

UC CalFresh Weekly Update

April 6, 2015



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- * Webinar: Storytelling as Health Communication: Fighting Obesity and Diabetes
- * Fire Up Your Feet Rewards Active Families and Schools!, Spring Activity Challenge: April 13 through May 15
- * California Department of Public Health (CDPH) Nutrition Education and Obesity Prevention Branch (NEOPB) Stakeholders' Meeting
- * Current Issues & Controversies in Nutrition, Presented by Sheri Zidenberg-Cherr, Ph.D.,
- * California Conference of Local Health Department Nutritionists (CCLHDN)
- * Video Contest: Get Kids Excited About Healthy Eating
- * Funding Opportunity: Agriculture and Food Research Initiative—Childhood Obesity Prevention Challenge Area
- * 4th Annual Healthy Lunchtime Challenge!
- * Funding Opportunity: Regional Nutrition Education Center of Excellence—West
- * Funding Opportunity: USDA Local Food Promotion Program (LFPP)
- * Registration Open: 8th Biennial Childhood Obesity Conference, June 29-July 2, 2015
- * Funding Opportunity: Kids in the Game GO! Grant



Upcoming Events & Deadlines

APRIL 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		

4/3/15 2015 SNAP-Ed LIA Forum Survey Due

Thank you to all who attended the 2015 SNAP-Ed LIA Forum. A brief post-meeting survey is now available online and was sent by "The 2015 SNAP-Ed LIA Forum Planning Committee (noreply@gmailserver.com). Your feedback is important and will help evaluate the quality of the Forum and assist us with future event planning. Please provide feedback by **Friday, April 3, 2015**.

4/17/15 FFY 2016 Curriculum & Branded Nutrition Education Reinforcement Items Survey Due

A survey was distributed to County Advisors and/or Program Supervisors regarding statewide orders of curriculum and branded nutrition education reinforcement items. Questions regarding this survey can be directed to **Tammy McMurdo** (timcmurdo@ucdavis.edu) and **Rolando Pinedo** (rgpinedo@ucdavis.edu).

4/21/15 UC CalFresh Town Hall Webinar, 12:30-2:00 PM

The UC CalFresh Town Hall Webinar for April has been scheduled for Tuesday, April 21 from 12:30-2:00 PM. 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.

4/27/15 NEOPB Stakeholders' Meeting, 9:30 AM-12:30 PM

The California Department of Public Health (CDPH), Nutrition Education and Obesity Prevention Branch (NEOPB) has announced preliminary details regarding the upcoming SNAP-Ed Stakeholders' Meeting. The Meeting is scheduled for Monday, April 27, 2015 from 9:30 AM to 12:30 PM in Sacramento, CA. Please visit the [stakeholders' webpage](#) for additional information.

4/30/15 FFY 2016 Draft UC CalFresh Budgets Due to UC CalFresh State Office

Draft copies of county UC CalFresh budgets for FFY 2016 are due to the UC CalFresh State Office by 5:00 PM on April 30, 2015. Please ensure you are reviewing your budgets in detail. Please contact **Jennifer Quigley** (jaquigley@ucdavis.edu, (530) 754-4137) if you have any questions.

4/30/15 Draft County FFY 2016 Integrated Work Plans Due to CDSS

A draft copy of the County FFY 2016 Integrated Work Plan is due to CDSS. County Work Plan Coordinators (WPCs) are responsible for submitting copies of the Work Plans.

UC CalFresh Weekly Update: April 6, 2015

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<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 have learned to be careful what I eat now and to give my family healthier, better food choices."

—Plan, Shop, Save, Cook Participants, Stanislaus County

"I was only using a microwave or crockpot, but I learned and cooked meals from this class and surprised myself! Reading ingredients in packaged food has become a habit and is now better understood. The handouts are now available for future information and use. A wonderful course!"

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

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.



Eileen Daugherty, Community Education Specialist II, UCCE Tulare/Kings Counties

Eileen began her mission for improving healthier lifestyles at the University of Delaware where she graduated with a Bachelor's of Science in Nutrition. She continued her education at Northeastern University in Boston where she graduated with honors with a Master's of Science in Nutrition. She has devoted herself to nutrition education from volunteering and working in various communities nationwide. For years, Eileen has had the privilege to work with many students, parents, and communities in hopes of bettering their health and health goals. She has worked with children of all ages with special needs. She is inspired by her students and community to continue her passion in nutrition education. In her free time, Eileen enjoys hiking, running, and surfing with her husband. She hopes to receive her Doctorate of Nutrition Biology from the University of California, Davis in the near future. Eileen can be contacted at: edaugherty@ucdavis.edu.



UC CalFresh in Action!

