

## UC CalFresh Weekly Update November 17, 2014



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### UC CalFresh Website Updates

#### SNAP-Ed Site Change Process Resources Now Available!

A copy of the SNAP-Ed Site Change Process Chart, Flowchart and Forms reviewed during the "SNAP-Ed Site Change Request Process Webinar" on 11/6/14 are now available on the UC CalFresh website. For additional information, please visit: <http://www.uccalfresh.org/administrative/targeting-resources>.

#### Updated Food Behavior Checklist Evaluation Tool Now Available!

An updated Food Behavior Checklist (FBC) evaluation tool is now available in English and Spanish. The updated FBC tools should replace any previous versions. The online data entry portal will be available soon and will be announced via weekly update. To download the updated FBC evaluation tools or view the Instruction Guide, please visit: <http://www.uccalfresh.org/evaluation/Adult%20Evaluation>.

### Upcoming Events & Deadlines



#### NOVEMBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4	5	6	7	8
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#### 11/11/14 Veterans Day Holiday

**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 UC CalFresh-EFNEP Skills Based Training," presented by Lyn Brock. Tammy McMurdo and Michele Byrnes will also provide an overview on the Smarter Lunchroom Movement of California.

#### ReadyTalk Information:

Event Address: <https://cc.readytalk.com/cc/s/registrations/new?cid=8ps3x9lk9hsu>

Call-In Toll-Free Number: 1-866-740-1260

Event Password: apple1

Access Code: 7544137

**Attendance is highly encouraged. If you are unable to attend, please notify your supervisor.** If you have any questions, please submit them in advance to Rolando Pinedo at [rgpinedo@ucdavis.edu](mailto:rgpinedo@ucdavis.edu).

#### 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>.

#### Save the Date: December 2014 EFNEP-UC CalFresh Regional Trainings

Please contact Lyn Brock ([rlbrock@ucanr.edu](mailto:rlbrock@ucanr.edu)) if you have any immediate questions regarding these regional trainings.

Date	Location
12/3-12/4	UC-ANR Building 2801 Second Street, Davis, CA 95618-7774
12/8-12/9	University of California, Fresno Center 550 E. Shaw Avenue, Fresno, CA 93710
12/17-12/18	Southern CA (Location TBD)

#### 12/16/14 UC CalFresh Town Hall Webinar, 12:30-2:00 PM

The December UC CalFresh Town Hall Webinar has been scheduled for Tuesday, December 16, 2014 from 12:30-2:00 PM. The topic of the Town Hall will be "Stress and How it Relates to Healthy Eating," presented by Kevin Laugero. Details regarding this webinar will be forthcoming. For additional UC CalFresh Town Hall dates, please visit: <http://www.uccalfresh.org/trainings/town-halls>.

# UC CalFresh Weekly Update: November 17, 2014

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cal fresh Nutrition Education

<http://www.uccalfresh.org>



## UC CalFresh Success Stories

The State Office will begin sharing successes through this new feature in the Weekly Updates. Successes for FFY 2015 can be shared through the online data entry portal: <http://ucanr.edu/survey/survey.cfm?surveynumber=13883>.

*"I learned to save money, time and eat healthier. I never used to notice the unit pricing, now I also do that. Thank you for the classes. I hope there will be more in the future."*

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

*"Well, my daughter is a really picky child, so I was searching for new ways to get her to eat healthy foods. During this nutrition class I explained to the Educator my concerns and she suggested that I tell my daughter that the food will give her super powers and to make meal time more fun. I did; I went home and I told my daughter that if she started eating her food, it will give her super powers. I told her that it will give her hair and eyes powers. Ever since I explained that to her, she has been eating her food a lot more. Thanks!"*

—Plan, Shop, Save, Cook Participant, San Joaquin County



## UC CalFresh in Action!

Share your UC CalFresh success stories with the State Office: <http://ucanr.edu/survey/survey.cfm?surveynumber=13883>

### California Smarter Lunchrooms Movement of California Collaborative

On Thursday, November 13, 2014, an evening reception was held following the California Department of Education's state day at the 2014 California School Nutrition Conference. On behalf of the California Smarter Lunchrooms Movement of California Collaborative, this evening reception celebrated California's participation in the Smarter Lunchrooms Movement and was sponsored by one of the collaborative partners, Kaiser Permanente. The reception was an opportunity for those who participated in the Smarter Lunchrooms Movement trainings in California earlier this school year to share their experiences and successes with those gathered. Stay tuned for more photos and information from the reception!

