

UC CalFresh Weekly Update February 10, 2014



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UC CalFresh Success Stories

"This was a great class...This class will help me make new choices that will help me to make a better plan for my family. Thanks so much."
—Plan, Shop, Save, Cook Participant, Riverside County

Save the Date!



UC CalFresh/EFNEP Skills-Based Training Institute, June 24-26, 2014

Please save the date for the UC CalFresh/EFNEP Skills-Based Training Institute at the San Joaquin County Ag Center from **June 24-26, 2014**. Details on this training will be shared through the UC CalFresh Weekly Update.

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.



Upcoming Events & Deadlines



FEBRUARY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
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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	

2/10/14: 2014 UC CalFresh/EFNEP Statewide Training, Tour de California Evaluation Survey

Please complete the anonymous evaluation survey for the 2014 UC CalFresh/EFNEP Statewide Training, "Tour de California" by February 10th. Your input is very valuable in planning future trainings. To access the evaluation survey, please visit: <http://ucanr.edu/survey/survey.cfm?surveynumber=12184>. Electronic copies of the PowerPoint presentations are also available by visiting the [Statewide Training website](#).



2/13/14: My Amazing Body Webinar, 9:00-10:00 AM

You are invited to attend a webinar on the new Youth Curriculum, *My Amazing Body*. The webinar is being hosted by EFNEP and the new curriculum will be presented by Sharon Junge. Call-in information and a link to the meeting room will be provided this week. The webinar will be recorded and shared after the webinar.

2/17/14: President's Day Holiday

2/18/14: UC CalFresh Town Hall Webinar, 12:30-2:00 PM

The next UC CalFresh Town Hall Meeting has been scheduled for Tuesday, February 18, 2014 from 12:30-2:00 PM. The topic of the Town Hall will be the **CDPH Network for a Healthy California's GIS Viewer 2.0** presented by **Anthony Barnes and Bhavdeep Sachdev** from the California Department of Public Health.

ReadyTalk Webinar Information:

Webinar link: <http://www.readytalk.com/?ac=7544137>

Access code: 7544137

Toll-Free number: 1-866-740-1260

Toll: 1-303-248-0285

Test your computer: <http://test.readytalk.com/?host=readytalk>

2/27-2/28/14: SNAP-Ed Local Implementing Agency Forum, Sacramento, CA

The Forum is a collaborative effort of CDSS, CDPH, CDA, CDFA and UC CalFresh. The purpose of the forum is to bring all five SNAP-Ed Implementing Agencies and subcontractors together in order to focus on their collaboration at the local level. [Click here](#) to register for the Forum.



SNAP-Ed Local Implementing Agency Forum

Join the Movement!

FEBRUARY 26, 2014: Pre-Forum

FEBRUARY 27-28, 2014

Sacramento, CA



SNAP-Ed Local Implementing Agency Forum (LIAF) Background

The SNAP-Ed Local Implementing Agency Forum is a collaborative effort amongst the California Department of Social Services (CDSS), CalFresh Nutrition and Outreach Bureau; the California Department of Public Health (CDPH), Nutrition Education and Obesity Prevention Branch (NEOPB); the California Department of Aging (CDA); the California Department of Food and Agriculture (CDFA) and the University of California, CalFresh Nutrition Education Program (UC CalFresh).

The purpose of the forum is to bring all five Supplemental Nutrition Assistance Program-Education (SNAP-Ed) Implementing Agencies and subcontractors together to increase coordination, cohesion and collaboration statewide and at the local level to maximize resources, expertise and impact so that SNAP-Ed eligible Californians increase their ability to make healthy food choices within a limited budget and choose physically active lifestyles.

WEBINAR RECORDING AVAILABLE: An Overview of the SNAP-Ed Local Implementing Agency Forum (LIAF): Preparing attendees for success, Wednesday, February 5, 2014, 10:00-11:30 AM

The purpose of the webinar is to provide attendees an overview of the goals and expectations of the February 27-28, 2014 SNAP-Ed Local Implementing Agency Forum.

All SNAP-Ed Local Implementing Agency staff that plan to attend the Forum are highly encouraged to join this webinar in order to prepare for the work ahead as we begin to design coordinated and collaborative SNAP-Ed efforts across California. Participants will also have an opportunity to ask questions in order to prepare for the Forum.

The webinar will cover:

- * The importance and vision of coordinated and collaborative SNAP-Ed efforts across California;
- * The goals and expectations of the Forum;
- * Agenda highlights and pertinent logistical information; and
- * How to prepare prior to attending the Forum.

To view the recording of the webinar, please visit: <https://student.gototraining.com/2c0f6/recording/6334868485525741312>. To download a copy of the PowerPoint slides from the webinar, please [click here](#).