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

Smarter Lunchrooms Movement of California, UCCE Santa Barbara County

UC CalFresh SLO/SB is partnering with the Santa Maria Bonita School District to implement Smarter Lunchroom concepts in their Elementary School Cafeterias. UC CalFresh staff surveyed 4 schools, then conducted a 50-minute training with 10 cafeteria managers on March 10th. Managers wrote down 1-2 evidence-based changes they were interested in implementing this school year (from removing clutter to increasing signage) and a plan for how to implement them. UC CalFresh is following up with technical assistance and resources including assistance with signage, involving student leaders and parents in conducting monthly tastings in the cafeteria, connecting with school principals, and offering further trainings to front line staff as needed. Check out some of their pictures on the UC CalFresh SLO/SB Facebook page at: www.facebook.com/uccalfreshslosb.

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 please contact Michele Byrnes at mnbbyrnes@ucdavis.edu.



receive the *Monthly Nudge*,

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 Delivers

This is a friendly reminder that counties may contact **Andra Nicoli** (amnicoli@ucdavis.edu) at the State Office if you are interested in developing a UC Delivers or have recently submitted a UC Delivers. Andra is able to assist you in developing and delivering a UC Delivers story and can also track and advocate for your story once submitted.

Childhood Obesity Conference Presentation/Poster Submittals

Please e-mail **Andra Nicoli** (amnicoli@ucdavis.edu) at the State Office with an attachment of your presentation/poster submitted for the Childhood Obesity Conference. The State Office is interested in keeping track of submittals and acceptances and can assist in any future writing or editing as you prepare for the Conference. We are also able to advocate for your presentation/poster.



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

Teens teach healthy habits to Anderson youngsters, UCCE Shasta County

More than 300 kids from elementary schools around southern Shasta County perused Anderson River Park on March 25th, playing games and answering questions aimed at instilling healthy values at an early age. A spin wheel offered a fun way to lead kids into questions about the nutritional value of vegetables at one table, while another group asked the youngsters to goof off with a partner to show the link between humor and happiness. "This is a really good thing. These kids are learning facts a lot of them don't know," said Steve Konopacki, a sixth-grade teacher at Happy Valley Elementary. "Just giving them background knowledge of the things they eat is really good information." Organizer Natalie Sandoval, a HealthCorps coordinator at New Tech, said having the high school students on board helped connect with and get through to the younger crowd. March 25th marked the 11th year of Lean and Green Day in Anderson, held annually in conjunction with National Nutrition Month each March. The event was put on through a partnership with Anderson Parks and Recreation, Anderson New Tech High School, Shasta County Health and Human Services Agency, the University of California Cooperative Extension and the Network for a Healthy California. [Read full article.](#)

6 ways local officials can encourage urban farming

We know that eating plenty of fruits and vegetables is key to a healthful diet, but not everyone has ready access to a grocery store or can afford to buy fresh produce. One approach to the problem is to bring the farm closer to people's homes by making it easier to grow food in backyards and on vacant urban land. To find out how to help people who want to grow food in their communities in California, Rachel Surls, a UC Agriculture and Natural Resources Cooperative Extension advisor, and several UC ANR colleagues interviewed urban farmers as part of a statewide study of urban agriculture needs. Surls, who specializes in sustainable food systems in Los Angeles County, and her colleagues identified several common challenges that UC ANR and local governments could address to cultivate a more urban agriculture-friendly environment. In an op-ed published March 24 in the Sacramento Bee, Surls listed the following six things that local officials could do to encourage urban farming:

1. Make zoning and regulatory information accessible
2. Develop a transparent process for use of city-owned land
3. Create an urban agriculture incentive zone
4. Update zoning to make it urban-ag friendly
5. Make water accessible while promoting efficient use
6. Provide guidance and support for soil testing and remediation

There seems to be growing interest in cities encouraging urban farming. For example, last year Oakland updated its city codes to allow planting of community gardens in most zones of the city without obtaining a special permit. San Diego has made it easier for residents to keep chickens and bees in their backyards. The Sacramento City Council recently voted to allow residents to farm on urban lots and sell produce they grow at farm stands. And now, Santa Clara County is considering tax breaks for property owners who allow crops to be planted on their unused parcels. [Read full blog article.](#)



UC CalFresh Website Updates

3/31/15 UC CalFresh Town Hall Recording & PowerPoint Now Available!

Resources for the 3/31/15 UC CalFresh Town Hall, "Planning for FFY 16," presented by the UC CalFresh State Office staff are now available on the UC CalFresh webpage. Please visit: <http://www.uccalfresh.org/trainings/town-halls> for additional information.

FFY 2016 SNAP-Ed Guidance Now Available!

A link to the FFY 2016 SNAP-Ed Guidance has been added to the UC CalFresh website. Please visit: <http://uccalfresh.org/administrative/snap-ed-guidance-for-ffy15> for additional information. Please keep in mind the new Guidance does not go into effect until October 1, 2015.

