

UC CalFresh Weekly Update

March 16, 2015



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- * California Conference of Local Health Department Nutritionists (CCLHDN)
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Upcoming Events & Deadlines

MARCH 2015

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				

3/17-3/18/15 2015 SNAP-Ed LIA Forum, Sacramento, CA
For additional information on the 2015 SNAP-Ed LIA Forum, please visit the [2015 LIA SNAP-Ed Forum website](#).

3/23/15 UC CalFresh Site Change Requests due to the UC CalFresh State Office for Review

Please submit any site change requests for UC CalFresh to Jennifer Quigley (jaquigley@ucdavis.edu) by **Monday, 3/23/2015**. The new site change form (March 2015) must be used for all site changes submitted for the April 1 deadline to CDSS. Updated forms can be found on the CDPH NEOPB FFY15 SNAP-Ed Resources webpage: <http://www.cdph.ca.gov/programs/cpns/Pages/FFY15SNAP-EdResources.aspx>.

3/31/15 UC CalFresh Town Hall Webinar, 12:30-2:00 PM

Please save the date for the UC CalFresh Town Hall webinar, scheduled from 12:30-2:00 PM. Note this webinar has been re-scheduled due to the SNAP-Ed LIA Forum. Additional details on this webinar will be forthcoming.

4/24/15 Q2 UC CalFresh Reporting Tools Workbooks & Documentation Due to the UC CalFresh State Office

FFY 2015 Q2 Reporting Tools Workbooks and documentation for UC CalFresh are due by **5:00 PM on Friday, April 24, 2015**. Please contact Jennifer Quigley (jaquigley@ucdavis.edu, (530) 754-4137) if you have any questions related to your workbooks.

5/1/15 Last Day to Submit All Site Change Requests for FFY 2015 to CDSS

Please visit the CDPH NEOPB FFY 15 SNAP-Ed Resources webpage for additional information and resources for the Site Change Process: <http://www.cdph.ca.gov/programs/cpns/Pages/FFY15SNAP-EdResources.aspx>.

5/27-5/28/15 California Conference of Local Health Department Nutritionists (CCLHDN) Conference, Los Angeles California

CCLHDN proudly invites you and your colleagues to their annual conference! The conference is open to all personnel working in: public health nutrition, local health departments, WIC, NEOP, chronic disease prevention, and nutrition programs that target low-income populations. Register at cclhdn.org before March 25th to receive an early bird discount! For additional information on the CCLHDN conference, please visit: <http://cclhdn.org/2015-conference/> or refer to the attached flyers.

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 lmhamasaki@ucdavis.edu.



UC CalFresh Weekly Update: March 16, 2015

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UNIVERSITY of CALIFORNIA
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>.

"This class showed me [how] to check labels before buying something from the store. It also has showed me all the sorts of food I can bake without fat, and also to eat a lot more healthy than I was eating. I learned to buy a lot of groceries without spending lots of money."

—Eating Smart, Being Active Participant, Fresno County

"After learning about the effects of sugar on me, I chose to not include any excess sugar or sugary foods in my diet and I am now able to wake up at 4:30 every morning without lethargy or tiredness...and I feel magnificent."

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



UC CalFresh in Action!

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

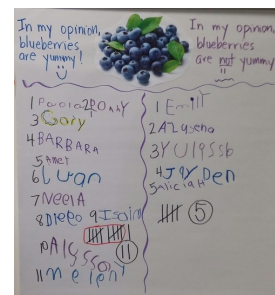


Taking Tasting Time to the Next Level!, UCCE Fresno County

UC CalFresh in Fresno County offers monthly tastings for teachers and students. During this time, students are given the opportunity to try a food that they have never tasted before. Ms. Alcalá and Mrs. Lopez's class took their tastings to the next level by incorporating writing and math skills.

Mrs. Lopez's 3rd grade class at Rowell Elementary is creating and writing their own "Tasting Time" booklet. The booklet includes their descriptions and opinions about each tasting.

