

UC CalFresh Weekly Update October 24, 2016

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Upcoming Events & Deadlines

OCTOBER 2016

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11/15/16 UC CalFresh Town Hall Webinar, 12:30-2:00pm

The November UC CalFresh Town Hall Webinar is scheduled for November 15th from 12:30-2:00pm. Additional information regarding this webinar will be forthcoming. To download a copy of the FFY2017 UC CalFresh Town Hall Webinar Schedule, please visit the UC CalFresh website: <http://www.uccalfresh.org/trainings/town-halls>.

Save the Date: 2017 SNAP-Ed Local Implementing Agency (LIA) Forum, February 22-23, 2017, Sacramento, CA

Please save the date for the 2017 SNAP-Ed Local Implementing Agency (LIA) Forum, scheduled for **February 22-23, 2017 at the DoubleTree Hotel in Sacramento**. Additional details regarding the 2017 SNAP-Ed LIA Forum will be shared as they are developed.

Save the Date: 9th Biennial Childhood Obesity Conference, May 30-June 2, 2017, San Diego, CA

The 9th Biennial Childhood Obesity Conference is scheduled for **May 30th-June 2nd, 2017 in San Diego, CA**. [Click here](#) for additional information regarding the conference, including registration and accommodations.

UC CalFresh FFY2016 Annual Report

As shared during the October UC CalFresh Town Hall Webinar, UC CalFresh Nutrition Education programs are required, as part of our reporting requirements to USDA/FNS and CDSS, to submit an Annual Report providing program results and accomplishments. Please visit the [UC CalFresh website](#) to download the FFY2016 UC CalFresh Annual Report and County Profile template. We look forward to reading and sharing many of your great accomplishments and successes from your FFY2016 Annual Reports. Please reach out to your [UC CalFresh State Office contact](#) if you have any additional questions or need assistance.

UC CalFresh Success Stories

Success stories from your FFY 2017 UC CalFresh participants can be shared through the online data entry portal.

“I have learned to read the nutrition facts and look at sodium/sugar levels as well as dietary fiber levels. I have learned the daily recommendations for each food group as well as healthy plate guidelines. I have learned which fats to avoid/limit as well as the different healthy recipes.”

—*Eating Smart, Being Active Participant, Fresno County*

“Aprende a fijarme en las etiquetas de los alimentos que compro. Pienso mas en si la comida que prepare es saludable. Y en no darles tantas comidas grasosas a mi familia.”

“I learned to look at the labels of the food that I buy. I think more about whether the food I made is healthy and not to give so many fatty foods to my family.”

—*Eat & Play Together Participant, Sutter County*

Welcome New UC CalFresh Staff!

This feature is to introduce and welcome new staff to UC CalFresh. If you have new staff, please send a brief introduction and photo to Lindsay Hamasaki at lmhamasaki@ucdavis.edu.



Lisa Gonzales, Community Education Specialist 1, UCCE Yolo County

Lisa Gonzales joined the UC CalFresh Nutrition Education Program in Yolo County as a Community Education Specialist 1 on August 1, 2016. Lisa received her Master’s in Public Health from UC Davis in 2012 and has worked with multiple nutrition and public health programs throughout the state. Her most recent position was with Alchemist Community Development Corporation as a Nutrition Educator and Program Assistant at CDPH’s SNAP-Ed funded Healthy Retail program in Sacramento. She worked with priority retailers to promote the sale of fresh produce in low-income neighborhood corner stores. She is thrilled to be part of such an amazing team in Yolo County and is inspired everyday by their commitment to excellence and community service. She has already begun helping to implement Yolo County’s afterschool Cooking Academy Pilot Program. Her goal is to continue to empower families to take control of their health through nutrition! Lisa can be reached at: lrgonzales@ucdavis.edu or (530) 666-8720.