### 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](mailto:Hamasaki@caes.ucdavis.edu).

### 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).



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

### Roof-top gardens on LA skyscrapers connect people with food

Galvanized horse troughs arranged on the top of a Los Angeles skyscraper have become a productive high-rise herb and vegetable garden, providing ultra-fresh produce to an on-site restaurant, reported Robert Holguin on [KABC TV](#). "Chefs are using what's produced (in the garden) in their kitchens because they know their customers appreciate fresh, local food," said Rachel Surls, the sustainable food systems advisor for UC Cooperative Extension in Los Angeles County. Surls was part of a recent tour of urban agriculture in downtown Los Angeles, a story that was also covered by the [LA Times](#). The visitors—who included growers, urban policymakers, consultants, entrepreneurs and representatives of nonprofits—wandered around the vegetable beds and asked questions as they got a taste of the garden. The article said the garden, on the fifth floor of a building at 6th and Figueroa streets, cost about \$40,000 to build and yields as much as \$150,000 worth of produce every year. [Read full blog article.](#)



## Articles & Research

### SNAP Households Must Balance Multiple Priorities To Achieve a Healthful Diet

The Supplemental Nutrition Assistance Program (SNAP), which has the goal of assisting Americans to purchase an adequate diet, is the largest of the Federal food and nutrition assistance programs and served more than 47 million Americans each month in fiscal 2013. Evidence shows that SNAP benefits help alleviate poverty and food insecurity among participating households. However, like most Americans, the dietary patterns of participating households show room for improvement, with adult participants typically under-consuming fruits, whole grains, and other healthy foods while consuming too many empty calories. Findings from behavioral economics pilot studies suggest that the manner in which food choices are presented can influence consumers' decisions. These insights may help design more effective strategies to encourage SNAP shoppers to make more healthful food choices. ERS researchers analyzed dietary intake data from the 2003-10 waves of the National Health and Nutrition Examination Survey (NHANES) to assess the diets of adult SNAP participants and other adult respondents relative to the 2010 version of the Healthy Eating Index (HEI). The HEI summarizes how closely one's diet conforms to the *Dietary Guidelines for Americans* and is often used to compare diet quality across population subgroups. Public efforts to improve diet quality and health outcomes have typically relied on providing information on what constitutes a healthy diet and why it is important to have one. The ERS study found that SNAP participants value nutrition as much as other consumers, but their time and money constraints complicate the task of making healthy food choices. SNAP participants are more likely to shop just once a month and have a harder time getting to a grocery store. Also, compared to other consumers, SNAP participants tend to be more pessimistic about the value of making dietary improvements. [Read full article.](#)



## Articles & Research (continued)

### School Lunches More Nutritious Than Home-Packed Lunches: Study

Lunches packed at home are generally not as nutritious as school lunches, a new study shows. Researchers compared more than 750 school meals with more than 560 packed meals given to pre-K and kindergarten students in three schools, analyzing them for nutritional value over five days. “We found that packed lunches were of less nutritional quality than school lunches,” said lead researcher Alisha Farris, a Ph.D. candidate at Virginia Tech University. The packed lunches had more fat, and included more desserts and sugary drinks than the school lunches did, the researchers found. As a whole, the packed lunches overall had more calories, fat, saturated fat, sugar, vitamin C and iron than school lunches. In addition, meals brought from home generally had less protein, sodium, fiber, vitamin A and calcium than school lunches, according to the study. “There was a spectrum,” Farris said. “There were some really healthy packed lunches. But overall, they were pretty unhealthy.” The study is published in the November-December issue of the *Journal of Nutrition Education and Behavior*. To analyze the nutritional content of the lunches, the researchers used the 2012-2013 National School Lunch Program Standards as a guide. The school lunches had about 512 calories on average and the packed meals about 608, the researchers found. The protein content of the school meals was about 26 grams, compared to 18 in packed lunches. The researchers also found that packed lunches were less likely than school lunches to have fruits, vegetables, sugar-free juice and milk. For parents who want to pack lunches for their kids, Farris has these tips. “Include a fruit, a vegetable, protein and dairy,” she said. “Pack a sandwich. Put in an apple and carrot sticks.” For dairy, she said, choose what your child likes, such as yogurt, milk or cheese, and put in a cold pack to keep it chilled. [Read full article.](#)