FORUM: February 27-28, 2014, Sacramento Convention Center, Sacramento, CA

The Forum will provide attendees an environment conducive to planning and developing an integrated SNAP-Ed workplan for local jurisdictions while providing training opportunities on evidence and practice based SNAP-Ed interventions. Both components provide the tools needed to successfully implement local SNAP-Ed activities in a coordinated and collaborative fashion.

There are two distinct sessions that will take place at the Forum concurrently. Each of the sessions has its own primary target audience.

- 1) **SNAP-Ed Integrated Workplan Sessions:** These sessions are focused on facilitated work to move forward on planning and developing an integrated workplan for local jurisdictions. Strongly recommended for at least one Local Implementing Agency staff to attend these sessions.
- 2) **SNAP-Ed Interventions Training Sessions:** These sessions focus on training to build knowledge, skills and capacity around evidence and practice based SNAP-Ed interventions. Recommended for subcontractors and additional Local Implementing Agency staff.

LODGING ACCOMMODATIONS:

[Sheraton Grand Sacramento*](#)

1230 J Street
Sacramento, CA 95814
(916) 447-1700 or (800) 325-3535

**The room block at the Sheraton Grand is currently full.*

[The Best Western Plus—Sutter House](#)

1100 H Street
Sacramento, CA 95814
(916) 441-1314 or Toll-Free: (800) 975-7813

To register for the Forum, please visit: https://www.cce.csus.edu/conferences/webreg/Register_nhc_snap14.cfm?CID=1606.

For additional information on the Forum, please visit: <http://www.cce.csus.edu/conferences/nhc/14/index.cfm?pid=653>.



Articles & Research

School district fights waste in lunch rooms

One of Kern County's biggest school districts is on the front line in the battle against waste in cafeterias. Critics complain a lot of good food gets thrown away, but the Kern High School District (KHSD) is looking for more ways to make sure the right meals get to their students, and the kids actually eat them. Food Service Director Sharon Briel says the job's gotten tougher since new federal rules went on the books, with some specific requirements for school lunches. "Now the requirement is a cup of fruit for high school students, and a cup of vegetables every single day," Briel told Eyewitness News. She said that's what schools must offer the students, and the rule requires the kids must take at least a half-cup of fruit or veggies. Hoping to convince kids to eat the good stuff, KHSD is testing a new machine that packages handy, single servings of fruit and vegetables in clear plastic. "They don't necessarily have to eat it at lunch. They can throw it in their backpack, take it for after school," said Food Service Production Supervisor David Verrell. Any way it gets consumed, that's good for the kids, and means the food's not going to waste. [Read full article.](#)

Americans need to eat more whole grains, study suggests

Most children and adults in the U.S. are getting less than the recommend amounts of whole grains and dietary fiber, according to a recent study. Researchers found people who did eat the recommended three or more servings of whole grains each day also tended to consume the most fiber. Whole grains are present in some types of hot and cold cereal and bread. Previous studies have tied whole grain intake to a reduced risk of type 2 diabetes and heart disease among adults. The health benefits are in part attributed to the fiber in whole grains. "Most people do not consume whole grains in amounts that can be most beneficial, also many people, even health professionals, are confused about the relationship between whole grain and fiber," Marla Reicks told Reuters Health in an email. Reicks led the study at the University of Minnesota in St. Paul. The study team discovered 39 percent of children and teens and 42 percent of adults consumed no whole grains at all. Only 3 percent of children and teens and about 8 percent of adults ate at least the recommended three servings per day. The researchers also found people who ate the most whole grains had the highest fiber intakes: on average, 24.5 grams per day for kids and 28 grams per day for adults, according to findings published in Nutrition Research. [Read full article.](#)

Flavor-pairing may teach kids to like vegetables

Parents have long poured on cheese sauce, peanut butter and the like to coax kids to eat their vegetables, but a new study suggests those tricks might also get children to look more favorably at the vegetables themselves. Preschoolers introduced to brussels sprouts alongside cream cheese to spread on the bitter vegetable more often said they liked the sprouts and ate more of them, even when later served plain. The strategy of pairing something new with something a person already likes is known as associative conditioning and could be helpful in encouraging kids—and adults—to eat more fruits and vegetables, the authors say. In the study, parents of 29 children between the ages of 3 and 5 years old filled out a survey about the kids' views of 11 vegetables, including whether they liked or disliked the vegetable, or had never tried it. Cauliflower and brussels sprouts were among the vegetables most children had not tried, and were selected as the ones used to gauge children's preferences in the study. The children were given either cauliflower or brussels sprouts once per day for seven days, and ate in a group of five or six children. The research was published in the Journal of the Academy of Nutrition and Dietetics. Researchers found that children given brussels sprouts with cream cheese during conditioning liked them significantly more than those given plain sprouts. [Read full article.](#)