Ms. Alcalá's T-K class at Brletic Elementary practiced writing their names. They also learned to count the names and add the numbers together. [Read full blog article.](#)



The Smarter Lunchrooms Movement of California

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

The Smarter Lunchrooms Movement of California Monthly Nudge

The Smarter Lunchrooms Movement of California *Monthly Nudge* is a monthly newsletter which provides updates on how the Smarter Lunchrooms Movement is moving throughout California and is brought to you by the SLM of CA Collaborative. The newsletter provides updates, upcoming trainings and events, and more! If you are interested in signing up to receive the *Monthly Nudge*, please contact Michele Byrnes at mnbbyrnes@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 lmhamasaki@ucdavis.edu.



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

University of California Nutrition Policy Institute (NPI)

The Nutrition Policy Institute (NPI) brings together experts from throughout the University of California system to share, synthesize, develop and collaborate on nutrition policy research, particularly related to food insecurity, prevention of obesity and diabetes, and the promotion of physical activity and wellness. NPI is an institute within UC ANR, with the mission of improving nutrition and reducing obesity, hunger and chronic disease risk in children and their families in diverse settings. The institute and its director, Lorrene Ritchie, will provide statewide nutrition policy leadership for ANR's research and education activities and will work in synergy with research and outreach efforts being conducted in Davis and Berkeley campus departments and colleges and throughout the UC system. For additional information on the Nutrition Policy Institute, please visit: <http://npi.ucanr.edu>.

Tell the USDA that water should be first for thirst

Nutrition scientists issued their findings to the U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) last month on the proposed 2015 Dietary Guidelines for Americans. During the open comment period, which ends April 8, the University of California Nutrition Policy Institute (NPI) is encouraging the public to ask the government to make water the drink of choice in their final version of the 2015 guidelines and add a symbol for water on MyPlate. MyPlate is the infographic used nationally to portray the recommendations in the Dietary Guidelines for Americans. "The Dietary Guidelines are the nutrition bible for Americans, and MyPlate is used to teach children and adults alike how to follow them," said Lorrene Ritchie, NPI director. "Americans have the privilege to weigh in on the guidelines and influence the outcome. It's an opportunity that shouldn't be ignored." The Nutrition Policy Institute was created in 2014 by UC Agriculture and Natural Resources, the division of the UC system charged with sharing research-based information with the public about healthy communities, nutrition, agricultural production and environmental stewardship. Before the 2015 Dietary Guidelines Advisory Committee released its report last month, NPI asked the committee to include strong language encouraging the consumption of water as the beverage of choice for adults and children. The committee's report says, "Strategies are needed to encourage the U.S. population to drink water when they are thirsty. Water provides a healthy, low-cost, zero-calorie beverage option." Now Ritchie said she is hopeful that the guidelines' most-used educational companion, MyPlate, will reflect the committee's statement. The public can help. Anyone can submit comments on the report and many special interest groups, industry representatives, advocates and policymakers are expected to do so. The UC Nutrition Policy Institute developed a "Take Action!" page on its website with easy-to-follow guidelines for submitting comments on the [Dietary Guidelines for Americans](#). [Read full blog article.](#)



SNAP-Ed Local Implementing Agency Forum

Join the Movement!

March 17 & 18, 2015
Sacramento, CA



SNAP-Ed Local Implementing Agency Forum Background

The California Department of Social Services (CDSS), and its state partners, the California Department of Public Health (CDPH), Nutrition Education and Obesity Prevention Branch (NEOPB); the California Department of Aging (CDA); the University of California, CalFresh Nutrition Education Program (UC CalFresh); and Catholic Charities of California (CCC), request your attendance at the 2015 Supplemental Nutrition Assistance Program-Education (SNAP-Ed) Local Implementing Agency (LIA) Forum. The 2015 LIA SNAP-Ed Forum includes three required pre-forum webinars, as well as a two-day in-person meeting. Additional information, including the goals and objectives of the 2015 LIA SNAP-Ed Forum can be found on the Forum webpage: <http://www.cvent.com/events/2015-lia-snap-ed-forum/event-summary-d282e8ac2cd44eb380e1c12c56dc06d9.aspx>.

Pre-Forum Webinars

The pre-forum webinars will address LIA feedback pertaining to last year's forum, the work plan planning and review processes, and the specific content essential to a successful working forum. **All webinars will be recorded and made available on the Forum website.** Please note that the webinars are an essential part of the overall forum content. The in-person content will build off information presented in the webinars. Participation by all LIAs is recommended and strongly encouraged. There are a limited number of registration slots for each webinar. We request that **each LIA only register once for each webinar**, and view together in your office. Please note that each webinar has a distinct and different registration link.

* Pre-Forum Webinar #1—Step 1: Partners & Planning, Friday, February 13, 2015, 10:00-11:30 AM

This webinar covered an overview of the forum, and provided content around partnerships and Collective Impact as a way to frame SNAP-Ed work within the larger context of county work around better health. A copy of the PowerPoint slides and webinar recording for Pre-Forum Webinar #1 are available on the 2015 LIA SNAP-Ed Forum website. Please [click here](#) to access the files.

* Pre-Forum Webinar #2—Step 2: The Work Plan, Friday, February 20, 2015, 10:00-11:30 AM

This webinar detailed the integrated local work plan development process and provided guidance on expectations as a part of the FFY16 work plan build out. A copy of the PowerPoint slides and webinar recording for Pre-Forum Webinar #2 are available on the 2015 LIA SNAP-Ed Forum website. Please [click here](#) to access the files.

* Pre-Forum Webinar #3—Step 3: Putting It All Together with PSE Strategies, 10:00-11:30 AM

This webinar detailed the integrated local work plan development process and provided guidance on expectations as a part of the FFY16 work plan build out. A copy of the PowerPoint slides and webinar recording for Pre-Forum Webinar #2 are available on the 2015 LIA SNAP-Ed Forum website. Please [click here](#) to access the files.

In-Person Forum, Deadline to Register Online is: Monday, March 9, 2015

The purpose of the in-person forum is to bring all five SNAP-Ed Implementing Agencies and subcontractors together to increase coordination, cohesion and collaboration statewide and at the local level to maximize resources, expertise and impact so that SNAP-Ed eligible Californians increase their ability to make healthy food choices within a limited budget and choose physically active lifestyles. The Forum will provide attendees an environment conducive to planning and developing an integrated SNAP-Ed work plan for local jurisdictions while providing training opportunities on evidence and practice based SNAP-Ed interventions. Both components provide the tools needed to successfully implement local SNAP-Ed activities in a coordinated and collaborative fashion.

In-Person Forum Location, Accommodations and Transportation

The 2015 LIA SNAP-Ed Forum is being held at the **DoubleTree Sacramento** (2001 Point West Way, Sacramento, CA 95815).

* **Parking at the DoubleTree:** Self-parking and overnight parking has been discounted for our group to \$4 per day (no valet parking). The parking lot offers daily in-and-out parking privileges.

* **Driving & Transportation Options:** For driving directions to the DoubleTree, please [click here](#). If you are flying, the Sacramento International Airport (SMF) is 15 miles away. There is no hotel shuttle but SuperShuttle costs about \$17 each way.

Forum Materials & Suggested Materials to Bring with You to the Forum

Some materials will be provided at the in-person Forum. For a full list of items, please [click here](#).

Suggested materials to bring with you to the Forum include:

- * Contact lists (beyond the LIA list and anything involving subcontractors)
- * County/City/CNAP contacts and partners and availability of other programs and services
- * Targeting Summary
- * FY15 Work Plan and budgets
- * Evaluations, CX3 data
- * Community needs assessments (demographics, behaviors, community disparities, priorities and unmet/gaps)
- * Geo mapping information
- * Organizational and Program Assets
- * County profile information
- * Other information/materials that can help facilitate integrated work plan discussions
- * Questions!



Restricting Sugar-Sweetened Beverages From SNAP Purchases Not Likely To Lower Consumption

Americans now get an average of nearly 21 percent of their daily calories from beverages, up from 12 percent in 1965. Since calories from beverages may be less satiating than calories from food, consumers may not recognize how many calories they are consuming from beverages, potentially leading to higher total caloric intake. While some beverages—such as milk and 100-percent fruit and vegetable juices—provide important nutrients such as calcium and vitamin C, sugar-sweetened beverages (SSBs) provide few (if any) essential nutrients. As a result, some argue that SSBs have had a super-sized role in contributing to obesity in the United States. To reduce obesity and improve health outcomes, many States and localities have attempted to limit SSB intake through taxes and other policies. For example, some States levy sales taxes on SSBs or taxes on SSB producers and distributors. Voters in Berkeley, CA, recently approved a 1-cent-per-ounce tax on sugar-sweetened sodas and energy drinks, and restrictions on the container size in which food service establishments can sell SSBs have been proposed in New York City. Benefits for USDA's Supplemental Nutrition Assistance Program (SNAP) are delivered to recipients through Electronic Benefit Transfer cards that can be used to purchase foods intended for home preparation and consumption at authorized retailers. (SNAP benefits cannot be used to purchase beer, wine, vitamins, and hot foods, or food that will be eaten in the stores.) Some policymakers and nutrition advocates have suggested that changes to SNAP, such as excluding SSBs from the set of allowable items that can be purchased using benefits, could directly address overconsumption of SSBs among low-income populations who receive program benefits. Others have argued that such restrictions would have little impact on consumption patterns because SNAP benefits only cover a portion of the household's total food spending for most SNAP participants. SNAP households could purchase SSBs using the remainder of their food budget. In addition, not all SSBs consumed by SNAP participants are obtained from grocery and other food stores. SNAP participants also use their own money to purchase food and beverages from restaurants, vending machines, or obtain food from family, friends, or community events. A recent study published in USDA's *Amber Waves*, found that between 73 and 83 percent of low-income adults consume sugar-sweetened beverages on any given day, according to national dietary intake data. SNAP participants are no more likely to consume sugar-sweetened beverages than otherwise similar low-nonparticipants. [Read full article.](#)

USDA Announces Nationwide Expansion of Team Up for School Nutrition Success Initiative

Agriculture Secretary Tom Vilsack announced additional support for schools working to serve school children healthy meals with the nationwide expansion of the [Team Up for School Nutrition Success Initiative](#). The initiative will provide school nutrition personnel across the country tailored technical assistance and peer to peer mentoring. This allows schools to address their individual resource and training needs. USDA conducted a pilot of the Team Up effort in the southeast region last fall and will now expand the program to other regions of the country. The Team Up for School Nutrition Success Initiative is one more in a series of USDA efforts to help schools successfully serve healthier meals, which has included additional funding for school food services, trainings and technical support, and flexibility in the new standards where appropriate. The Team Up for School Nutrition Success training is tailored to schools and covers topics like menu planning, financial management, procurement, meal presentation and appeal, as well as youth engagement tactics and strategies to reduce plate waste. Schools will have the opportunity to learn from each other in order to make positive strides toward providing healthy school environments with financial stability and strong student participation. [Read full Press Release.](#)

USDA Awards Grants to Support Schools Serving Healthier Meals and Snacks

Agriculture Secretary Tom Vilsack announced that the U.S. Department of Agriculture (USDA) will be awarding over \$30 million in grants to help schools prepare healthy meals for their children. Twenty-five million dollars in grants will help schools purchase needed equipment to make preparing and serving healthier meals easier and more efficient, and up to \$5.5 million will provide additional training for school food service professionals. Since 2009, USDA has provided \$185 million in kitchen equipment funding to states and schools participating in the National School Lunch (NSLP) and School Breakfast (SBP) Programs. USDA provides the funding to states, which then competitively award grants to school districts in order to purchase necessary equipment, giving priority to high-need schools where 50 percent or more of the enrolled students are eligible for free or reduced price meals. To further assist school food workers, USDA is also announcing the availability of up to \$5.5 million in Team Nutrition training grants for FY 2015. These grants are only open to state agencies administering the NSLP, SBP, the Summer Food, or Child and Adult Care Food Programs. Through a competitive grants process, Team Nutrition training grants will be funded for the period of September 30, 2015—September 30, 2017. State agencies may apply for up to \$350,000. To apply for the grants, state agencies should visit: www.grants.gov. [Read full Press Release.](#)

Reach of Supplemental Nutrition Assistance Program-Education (SNAP-Ed) Interventions and Nutrition and Physical Activity-Related Outcomes, California, 2011-2012

This study combined information on the interventions of the US Department of Agriculture's Supplemental Nutrition Assistance Program-Education with 5,927 interview responses from the California Health Interview Survey to investigate associations between levels of intervention reach in low-income census tracts in California and self-reported physical activity and consumption of fruits and vegetables, fast food, and sugar-sweetened beverages. Adults and children from high-reach census tracts reported eating more fruits and vegetables than adults and children from no-intervention census tracts. Adults from census tracts with low, moderate, or high levels of reach reported eating fast food less often than adults from no-intervention census tracts. Teenagers from low-reach census tracts reported more physical activity than teenagers in no-intervention census tracts. The greatest concentration of Supplemental Nutrition Assistance Program-Education interventions was associated with adults and children eating more fruits and vegetables and adults eating fast food less frequently. These findings demonstrate the potential impact of such interventions as implemented by numerous organizations with diverse populations; these interventions can play an important role in addressing the obesity epidemic in the United States. [Read full article.](#)

The astonishing state-by-state rise in food stamp reliance

The share of households on food stamps has more than doubled since 2000, a new Census Bureau report finds. From 2000 to 2013, the share of households receiving aid through the Supplemental Nutrition Assistance Program has grown from 6.2 percent to 13.5 percent nationally. What was once a program providing aid to 1 in 16 Americans is now helping 1 in 8. To be counted, only one individual per household has to be receiving SNAP benefits over the year prior to being surveyed. In the year 2000, 10.9 percent of West Virginian households received food stamps—more than any other state. Today, 37 states boast rates above that level. Four states—Wisconsin, Nevada, Michigan and Massachusetts—saw SNAP reliance more than triple by 2013. Another 26 saw rates more than double. Michigan and Oregon posted the largest percentage point increases, with rates up 11.7 points in each. Wyoming has seen food stamp use rise the least, with a mere 0.5 percentage point rise, the only one lacking statistical significance. The rate in Washington, D.C. rose from 8.8 percent in 2000 to 15.7 percent, a 6.9 point rise. Today, the share of households on food stamps is as high as 19.8 percent in Oregon and 19.4 percent in Mississippi and as little as 5.9 percent in Wyoming. Southern states are home to some of the highest rates of food stamp reliance, as the Census Bureau notes. States in the Midwest and West have some of the lowest rates. Nearly half the states in 2000 had SNAP rates below today's minimum 5.9 percent, with Colorado boasting the lowest rate of 3.3 percent back then. Another 14 states had rates below 5 percent. Just three states—West Virginia, Kentucky, and Louisiana—had rates above 10 percent in 2000. Today, 40 states do. [Read full article.](#)

Students Eat More Fruit and Throw Away Less Food With New Healthier School Lunches

After the U.S. Department of Agriculture's healthier school meal standards went into effect, students ate more fruit and threw away less of their entrees and vegetables than before the changes, according to a study published in *Childhood Obesity*. The study was led by the Rudd Center for Food Policy & Obesity at the University of Connecticut and funded by the Robert Wood Johnson Foundation (RWJF) and the Eunice Kennedy Shriver National Institute of Child Health and Human Development. It is among the first studies to reliably measure student consumption of entrees, fruits, vegetables and milk during lunch, before and after the healthier standards took effect. Contrary to concerns about increased food waste following the initial implementation of the updated standards, this study shows that students are throwing away less food now than they were before the standards were in place. "This research adds to evidence that the updated nutrition standards for the National School Lunch Program can succeed in helping students eat healthier," said Marlene Schwartz, PhD, the study's lead author and director of the Rudd Center. Researchers analyzed students' food selection, consumption, and waste before and after the updated standards were in place by photographing and weighing individual items on lunch trays. Specifically, researchers tracked students from 12 middle schools in an urban school district for three years—from the spring of 2012 through the spring of 2014—before the standards changed and two years after. More than 70 percent of the students in the district qualify for free or reduced-price meals. Nearly half of the students (47%) are African-American, 38 percent are Hispanic and 15 percent are white. [Read full article.](#)



Education & Resources

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



Celebrate National Nutrition Month at Home!

In honor of [National Nutrition Month](#)[®], MyPlate is sharing resources to help you bite into a healthy lifestyle everywhere you go! Whether you are just beginning to grow your family, raising “tweens”, or keeping in touch with loved ones far away, family is the focus at home. MyPlate can help keep your family healthy with a variety of resources. The [Healthy Eating on a Budget](#) section of [ChooseMyPlate.gov](#) offers information on meal planning, smart shopping ideas, and tips for creating healthy meals at home. When cooking at home, you can often make better choices about what and how much you eat and drink. Cooking also can be a fun activity and way for you to spend time with family and friends. To find free family-friendly recipes that will help you stay within your budget while cooking at home, check out [What's Cooking? USDA Mixing Bowl](#). [MyPlate for moms and moms-to-be](#) and [MyPlate Kids' Place](#) provide information about a healthy lifestyle for you and your growing family. You can learn about special nutritional needs and how to meet those needs by making healthy choices in each food group. To stay up-to-date with nutrition, “Like” the [MyPlate Facebook page](#) and share the latest healthy eating tips with your family and friends while staying in touch with them online! [Read full blog article.](#)

Webinar: Implementing Strategies Across the Community to Help Families with Childhood Obesity, March 17, 2015, 10:00-11:00 AM PST

In 2011, with funds from the Affordable Care Act, CDC provided funding to 4 grantees to conduct a 4-year Childhood Obesity Research Demonstration (CORD) project, which aims to improve children’s nutrition and physical activity behaviors in the places where they live, learn and play. While we wait for final evaluation data from each of the demonstration sites, we are learning about novel ways that public health and primary care can work together to embed healthy eating and active living in the daily routines of children and families. CORD is increasing healthy eating and active living opportunities for young children and their families by supporting change at the individual, system and community levels. For additional information, including how to register, please visit: <https://attendee.gotowebinar.com/register/8525999455235054593>.

USDA Announces \$9 Million to Support Community Food Projects Program, Deadline: March 17, 2015

The U.S. Department of Agriculture’s (USDA) National Institute of Food and Agriculture (NIFA) announced the availability of \$9 million in funding to assist low-income individuals and communities in developing local and independent food systems. NIFA is funding the grants through the [Community Food Projects program \(CFP\)](#), authorized by the Agricultural Act of 2014 (Farm Bill). “Community Foods Projects provide the opportunity for low-income communities to become more self-reliant and take control of their own food systems,” said Sonny Ramaswamy, NIFA director. “These projects create food systems that are economically equitable and socially and environmentally sustainable, providing real solutions for communities most in need.” Community Food Projects involve the entire food system. Projects assess strengths and establish connections among existing food systems, resulting in improved food systems that support self-reliance. Grants are intended to help eligible, private, nonprofit entities in need of a one-time installment of federal assistance to establish and carry out multipurpose community food projects. Projects are funded from \$10,000 to \$300,000 and up to 36 months. All grants require a dollar-for-dollar match in resources. Please see the [request for applications](#) for specific program requirements. [Read full blog article.](#)