### Obese Children Were Likely to Stay Obese Into Adolescence

Children who are obese may not have to be obese as adolescents. But changing that course may mean overcoming several challenges. Newly released research studied the factors that influenced whether an obese child became an obese adolescent. The study authors found that most obese 10th graders were overweight as fifth graders. Overweight fifth graders were more likely to become obese if they had an obese parent or watched more television than the children who did not become obese. “Understanding factors associated with the transition into and out of obesity would inform efforts to address the obesity epidemic,” the study authors, led by Mark A. Schuster, MD, PhD, of Boston Children’s Hospital, explained. The researchers studied 3,961 public school children when they were in the fifth grade and again when they were in 10th grade. They collected data on the height and weight of the children and one parent per child. Dr. Schuster and team found that 19 percent of the fifth graders and 18 percent of the 10th graders were overweight. Twenty-six percent of fifth graders and 20 percent of 10th graders were obese. “It is frequently stated that most of our habits are formed between ages 11-21 years old. The studies show, however, that in 5th grade which is typically around 11 years old, many children already have poor eating habits as well as poor self image,” said Boston pediatrician Thomas Seman, MD. “Obviously we need to start earlier in identifying these children and educate and support them in making better decisions. Further educating parents is also very important since we know the power of their influence on their children,” Dr. Seman said. The study was published online Nov. 10 in *Pediatrics*. [Read full article.](#)

### mHealth Apps Linked to Well-Being

People are increasingly using mobile health technology to improve their well-being, according to new Gallup research. About half of smartphone users have downloaded at least one app that is meant to support healthy living, and 19 percent of all adults have downloaded and routinely used at least one such app. This means that one out of every five people are regularly using mobile technology to improve their chances of a life well-lived. Among full-time workers, this percentage climbs to 23 percent, according to the researchers. Out of 11 popular types of apps on the market, usage varies. Across all adults, the most common use is for calorie counting: 18 percent report having downloaded an app for that purpose. Of these, one-third—or 6 percent—routinely use the app. Health recipes and food/exercise diaries are the next most common type of apps used. Gallup and the Brooklyn, N.Y.-based health and well-being improvement company Healthways define well-being based on five essential elements: purpose, social, financial, community and physical. Across the U.S., 28 percent of American adults are not thriving in any of the five elements, while just 7 percent are thriving in all five. But those who download and routinely use health-related apps do better in well-being—after controlling for all demographics and for previously existing chronic conditions, these regular users are thriving in at least three of the elements 33 percent of the time, compared with 27 percent among all others. The researchers note that these results don’t prove that using apps will lead to better well-being outcomes; adults with high well-being might be more predisposed to download and use health-related apps. But finding these results after controlling for all demographics and chronic conditions suggests that catalyzing use of health-related apps is a good way to increase well-being. [Read full article.](#)

### How ‘Double Bucks’ For Food Stamps Conquered Capitol Hill

Earlier this year, the farm bill passed, and it included \$100 million, over the next five years, to boost SNAP dollars when they’re spent on fresh fruits and vegetables. Those taxpayer dollars have to be matched by private funding, so the program could add up to \$200 million in total. This idea did not start on Capitol Hill. It began as a local innovation at a few farmers’ markets. But it proved remarkably popular and spread across the country. “It’s so simple, but it has such profound effects for both SNAP recipients and for local farmers,” says Mike Appell, a vegetable farmer who sells his produce at a market in Tulsa, Oklahoma. The idea first surfaced in 2005 among workers at the New York City Department of Health and Mental Hygiene. They were starting a campaign to get people to eat more fresh produce. Candace Young, the director of the department’s nutrition programming at the time, recalls one of their workers pointed out that some SNAP recipients live near farmers markets. “We thought, how about we incentivize them to use their SNAP benefits at these farmers markets?” The city made a few thousand dollars available for the program. So at a few markets in the South Bronx and Harlem, when someone spent \$10 of SNAP benefits, they then received an additional \$4 in the form of coupons called HealthBucks, which could be used to buy more local produce. In 2007, the idea mutated into a form that really caught on. John Hyde and Gus Schumacher collaborated and set up a system that has remained almost unchanged since its implementation in 2007. Schumacher also co-founded, together with chef Michel Nischan, an organization called Wholesome Wave, which has brought the idea of doubling SNAP benefits to farmers markets from Connecticut to California. [Read full article.](#)

### UCSF Initiative Links ‘Sugar Science’ to Your Health

These days, sugar is pretty close to everywhere in the American diet. You probably know that too much sugar is probably not great for your health. Now, a new initiative from UC San Francisco is spelling out the dangers in clear terms. The project is called “sugar science,” and science there is. A team of researchers distilled 8,000 studies and research papers, and found strong evidence showing overconsumption of added sugar overloads vital organs and contributes to three major chronic illnesses: heart disease, Type 2 diabetes, and liver disease. While there are no federal guidelines recommending a limit on sugar consumption, the American Heart Association (AHA) recommends cutting consumption way down. Right now, the average American consumes the equivalent of 19.5 teaspoons a day in added sugars. The AHA says men should cut that down to no more than 9 teaspoons and women should consume less than 6 teaspoons. UCSF Professor Laura Schmidt is lead investigator on the project. “Right now, the reality is that our consumption of sugar is out of whack, and until we bring things back into balance, we need to focus on helping people understand what the consequences are to having the average American...consume too much added sugar.” As part of its outreach, Schmidt’s team has created a user-friendly website and is partnering with health departments across the country to spread the word. The website includes downloadable resources, including television commercials, that public health officials can localize for their own cities. The site also includes tips on concrete steps that people can take to cut down on sugar. The most straightforward way to cut down on sugar is to stop drinking sugar-sweetened drinks. They also recommend reading nutrition labels. [Read full article.](#)

### Is Berkeley’s New Soda Tax a Tipping Point or an Outlier?

Assessing the impact of Berkeley becoming the first city in the nation to tax sugary drinks depends on your perspective. By a significant margin—more than 75%—voters last week approved a penny-per-ounce tax on most sugar-sweetened beverages sold in the city. The goals, proponents say, are to discourage consumption of such drinks and generate money to combat obesity and diabetes. Proponents of the new tax point to the city’s history as a social policy trendsetter and widespread interest in the successful campaign as signs that taxing sugary drinks will grow beyond the city’s borders. “In the days after the election, we heard from a lot of cities across the United States—representing at least a quarter of the states and some international interest as well,” said Sara Soka, campaign manager for Measure D. “People are certainly watching, and now that one city has done it, and Mexico passed this at the national level last year, people are realizing that it is possible.” A one-cent-per ounce tax on sugary beverages went into effect Jan. 1 in Mexico. [Read full article.](#)



## Articles & Research (continued)

### Can doubling down on food stamps boost nutrition?

One new program is about to get a \$100 million boost for recipients. That's the Food Insecurity Nutrition Incentive, or FINI, which was approved in the 2014 Farm Bill. The FINI program, which is now accepting applications to fund new community-based programs through December 15, plans on adding benefits to the Supplemental Nutrition Assistance Program (SNAP), or food stamps, as a way to improve healthy eating for low-income Americans over the next five years. The spending will help fund community programs such as Double Up Food Bucks, which provides matching funds for food stamp recipients to buy fresh fruits and vegetables, effectively "doubling down" on spending. While some might argue that any additional spending is negative, the program comes amid concern that food stamp recipients rely on the benefit to buy unhealthy foods, such as candy or soda. About 13.5 million low income Americans live in so-called "food deserts," or urban or rural areas without access to fresh food in grocery stores. Lack of healthy food can contribute to obesity and other health issues, health experts say. Yet at the same time, some food deserts may offer farmer's markets, such as Newark, New Jersey, a troubled city plagued by poverty which offers a weekly farmer's market in the summer and fall. The idea of providing an incentive to buy local produce started about a decade ago. That's when a New York City program gave food stamp recipients an extra \$2 to spend on fresh produce if they spent \$5 of their food stamp benefits at a farmer's market. Similar incentive programs spread to more cities, often with support from private organizations. At the same time, the USDA has sought to help food-stamp recipients spend their benefits on local produce, mainly thanks to the USDA's push to license farmer's markets to accept SNAP benefits. The first rollout will come early next year, through \$31.5 million in spending on the first approved programs through the FINI plan. The effort will fund community-based programs that increase consumption of regionally grown produce, and which are located in underserved communities. [Read full article.](#)



## Education & Resources

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



### Create a Healthy, Thrifty Holiday Feast!

SNAP-Ed Connection has designed several easy holiday menus with budget-conscious audiences in mind. Each menu has vegetarian options, indicated with a 🌱. Cost estimates for the ingredients are also included. All recipes meet Recipe Finder Review Criteria. Try the [Thanksgiving menu](#) or the [Thanksgiving Leftovers menu](#). Planning ahead for [December](#)? Be sure to check out the menus for other upcoming holidays, including Hanukkah, Christmas and Kwanzaa.