Items Available for UC CalFresh Programs

As mentioned during the August UC CalFresh Town Hall webinar, the UC CalFresh State Office has NERI and branded items for counties to use with their UC CalFresh programs only. These items are available on a **first-come-first-served basis**. Items available include:

Quantity Available	Item Name
8	I Tried It Stickers (ENG, 200 per roll)
3	I Tried It Stickers (SPA, 200 per roll)
400	UC CalFresh-MyPlate Magnet (ENG)
11	UC CalFresh-MyPlate Stickers (ENG, 1000 per roll)
28	UC CalFresh Meat Thermometers
16	We Love to Drink Water-Rethink Your Drink Stickers (ENG, 50 per roll)
13	We Love to Drink Water-Rethink Your Drink Stickers (SPA, 50 per roll)
25	My Healthy Plate Pads
25	Fridge/Freezer Thermometers (SPA)

To request these items, please email **Rolando Pinedo** (rgpinedo@ucdavis.edu) specifying the quantity, item name, and shipping address. Please be sure to coordinate with your Program Advisor and/or Supervisor prior to submitting a request.

UC CalFresh Website Updates

UC CalFresh Branded Materials & Templates

* **New Branding and Template Resources for UC CalFresh**

The new UC CalFresh branding and template resources shared during the October 18th Town Hall webinar are now available on the UC CalFresh website. This page contains guidance for counties on the use of the UC CalFresh logo and templates; required funding statements; and graphic elements, including the UC CalFresh wordmark and graphic assets package available for download. For additional information, please visit:

<http://uccalfresh.com/administrative/uc-calfresh-branded-materials-and-templates>.

UC CalFresh Reporting Tools Workbook

* **FFY 2017 UC CalFresh Reporting Tools Workbook Resources**

A copy of the FFY 2017 UC CalFresh Reporting Tools Workbook User's Guide, PowerPoint Presentation and Recording have been posted on the UC CalFresh website. For additional information, please visit:

<http://uccalfresh.com/administrative/reporting-tools-workbook-1>.

FFY2017-2019 SNAP-Ed Integrated Workplan Resources

* **Links to FFY2017-2019 SNAP-Ed Integrated Workplan Resources Available**

Links to various documents and resources related to the FFY2017-2019 SNAP-Ed Integrated Workplan are now available on the UC CalFresh website. This includes links to CDSS SharePoint, and a link to the recording and training materials from the 10/13/16 LIA IWP Revision Process Training Webinar. For additional information, please visit: <http://uccalfresh.com/resources/snap-ed-integrated-workplan>.

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 MaryAnn Mills via e-mail: mamills@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 [click here!](#)

UC CalFresh in Action!

Feeding Yolo and Beyond (FYAB), UCCE Yolo County

Yolo County, UC CalFresh has been collaborating on a community project called Feeding Yolo and Beyond (FYAB). FYAB was a collaborative process involving UC Davis, UC Cooperative Extension, the Yolo Food Bank, and Family Hui in partnership with Yolo County families with children ages 0-5. FYAB worked to address food insecurity in Yolo County by using the abundance of locally grown produce to create a nutrient dense, shelf-stable product/meal in a package that reflects the cultural preferences of predominant food insecure families. Families within the communities of Arbuckle/Dunnigan, Madison, and Knights Landing received a meal prep kit including rice and different forms of processed tomatoes such as canned, pickled, and dried. Families were asked to create a healthy dish utilizing the ingredients of their meal kit. **Marcel Horowitz and Sonia Fernandez** of Yolo County chose four recipes from those submitted by community members to be cooked and presented at a Cooking Day event at UCD Food and Innovation Institute for Food & Health Lab on September 16, 2016. The recipes presented at the Cooking Day event were chosen based on nutritional value and completeness. For additional information on the FYAB project, [click here](#).



ASES CATCHing On, UCCE Stanislaus/Merced Counties

A few weeks ago, UC CalFresh Stanislaus County conducted a CATCH training for Beard Elementary School in Modesto, CA. The After School Education and Safety Program (ASES) site coordinator heard about the UC CalFresh program and resources through her colleague at another site where CATCH training was conducted in July. She saw how fantastic it was and decided she wanted the same for Beard Elementary programming. Stanislaus County teamed up with **Joyce Bishop** of San Joaquin, **Jeff Tibayan** of Santa Clara, and **Austin Cantrell and Brittany Zweigle** of Fresno County. Together, a two-hour training was conducted with 4 ASES staff to go over CATCH objectives and basics, while having fun playing CATCH games and activities. Beard ASES has purchased the CATCH curriculum and will be implementing CATCH in their ASES program. UC CalFresh Stanislaus county would like to thank all of the counties that came out to help and participate!



Articles & Research

1 in 4 College Students Is Hungry: Survey

Hunger is a surprisingly common problem among U.S. college students, a new report suggests. Researchers surveyed nearly 3,800 students at eight community college and 26 four-year colleges in 12 states. The study revealed that nearly half the students were food insecure and almost one-quarter were hungry. Hunger rates were 25 percent among community college students and 20 percent among those at four-year colleges, the research showed. Food insecurity was defined by the researchers as the lack of reliable access to sufficient amounts of affordable, nutritious food. Very low levels of food security qualified students as hungry. Food insecurity was reported by 57 percent of black students, compared with 40 percent of white students. Fifty-six percent of students whose parents didn't attend college were food insecure, compared with 45 percent of students who had at least one parent who attended college, the study authors said. The report was prepared by a number of campus-based groups, including the University of Connecticut Public Interest Research Group (UConnPIRG), the College and University Food Bank Alliance, and the National Student Campaign Against Hunger and Homelessness. [Read full article.](#)

Small Steps for Using the USDA Farm to School Census

Earlier this year, the U.S. Department of Agriculture (USDA) released final results from the 2015 [USDA Farm to School Census](#), showing that more than 42,000 schools across the country are operating farm to school programs and another 10,000 have plans to start in the future. During the 2013-2014 school year, these schools purchased nearly \$800 million worth of local products from farmers, ranchers, fishermen and other food producers—a 105 percent increase from the 2011-2012 school year—and tended to more than 7,101 school gardens. The Farm to School Census establishes a national baseline of farm to school activities happening across the country. Whether you're interested in learning about the national landscape, what's happening in your state or how your school district participates in farm to school, there are many ways that this information can be used to support your farm to school efforts. Here are three small steps you can take for using Census data to strengthen farm to school activities in your community:

1. Use Farm to School Census data when sharing your story.
2. Use Farm to School Census data to guide training and technical assistance efforts.
3. Use Farm to School Census data to measure progress.

Find out more ideas for using Census data by watching a recording of the [2015 Farm to School Census webinar](#), co-hosted by USDA and the National Farm to School Network in August. [Read full blog article.](#)

Voices for Healthy Kids 2016 Progress Report

Voices for Healthy Kids, a joint initiative of the American Heart Association and Robert Wood Johnson Foundation, is pleased to release its 2016 Progress Report, *Building a Culture of Health for All Children*. In the first three years of the initiative, we've seen progress around the nation, with more than 50 policy wins, impacting more than 66 million lives. The report highlights key progress from the year, including inspiring examples of communities and states that are dedicated to helping all children grow up at a healthy weight. [Read full report.](#)

USDA Seeks Applications for Next Round of Food Insecurity Nutrition Incentive Program Grants

The U.S. Department of Agriculture announced the availability of up to \$16.7 million in competitive grant funding to increase the purchase of fruits and vegetables by families and households participating in the Supplemental Nutrition Assistance Program (SNAP). The funding will be awarded to eligible nonprofits and governmental organizations through the [Food Insecurity Nutrition Incentive \(FINI\)](#) Grant Program, administered by USDA's National Institute of Food and Agriculture (NIFA) authorized by the 2014 Farm Bill. "Recent data shows that 2015 marked the lowest figures on record for food insecurity among children—a major achievement in our country's efforts to ensure every child has a safer, healthier future filled with unlimited opportunity. In addition, last year 7.9 million fewer people were struggling to provide adequate food for themselves or household members than when President Obama took office in the midst of the worst economic downturn since the Great Depression," said Agriculture Secretary Tom Vilsack. "We must continue to invest in initiatives like the Food Insecurity Nutrition Incentive, which are maximizing SNAP recipients' access to healthy foods and are playing a major role in winning this battle against hunger." FINI is a joint program between NIFA and [USDA's Food and Nutrition Service](#), which oversees SNAP and is responsible for evaluating the impact of the variety of types of incentive programs being deployed by [FINI grantees](#). The program brings together stakeholders from different parts of the national food system to improve the nutrition and health status of SNAP households. Since 2015, NIFA has invested \$48.3 million to support the work of 58 organizations in 33 states and the District of Columbia through FINI. Applications are due by December 12, 2016. [Read full news release.](#)

Education & Resources

Training Opportunities for SNAP-Ed Local Implementing Agencies—Updated October 2016

On behalf of the California Department of Social Services, the California Department of Public Health Nutrition Education and Obesity Prevention Branch, UC CalFresh, California Department of Aging, and Catholic Charities of California, we are pleased to announce upcoming SNAP-Ed trainings available to appropriate staff from SNAP-Ed state and local implementing agencies in California. The [FFY2017 California SNAP-Ed Training Schedule](#) is now available on the [Training and Events Calendar webpage](#). A few of the training topics are also highlighted below:

- * Our GIS Has Changed! - An Orientation Training to the NEOPB GIS Map 3.0
- * Active Aging: Physical Activity Tools for SNAP-Ed Older Adults

These trainings are also posted on the NEOPB Training and Events Calendar, available online at: <http://www.cdph.ca.gov/programs/NEOPB/Pages/NEOPB%20Calendar%20of%20Events.aspx>.

Fall is Here! Celebrate with Pumpkin, 5 Different Ways

Pumpkins aren't just for Halloween! These versatile vegetables are an excellent source of vitamin A and dietary fiber. To demonstrate different ways you can incorporate this seasonal superstar, MyPlate is showcasing five easy recipes with pumpkin as the main ingredient. MyPlate encourages you to make half your plate fruits and vegetables. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits and vegetables provide nutrients vital for the health and maintenance of your body. Pumpkins are full of color and are a great way to eat your veggies! Try these recipes featuring pumpkin five different ways to add more vitamin A and dietary fiber to your menus:

- * The Grab and Go Breakfast: [Cranberry Pumpkin Muffins](#)
- * The Refreshing Beverage: [Pumpkin Smoothie](#)
- * The Simple Weeknight Dinner: [Pumpkin and White Bean Soup](#)
- * The Sweet Treat: [Pumpkin Pudding](#)
- * The Fun Family Breakfast: [Perfect Pumpkin Pancakes](#)

For more healthy recipes, check out www.WhatsCooking.fns.usda.gov, and learn more about the [Vegetable Group](#) at ChooseMyPlate.gov. [Read full blog article.](#)

NCCOR Connect & Explore Webinar: Looking Back and Looking Forward: Nine Years of School District Wellness Policy Implementation, October 24, 2016, 11:00am PT

Since 2003, obesity rates among children in the United States have remained high, creating a new generation at risk for health problems later in life. Although reducing the prevalence of childhood obesity will require multisector solutions, changing the environment, particularly the school environment, is one way to promote change. Schools can potentially reduce the nation's childhood obesity epidemic by offering nutritious meals and regular physical activity. In 2004, Congress required school districts participating in the National School Lunch Program or other Child Nutrition Programs to implement wellness policies. For over 9 years, researchers at the Institute for Research and Policy at the University of Illinois at Chicago have annually compiled and evaluated wellness policies from school districts nationwide as part of Bridging the Gap and the National Wellness Policy Study funded by the Robert Wood Johnson Foundation and, most recently, the USDA. This webinar will highlight progress and opportunities in district wellness policies as well as provide baseline data on the extent to which district policies align with the new federal wellness policy regulations. To register for this webinar, please [click here](#).

SNA Webinar Wednesdays: Celebrating National Farm to School Month with USDA, October 26, 2016, 11:00-12:15pm PT

In celebration of National Farm to School Month, join SNA to learn about resources from USDA's Office of Community Food Systems and how farm to school strategies can boost participation, reduce food waste, and increase consumption of fruits and vegetables. This webinar will showcase Doug Davis from Burlington School Food Project and Alex Emmott from Oakland Unified School district. The webinar will also highlight small ways you can jump in. To register for this webinar, please visit: <https://attendee.gotowebinar.com/register/5940616621429806340>.

Webinar: Measuring the Long-Term Impact of Behavioral Interventions in School Cafeterias, October 27, 2016, 11:00am PT

A growing body of research demonstrates how low or no-cost behavioral interventions in school cafeterias, including those championed by the Smarter Lunchrooms Movement, nudge students to select and eat healthier lunches. Researchers commonly implement these interventions over short time horizons without follow-up data collection due to institutional or resource constraints. As a result, we do not know A) time points at which interventions begin to lose their effect, and B) whether or not interventions lead to lasting behavior change after the intervention is removed. The objective of this presentation is to inform practitioners of timelines that sustain beneficial behavioral effects of Smarter Lunchrooms interventions. Drew Hanks, PhD and Haleigh Golub, MS, of the Ohio State University will present findings from two studies that were carried out in middle schools in a large metropolitan school district from January through April 2016. To attend and for more information, please visit: <https://learn.extension.org/events/2856> and follow the instructions for joining.

Education & Resources *(continued)*

Webinar: Eating Competence: Going Beyond Mindful Eating, October 27, 2016, 12:00-1:00pm PT, Cost: \$18.00 (*Note, use of UC ANR Professional Development Funds)

The Satter Eating Competence Model (ecSatter) gives a practice, sensible, and evidence-based way to manage eating that achieves positive healthy outcomes. Ellyn Satter, author and researcher of this ground-breaking conceptualization of eating, will give an overview of ecSatter evidence, theory, and practice. As she demonstrates in this consciousness-raising presentation, eating competence means taking pleasure in eating, enjoying a variety of food (not just virtuous food), and trusting one's own body. This relates directly to Satter's previous webinar, [Raising Good Eaters: Prevent Child Feeding Problems](#). Adults who are competent eaters do better with respect to the following division of responsibility in feeding and supporting children in having a positive relationship with food. *(*Please note, there is a cost for this webinar (\$18). UC CalFresh staff may want to work with their Advisors/Supervisors for the use of professional development funds for this webinar.)* For additional information on this webinar, please visit: http://www.dietitiancentral.com/ceu/dietitian_webinar.cfm?art_id=275&cid=250.

Funding Opportunity: Nature Works Everywhere, Deadline: October 31, 2016, 2:00pm PT

Nature Works Everywhere is awarding grants to support projects that implement green infrastructure to address local environmental challenges. These include access to healthy food, air quality, heat island effect, climate change, or storm water collection. Young people will work as social innovators to help their communities through project design and implementation. A \$2,000 grant will be awarded to 55 schools across the United States. Applications must be submitted online by 5pm ET (2pm PT) October 31, 2016. For additional information, please visit: <https://www.natureworkseverywhere.org/grants/>.

Funding Opportunity: Fuel Up to Play 60, Deadline: November 2, 2016

Up to \$4,000 per year is available to qualified K-12 schools enrolled in Fuel Up to Play 60 to jumpstart healthy changes. To qualify for funding, schools must: (1) Enroll in Fuel Up to Play 60; (2) Have a registered Program Advisor; and (3) Participate in the National School Lunch Program. The first step to apply will be to select one Healthy Eating Play and one Physical Activity Play from the 2016-2017 Playbook. For additional information and resources, please visit: <https://www.fueluptoplay60.com/funding/general-information>.

Webinar: Exploring Community-Wide Interventions That Have Health Impact in 5 Years (HI-5): An In-Depth Look at Safe Routes to School (SRTS), November 7, 2016, 12:00-1:00pm PT

Join John Auerbach from the Centers for Disease Control and Prevention (CDC) and other national experts to discuss the CDC's new Health Impact in Five Years (HI-5) initiative. The HI-5 (high-five) initiative highlights a list of non-clinical, community-wide approaches with a proven track record. Each intervention listed is associated with improved health within five years and is reported to be cost-effective or cost-saving over the lifetime of the population or even earlier. Public and private organizations can use this list to quickly assess the scientific evidence for short-term health outcomes and overall cost impacts of community-wide approaches. This Web Forum series highlights specific interventions identified in the HI-5 initiative and will provide stakeholders with the opportunity to hear real-world examples of how local and state-level organizations have implemented Safe Routes to School (SRTS) to meet needs of their communities. To learn more about the HI-5 initiative, please visit the CDC's website: www.cdc.gov/hi5. To register for this webinar, please [click here](#).

Get Your Community in Step with a 2016 Micro Grant, Deadline: November 18, 2016, 2:00pm PT

America Walks and the Every Body Walk! Collaborative are excited to announce the second year of [Micro Grant Funding](#). This program will award grantees up to \$1,500.00 for projects related to increasing walking and walkability. Funded projects will increase walking and benefits of walkability in communities, work to develop the walking movement by growing the number and diversity of people and organizations pushing for more walkability, and they should make walking safe, easy, and enjoyable for all community members. This is a great opportunity for adult classes looking for funding to enhance a walking club or incorporate additional resources to sustain the program. This can be done along with the pedometers and physical activity trackers including the [USDA SuperTracker](#). To learn more about the grant program, please visit: <http://americawalks.org/2016-every-body-walk-micro-grant-program/>.

Education & Resources *(continued)*

Call for Proposals: CA Farm to School and Garden Conference, Deadline: December 2, 2016

The California Farm to School Network (CFSN) invites you to submit a proposal for the 2017 California Farm to School & Garden Conference: Connecting the Garden, Cafeteria and the Classroom. The conference will be held March 27th-March 29th, 2017 in Modesto, CA. The 2nd biannual CFSN conference will cover a variety of topics designed to support and inspire farm to school and school garden practitioners all around the state! This is your opportunity to share your expertise and innovative ideas to help grow the farm to school and school garden movement in California. An information PDF is available with additional info regarding the topic areas, speaker benefits and more. [Click here](#) to download. When you are ready to submit your idea, fill out the online submission form located [here](#). Questions related to the call for proposals can be sent to: info@cafarmtoschoolconference.org. Please visit: <http://www.cafarmtoschoolconference.org/> for additional information.

Webinar: Active Aging: Physical Activity Tools for SNAP-Ed Older Adults, December 7, 2016, 1:30-3:30pm PT

This webinar will provide SNAP-Ed staff information and tools for promoting physical activity (PA) to the older adult SNAP-Ed population. Participants will receive information on PA guidelines for older adults, how staff can help older adults to become more physically active through direct PA curriculums and working with community PA programs and improvements. To register for this webinar, please visit: <https://attendee.gototraining.com/r/2066756782602779905>.

9th Biennial Childhood Obesity Conference: Applications for Roundtables, Deadline: February 15, 2017

Back by popular demand, one 45-minute roundtable session 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. To learn more about hosting a roundtable, [click here](#). The application process is now available through February 15, 2017.

We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please email Lindsay Hamasaki at lmhamasaki@ucdavis.edu to share your comments, 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.org/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.

