

## UC CalFresh Weekly Update November 12, 2013



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### Upcoming Events & Deadlines

NOVEMBER 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

#### 11/14: Save the Date: UC CalFresh & EFNEP Town Hall

Webinar Information:

**Webinar link:** <https://fsnep.webex.com/fsnep/onstage/g.php?t=a&d=966351730>

**Event number / Access code:** 966 351 730

**Event password:** apple

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

#### 11/28 - 11/29: Thanksgiving Day Holiday

### 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).



### UC CalFresh Success Stories

The State Office will begin sharing successes through this new feature in the Weekly Updates. Successes for FFY 2014 can be shared through the online data entry portal: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11480>

*"I learned that I need to sanitize sponges by putting them in the microwave, need to recook hotdogs, and to keep refrigerator at 35-45 degrees."*

—Eating Smart, Being Active Participant, Trinity County

*"The class provided me with a lot of information that helps any household. First of all how to read labels on food products, then how to budget my income and teach my children the value of life and how to speak to them. As parents we are stressed with daily life and lose track on our children and not value what they do. Thank you for your information and the time you spent with us."*

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



## Articles & Research

### USDA Partners with FoodCorps to Grow Healthy Eaters

FoodCorps is a national service organization that places emerging leaders in schools across the country to teach kids about what healthy food is and where it comes from, build and tend school gardens, and bring high-quality local food into schools participating in the National School Lunch and/or School Breakfast Programs. USDA is pleased to support the FoodCorps model; their recipe for success includes three main ingredients:

- \* **KNOWLEDGE: Food and Nutrition Education:** FoodCorps service members work with teachers to increase the quantity of nutrition and agricultural education children receive, while dramatically improving its quality through an emphasis on hands-on learning.
- \* **ENGAGEMENT: School Gardens:** FoodCorps increases agricultural literacy and gives kids the skills to grow and cook good food.
- \* **ACCESS: Local Procurement:** FoodCorps service members forge relationships between school food service directors and local farmers who can supply healthy ingredients at scale, filling lunch trays with food from the farm, and educating kids about food production in the process.

The current class of FoodCorps participants includes 125 service members devoting a year of national service to helping children develop lifelong relationships with healthy food. Service members are placed at 108 sites across 15 states in some 300 schools. FoodCorps results last year were impressive. Service members reached over 67,000 children, built or revitalized over 400 school gardens, organized over 3,000 volunteers, and donated over 29,000 pounds of produce to local communities. For more information on USDA's Farm to School Program, visit: <http://www.fns.usda.gov/farmtoschool>.

### Sweetened Food Purchases and Indulgent Feeding Are Associated With Increased Toddler Anthropometry

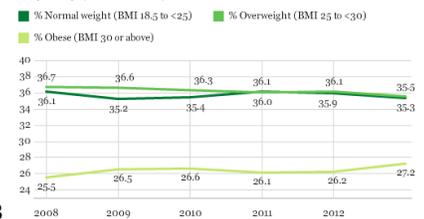
A recent study by Virginia Chaidez, PhD, RD, Scott McNiven, MS, Stephen A. Vosti, PhD, and Lucia L. Kaiser, PhD, RD published in the Journal of Nutrition Education and Behavior, found that indulgent feeding, high intake, and purchase of sweetened beverage are associated with weight gain in Latino toddlers. Childhood obesity is a grave concern in the United States (US), particularly among minorities, for whom an estimated 49.2% of African American children and 44.0% of Hispanic children aged 5-18 years are overweight or obese, compared with 32.3% of Caucasian children. The etiology of childhood obesity is related to genetic, cultural, psychosocial, socioeconomic, and environmental factors. This research investigates the role of the household environment in Hispanic families and the mediating effects of food purchases and feeding practices on childhood obesity risk. The study notes that programs should target food purchasing decisions and provide concrete guidance for the division of responsibility around feeding. [Read full article.](#)

### U.S. Obesity Rate Climbing in 2013

The adult obesity rate so far in 2013 is up 27.2%, up from 26.2% in 2012, and is on pace to surpass all annual average obesity rates since Gallup-Healthways began tracking in 2008. The one-percentage-point uptick in the obesity rate so far in 2013 is statistically significant and is the largest year-over-year increase since 2009. The higher rate thus far in 2013 reverses the lower levels recorded in 2011 and 2012, and is much higher than the 25.5% who were obese in 2008. The increase in obesity rate is accompanied by the slight decline in the percentage of Americans classified as normal weight or as overweight but not obese. The percentage of normal weight adults fell to 35.3% from 35.9% in 2012, while the percentage of adults who are overweight declined to 35.5% from 36.1% in 2012. An additional 1.9% of Americans are classified as underweight in 2013 so far. [Read full article.](#)

American Adults, by Weight Category -- Yearly Averages

Weight category as determined by BMI



Gallup-Healthways Well-Being Index  
2013 data from Jan. 1-Oct. 28

### Cultivating connections between farmers and food buyers

The 100 miles between the agricultural fields that surround Davis, Sacramento and the Sierra Foothills and the culinarily rich city of San Francisco can seem mvast to farmers who lack the connections needed to market their produce to Bay Area buyers. That gap was bridged last week for a group of 25 small, beginning and ethnic farmers when the Agricultural Sustainability Institute (ASI) at UC Davis and the Sacramento County UC Cooperative Extension hosted a day-long bus tour that began in Sacramento early Tuesday morning. Farmers boarded a bus bound for the Bay Area, where they met wholesale food buyers. Interest in locally produced food is growing nationwide, according to Gail Feenstra of the UC Sustainable Agriculture Research and Education Program, a program within ASI. "Food is an important part of our concept of community. People want a relationship with local growers because their food nurtures us. They feed our sense of community and also steward the land in our region. I think people are searching for ways to connect around food because it benefits our personal, economic and environmental health." [Read full blog article.](#)

### When Kids Sleep Less, They May Eat More

Children need sufficient sleep each night to function. But getting enough sleep might also affect other aspects of health, such as their weight. A small recent study found that altering children's sleep experimentally resulted in changes in how much they ate. The change in amount of sleep also slightly influenced the children's weight. The children weighed slightly more (half a pound) at the end of the week when they got less sleep than at the end of the week with more sleep. This study provides some evidence that not getting enough sleep could influence how much kids eat and weigh. The researchers conducted a small study with 37 children, aged 8 to 11 over a three-week period. Most of the additional food the children ate during the week when they were awake for more time was eaten during the period when they would have been asleep. This study was published November 4th in the journal *Pediatrics*. The research was funded by the American Diabetes Association. [Read full article.](#)

## Articles & Research (continued)

### Family Meals May Keep Kids, Parents at Healthy Weight

Kids are less likely to be overweight if they eat meals with their families, according to a new study. The research found that children in families who eat together without the television on and stay seated until everyone is finished have lower weight and body-mass index (BMI), a measurement of body fat based on height and weight. The researchers compared BMIs and family dining rituals of 190 parents and 148 children. Strong, positive socialization skills during family dinners may override children's need to overeat, the researchers said. They also found that parents who talk meaningfully with children, especially young boys, about their day during dinner also have lower BMIs. The researchers said, however, that the link between BMI and dinnertime habits does not necessarily mean that one thing directly causes the other. The study appeared in the October issue of the journal *Obesity*. [Read full article.](#)

### FDA to Ban Trans Fats in Foods

U.S. health officials announced Thursday a plan to phase out heart-harmful trans fats in processed foods and restaurant fare. U.S. Food and Drug Administration Commissioner Dr. Margaret Hamburg said the proposed restrictions on the use of trans fats could prevent 20,000 heart attacks a year and 7,000 deaths. Many food companies and restaurants have eliminated the trans fats over the past decade, in part because of FDA nutrition label changes enacted in 2006. And some local governments, including New York City, already prohibit their use. These restrictions have helped reduce trans fat intake among Americans from 4.6 grams daily in 2003 to about 1 gram a day in 2012, the FDA said. [Read full article.](#)

### Rural areas face limited access to nutritious food

Limited access to nutritious food is an issue facing rural communities in Missouri and the nation at large, according to University of Missouri specialists. MU Extension community development specialist, Kara Lubischer, said the Midwest is affected by "food deserts." Those are areas where people must travel at least 10 miles to a place where food is sold—not counting convenience stores. According to the USDA, 2,300,000 people in the U.S. live in food deserts, which are most prevalent in the Great Plains region—where 418 counties have a food desert. Lubischer said having a source of nutritious food in small communities cuts down on health problems and supports the local economy. [Read full article.](#)



## Education & Resources

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



### Free Monthly Journal of Nutrition Education and Behavior (JNEB) Article

The first Monday of each month, the [Journal of Nutrition Education and Behavior \(JNEB\)](#) will feature an article from the current issue at 9:00 AM PST on Facebook and Twitter. The post will include a link to the article which will be free for the following week! Visit JNEB's social media sites to look for the article that is free this week (Nov. 4th posting)! And make sure to start following/linking JNEB to receive future article alerts and other free content.

\* Facebook: <https://www.facebook.com/pages/JNEB/174283453617>

\* Twitter: <https://twitter.com/jnebonline>



### The USDA Farm to School Census Shows Promising Results: IS YOUR DISTRICT REPRESENTED?

Earlier this year, USDA completed the first ever national Farm to School Census, surveying over 13,000 public school districts. At the national level, 13% of the school districts surveyed indicated that they have school gardens; is yours one of them? To view preliminary results, visit: <http://www.fns.usda.gov/farmtoschool/census#/>. Through November 30, 2013, USDA is welcoming new data and revisions from districts that did not complete the Census or would like to make changes or additions to their responses. To update data for your school or district or to complete the survey questionnaire, please contact Matthew Benson with the USDA Farm to School Program at [matthew.benson@fns.usda.gov](mailto:matthew.benson@fns.usda.gov). Final results of the Census will be available in early 2014.

### CEU Opportunity: Early Childhood Nutrition Webinar

Looking for Education on How to Get Feeding off to a Positive and Healthy Start? Please join this pre-recorded one-hour webinar on Early Childhood Nutrition. You will learn about this critical time between infancy and toddlerhood which sets the stage for later success in childhood feeding optimizing the child's growth and development while minimizing obesity risk. Learn strategies on how to help parents foster healthy eating habits in their children. Receive 1 CEU for the webinar for a discounted rate of \$20 from SNEB or attend for free without CEU credit at: <https://www.oquest.com/cgi-bin/oqregister.pl?evc=SFN168&goto=rgstr>. In order for a recording to be eligible for credit, the recording must be listened to/viewed within one (1) year of the original date (May 23, 2013) of the live presentation. For more information, please visit: <http://www.healthyeating.org/Health-Wellness-Providers/Professional-Development/Webinars/Childhood-Feeding.aspx>.



### New cookbook offers kid-tested, healthy school meal options

A recently released cookbook developed by Vermont school nutrition professionals aims to promote healthy eating among Vermont's youth. Vermont FEED (Food Education Every Day), the Vermont Agency of Education, and the School Nutrition Association of Vermont collaborated with the New England Culinary Institute to write, "[New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks.](#)" According to a release distributed by the Agency of Education, the cookbook, which features unique, seasonal recipes, is designed to help schools incorporate more local, fresh food in the meals they serve, while simultaneously adhering to the new USDA school nutrition standards. A printable version of the cookbook can be downloaded at <http://www.vtfeed.org>.

## Education & Resources (continued)

### **“Farmers’ Markets Building Healthier Communities” #HealthierNextGen Twitter Chat**

On Wednesday, November 6th, USDA/FNS hosted a Twitter chat on their support of local farms by promoting technology that accepts SNAP benefits at Farmers’ Markets and through programs like the Seniors Farmers’ Market Nutrition Program and WIC Farmers’ Market Nutrition Program. The following topics were discussed:

- \* @USDA strongly supports our nation’s farmers’ markets. Why are they important to you & your community? #HealthierNextGen
- \* Why is it so important to support local foods and the farmers that provide them? How does this lead to a #HealthierNextGen?
- \* Farmers’ markets connect our seniors and children w/ healthy foods. How can we continue to get the word out to them? #HealthierNextGen
- \* Are there unique offerings/characters at your local farmers market? Please share and/or tweet a pic #HealthierNextGen
- \* How is your organization helping low-income individuals take advantage of the benefits of farmers markets? #HealthierNextGen
- \* Can you share some innovative ways farmers’ markets are helping people eat healthier and be more active? #HealthierNextGen

For more information about USDA FNS Farmers’ Market Programs, please visit: [www.fns.usda.gov/snap/ebt/fm.htm](http://www.fns.usda.gov/snap/ebt/fm.htm) or [www.fns.usda.gov/fmnp](http://www.fns.usda.gov/fmnp).

### **Farm to Food Bank to School: An Emerging Model in Communities Across the Country, November 12, 2013, 1:00-1:20 PM EST**

Hosted by the National Farm to School Network, this webinar will feature representatives from food banks that are emerging as community food hubs, connecting local farms to other markets, including schools. Some food banks are engaged in other farm to school activities, including experiential farm education. Join us for the November LunchBites webinar to hear from individuals who are leading this model at their local food banks. To register for the webinar, visit: <https://www4.gotomeeting.com/register/371413151>.

### **SNEB Webinar: Disruption of the ‘usual’ - Rethinking behavior change and communication in nutrition education, November 13, 2013, 12:00-1:00 PM EST**

Effective communication is an essential component in the mix of strategies used to effect behavior change in regard to healthy eating. But are nutrition educators using all the behavior change tools? Are we really communicating effectively? Is our communication passionate enough and inspired enough to be heard? How do we increase likelihood of improving healthy nutrition behaviors? This session is for people who are looking to disrupt their usual way of doing their work. Participants will be exposed to marketing, behavioral economics, behavior/social change and social media theory and examples. The ideas and tools are designed to stimulate innovative approaches to nutrition education. This session is sponsored by SNEB Membership Committee. **SNEB members attend webinars free as a benefit of membership. Non-member cost is \$25 however the first 200 non-members to register will attend as guests of the SNEB Membership Committee.** To register for the webinar, visit: <https://www2.gotomeeting.com/register/137482322>.

### **USDA Farm to School + Extension Webinar Series, November 19, 2013, 1:00 PM EST**

Julia Govis from 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. This webinar is rescheduled from October due to the government shutdown. There is no registration required. To access the webinar, both an Internet connection and telephone are required. To view the webinar via LiveMeeting, visit: <https://www304.livemeeting.com/cc/usda/join?id=MJ56BC&role=attend>. To hear the webinar, dial 1-800-988-0278 and use passcode 4670194#. For questions, please contact Matt Benson at [matthew.benson@fns.usda.gov](mailto:matthew.benson@fns.usda.gov) or 202-720-6740.

### **Funding Opportunity: 2013 Youth Garden Grant Award, Deadline: December 3, 2013**

NGA awards Youth Garden Grants to schools and community organizations with child-centered garden programs. Priority will be given to programs that emphasize one or more of these elements:



- \* Integration of content standards
- \* Environmental awareness
- \* Social aspects of gardening such as leadership development, team building, community support, or service-learning
- \* Nutrition connections
- \* Entrepreneurship

For more information, visit: <http://grants.kidsgardening.org/2013-youth-garden-grant-award>.

### **Funding Opportunity: The 2013 Project Orange Thumb Online Grant, Deadline: December 15, 2013**

Eleven (11) recipients will be chosen from this year’s applicants—10 will receive \$5,000 in cash and tools to help support their goals of neighborhood beautification and horticulture education, and one (1) lucky applicant will receive a complete garden makeover! Apply now and help sow the seeds of community change! For more information, visit: <http://www2.fiskars.com/Community/Project-Orange-Thumb>.

### **Funding Opportunity: The Culinary Trust: Chefs move to school, Deadline: Ongoing**

The Chefs Move to Schools Grant provides funds for culinary professionals to help our children eat right by teaching them about food, nutrition and cooking. Funds can be used from garden to table: culinary professionals may seek funding for any program that promotes health and wellness in schools. For example, the grant may be used to plant a garden, teach a class, promote or create a wellness program for students or parents or assist in creating a school curriculum that focuses on healthy eating. In order to qualify, the grant application must have the support of the school principal and, in some cases, additional school personnel. For more information, visit: <http://www.theculinarytrust.org/#!chefs-move-to-school>.

### **Funding Opportunity: Awesome Foundation’s Food Chapter, Deadline: Open**

The Awesome Foundation’s Food Chapter is now taking applications for its \$1,000 microgrants to further food awesomeness in the universe. Apply at Awesome Foundation and submit under “Food” category. Every month, one microgrant will be given for an awesome idea about involving food, be it urban farming, food truck, receipt collects, pop-up cafes, or health. The more inventive the better. For more information, visit: <http://awesomefoundation.org/submissions/new>.

## Education & Resources (continued)

### Funding Opportunity: OCIA Research & Education Micro Grants, Deadline: Open

OCIA International (Organic Crop Improvement Association) offers grants in the range of \$300 to \$1,500 for organic research, organic education, and other ideas supporting organic agriculture. Projects must benefit multiple producers, processors and/or consumers. There may be limitations on the number of grants given within any one region. For more information, visit: <http://www.ociaresearchandeducation.org/index.php/awards/micro-grants>.



### Funding Opportunity: Simply Organic 1% Fund, Deadline: Open

The Simply Organic 1% fund supports and promotes the growth of organic and sustainable agriculture. They support research into organic production methods and crop improvement; educating farmers on organic growing techniques, certification standards and documentation; educating the public on the value of organic agriculture; developing projects that help organic farmers to be more efficient, produce better products, and add value to their products. Electronic applications may be submitted. For more information, visit: <http://www.simplyorganic.com/simplyorganic/ourvalues/applying.php>.



## 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>.

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.