UC CalFresh Program Representative III Positions Now Available

Two (2) **Program Representative (PR) III** positions are available with the UC CalFresh State Office. These positions will be based in Davis. The vacancy listing for these positions can be accessed through the UC Davis Career Opportunities website. For full consideration, interested candidates should apply by **April 17, 2015**. For additional information, please visit: www.employment.ucdavis.edu/applicants/Central?quickFind=70387 or reference **Requisition No: 03013971**.

SNAP-Ed Site Change Process

Basic Steps to Completing a Site Change Request

1. Review the [Universal Master Site List](#), check to see if the sites included in your request are not currently being served by another SNAP-Ed Partner in your County
2. **Communicate** via email to ALL SNAP-Ed Partners (LIAs) the sites you wish to add
 - a) Receive a **written approval** (email) from each SNAP-Ed Partner
3. Complete a [Site Change Request Form](#)
4. Complete a [Targeting Update Summary Spreadsheet](#)
5. Request Technical Assistance from the UC CalFresh State Office (SIA)
6. Send your **completed request** to SIA **five (5) business days** prior to the end of the month with the following information [**March 25, 2015; April 24, 2015 (last submission for FFY 2015)**]
 - a) Completed Site Change Request Form
 - b) Completed Targeting Update Summary Spreadsheet
 - c) Emails from SNAP-Ed partners indicating communication and approval to request sites
 - d) CC: All LIA SNAP-Ed Partners in your county when submitting this information
- 7) SIA will review the submission and forward on to CDSS for approvals and inclusion in the ATF Universal Master Site List (*this can take up to two weeks after approval*)

For additional information, please visit the [CDPH NEOPB FFY 15 SNAP-Ed Resources Page](#) and/or the UC CalFresh website: <http://www.uccalfresh.org/administrative/targeting-resources>



Food Resource Management Education with SNAP Participation Improves Food Security

The objective of this study was to determine the influence of Supplemental Nutrition Assistance Program (SNAP) and participant demographics on nutrition education outcomes. At program enrollment (pre) and 1 month later (post), a statewide convenience sample of adults, who participated in the Plan, Shop, Save, and Cook program, completed a 7-item questionnaire to evaluate change in resource management skills (RMS) and running out of food before the end of the month. Percent of participants (n=3,744) who reported behavioral improvements in RMS ranged from 38.8% in comparing prices to 54% in reading labels. Female gender and Hispanic ethnicity were positively related to pre-post RMS change (P=0.001). Participants who received SNAP food assistance and made greater pre-post improvement in RMS reported the greatest decrease in running out of food (P=0.001). Both food assistance and education on nutrition and resource management are needed to reduce food security in SNAP-eligible audiences. The study was published in the Journal of Nutrition Education and Behavior by lead authors Lucia Kaiser and Virginia Chaidez. [Read full article.](#)

Where Do Americans Usually Shop for Food and How Do They Travel To Get There? Initial Findings from the National Household Food Acquisition and Purchase Survey

This report compares shopping patterns of (1) Supplemental Nutrition Assistance Program (SNAP) households to nonparticipant households, (2) participants in the Special Supplemental Nutrition Assistance Program for Women, Infants and Children (WIC) to nonparticipants, and (3) food-insecure to food-secure households. Food shopping patterns of food assistance program participants and other low-income households are of great policy interest because there is concern these households may not have enough resources to consume a healthy diet. Some low-income households may not have access to a full-service grocery store or other sources of healthy and affordable food. These households may either have to travel farther to access food, and perhaps, shop less frequently, or rely more on smaller stores with fewer affordable and healthy options. The National Household Food Acquisition and Purchase Survey (FoodAPS) is the first survey to collect comprehensive data about household food purchases and acquisitions, both for at-home and away-from-home consumption, and for a sample that is nationally representative and representative of SNAP participating and other low-income households. This report summarizes estimates of the types of food stores at which respondents shop, the usual mode of transportation they used to get to their primary food store, and average distances from home to the nearest and primary retail outlets. To read a summary of the report, [click here](http://www.ers.usda.gov/media/1807325/eib138.pdf). To view the entire report, please visit: <http://www.ers.usda.gov/media/1807325/eib138.pdf>.

USDA Awards \$31 Million in Grants to Help SNAP Participants Afford Healthy Foods

Agriculture Secretary Tom Vilsack announced Wednesday that USDA has awarded \$31.5 million in funding to local, state and national organizations to support programs that help participants in the Supplemental Nutrition Assistance Program (SNAP) increase their purchase of fruits and vegetables. Recognizing that all Americans fall well short of the servings of fruits and vegetables recommended by the Dietary Guidelines for Americans, the grants will test incentive strategies to help SNAP participants better afford fruits and vegetables. These grants were made through the Food Insecurity Nutrition Incentive (FINI) program authorized by the 2014 Farm Bill. The Secretary said, "Encouraging low income families to put more healthy food in their grocery baskets is part of USDA's ongoing commitment to improving the diet and health of all Americans." Vilsack continued, "These creative community partnerships also benefit regional food producers and local economies along with SNAP participants." USDA is funding projects in 26 states for up to 4 years, using funds from FY2014 and FY2015. USDA will issue a separate request for applications, in FY16, and in subsequent years. Some of the fiscal year 2014 and 2015 awards from the Western Region include:

- * Heritage Ranch, Inc., Honaunau, Hawaii—\$100,000
- * Yolo County Department of Employment and Social Services, Woodland, California—\$100,000
- * Backyard Harvest, Inc., Moscow, Idaho—\$10,695
- * Mandela Marketplace, Inc., Oakland, California—\$422,500
- * Farmers Market Fund, Portland, Oregon—\$499,172
- * Opportunity Council, Bellingham, Washington—\$301,658
- * Ecology Center, Berkeley, California—\$3,704,287
- * Washington State Department of Health, Tumwater, Washington—\$5,859,307

Descriptions of the funded projects are available on the [NIFA website](#). [Read full Press Release.](#)

USDA Awards 36 Food Safety Grants, Including \$6.7 Million for Antimicrobial Resistance, to Protect Consumers

The U.S. Department of Agriculture's (USDA) National Institute of Food and Agriculture (NIFA) today announced funding awards totaling nearly \$19 million, including more than \$6.7 million for antimicrobial resistance strategies, to 36 grantees to ensure a safe and nutritious food supply and while maintaining American agricultural competitiveness. NIFA made the awards through the Agriculture and Food Research Initiative (AFRI), which is authorized by the 2014 Farm Bill. "Increasing food safety continues to be a major focus for USDA, as it directly impacts the health and well-being of all Americans," said Sonny Ramaswamy, NIFA director. "Funding provided to universities supports discoveries of new ways that we can prevent foodborne illnesses and increase the safety of our food production industry." NIFA made the awards through the AFRI Food Safety program to protect consumers from microbial and chemical contaminants that may occur in the food chain, from production to consumption. This year, AFRI's Food Safety program is comprised of five sub-programs. Below are some of the awards selected in each sub-program:

Enhancing Food Safety through Improved Processing Technologies

- * University of Arkansas, Pine Bluff, Ark. - \$149,000
- * University of California, Davis, Calif. - \$751,000

Effective Mitigation Strategies for Antimicrobial Resistance

- * Colorado State University, Fort Collins., Colo. - \$749,838
- * University of Minnesota, Minneapolis, Minn. - \$2,250,000
- * Washington State University, Pullman, Wash. - \$749,993

Identifying and Targeting Food Safety Needs

- * Illinois Institute of Technology, Chicago, Ill. - \$50,000

Improving Food Safety

- * Cornell University, Ithaca, N.Y. - \$979,761
- * University of Hawaii, Honolulu, Hawaii - \$499,516
- * University of California, Davis, Calif. - \$499,812

Improving Food Quality

- * University of California, Davis, Calif. - \$498,356
- * Iowa State University, Ames, Iowa - \$420,685
- * Michigan State University, East Lansing, Mich. - \$489,528

A complete list of this year's project descriptions are available on the [NIFA website](#). [Read full Press Release.](#)

USDA Names Courtyard in Washington, DC in Honor of Cesar Chavez

Agriculture Secretary Tom Vilsack announced Tuesday the naming of the Cesar Chavez Courtyard at USDA Headquarters in Washington, D.C. Tuesday marked the birthday of one of America's great heroes, Vilsack said. "2015 is also the 50th anniversary of the hunger strike he led to bring justice and equality to the people who feed America. USDA is humbled and honored to dedicate a piece of our headquarters to Cesar Chavez, the man who led and organized peaceful, positive change for American farmworkers." Vilsack spoke alongside Christine Chavez-Gonzalez, Chavez's granddaughter and Farmworker Coordinator for USDA. They were joined by Deputy Agriculture Secretary Krysta Harden and USDA Rural Housing Service Administrator Tony Hernandez. The newly named Cesar Chavez Courtyard is an inviting outside patio on the second floor of the South Building, part of the USDA's National Headquarters on the National Mall. Fifty years ago, Chavez led a United Farm workers hunger strike that secured raises and improved conditions for farmworkers all over the United States. USDA continues to help farmworkers through programs that ensure they work and live in safe environments. Since 2009, USDA Rural Development has invested more than \$208 million to develop affordable housing for farmworkers through the agency's Farm Labor Housing Program. Last week, USDA started accepting applications for loans and grants for farmworker housing for 2015. [Read full Press Release.](#)

Articles & Research (continued)

Free School Breakfasts Appear to Boost Kids' Grades

Free school breakfasts may help low-income students do better in the classroom, a new study suggests. Students at elementary schools that offered free breakfast had 25 percent better math grades, and similarly higher reading and science grades, than students at schools without free breakfast. However, although the researchers found a link between schools that provide free morning meals and higher school performance, the study wasn't designed to prove a cause-and-effect relationship. The breakfasts were provided through the U.S. Department of Agriculture's School Breakfast Program. The findings provide more evidence of the link between good nutrition and good grades, according to study author David Frisvold, an assistant professor of economics at the University of Iowa in Iowa City. "These results suggest that the persistent exposure to the relatively more nutritious breakfast offered through the subsidized breakfast program throughout elementary school can yield important gains in achievement," he said in a university news release. The school breakfast program for low-income students was launched by the federal government in 1966. The study was published online recently in the journal *Public Economics*. [Read full article.](#)

Kids' fast food consumption on the decline

Between 2003 and 2010, the number of U.S. kids eating fast food on any given day went down, and the calories from some types of fast foods have declined as well, according to a new study. "Most prior studies have focused on menu items, but this (one) actually looked at what children are eating," said coauthor Colin D. Rehm, formerly of the University of Washington in Seattle and now of Tufts University in Medford, Massachusetts. "The take-home message is that changes can be made, whether they are due to consumer preference or due to what the restaurants have done themselves," Rehm told Reuters Health by phone. "It shows that change is possible." According to data from the National Health and Nutrition Examination Surveys, in 2003, almost 39 percent of U.S. kids ate fast food on a given day, which dropped to less than 33 percent by the 2009-2010 survey. Calorie intake from burger, pizza and chicken fast food restaurants also went down, while those from Mexican foods and sandwiches did not change. Mexican food and sandwiches were minor contributors to total fast food consumption to start with, so it would have been difficult to detect a decrease over the course of the study, Rehm noted. Other sources have noted a decline in pizza sales since 2003, which may explain some of the decrease in frequency and calories from those sources, the authors write in *JAMA Pediatrics*. [Read full article.](#)

More Children Benefiting from Better Nutrition Standards

School breakfast is getting healthier while reaching more children, and that's good news for low-income children who are participating in record numbers. A new analysis by the Food Research and Action Center examines trends in school breakfast participation over the past decade, and finds rapid growth in this program both before and after the new, improved nutrition standards for breakfast were introduced. This report, a companion to an analysis released earlier this year by FRAC which examined changes in lunch participation, found that free and reduced-price student breakfast participation increased as the new nutrition standards were implemented. Participation among students who pay most of the cost of their own meals ("paid" students) remained stable. "FRAC's report reaffirms that new nutrition standards for breakfast and lunch are not negatively impacting participation, despite claims to the contrary," said Jim Weill, president of the Food Research and Action Center. [Read full report.](#)



Education & Resources

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



Celebrate National Nutrition Month with MyPlate at School!

MyPlate can be used to teach students of all ages about healthy eating. Start early and introduce preschoolers to fruits and vegetables through garden-themed nutrition education using the [Grow It, Try It, Like It! Nutrition Education Kit](#). Elementary school teachers can integrate nutrition education into other subjects including Math, Science, English Language Arts, and Health with [Serving Up MyPlate: A Yummy Curriculum](#). Additional kid-friendly activities can be found at [MyPlate Kids' Place](#). At MyPlate Kids' Place, kids can take the [MyPlate Champions pledge](#) and print a personalized certificate stating their commitment to eating healthy and being active each and every day. Students will also love [Blast Off](#), an interactive online game which challenges them to fuel their MyPlate spaceship with smart food choices from each of the food groups and 60 minutes of physical activity to fly to Planet Power. MyPlate also offers resources to support older students in adopting a healthy lifestyle they can maintain into adulthood. High-school level lesson plans using the interactive tool, [SuperTracker](#), encourage teens to think critically about their food and physical activity choices. Meanwhile college students around the country are championing healthy eating with peer-to-peer education through the [MyPlate On Campus initiative](#). Although [National Nutrition Month](#) has come to a close, these featured resources can be utilized year-round in schools, homes, the workplace, and in your community. Find these and many more MyPlate resources on [our website!](#) [Read full blog article.](#)

FFY 2016 SNAP-Ed Guidance Released

The FFY 2016 SNAP-Ed Guidance was released and has been posted on the USDA SNAP-Ed Connection website. The changes in the FFY 2016 Guidance from FFY 2015 are noted in yellow. The FFY 2016 Guidance emphasizes that States must include only evidence-based interventions delivered through educational and promotional activities, multilevel interventions, and community and public health approaches including PSE change efforts. The Guidance also highlights the need for evaluation of SNAP-Ed interventions to demonstrate program impacts. FNS commends States for the continued, diligent efforts to improve SNAP-Ed and showcase its impact. Please visit: <http://snap.nal.usda.gov/snap/Guidance/FinalFY2016SNAP-EdGuidance.pdf> for additional information on the FFY 2016 SNAP-Ed Guidance.

The Western Region's SNAP-Ed Evaluation Framework: 2016 Priority Indicator Definitions and Data Sources Now Available!

A copy of the Western Region's SNAP-Ed Evaluation Framework: 2016 Priority Indicator Definitions and Data Sources is now available on the SNAP-Ed Connection website. To preview this document, please visit: <http://snap.nal.usda.gov/national-snap-ed/snap-ed-plan-guidance-and-templates#westernframe> or [click here](#) for additional details.

Sample FFY 2016 Integrated Work Plan Now Available on CDPH NEOPB FFY 16 SNAP-Ed Resources Page

A sample FFY 2016 Integrated Work Plan is now available —along with other resources—on the CDPH NEOPB FFY 16 SNAP-Ed Resources page. Please visit: <http://www.cdph.ca.gov/programs/cpnps/Pages/FFY16SNAP-EdResources.aspx> for additional information.

USDA FOODS from Farm to Plate e-letters

The USDA Food and Nutrition Service's Food Distribution Division launched new "USDA Foods from Farm to Plate" e-letters in February 2015! The e-letters will share resources, news, and best practices for programs, including a special "Spotlight on Schools" update focusing on USDA Foods in the National School Lunch Program and other child nutrition programs. Other editions will focus on household programs serving food banks, seniors, and Indian reservations. Visit the [FNS website](#) to sign up to receive e-letters via GovDelivery.

USDA Food and Nutrition Service YouTube Channel

Recordings of the webinars from the USDA Food and Nutrition Service are available on the [USDA Food and Nutrition Service YouTube channel!](#) Below are some of the webinars that are available:

- * [Creating Healthy Menus Using USDA Foods](#)
- * [Anatomy of a Standardized Recipe: Finding and Creating School Recipes for Success with USDA Foods](#)
- * [K-12 Cooking with USDA Foods](#)

To view some of the other webinars available, please visit: <https://www.youtube.com/channel/UCNnBe12n6q4QT39Fz2y7BPg>.

Education & Resources (continued)

Online Nutrition Resources at Your Fingertips

Even if you're not among the 68 percent of U.S. adults who are overweight or obese, many consumers are striving to get a leg up on their nutritional health. Some of the simplest government facts can inspire consumers to better nutrition. U.S. nutrition experts issue "leading indicators" on the nation's nutritional health. USDA's national "What We Eat In America" survey data indicate that dietary fiber intakes among U.S. consumers average only 16 grams per day. The problem is that the daily Adequate Intake for fiber is set at 25 grams for women and 38 grams for men! There's even more reason to take stock of fiber intake. USDA nutrition experts use an index to assign scores to diets on a scale in which a score of 100 indicates that the diet meets policies known as the "Dietary Guidelines for Americans"—as described at ChooseMyPlate.gov. The index reports that two high-fiber food categories—legumes (beans and peas) and dark-green vegetables—are the two veggie subgroups for which U.S. dietary intakes are *furthest from recommended levels*. Good sources of fiber include legumes, vegetables, fruits, nuts, and seeds, and whole grains. Unlike refined grains, whole grains contain the entire grain kernel including bran. Below are government websites where consumers can look up science-based data on food nutrients and score their own nutritional home runs:

- * The USDA National Nutrient Database for Standard Reference provides searches by foods in descending order of the content of individual nutrients selected, including fiber.
- * The USDA What's In The Foods You Eat Search Tool provides searches of more complex, multi-ingredient foods.
- * The USDA SuperTracker's Food-A-Pedia provides nutrition information so consumers can compare nutrient data on several foods side by side.

For additional information, [read full blog article](#).

New CDC Online Source for States on FV and PA Behaviors and Environmental/Policy Supports

The Centers for Disease Control and Prevention's Division of Nutrition, Physical Activity, and Obesity (DNPAO) is pleased to announce the launch of its new online Data, Trends & Maps interactive database. It is an interactive tool that provides state-specific behavior, policy, and environmental indicators from multiple data sources about obesity, nutrition, physical activity, and breastfeeding. Users can view statistics in a variety of formats, including maps, tables, and trend lines in the areas of: obesity/weight status; fruit and vegetable consumption; physical activity; sugar drink consumption; television viewing; and breastfeeding. Users can also display all indicators for one state or all states for one indicator. For additional information, including how to view the database, please visit: http://nccd.cdc.gov/NPAO_DTM/.

Eating Smart Being Active (ESBA) Educator Guides Now Available in Spanish!

The Eating Smart Being Active Educator Guides (the binders with the 8 core lesson plans) are now available in Spanish. The Spanish Educator Guides are available for purchase from the ESBA website for \$54 each. For additional information on the Spanish Educator Guides, please visit: www.eatingsmartbeingactive.com.

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.

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:

- * **Curriculum Integration, April 16, 2015, 2:00 PM EST**
Experiential education is an important component of successful farm to school programs. This webinar will help you plan for your farm to school educational efforts and brainstorm food, agriculture, and nutrition-related educational activities with which you can engage students.
- * **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: Storytelling as Health Communication: Fighting Obesity and Diabetes, April 10, 2015, 10:00-11:30 AM PDT

As part of [National Public Health Week](#), please join us for a webinar highlighting the power of storytelling as a public health tool in preventing our most pervasive chronic conditions: diabetes and obesity. The panel will feature community workers and researchers doing work in vulnerable communities from two cutting-edge projects. Natasha Huey and José Vadi will share the exciting work being done through [The Bigger Picture campaign](#), a collaboration between [Youth Speaks](#), and the [University of California, San Francisco Center for Vulnerable Populations](#). [The Bigger Picture](#) designed to combat the rising epidemic of Type 2 Diabetes, empowers youth to change the conversation about the disease, and works to change the social and environmental factors that have led to its spread. Learn how they've inspired young people to give voice to their stories using spoken word, and to motivate positive action. Researchers Jayme Hannay and Rob Dudley, from the [Salud America! PhotoVoice project](#), worked with teens to empower them to tell their own stories, using cameras to document topics of urgent community concern, (e.g., an abundance of vacant buildings) and develop an action agenda. Teens built on their photo stories by raising awareness in their community and engaging with policy makers, health professionals, and community leaders to create a healthier environment. Learn how teens' photos, and their reflections and stories about them, resulted in policy changes. To register for this webinar, please visit: <https://www.surveymonkey.com/s/Q2KDH92>.

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>.

Education & Resources (continued)

California Department of Public Health (CDPH), Nutrition Education and Obesity Prevention Branch (NEOPB) Stakeholders' Meeting, April 27, 2015, 9:30 AM-12:30 PM

The California Department of Public Health (CDPH), Nutrition Education and Obesity Prevention Branch (NEOPB) has announced preliminary details regarding the upcoming SNAP-Ed Stakeholders' Meeting. The meeting registration is now open. This meeting is applicable to all statewide SNAP-Ed stakeholders, including, but not limited to community organizations, food banks, nonprofit organizations, program contractors, and counties. NEOPB has created a dedicated stakeholders' [webpage](#) and [email](#) inbox to organize and house meeting information, including registration, site details, and pertinent resources. As additional meeting details become available, they will be posted on the stakeholders' webpage. Advance registration is required. Stakeholders may participate by either registering for the in-person meeting option or registering for the webinar option.

* **Option #1—Onsite Participation:** Register [here](#). After registering you will receive a confirmation e-mail.

* **Option #2—Webinar Participation:** Register [here](#). After registering you will receive a confirmation e-mail containing information about joining the webinar.

CDPH NEOPB is interested in collecting questions and suggested topics/items from meeting participants. Please e-mail suggested topics/items to NEOPBStakeholders@cdph.ca.gov by 5:00 PM on Friday, April 3, 2015 with your input. Contact the Nutrition Education and Obesity Prevention Branch at (916) 449-5400 or e-mail NEOPBStakeholders@cdph.ca.gov to connect with the event organizers.

Current Issues & Controversies in Nutrition, Presented by Sheri Zidenberg-Cherr, Ph.D., Jurupa Valley, CA, May 1, 2015, Deadline to Register: April 27, 2015

Learn about the current issues in nutrition today and what are science-based recommendations for optimal health. Some of the topics include:

- * Organic vs. Conventional Produce
- * Paleo Diet
- * Coconut Water
- * Gluten
- * Saturated Fats and Omega-3
- * Soy
- * High Fructose Corn Syrup
- * Sodium

Registration Fee: \$10. Space is limited. To register, please visit: <http://ucanr.edu/survey/survey.cfm?surveynumber=15159>. The last day to register is April 27, 2015. Please Contact Chutima Ganthavorn, UCCE Riverside County, (951) 683-6491, cganthavorn@ucanr.edu or Drusilla Rosales, UCCE Los Angeles County, (626) 586-1948, dmrosales@ucanr.edu if you have any questions. Refer to the attached flyer for additional details.

California Conference of Local Health Department Nutritionists (CCLHDN), May 27-28, 2015, Los Angeles, CA, Deadline: April 30, 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. For additional information on the CCLHDN conference, including registration information, please visit: <http://cclhdn.org/2015-conference/>.

Video Contest: Get Kids Excited About Healthy Eating, Deadline: April 30, 2015

You know it's important to teach kids [healthy eating habits](#). But getting those habits to stick can take constant reinforcement! Get tips and ideas with [games](#), [music](#), [activities](#) and [a video contest for kids](#)! Kids 2-18 are eligible to enter the contest with the help of an adult. Entering is easy:

- * [Make a video](#) of 60 seconds or less and include: an image from MyPlate, a healthy eating tip, and a favorite way to be active.
- * [Register for the contest](#) and [learn more about the prizes](#).
- * [Submit and upload your video](#).