'Fat? Not my child.' Parents don't see kids as heavy

Parents may be in denial when it comes to their kids' weight. About half of parents with overweight or obese children don't think their kids are too heavy, a new study shows. This is true in the U.S. and around the world, the researchers found. "Parents who underestimate their kids' weight may not take action to encourage healthy behaviors that would improve their children's weight and reduce their risk of future health conditions," says lead author Alyssa Lundahl, a graduate student in the clinical psychology program at the University of Nebraska, Lincoln. These findings come after a study out last week showed that kids who are overweight in kindergarten are four times more likely to be obese by eighth grade compared with their normal-weight peers. Findings are reported in the March issue of *Pediatrics*. [Read full article.](#)

Obesity Is Found to Gain Its Hold in Earliest Years

A major new study of more than 7,000 children has found that a third of children who were overweight in kindergarten were obese by eighth grade. And almost every child who was very obese remained that way. Some obese or overweight kindergarteners lost their excess weight, and some children of normal weight got fat over the years. But every year, the chances that a child would slide into or out of being overweight or obese diminished. By age 11, there were few additional changes: Those who were obese or overweight stayed that way, and those whose weight was normal did not become fat. These results, surprising to many experts, arose from a rare study that tracked children's body weight for years, from kindergarten through eighth grade. Experts say they may reshape approaches to combating the nation's obesity epidemic, suggesting that efforts must start much earlier and focus more on the children at greatest risk. The findings, to be published in The New England Journal of medicine, do not explain why the effect occurs. Researchers say it may be a combination of genetic predispositions to being heavy and environments that encourage overeating in those prone to it. But the results do provide a possible explanation for why efforts to help children lose weight have often had disappointing results. The steps may have aimed too broadly at all schoolchildren, rather than starting before children enrolled in kindergarten and concentrating on those who were already fat at very young ages. [Read full article.](#)

Articles & Research (continued)

Salud America! launches website to combat Latino youth obesity

A new website developed at the University of Texas Health Science Center at San Antonio seeks to fight against Latino childhood obesity that leads to poor health and diabetes. [Salud America!](#), a national program of the Robert Wood Johnson Foundation, created the website. Salud is based at the Institute for Health Promotion Research (IHPR), which is part of the School of Medicine at the Health Science Center. The website features a clearinghouse of information and resources focused on promoting changes meant to improve the health of Latino kids across the nation. Right now on the site you can create maps to see where changes are happening for Latino children; find resources to help initiate these programs in your area; watch and read about real-life success stories; and upload your own success stories to the site. [Read full article.](#)



Education & Resources

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



Finding, Buying and Serving Local Foods Webinar Series

The USDA Farm to School Program will host two webinars each month to showcase the variety of ways school districts can purchase local foods. **The webinars will be held at 2:00 PM EST on the second and fourth Thursdays of the month.** Topics will include everything from procurement basics to using geographic preference, to finding local producers, to buying local through DoD Fresh. See the schedule below for more information.

- * **February 13:** Finding Local Producers
- * **February 27:** Using the Informal Procurement Method
- * **March 13:** Using Specifications to Target Local Products
- * **March 27:** Working with Distributors
- * **April 10:** Using a Forward Contract
- * **April 24:** Introduction to Geographic Preference
- * **May 8:** Using Geographic Preference
- * **May 22:** Using USDA Foods as Resource to Purchase Local
- * **June 12:** Using DoD Fresh to Purchase Local
- * **June 26:** Tying it All Together and Digging In.

To register for any of the future sessions listed above, please visit: <https://www.surveymonkey.com/s/WT8ZWYS>. All webinars will be recorded and available on the [USDA Farm to School website](#) within 1-2 weeks of initial viewing.

Let's Move! Gives Two Green Thumbs Up for Gardening

It may still be cold outside, but it doesn't mean you can't start thinking about your spring garden. Whether you're planning a school garden or have the perfect plot of land in your backyard, *Let's Move!* has all the tools you need to get started! Gardening not only stocks your kitchen with all-natural fruits and veggies rich with nutrients, it can be a great way to give your kids a hands-on lesson in healthy eating. Need some inspiration? Spend the day with your family at a [Let's Move! garden](#) near you for ideas on how to model your own garden at home or at school. Additionally, be sure to check out the U.S. Department of Agriculture's People's Garden site for resources on how to start a garden that your entire community can use. Follow First Lady Michelle Obama's lead from her work in the [White House Garden](#) and begin planning your dream garden now! [Read full blog post.](#)