Webinar Series: Growing Roots in Farm to School in 2015

USDA Farm to School staff and guest speakers have just what you need to start or expand your farm to school program in the new year. Starting in January, 2015, this 11-part webinar series will help you build your farm to school skills and develop new strategies for bringing local foods into the lunchroom. Join us for tips and insights on topics like building a team, menu planning, program sustainability, and more! New this year: earn SNA Continuing Education Units for each webinar attended. Below is the schedule of webinars:

* Promoting Your Farm to School Program, March 19, 2015, 2:00 PM EST

You’ve put in so much hard work! Now, how do you promote your farm to school program to ensure student, school, and community engagement? Hear from several school districts who have successfully promoted farm to school programs while managing a tight budget.

* School Gardening, April 2, 2015, 2:00 PM EST

* Curriculum Integration, April 16, 2015, 2:00 PM EST

* Program Sustainability, April 30, 2015, 2:00 PM EST

* Evaluating Your Program, May 13, 2015, 2:00 PM EST

* Tying it All Together and Digging In, May 28, 2015, 2:00 PM EST

Unable to join the webinars live? Webinars will be recorded for future reference. The full listing of webinars can be found on the USDA Farm to School website: <http://www.fns.usda.gov/farmtoschool/videos-and-webinars>. To register for any of the webinars, please visit: <https://www.surveymonkey.com/s/YMTTVNK>.

Webinar: California School Meal Requirements: What you need to know, March 24, 2015, 1:00-2:30 PM

On behalf of the California Department of Public Health Nutrition Education Obesity Prevention Branch (NEOPB) and in partnership with the California Department of Education (CDE), the Public Health Institute and its program California Project LEAN invite you to participate in the upcoming California *School Meal Requirements: What you need to know* webinar scheduled for Tuesday, March 24th from 1:00-2:30 PM. Per the Healthy, Hunger-Free Kids Act of 2010, USDA made the first major changes in school meals in 15 years, which will help us raise a healthier generation of children. This webinar will provide:

- * An overview of the school lunch and breakfast requirements
- * A description of meal components
- * Steps you can take to support schools as they implement these changes

The target audience is NEOPB staff, Local Health Departments, and partner SNAP-Ed Local Implementing Agencies. Participants will learn how these issues must be addressed at the local level, and how this may impact your efforts. To register for this webinar, please visit: <https://attendee.gototraining.com/r/5458722653489444097>.

Webinar: Summer Meals: Transitioning from CACFP Afterschool Meals, March 25, 2015, 3:00-4:00 PM EST

Access best practices and policy guidance to better transition from CACFP into the Summer Food Service Program (SFSF). To register for the webinar, please visit: <https://usdafnsocco.wufoo.com/forms/z1fz22yq15lwrhy/>.

Webinar: Expanding Access to Healthy Food: New Data, New Ideas, New Directions, March 26, 2015, 12:00-1:00 PM PST

Roughly 30 million Americans—about 1 in 10—live in communities without adequate access to healthy food. Over the last decade, increased awareness of this reality has spurred national and local efforts to expand healthy food access, particularly in low-income communities. This webinar session will offer fresh perspectives on understanding and addressing food-access issues. Tune in to hear experts explore questions such as, *What do the data show on low- and moderate-income consumers’ needs and behaviors regarding healthy food? What programs and approaches have proven to be most successful? And What factors are most important for addressing this issue over the next five years?* This webinar is being hosted by the Federal Reserve Bank of St. Louis and will explore national and local efforts to expand healthy food access, particularly in low-income communities. To register for this webinar, please visit: <https://www.webcaster4.com/Webcast/Page/584/7435>.

Education & Resources (continued)

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/>.

Fire Up Your Feet Rewards Active Families and Schools!, Spring Activity Challenge: April 13 through May 15

Fire Up Your Feet is an awards-based program of the Safe Routes to School National Partnership, aimed at encouraging families, students and schools to create active lifestyles that inspire our children to be healthy and physically active. Fire Up Your Feet offers yearly fall and spring Activity Challenges. Fire Up Your Feet Challenge Awards are unrestricted funds that directly support Safe Routes to School programs, or a school-based health and wellness initiative of the school's choice. Awards are given to schools with the highest number of students, plus parents, guardians, and school staff tracking one or more physical activities during the Challenge using the online activity tracker, divided by total school enrollment. Anyone can register and track activity for a school using Fire Up Your Feet resources! Winning is as easy as 1-2-3!

- 1) **Click It!** Register today at fireupyourfeet.org.
- 2) **Track It!** Track your physical activity using our easy online Activity Tracker. Bicycling, walking, recess—all activity counts!
- 3) **Earn It!** The more participants, the better your school's chances of winning awards that can be used for physical activity, wellness and Safe Routes to School programs!

For additional information, please refer to the attached flyer or visit: <http://www.fireupyourfeet.org>.

National Public Health Week, April 6th-12th

Right now, the U.S. spends more on health care than other comparable countries. What do we have to show for that spending? Numerous studies show that we live shorter lives and struggle with more health issues such as obesity, infant mortality, diabetes, heart disease and more. And this is true for Americans of all ages and socio-economic groups. This is the defining challenge of our generation—that we, the public health community, are uniquely positioned to overcome. That's why, during National Public Health Week 2015, the public health community is rallying around a goal of making the U.S. the Healthiest Nation in One Generation—by 2030. In the 20 years we've been celebrating National Public Health Week we have seen the tremendous success we can achieve working together across all fields of public health. Moving forward, we need to collaborate with an even broader range of partners to address all of the issues that have a profound effect on our health. Visit www.apha.org/2030 to sign their pledge to create the healthiest nation. Visit www.nphw.org to download materials and find out more about this year's daily themes and activities.

California Conference of Local Health Department Nutritionists (CCLHDN), May 27-28, 2015, Los Angeles, CA, Deadline for Early Bird Registration: March 25, 2015

CCLHDN proudly invites you and your colleagues to their annual conference! The conference is open to all personnel working in: public health nutrition, local health departments, WIC, NEOP, chronic disease prevention, and nutrition programs that target low-income populations. **Register at cclhdn.org before March 25th to receive an early bird discount!** For additional information on the CCLHDN conference, please visit: <http://cclhdn.org/2015-conference/>.

Registration Open: 8th Biennial Childhood Obesity Conference, June 29-July 2, 2015, Deadline: May 29, 2015

Registration for the 8th Biennial Childhood Obesity Conference is now open. The deadline to register is May 29, 2015.

- * **Registration:** \$375.00 (January 1, 2015 to on or before May 29, 2015)
- * **Student Registration:** \$300.00 (January 1, 2015 to on or before May 29, 2015) [[Click here](#) for student verification requirements]
- * **Late Registration:** \$400.00 (after May 29, 2015) (*No student rate available during late registration period)

For additional information on the conference, including registration fees and lodging options, please visit: www.childhoodobesity2015.com. Please carefully review the lodging information posted on the **Childhood Obesity Conference website regarding the housing scam from Exhibition Housing Management/Services. If you have any questions regarding the scam, please contact Carragh Taylor-Hunt at taylorc@csus.edu**. To register online, please visit: https://www.cce.csus.edu/conferences/webreg/Register_CO15a.cfm?CID=1741.



We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please e-mail Lindsay Hamasaki at lmhamasaki@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>.

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.