For additional information on the video contest, please visit: <http://www.checkoutmyplate.com/about-search/>.

Funding Opportunity: Agriculture and Food Research Initiative—Childhood Obesity Prevention Challenge Area, Deadline: April 30, 2015, 5:00 PM EST

AFRI research, education, and Extension grants address key problems of agricultural sustainability at national, regional, and multi-state levels. Issues include farm efficiency and profitability, ranching, renewable energy, forestry (both urban and agroforestry), aquaculture, rural communities and entrepreneurship, human nutrition, food safety, biotechnology, and conventional breeding. Through these grants, AFRI advances knowledge in both fundamental and applied sciences important to agriculture. The grants also allow AFRI to support education and Extension activities that deliver science-based knowledge to people, allowing them to make informed practical decisions. Research, Education, Extension, and Integrated programs must increase agricultural and natural resource sustainability. The total amount available for support of this program in FY 2015 is approximately \$6 million. For additional information, please visit: <http://nifa.usda.gov/funding-opportunity/agriculture-and-food-research-initiative-childhood-obesity-prevention-challenge>.

4th Annual Healthy Lunchtime Challenge!, Deadline: April 30, 2015

Can you imagine your recipe being featured in a cookbook? Or representing your home state at a Kids' "State Dinner" at the White House this summer? If so, First Lady Michelle Obama, the U.S. Department of Education, the U.S. Department of Agriculture, and WGBH Boston invite you to enter the 4th annual Healthy Lunchtime Recipe Challenge & Kids' "State Dinner." In order to be eligible, lunch recipe submissions should follow the [MyPlate](#) nutrition guidelines: Fruits and vegetables should amek up about half of the recipe or dish, and it should also include whole grains, lean protein and low-fat dairy. Submissions must include information about how and why they were created and be: healthy, creative, affordable, delicious, and original. One recipe from each of the 50 states and territories will be chosen. And, the prize is priceless! As healthy food ambassadors for each state and U.S. territory, the winning chefs and a parent or guardian will be flown to Washington, D.C. where they will have the opportunity to attend the Kids' "State Dinner," hosted by Mrs. Michelle Obama at the White House! For additional information, please visit: <http://www.pbs.org/parents/lunchtimechallenge/home/>.

Funding Opportunity: Regional Nutrition Education Center of Excellence—West, Deadline: May 1, 2015, 5 PM Mountain Time

The Regional Nutrition Education Center of Excellence—West (RNECE-West), located at Colorado State University and in partnership with Washington State University, is requesting applications for research projects that aim to improve the health of low-income individuals, especially Hispanics, through multiple strategies, including complementary nutrition education and public health approaches at the individual and environmental levels of the social-ecological framework in the Western Region (Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming, American Samoa, the Federated States of Micronesia, Guam, and the Northern Mariana Islands.) For agencies and organizations outside of the Western Region, please note that the other 3 Regional Nutrition Education Centers of Excellence are also releasing RFAs. Specifically, the RNECE-West seeks applications to build the evidence base for direct education and complementary Policy, Systems, and Environment activities. Up to \$45,000 is available for each project. The RNECE-West is expecting to fund 2-3 projects. Proposals will be due 5 PM Mountain Time on May 1, 2015. For additional information, please visit: www.WRNECE.colostate.edu.

Education & Resources (continued)

Funding Opportunity: USDA Local Food Promotion Program (LFPP), Deadline: May 14, 2015

The Local Food Promotion Program (LFPP), with USDA's Agriculture Marketing Service, has grant opportunities that may align with your farm to school goals! LFPP grants help a community supported fishery in Monterey, CA source local seafood for school lunch programs throughout central California. In Chicago, IL, FarmLogix, is creating an online portal to help schools coordinate relationships with local producers and distributors. In North Carolina, Maine, Rhode Island, and West Virginia, LFPP funds have supported food hubs that plan to provide food to schools. The grant program supports the development and expansion of local and regional food business enterprises to increase access to locally and regionally produced agricultural products, and to develop new market opportunities for farm and ranch operations serving local markets. Eligible entities may apply if they support business enterprises that process, distribute, aggregate, or store locally or regionally produced food products. For additional information, please visit: <http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELPRDC5110857>.

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. To register online, please visit: https://www.cce.csus.edu/conferences/webreg/Register_CO15a.cfm?CID=1741.

Funding Opportunity: Kids in the Game GO! Grant, Deadline: June 1, 2015

Jumpstart more movement at your elementary school with the GO! Grant. \$1,000-\$5,000 GO! Grants support more minutes on the move before, during, and after school through funds and gear for new classroom and playground programs. Eligible schools include: Schools that are enrolled or willing to enroll in Let's Move! Active Schools; Schools with little to no organized physical activity; and Public or charter schools only. Applications are due on June 1. For additional information, please visit: <http://kidsinthegame.org/go-guidelines/>.



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>.

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