WEBINAR: Five Years of Accelerating Progress Through Childhood Obesity Research, February 13, 2014, 11:00 AM PST

Join the National Collaborative on Childhood Obesity Research (NCCOR) as they launch a new webinar series for researchers, practitioners, and others interested in conducting and applying childhood obesity research. The webinar series will take place three times this year (February 13, June 12, and October 9). It's a great way to keep up-to-date on NCCOR's activities as well as year in more depth about funding opportunities and recent developments in the field. The first webinar will focus on NCCOR at five years. The discussion will provide insights from NCCOR senior leaders and explore childhood obesity funding opportunities. Come learn about the priorities of national funders and how NCCOR tools can help you do your work more efficiently and effectively. To register for the webinar, [click here.](#)

FREE WEBINAR: Learning Cooperatively in Physical Education and Beyond!, February 19, 2014, 3:00 PM PST

Many teachers include cooperative games and activities in their PE and PA programs. However, just because students work in groups does not mean they are cooperating—or—learning! Effective cooperatives foster positive learning environments, increase student participation, and promote appropriate social behaviors and skills. This webinar will dissect a variety of cooperative activities and teaching strategies then apply them to K-12 movement sessions in the "real-world." You'll leave with free access to the resources introduced during the webinar so you can try them with your students the next day! Attendees will learn:

- * Benefits of cooperative learning vs. competitive and individual learning
- * Integrating cooperative learning strategies into PE and PA classes/sessions
- * Sample cooperative learning activities for all grade levels



For additional information, and to register for the webinar, please visit: <https://www2.gotomeeting.com/register/133726770>.

Education & Resources (continued)

Live-Streaming Panel Discussion: Nutrition: Who's Shaping America's Eating Habits?, February 21, 2014, 10:00 AM EST

Organic, conventional, locally grown and natural—these are all terms consumers hear every day, but do they really understand their meaning? Are consumers making informed purchasing decisions or are they simply making food decisions based on what they hear in popular culture and media? On Friday, February 21, 2014, join a group of farmers and ranchers, nutritionists and food pundits for a discussion on food production, nutrition and making healthy food choices. Part of the USDA's Agricultural Outlook Forum and hosted by the U.S. Farmers & Ranchers Alliance® (USFRA®), the in-person and live-streamed Food Dialogues® event, "Nutrition: Who's Shaping America's Eating Habits?" looks at important issues for consumers and producers. The panel will be moderated by Carolyn O'Neil, MS, RD. To watch the live-streamed event, please visit: <http://www.fooddialogues.com/>.

WEBINAR: The New Kidsdata.org: Putting Data to Work for California Children, February 25, 2014, 10:00-11:00 AM PST

In this one-hour webinar, you will learn how to get the most out of kidsdata.org, a free website that tracks more than 500 measures of child health and well-being, covering every county, city, legislative district, and school district in California. An excellent tool for those who work on behalf of children and youth, kidsdata.org can help you quickly locate, customize, and export local and state data, allowing you to identify needs, monitor trends, and document inequalities. To register for the webinar, please visit: <https://www1.gotomeeting.com/register/574002497>.



Funding Opportunity: Responsive Grants Program, Deadline: Noon (12:00 PM), March 3, 2014

The Responsive Grants Program continues in 2014 with grants up to \$15,000 to support projects and programs that improve health and quality of life for people throughout their [26-county funding region](#). There will be two funding rounds this year, with a total of \$500,000 available. Ideas related to SNAP-Ed include paying for water stations, salad bars in schools, PA equipment, retail store makeovers, Double Bucks programs at farmers' markets, supporting Summer Meals programs, etc. Through the Responsive Grants Program, nonprofit organizations and public agencies are asked to share how they can improve health and well-being in their communities, and how a grant from Sierra Health Foundation can help support their work. At least 30 percent of available funds are awarded to support projects serving rural areas of the funding region. The remaining funds are available for projects serving urban areas or urban/rural areas. For additional information, please visit: <http://www.sierrahealth.org/rgp>.

2014 California Conference of Local Health Department Nutritionists (CCLHDN) Conference, San Jose, CA, April 28-29, 2014

The 2014 Conference will be held in San Jose, CA and will feature the following and more! Visit <http://cclhdn.org> for more information.

- * Peer-to-peer roundtable discussions for CCLHDN members and staff to surface challenges in various public health arenas and support one another through brainstorming and dialogue
- * A new, dynamic format called "Ignite Talks" where members can present updates on their programs in 5 minutes and 20 slides
- * A review of current nutrition science
- * Attendance at a half-day, skill building session
- * