

## UC CalFresh Weekly Update September 9, 2013



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### UC CalFresh Website Updates

#### UC CalFresh Program Directive 2013-01: Travel Reimbursement

PD 2013-01 updates the travel reimbursement rates for the UC CalFresh program and amends PD 2012-02. The State of California has updated their Travel Reimbursement Policy for meals and hotels. As per the previous Program Directive, the California Department of Social Services is requiring UC CalFresh to follow the State of California's Travel and Reimbursement Policy for Hotels and Meals and Incidentals. These rates are only required for the UC CalFresh Nutrition Education Program and mostly for overnight travel. The updated Program Directive can be downloaded from the UC CalFresh website: <http://www.uccalfresh.com/administrative/program-directives>.

### Upcoming Events & Deadlines



#### SEPTEMBER 2013

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					

#### 9/24: UC CalFresh Town Hall Meeting, 12:30-2:00 PM

The next UC CalFresh Town Hall Meeting has been scheduled for Tuesday, 9/24 from 12:30 to 2:00 PM. Topics include:

- \* FFY 2014 Statewide Plan
- \* FFY 2014 Budget Overview
- \* Reporting Tools Workbook Overview
- \* Website Updates & Overview

#### Webinar Information:

Link: <https://fsnep.webex.com/fsnep/onstage/g.php?t=a&d=962897715>

Event number: 962 897 715

Event password: apple

Call-in toll-free number (US/Canada): 1-877-668-4490

Any questions can be submitted *in advance* of the Town Hall to Cheryl Piety at [Piety@caes.ucdavis.edu](mailto:Piety@caes.ucdavis.edu).

#### 9/30: End of FFY 2013 & Last Day to Submit Evaluation Data

All evaluation data for FFY 2013 (online data entry portals and Excel-based) must be entered and submitted to the UC CalFresh State Office.

Online data entry for inclusion in the Statewide final report should be prioritized for the following evaluation surveys:

- \* Plan, Shop, Save, Cook
- \* Making Every Dollar Count
- \* Adult Taste Testing Tool
- \* Youth Taste Testing Tool
- \* Youth Teacher Observation Tool

For questions related to evaluation, please contact Virginia Chaidez at [vachaidez@ucdavis.edu](mailto:vachaidez@ucdavis.edu).

## UC CalFresh Weekly Update: September 9, 2013

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cal fresh Nutrition Education

<http://www.uccalfresh.org>

### Nutrition Education Reinforcement Items from the UC CalFresh State Office

Based on responses to the surveys we distributed earlier this year, the UC CalFresh State Office has purchased the nutrition education reinforcement items listed below for each county program:

- \* Cookbooks from the *Network for a Healthy California*
- \* UC CalFresh Aprons for Staff
- \* UC CalFresh Certificates of Completion
- \* UC CalFresh/MyPlate magnets in English & Spanish
- \* UC CalFresh/MyPlate stickers
- \* 2014 Healthy & Homemade Calendars
- \* I Tried It! Stickers in English & Spanish
- \* UC CalFresh branded measuring spoons
- \* UC CalFresh/MyPlate pocket folders
- \* UC CalFresh/MyPlate/USDA Table Cloth

As we receive shipping information from each of the vendors, the UC CalFresh State Office will notify each county individually with the quantities to expect and tracking numbers, if available. Similar to last year, we request that you please e-mail Cheryl Piety ([Piety@caes.ucdavis.edu](mailto:Piety@caes.ucdavis.edu)) and Lindsay Hamasaki ([Hamasaki@caes.ucdavis.edu](mailto:Hamasaki@caes.ucdavis.edu)) to confirm receipt of your items. Please remember that confirmation of receipt of items is required for accounting and auditing purposes.



### UC CalFresh in Action!

Share your UC CalFresh success stories with the State Office: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=10612>

#### Back-to-School Night at Strathmore Elementary, UCCE Tulare County

UC CalFresh nutrition educators Grilda Gomez and Julie Cates attended Back-to-School Night at Strathmore Elementary in Tulare County. They offered advice on making healthier choices by choosing foods with naturally occurring sugars, such as fruits, vegetables, dairy products, and nuts.



### Welcome New UC CalFresh Staff!

This new feature is to introduce and welcome new staff to UC CalFresh. If you have new staff, please send a short paragraph and photo to Lindsay Hamasaki at [Hamasaki@caes.ucdavis.edu](mailto:Hamasaki@caes.ucdavis.edu).



The State Office would like to hear your comments regarding our new Weekly Update format! Please e-mail Lindsay Hamasaki at [Hamasaki@caes.ucdavis.edu](mailto:Hamasaki@caes.ucdavis.edu) to share your comments, stories, photos or other items you would like to see featured in future Weekly Updates.



## Articles & Research

### **Fruit and Vegetable Consumption by School Lunch Participants: Implications for the Success of New Nutrition Standards**

School lunches have had to meet new nutrition standards since the fall of 2012. Using 2005 School Nutrition and Dietary Assessment data, this report examines whether students who attended schools serving more fruits and vegetables, in amounts that would meet the new standards, actually ate more of them than students in schools that did not. [Read report summary.](#) [Download full report.](#)



### **Household Food Security in the United States in 2012 & Statistical Supplement**

A report released by USDA's Economic Research Service (ERS) reported that an estimated 14.5 percent of American households were food insecure at least some time during the year in 2012, meaning they had lacked access to enough food for an active, healthy life for all household members. The change from 14.9 percent in 2011 is not considered statistically significant. The prevalence of very low food security was unchanged at 5.7 percent. [Read report summary.](#) [Download full report.](#) The statistical supplement for USDA's annual report on households' access to adequate food for active, healthy living is also available for download; [click here to access.](#)

### **Eating Better at School: Can New Policies Improve Children's Food Choices?**

As students return to school in 2013-14, school cafeterias across America will be entering their second year of healthier USDA school lunches based on updated nutrition standards that feature whole grains, low-fat milk, more fruit, and a healthier mix of vegetables. They will begin implementing new breakfast standards that similarly improve the nutritional quality of breakfasts. Besides USDA meals, most U.S. schools also sell other foods and beverages, often referred to as "competitive foods" because they compete with the USDA meal for student purchases. By the 2014-15 school year, competitive foods will be subject to the new nutritional standards, too. ERS research found that offering school lunches with a healthier mix of vegetables was associated with higher consumption of healthier vegetables, but also food costs. New standards for "competitive" school foods that are not part of USDA meals have raised concerns over lost revenues from sales of these foods. [Read full article.](#)

### **Americans Not Drinking Milk as Often as Their Parents Did**

Fluid milk has long been a staple of the American diet. However, as dietary habits change, Americans of all ages are drinking less milk, on average. Since 1970, per capita consumption of fluid milk has fallen from almost 1 cup to 0.6 cups per day. Contributing to the trend are differences in the eating and drinking habits of newer and older generations. Several factors may account for variations in milk drinking habits across generations, including the food environment in which people come of age and a generation's unique experiences as children. [Read full article.](#)

### **On the Edge of Poverty, at the Center of a Debate on Food Stamps**

The Department of Agriculture released a 2012 survey showing that nearly 49 million Americans were living in "food insecure" households—meaning, in the bureaucratic language of the agency, that some family members lacked "consistent access throughout the year to adequate food." In short, many Americans went hungry. The agency found the figures essentially unchanged since the economic downturn began in 2008, but substantially higher than during the previous decade. Experts say the problem is particularly acute in rural regions like Dyersburg, a city of 17,000 on the banks of the Forked Deer River in West Tennessee. More than half the counties with the highest concentration of food insecurity are rural, according to an analysis by Feeding America, the nation's largest network of food banks. [Read full article.](#)

### **Presidential Proclamation — National Childhood Obesity Awareness Month, September 2013**

On August 30, President Barak Obama signed a proclamation designating September 2013 as National Childhood Obesity Awareness Month. The proclamation notes that obesity rates "are holding steady and even decreasing in some areas," and references a number of childhood obesity reduction initiatives in the Affordable Care Act, including Community Transformation Grants and provisions establishing no-cost obesity counseling and screening. President Obama encouraged all Americans to learn about and engage in activities that promote healthy eating and greater physical activity by all. [Read full Proclamation.](#)

### **The skinny on healthier snacks in school**

Soon, students across the country will notice their school snacks have lightened up. Vending machines and à la carte snacks will feature items that are lower in fat, sugar and sodium and higher in the nutrients kids need. Fruit cups will replace fruit flavored candies, healthy granola bars will knock donuts off the shelf and no-calorie flavored water will beat out regular soda in vending machines. The new snack standards were designed to help combat child hunger, obesity and improve the health and nutrition of the nation's children. [Read full article.](#)

### **Nudged to the Produce Aisle by a Look in the Mirror**

Samuel Pulido walked into his local grocery store on a sweltering day, greeted by cool air and the fantasy-world ambience of the modern supermarket. Then he looked down at his grocery cart and felt quite a different tug. Inside the front of the buggy, hooked onto its red steel frame, was a mirror. It stretched nearly a foot across, and as Mr. Pulido gripped the cart a little more tightly, it filled with the reflection of his startled face. The mirror is part of an effort to get Americans to change their eating habits, by two social scientists. [Read full article.](#)

## Articles & Research (continued)

### Short Bouts of Brisk Exercise May Help Cut Obesity Risk

Higher-intensity exercise, even in spurts, plays an important role in controlling weight, according to a new study. The analysis of data from more than 2,200 women and 2,300 men, aged 18 to 64, found that higher-intensity activity was associated with a lower risk of obesity, whether it was performed in sessions of shorter or longer than 10 minutes. Each daily minute of higher-intensity activity reduced the risk of obesity by 5 percent in women and by 2 percent in men, according to the study published in the current issue of the *American Journal of Health Promotion*. [Read full article.](#)

### How Eating Breakfast Makes Your Child Smarter

It's common knowledge that kids should rise and dine to ace their academics. Research has shown that eating breakfast can improve a child's cognitive performance in the classroom, particularly memory and attention span. More interestingly, a study just published in *Frontiers in Human Neuroscience*, explains why and how a morning meal impacts the brain. According to the researchers in this study, children have a higher rate of metabolizing glucose in their brains as compared to adults. Glucose is the fuel that feeds the body. The higher the rate of using glucose coupled with their longer nighttime slumber, puts children at a higher risk for depleting their storage of glucose, called glycogen, in their body overnight. Thus, eating breakfast, or "breaking the fast" so-to-speak, is physiologically important to provide children with the energy-charged glucose to kick start and fuel their brains. [Read full article.](#)

### Rutgers breaks ground on new nutrition center

Rutgers University broke ground Friday, September 2nd, on the site for the New Jersey Institute for Food, Nutrition and Health. The institute will hold six interdisciplinary centers of excellence, bringing together faculty members from Rutgers' departments of food science, nutrition, public policy, pharmacy, exercise science and sport studies, genetics, agriculture, and health sciences research. The six centers include the Center for Childhood Nutrition and Education, which is dedicated to educating preschool-age children about nutrition, and a specialized Student Health Center, which will provide advanced counseling for eating disorders and incorporate nutrition as a part of health care. As its first strategic initiative, the institute is focusing on childhood obesity. [Read full article.](#)



## Education & Resources

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

### Funding Opportunity: Whole Kids Foundation Garden Grant in Partnership with FoodCorps

Whole Kids Foundation accepts garden grant applications annually from September 1 to October 31, 2013. \$2,000 School Garden Grant for a non-profit K-12 school (public, private or charter—elementary, middle, or secondary) and/or a 501(c)(3) organization that is developing or currently maintaining a garden project on school grounds that will engage children with fresh fruits and vegetables. Recipients will be announced in the Spring of 2014. For more information, please visit: <http://www.wholekidsfoundation.org/schools/programs/school-garden-grant-program>.



### Take a Virtual Tour of the Healthy Food Access Portal, September 10, 2013, 11:00-11:30 AM PST

Are you considering a healthy food access project or policy initiative? Do you need money to support your efforts? Are you looking for the best tools and retail strategy to fit your community's needs? If so, join us for a virtual tour that will help you navigate the portal and find the best resources to match your healthy food access efforts. This 30 minute session will provide an overview of how to find the tools and resources you need to support your project. [Click here to register.](#)

### Web Forum: Part 1: Ready for Recess: Changing Policy and Practice to Support Students' Physical Activity, September 10, 2013, 10:00 AM PST

This is part one of a two-part Web Forum series designed to promote more physically active recess in schools. Part one is intended for school administrators, public health practitioners (e.g., school wellness coordinators), and parents who want to learn how to influence policies and practices that support the overall health and well-being of students. During this Web Forum, presenters will discuss:

- \* The academic and health benefits of recess being frequent and efficient;
- \* Which tools are needed to encourage children to be physically active at recess;
- \* What administrators can do to support teachers and staff to implement activities at recess; and
- \* How parents and public health practitioners can advocate for recess that promotes more physical activity.

To register for the webinar, [click here.](#)



### Web Forum: Part 2: Get Your School Ready for Recess!, September 17, 2013, 10:00 AM PST

This is part two of a two-part Web Forum series. Part two is intended for teachers and other school staff who are directly involved with leading recess activities. The Ready for Recess program can help prevent and alleviate childhood obesity by increasing students' ability to be more physically active during recess through practice and environmental changes. During this Web Forum, presenters will discuss:

- \* The academic and health benefits of recess being frequent and efficient;
- \* Easy and fun activities teachers and staff can implement to get students more active;
- \* How support and participation can motivate children to be more active; and
- \* How to be creative with equipment, space and temperature to promote physical activity.

To register for the webinar, [click here.](#)

## Education & Resources (continued)

### We Can! and Let's Move Faith and Communities Webinars, Various Dates

The *We Can!* (Ways to Enhance Children's Activity & Nutrition) program at the NIH has been collaborating with *Let's Move Faith and Communities* to offer webinar trainings on the *Energize Our Families Parent Program* and *Media-Smart Youth Program* to community leaders and other individuals interested in implementing these programs at the local level. More information is available on the attached flyer. To register for the webinars, click on the date you would like to register for.

\* **Webinars on the "Energize Our Families: Parent Program"**

[Wednesday, September 18, 2013, 1:00-3:00 PM EDT](#)

[Thursday, September 26, 2013, 1:00-3:00 PM EDT](#)

\* **Webinars on "Media-Smart Youth"**

[Thursday, September 12, 1:00-3:00 PM EDT](#)

[Wednesday, October 2, 1:00-3:00 PM EDT](#)



### Energize Your Day with School Breakfast Webinar, September 12, 2013, 2:00 PM EST

This webinar is co-hosted by USDA Food and Nutrition Service (FNS) and the President's Council on Fitness, Sports, and Nutrition (PCFSN). The webinar will focus on an overview of the promotional efforts being launched in support of the School Breakfast Program for school year 2013-14. PCFSN will share details on how it will incorporate the School Breakfast Program into its overarching back to school message (including its collaborative efforts with USDA/FNS), and USDA/FNS will provide a walkthrough of its updated "Energize Your Day with School Breakfast!" Toolkit, an exciting set of digital resources designed to help schools establish or expand their breakfast programs. To connect to the webinar, please see the information below:

#### To join the livemeeting webinar:

1. Click on (or copy and paste) this link to join the meeting: <https://www.livemeeting.com/cc/usda/join?id=JRT8FB&role=attend>
2. You will be prompted to type in your name, email, and organization. Once you hit "continue" you will be joined with the meeting.
3. Please plan to connect 5-15 minutes early to ensure you are connected on time, the meeting will begin promptly at 2:00 PM EST.
4. If you are asked for a Meeting ID and Entry Code, **the Meeting ID is JRT8FB**, please leave Entry Code blank (not required).

#### To join the audio:

1. Call the toll-free number (from your telephone, audio is not available over the computer): 1-800-988-0278.
2. When prompted, enter the participant pass code: 6668750#
3. Please plan to connect 5-15 minutes early to ensure you are connected on time, the meeting will begin promptly.



### Request for Proposals: Aetna Foundation Accepting Applications for Regional Nutrition and Physical Activity Programs

California Counties / Cities Include: Los Angeles, San Diego, Fresno and San Francisco, Deadline: September 15, 2013

The Aetna Foundation is dedicated to the promotion of wellness, health, and access to high-quality health care for everyone, while supporting the communities it serves. The foundation's Regional Grants program funds community-wellness initiatives that serve those most at risk for poor health—including low-income, underserved, and minority populations—in Aetna's priority cities and states. Types of projects Aetna seeks to support include:

- \* School-based or after-school nutrition and fitness programs that help children learn healthy habits at an early age
- \* Community-based nutrition education programs for children and families
- \* Efforts to increase the availability or affordability of fresh fruits and vegetables in communities
- \* Community gardening and urban farming activities for children and families

Grant amounts will range from \$25,000 to \$40,000. For more information, [click here](#).

### New Confucius Institute at UC Davis to highlight Chinese food and drink, Public Opening on September 16, 2013, 8:00 PM

UC Davis and China's Jiangnan University, along with China's Ministry of Education, are establishing the world's first Confucius Institute devoted to Chinese food and beverage culture on the Davis campus. The new institute's public opening celebration will be held at UC Davis' Mondavi Center for the Performing Arts, complete with song and dance by performers from China. The public opening will also feature celebrity chef Martin Yan who earned his bachelor's and master's degrees in food science from UC Davis. [Read full blog article](#). For more information on UC Davis' Confucius Institute's Public Opening celebration, [click here](#).

### Core Nutrition Messages Webinar Series: Creating Inspiring Nutrition Education Tools! Messages Matter

Join this two-part, interactive webinar series and obtain:

- \* Top line findings from 60 focus groups with low income moms about their current practices and perceptions regarding low-fat milk, whole grains, and child feeding.
- \* Insights into the development process and an overview of the core messages and related resources
- \* Hands-on experience in using the consumer-tested core nutrition messages and content to develop effective nutrition education resources or activities

Registration for both sessions will be available soon: **Session 1:** September 19, 2-3 PM & **Session 2:** October 3, 2-3 PM. To view the Core Nutrition Messages and related resources, visit: <http://www.fns.usda.gov/core-nutrition/core-nutrition-messages/>.



### Free Webinar: Let's Move! Museums and Gardens & Let's Move! Cities, Towns and Counties, September 25, 2013, 11:00-12:00 PM PDT

The Institute of Museum and Library Sciences (IMLS) will host a free webinar on the opportunities for collaboration between communities participating in *Let's Move! Cities, Towns and Counties (LMCTC)* and local museums and gardens participating in *Let's Move! Museums & Gardens*. No pre-registration is required. To participate, go to this [Blackboard Collaborative Meeting Room](#) at the time of the webinar, enter your information, and join the conversation. You may listen using your computer's speakers or dial-in to 1-866-299-7945. When prompted, enter the pass code 9485763#.

## Education & Resources (continued)

### Workshops: Creating and Sustaining Your School Garden Workshops, Various Dates

The Creating and Sustaining Your School Garden (CSYSG) Workshop is for teams working to create or enhance a school garden program. This workshop covers planning and designing a school garden, basic gardening skills, curricular connections and outdoor classroom management. Content varies by region. [Click here to view CSYSG web resources.](#)

- \* **September 19: National City (San Diego) (\$20):** <http://olivewoodgardens.org/education/schoolgardens/>
- \* **September 21: Catalina Island (Free):** <http://www.learnaboutag.org/eventcalendar/index.php?q=view&id=1479>
- \* **September 21: Davis (Free):** <http://www.lifelab.org/for-educators/workshops/collaborative-workshops/csgt/csystg-workshop/>
- \* **October 24: Santa Cruz (Free):** <http://www.lifelab.org/for-educators/workshops/collaborative-workshops/csgt/csystg-workshop/>

### USDA Farm to School Program and eXtension Upcoming Webinars

The USDA Farm to School Program and the eXtension Community of Practice in Community, Local, and Regional Food Systems will host two webinars to explore Cooperative Extension professionals' role in supporting farm to school programs. There is no registration required for either webinar. To access the webinars, an Internet connection and telephone line is required.

#### \* **Wednesday, September 25, 2013, 1:00-2:00 PM EST**

Emily Jackson of Appalachian Sustainable Agriculture Project will share outcomes from a tri-state project that examined the roles of Cooperative Extension in farm to school. She will be joined by Teresa Wiemerslage from Iowa State University Extension and Outreach who will share how she is supporting local food procurement, school wellness, and youth engagement in Northeast Iowa.

#### \* **Wednesday, October 9, 2013, 1:00-2:00 PM EST**

Julia Govis from the University of Illinois Extension and Morgan Taggart from Ohio State University Extension will discuss the many ways they are supporting farm to school through the development of educational resources and curriculum.

To view the webinars via LiveMeeting, [click here](#). To hear the webinars, dial 1-800-988-0278 and use the passcode 91613#. For more information, visit USDA's Farm to School webinar page: <http://www.fns.usda.gov/cnd/F2S/webinars.htm>.

### Free Webinar: How to Teach Nutrition, October 15, 2013, 1:00-2:30 PM EST

How to Teach Nutrition is an introductory webinar that will teach YOU how to teach kids and adults about nutrition and healthy eating habits. Through this webinar taught by nutritionist and wellness expert, Julie Negrin, MS, you will learn:

- \* Why teaching adults about nutrition is not that different from teaching kids;
- \* The secret of inspiring people to make changes in their lives instead of TELLING them to make changes;
- \* And much MORE!

For more information and to register for the webinar, please [click here](#).

### Kaiser's Educational Theater Programs, "The Best in Me" and "Community Troupe"



For a number of years, Kaiser Permanente has fielded an exceptional health education program using live theater to create a special pathway to healthful learning for young people. Each year, the programs are updated and scheduled. Check out the upcoming performances that have been booked in your area. For more information, [click here](#).

### Healthy Food Choices in Schools Community of Practice!

An online resource dedicated to providing easily applicable tools and information including eating behavior insights, interventions, and practical steps for school communities and parents to encourage their kids to make healthy food choices in schools. For more information, visit: [http://www.extension.org/healthy\\_food\\_choices\\_in\\_schools](http://www.extension.org/healthy_food_choices_in_schools) or go to [eXtension.org](http://www.extension.org) and find Healthy Food Choices in Schools under the "Resource Areas" tab.



## We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please e-mail Lindsay Hamasaki at [Hamasaki@caes.ucdavis.edu](mailto:Hamasaki@caes.ucdavis.edu) to share your comments on the new format of the Weekly Update, stories, photos, or other items you would like to see featured in future Weekly 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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