### Release of Good Food Org. Guide

The [James Beard Foundation](#) and Food Tank developed and released the first annual "[Good Food Org Guide](#)." This Guide highlights nonprofit organizations that are doing exemplary work in the United States in the areas of food and agriculture, nutrition and health, hunger and obesity, and food justice. Only nonprofit, scholarly, and municipal initiatives have been selected in order to spotlight efforts that are focused on community building and engagement, advocacy and service. The vision and objective of this annual publication is to focus attention on the dozens of nonprofit organizations who are working in fields, kitchens, classrooms, laboratories, businesses, town halls, and Congress to create a better food system. The list was determined by distinguished experts, including past recipients of the James Beard Leadership Award and food and agriculture leaders. **Congratulations to selected Western Region SNAP partners from Alaska, Arizona, California, Idaho, Nevada, and Oregon featured in this Guide and below.**

#### Alaska

- \* [The Alaska Food Coalition](#)

#### Arizona

- \* [The Arizona Nutrition Network\\*](#)  
(\*Arizona's SNAP-Ed Program)

#### California

- \* [ChangeLab Solutions](#)
- \* [Community Alliance with Family Farmers](#)
- \* [The Ecology Center](#)
- \* [Los Angeles Food Policy Council](#)
- \* [Prevention Institute](#)
- \* [Roots of Change](#)

#### Idaho

- \* [The Idaho Foodbank](#)
- \* [Idaho Hunger Relief Task Force](#)

#### Nevada

- \* [Southern Nevada Food Council](#)

#### Oregon

- \* [Oregon Food Bank](#)

For additional information on the Good Food Org Guide and the partners listed below, please visit: <http://foodtank.com/news/2014/10/food-tank-and-james-beard-foundation-2014-good-food-org-guide>.

### Holiday Food Safety Resources

The holidays are the perfect time for sharing messages of good food and good health! Below are resources from [HolidayFoodSafety.org](#) to help keep your holiday season food safe!

- \* [Holiday Food Safety Social Media Page](#)
- \* [Planning Tips for a Successful Holiday Event](#)
- \* [Get Your Kitchen Ready for the Holidays](#)
- \* [Handling Holiday Ingredients](#)



Please visit: <http://www.holidayfoodsafety.org> for additional holiday resources, including: an infographic; Holiday Food Safety PowerPoint; brochure; shopping lists; and more!

### Trivia, Activities, Tips for Getting Kids Involved in Thanksgiving

Kids.gov offers trivia, activities and tips for getting kids more involved with the Thanksgiving holiday! Click the links below to access activities and tips for getting kids involved:

- \* [Help Prepare Your Family's Thanksgiving Dinner](#)
- \* [Thanksgiving Ideas for the Classroom](#)
- \* [Get Your Kids Involved with Thanksgiving Cooking](#)
- \* [Thanksgiving Activities for Home](#)
- \* [What Was on the Menu at the First Thanksgiving?](#)

Visit <http://kids.usa.gov/parents/exercise-fitness-nutrition/thanksgiving-parents/index.shtml> for additional information and resources on how to get your kids involved with the Thanksgiving holiday!

### 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>.

## Education & Resources (continued)

### Funding Opportunity: 2015 Youth Garden Grant, Deadline: December 5, 2014

Since 1982, National Gardening Association has provided the Youth Garden Grant to over 5,000 schools, nonprofits and youth programs across the United States. Youth Garden Grant has contributed over 2.8 million dollars in funding to youth gardening initiatives and serves as National Gardening Association's longest standing grant program. This year, Youth Garden Grant is sponsored by the Grandchildren of Helene and Mark Eisner and by KidsGardening.org's generous donor base with contributions from Bonnie Plants, Ames and New England Arbors. Twenty (20) awards will be offered this year to support programs in the United States. To be eligible for the 2015 Youth Garden Grant, your school or organization must plan to garden in 2014 with at least 15 children between the ages of 3 and 18. The selection of winners is based on the demonstrated relationship between the garden program and education related to the environment, health and nutrition issues, character education, and entrepreneurship in the United States. For additional information, please visit: <http://grants.kidsgardening.org/2015-youth-garden-grant-0>.

