save, Cook Participant, Riverside County



UC CalFresh in Action!

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

Partnering for Positive Health Outcomes in Shasta, UCCE Shasta County

Recent studies indicate that obesity is a complex issue, with individual behavioral and environmental factors at its core. The problem can also be multigenerational, entrenched in family food choices passed from adult to child. Some experts believe that one of the most effective ways to address the obesity issue is through community-based nutrition education with "farm-to-fork" initiatives. UC CalFresh encourages counties to link their school-based nutrition education with farmers' markets. This includes CalFresh EBT system (Electronic Benefits Transfer) to procure fresh fruits and vegetables at these markets, with the added benefit of supporting local producers. In Shasta County, the NFCS (UCCE's Nutrition, Family and Consumer Science Program) has partnered with the "Healthy Shasta" movement to promote healthy food choices and active living for residents. The NFCS helped create a 5-year plan for fruit and vegetable promotion with many local groups. Their workgroup created a pilot study, using the Healthy Shasta FARM (Fun at Redding Market) Club, to connect students to fresh local produce and promote its consumption. This pilot study worked with students at certain elementary schools, distributing FARM Club tokens to be used for purchasing produce at farmers' markets. All vendors selling produce at the market participated in the project. The Healthy Shasta FARM Club booth was present at the local farmers market for 14 weeks. During this time:

- * A total of 514 students enrolled in the FARM Club and increased their knowledge about local healthy food choices, the farmers' market, and the importance of consuming fruits and vegetables daily.
- * A total of 3,561 free tokens were distributed to the students.
- * A total of \$7,122 in additional revenue was collected by local farmers due to the FARM Club.
- * Of the participating students, 84% returned to the farmers' market to receive a free token.

A video was also created to illustrate the students' intent to change behavior due to the intervention. [Click here](#) to view it. [Read UC Delivers story.](#)

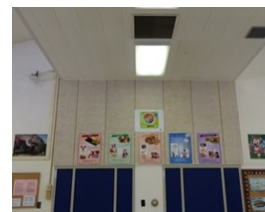
Smarter Lunchroom Movement at Rice Elementary School, UCCE San Luis Obispo/Santa Barbara Counties

The UC CalFresh team in San Luis Obispo and Santa Barbara Counties are working at Rice Elementary School in the Santa Maria School District. Check out the "before" and "after" photos to see how the team is using Smarter Lunchroom techniques to help empower students at Rice Elementary to make healthy food choices at school.

Before:



After:



Smarter Lunchroom Movement

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

DIY Healthy Halloween Classroom Party Snacks, UCCE Fresno County

As the holidays approach, it can be easy to forget healthy eating habits. Thankfully, UCCE Fresno County has a few healthy snack ideas you can make in the month of October. Try them out at home, or bring them for your child's classroom parties. It's all about creativity! [Read full blog article.](#)



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.



UC CalFresh, UC ANR and UC Davis in the News!

UCCE partners with UC Merced on critical issues

University of California Cooperative Extension has headquartered two new specialists on the UC Merced campus, reported Scott Hernandez-Jason of UC Merced University News. Karina Diaz-Rios, specialist for nutrition, family and consumer sciences, joined UCCE on Sept. 2. Tapan Pathak, specialist for climate adaptation in agriculture, will start Feb. 2, 2015. "These positions come with a focus on interacting with the community, conducting applied research, and translating UC research to help the ag economy and local residents," said Tom Peterson, UC Merced Provost and Executive Vice Chancellor. "We are pleased that UC Merced can partner with UC ANR (UC Division of Agriculture and Natural Resources) on these important issues." According to the news release, Diaz-Rios will be housed in UC Merced's Health Sciences Research Institute and focus on nutrition research and education and food security. She will connect with a larger team of nutrition researchers and educators throughout the UC system addressing issues related to healthy food and human health. [Read full blog here.](#)

Willow Cove Elementary School, Pittsburg Unified Schools – Pittsburg, CA

Willow Cove Elementary School exemplifies the strong impact a district farm to school program can have on a community. Willow Cove established Pittsburg Unified School District's flagship garden in 2013. The school garden has provided a great opportunity for the students to learn more about how food is grown. In addition to working in their own school garden, this past May, Willow Cove students had the opportunity to spend the day at a local farm for their first-ever farm field trip where students enjoyed a hands-on learning experience at a real working farm. This past summer, farm to school activities were also incorporated into Pittsburg Unified's Summer Food Service Program (SFSP). SFSP participants had the opportunity to harvest the summer bounty at Willow Cove's garden and incorporate it into their meals. Additionally, Willow Cove students receive nutrition and agriculture education from the local University of California Cooperative Extension and enjoy featured local products on their breakfast and lunch trays. Both students and parents have reported the positive impact that this education has had on their daily eating habits and because of these efforts, Willow Cove Elementary School has been awarded a Healthier US Schools Gold Award of Distinction. [Read full article here.](#)



Articles & Research



National School Lunch Week Offers a Time to Celebrate Children's Health

President Obama recognized October 12-18 as National School Lunch Week with an official proclamation. The message thanks hardworking school food service professionals, the tireless staff who demonstrate a daily commitment to providing schoolchildren with proper nutrition to enrich their lives in the classroom and beyond. Thanks to the Healthy, Hunger-Free Kids Act (HHFKA), students are experiencing a healthier school environment with more nutritious options. Schools now offer more fruits, vegetables, low-fat dairy products and whole grains, while at the same time limit less-healthy fats, sugar, sodium and excess calories. During National School Lunch Week, USDA celebrates these healthy strides and highlights innovative strategies to help schools nourish their students. [View a message from Agriculture Secretary Tom Vilsack.](#) [Read full article here.](#)

Commemorating the History of SNAP: Looking Back at the Food Stamp Act of 1964

On August 31, 1964, President Johnson signed the Food Stamp Act of 1964 as a centerpiece of his War on Poverty, which introduced numerous programs designed to improve the American quality of life for those struggling to make ends meet. Due to the Food Stamp Act of 1964, the Food Stamp Program, now the Supplemental Nutrition Assistance Program (SNAP), became permanent. This action and others, such as the establishment of the Special Supplemental Program for Women, Infants, and Children (a program celebrating 40 years this year), resulted in marked improvement in the diets of the poor during the late 1960s and into the mid-1970s. Over the next 10 years, state and counties added the program to the portfolio of services to help low income individuals and their families put healthy food on the table. By October 1974, the program was nationwide. For more information on the history of SNAP, please visit: [A Short History of SNAP.](#) [Read full blog article.](#)

ERS's Food Consumption and Nutrient Intake Data—Tools for Assessing Americans' Diets

Every 5 years since 1980, USDA and the U.S. Department of Health and Human Services publish the Dietary Guidelines for Americans—the U.S. Government's official recommendations for healthful eating. In 2007-10, Americans over-consumed added sugars and solid fats, which are high in calories. Federal recommendations state that consumption of added sugars and solid fats should be limited to no more than 258 calories for a 2,000-calorie diet. On average, 9.7 and 8.4 teaspoons of added sugars for each 1,000 calories were consumed by children and adults, respectively, compared to the recommended maximum 3.9 teaspoons per 1,000 calories for a 2,000-calorie diet. On average, lower income individuals consumed more added sugars than higher income individuals. Children and adults consumed 19 and 18 grams of solid fats per 1,000 calories, respectively. On average, Americans consumed 1,649 mg of sodium for each 1,000 calories, compared to the recommended maximum of 1,100 mg per 1,000 calories. Higher income individuals' diets were higher in sodium than the diets of lower income individuals. Away-from-home foods contain more sodium than at-home foods, 1,879 mg versus 1,552 mg per 1,000 calories. [Read full article here.](#)

Calorie Labeling on Restaurant Menus—Who Is likely to Use It?

One strategy for helping Americans improve their diets is to provide consumers with nutrition information when they make their food choices. While grocery stores with packaged foods are required to list per serving amounts of calories and a variety of nutrients, food away from home (FAFH) has not been subject to the same nutrition-labeling requirements. Some eating places voluntarily provide nutrition information and some local governments have FAFH calorie labeling laws, but no national regulations are in place. ERS decided to examine consumers' use of nutrition information that eating establishments already provide voluntarily. Researchers examined demographics and diet-related behaviors of people who already use nutrition information when eating out and people who say they would use such information if it were available. Researchers also explored whether more nutrition information for FAFH would prompt the average consumer to make healthier choices. Researchers found interesting differences in use of nutrition information across population subgroups. For example, men and women are about equally likely to go to fast-food places and full-service restaurants. In terms of seeing nutrition information, there was no gender difference in fast-food places but there was in full-service restaurants. In full-service restaurants, 14 percent of men versus 20 percent of women saw the information. Additionally, women are much more likely than men to use the information in either context (49 percent of women versus 33 percent of men for fast food; 60 percent of women versus 48 percent of men for full-service restaurants). This gender difference may be related to other research that has found that men are less likely than women to believe that nutrition information is useful and that reading food labels makes it easier to choose foods. [Read full article here.](#)

How Family Dynamics at the Dinner Table Affect Kids' Weight

"Eat together" is a mantra that doctors and nutritionists use regularly when they talk with families about eating healthy and maintaining normal weight. Children who eat regular family meals tend to have lower rates of obesity and eat more nutritiously. A new study published in the journal Pediatrics takes a novel look at why. A team led by Jerica Berge, in the department of family medicine and community health at University of Minnesota, asked the families of 120 children aged 6 to 12 to record eight days of meals. The families didn't have to eat every meal together, and didn't even have to eat dinner together every one of those nights, but did have to share at least three meals during that time. Half of the children were overweight or obese, and half were normal weight. Children who were overweight or obese had family meals that included more negative emotional interactions—hostility, poor quality interactions, little communication and more controlling behavior from their parents—compared to children who weren't obese. Their meals tended to have a warmer, more communicative atmosphere. For example, these children were given positive reinforcements to eat, and were encouraged to eat foods to get stronger or run faster, while heavier children experienced more negative pressures including threats and made to feel guilty about those in the world who can't afford to eat three meals a day. [Read full article here.](#)

Articles & Research (continued)

Hunger Among Hispanics on the Decline

Hunger and poverty among Hispanic households declined last year, according to a Bread for the World analysis released today. The findings, based on the latest U.S. Census data, show that one of the biggest contributing factors to this decline is a decrease in unemployment. Unemployment fell from 8.1 percent in 2012 to 7.4 percent in 2013. "Job creation and fair wages are the cornerstones to ending hunger in this county," said Rev. David Beckmann, president of the Bread for the World. "By allowing everyone the opportunity to earn more money, we allow them to make larger contributions to the economy." Despite the decline, Hispanics continue to be disproportionately affected by hunger with 23.7 percent of Hispanic households suffering from food insecurity compared to the national average of 14.3 percent. Poverty reflects similar patterns with 24.8 percent of the Hispanic population living in poverty compared to the national average of 14.5 percent. Foreign-born Hispanics face higher rates of poverty and wage disparities than U.S.-born Hispanics due to the advantages of citizenship, such as access to higher education and better-paying jobs. [Read full article here.](#)

The Role of the Cooperative Extension in Food Safety

Land-grant universities in the United States were established with the Morrill Acts of 1862 and 1890. Their mission was to educate the public on subjects of agriculture, home economics and other practical tasks in the home—to literally extend research and help families across the country. While food safety was not initially within the mission's scope, food safety has a strong and intertwined history within land-grant universities and Cooperative Extension. In addition to teaching and research, land-grant universities have a long tradition of connecting academics and research to the masses, originally in largely rural areas through a delivery mechanism known as extension; 2014 marks 100 years of the Cooperative Extension system in the United States. The Smith-Lever Act in 1914 further solidified the role of extension in land-grant universities by creating a partnership with the U.S. Department of Agriculture (USDA) in which USDA would provide funds to each state to carry out extension work. [Read full article here.](#)

'To Burn Off Calories in This Soda, Walk 5 Miles'

Alerting teens about how much walking or running they would have to do in order to burn off the calories in a soda or other sugary drink might convince them to choose a lower-calorie beverage, researchers say. "If you're going to give people calorie information, there's probably a better way to do it," said study leader Sara Bleich, an associate professor in the department of health policy and management at Johns Hopkins University Bloomberg School of Public Health. "What our research found is that when you explain calories in an easily understandable way such as how many miles of walking needed to burn them off, you can encourage behavior change." For the study, Bleich and her colleagues installed brightly colored 8.5-by-11-inch signs in six corner stores in low-income, predominantly black neighborhoods in Baltimore. The signs informed consumers that a 20-ounce bottle of regular soda, sports drink or fruit juice contained 250 calories and 16 tablespoons of sugar, which would require 50 minutes of running or 5 miles of walking to burn off. The researchers observed nearly 3,100 drink purchases at the stores by teens between the ages of 12 to 19 years old. They interviewed 25 percent of the youngsters. Of the 35 percent of teens who said they saw the signs, 59 percent said they believed the information on the signs and 40 percent said they changed their purchases as a result. Sugary drinks accounted for 98 percent of beverage purchases in the stores before the signs were posted, compared with 89 percent after the signs were put up, the researchers found. Many teens also chose to buy smaller sizes. And the number of sugary-drink calories bought by each teen went from 203 calories to 179 calories, according to the study published in the American Journal of Public Health. [Read full article here.](#)



Education & Resources

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



Food Safety from Farm and Garden to Preschool Training Program

The University of Massachusetts Department of Nutrition and the University of New Hampshire Cooperative Extension have developed a free, online, interactive food safety program for Farm to Preschool programs. Food Safety from Farm and Garden to Preschool Training Program is available online at: www.umass.edu/safefoodfarm2kid. This free, self-paced program was created to help early childcare educators, foodservice staff, volunteers and parents understand the importance of reducing the risk of food safety related to fresh fruits and vegetables for young children. The program includes five units:

- * Farm to Preschool Benefits
- * Fresh Produce and Foodborne Illness Risks
- * Food Safety Basics for the Classroom and the Kitchen
- * Food Safety and Gardening Activities
- * Food Safety on Field Trips to Farms and Farmers' Market

Printable resources such as Best Practices Planning Tools, resources, and Certificates of Completion are available. This project was supported through USDA NIFA project award 2011-5110-30996. For additional information on the program, please visit: www.umass.edu/safefoodfarm2kid.

Farm to School: We Are Here to Help!

Since the official start of the USDA Farm to School Program, USDA has focused on making sure schools have the tools they need to bring local products into the lunchroom and teach children where their food comes from. As October is National Farm to School Month, it seems an opportune time to take stock of the many resources available from USDA to help bring the farm to school. One of USDA's newest resources, Procuring Local Foods for Child Nutrition Programs, covers procurement basics. This guide is complemented by a twelve-part webinar series called Finding, Buying and Serving Local Foods. USDA also supports farm to school programs by distributing up to \$5 million annually in grants. New this year, USDA is offering grants that support farm to school events and training. For additional information regarding the USDA Farm to School Program, please visit: www.fns.usda.gov/farmtoschool/farm-school. [Read full blog article.](#)

Funding Opportunity: Taste Test Grants: Introduce Your Students to New Fruits and Vegetables, Deadline: October 22, 2014

Connect students to agriculture while meeting the four C's of Common Core-critical thinking, creativity, collaboration, and communication. California Foundation for Agriculture in the Classroom is excited to offer \$200 California Specialty Crop Taste Test Grants. Be one of 250 educators to purchase California specialty crops for student taste tests. This is a tasty way to reinforce Common Core standards in your classroom! For additional information, please visit: www.LearnAboutAg.org/tastetest.



Funding Opportunity: Media-Smart Youth Teen Leaders Program, Deadline: October 24, 2014

The NICHD is now accepting applications for the Media-Smart Youth (MSY) Teen Leaders Program, designed for young adults ages 15 to 20 who are interested in bringing MSY to their communities. MSY teen leaders commit to carrying out the MSY program from start to finish—from identifying a site and recruiting youth to teaching the lessons and providing feedback. In return, they receive leadership experience, community service hours, and recognition from the National Institutes of Health, plus training and \$1,000 for program expenses. **Applications are due October 24, 2014.** An information conference call will be held on **October 16 from 7:30-8:30 PM EDT.** (Call-in information: 1-866-692-4538, Code: 2360414#). The call will provide a brief overview of the Teen Leaders Program, information on applying and answers to your questions. For additional information, please visit: <http://www.nichd.nih.gov/msy/teenleaders/Pages/default.aspx>.

Education & Resources (continued)

October 24th is Food Day!

October 24th is Food Day. Thousands gather to organize events all around the country to celebrate and enjoy real food and push for improved food policies. This is a day to resolve and make changes in our own diets and to take action to solve food-related problems in our communities at the local, state and national levels. This year's focus will include three main themes: food justice (food access, farm and food service workers, hunger & obesity), food education, and the relationship between food and health. For additional information about this year's Food Day initiative and how you can participate in or host your own event, visit: <http://www.foodday.org>, email foodday@cspinet.org, or call 202-777-8392.



Save the Date – Webinar: The State of Obesity: Better Policies for a Healthier America, October 29, 2014, 2:00-3:30 PM EDT

Trust for America's Health (TFAH) and Voices for Healthy Kids are hosting a webinar, The State of Obesity: Better Policies for a Healthier America. The webinar will include a summary of key report findings, a discussion about health disparities, and how communities are working to advance policy-oriented solutions. Details on registration for the webinar will be forthcoming.

Free Webinar: Promoting HEALTH Instead of SIZE in Children: Teaching Kids to Connect With and Care For, Not Compare Their Bodies, October 29, 2014, 10:00 AM PST

Whether it's the "thin ideal" for appearance, a "normal" BMI for health, or the "perfect" weight for athletics, kids today learn at ever younger ages that they should compare their bodies to narrow standards that are not right for many of them. Instead of inspiring good self-care, the resulting body objectification and dissatisfaction, internalized weight stigma, worry about weight and drive to lose it lead to poorer eating and fitness habits, diminished health, and weight gain (not loss) over time. The more kids feel anxious and bad about their bodies, the less likely they are to engage in health-enhancing behaviors. Given the harmful effect of conventional, weight-focused approaches to health and wellness, it is critical that adults begin to address the topic of weight more effectively. This webinar will introduce The Model for Healthy Body Image and Weight, a universal, evidence-based model for use in any venue, with any age student, with confidence. This model promotes the attitudes, intentions, motivation, and behaviors needed for positive body image and wholesome lifestyle habits for all, regardless of size, in today's challenging environment. To register for the webinar, please visit: <http://gowoa.me/i/vWQ>.

Funding Opportunity: San Joaquin Valley Health Fund Grants, Deadline: December 1, 2014, 12:00 PM

The Center for Health Program Management will award San Joaquin Valley Health Fund grants up to \$20,000 to networks and organizations located and working in the eight counties of Fresno, Kings, Madera, Mariposa, Merced, San Joaquin, Stanislaus and Tulare. The Center for Health Program Management will fund emerging and established health, social justice, youth-serving and community-based networks or organizations, and local government agencies. For additional information, please visit: <http://www.shfcenter.org/sjvhealthfund>.

Application Process for Posters, Exhibits, Roundtables for the 8th Biennial Childhood Obesity Conference, Deadline: April 1, 2015

Poster sessions and exhibits are fantastic opportunities for your organization to showcase your programs or products with conference participants outside of the traditional workshop session. With high foot traffic and ample time for meaningful one-on-one interactions with conference goers, you'll find that presenting a poster or exhibiting at the Conference is a great way to highlight your obesity prevention efforts in an impactful way.



- * [Click here](#) to learn more about submitting a Poster.
- * [Click here](#) to learn more about becoming an Exhibitor.

Back by popular demand, two back-to-back 30-minute roundtable sessions will be offered to allow for in-depth discussion among small groups on a wide array of topics. Participant-led roundtables provide a setting to share lessons learned, solicit feedback for current or future initiatives, and exchange ideas, knowledge and resources with colleagues of similar needs/interests.

- * [Click here](#) to learn more about hosting a roundtable.

For additional information regarding the 8th Biennial Childhood Obesity Conference, please visit: <http://www.childhoodobesity2015.com/>.



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 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

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>.

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 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.