### Funding Opportunity: Specialty Crop Block Grant Program, Deadline: December 5, 2014, 5:00 PM PST

The California Department of Food and Agriculture (CDFA) conducts an annual competitive solicitation process to award Specialty Crop Block Grant Program (SCBGP) funds to projects that solely enhance the competitiveness of California specialty crops. Specialty crops are fruits, vegetables, tree nuts, dried fruits, and horticulture and nursery crops (including floriculture). For a list of eligible and ineligible commodities, visit the [United States Department of Agriculture, Agricultural Marketing Service website](http://www.cdfa.ca.gov/Specialty_Crop_Competitiveness_Grants/). For additional information, please visit: [http://www.cdfa.ca.gov/Specialty\\_Crop\\_Competitiveness\\_Grants/](http://www.cdfa.ca.gov/Specialty_Crop_Competitiveness_Grants/). [Read full Press Release.](#)

### Webinar: Safe Routes to School as a Tool to Address Chronic Absenteeism, December 15, 2014, 2:30-4:00 PM EST

What is the relationship between student transportation and attendance? The National Partnership is teaming up with Attendance Works to explore how we can help students get to school every day. This webinar will discuss how transportation can be a barrier to school attendance and highlight Safe Routes to School as a resource to help communities address chronic absenteeism. Panelists will share community based solutions, best practices, and opportunities to partner with organizations and groups that can be allies in ensuring students have access to safe and reliable transportation to school. To register for the webinar, please visit: <https://attendee.gotowebinar.com/register/2165056405016312578>.

### Registration Open: 8th Biennial Childhood Obesity Conference, June 29-July 2, 2015, Deadline for Early Bird Rates: December 31, 2014

Registration for the 8th Biennial Childhood Obesity Conference is now open. Early Bird Registration Rates are available through December 31, 2014:



- \* **Early Bird Registration:** \$325.00 (on or before December 31, 2014)
- \* **Student Early Bird Registration:** \$260.00 (on or before December 31, 2014) [[Click here](#) for student verification requirements]

For additional information on the conference, including registration fees and lodging options, please visit: [www.childhoodobesity2015.com](http://www.childhoodobesity2015.com). To register online, please visit: [https://www.cce.csus.edu/conferences/webreg/Register\\_CO15a.cfm?CID=1741](https://www.cce.csus.edu/conferences/webreg/Register_CO15a.cfm?CID=1741).

### Webinar: Increasing Teen School Breakfast Participation Through Principal Engagement, December 11, 2014, 3:00-4:00 PM EST

Research shows that offering Breakfast in the Classroom programs like Grab and Go is one of the most proven effective strategies to increasing school breakfast participation among teens. Common barriers to school breakfast participation like late arrivals, long security lines, and the stigma associated with the program being for "poor kids" are even more prevalent at the middle and high school levels where participation in school breakfast tends to be much lower than at the elementary school level. Recognizing the need to make breakfast more accessible, secondary school principals across the country are alleviating these barriers to participation through the implementation of alternative breakfast models like Grab and Go and Second Chance Breakfast where the morning meal is made available after first period for teens that are typically not hungry at the start of the school day. These schools have experienced dramatic increases in breakfast consumption and have reported declines in disciplinary problems, tardiness and visits to school nurses and increases in student attentiveness, attendance, and overall academic performance. Join Food Research & Action Center (FRAC) to hear from secondary school principals who are seeing these positive results first hand and learn how principals in middle and high schools around the country are enhancing the learning environment through the implementation of alternative breakfast models. To register for the webinar, please visit: [http://org2.salsalabs.com/o/5118/p/salsa/event/common/public/?event\\_KEY=72507](http://org2.salsalabs.com/o/5118/p/salsa/event/common/public/?event_KEY=72507).

### 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](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

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.uccalrfresh.com/weekly-updates>.

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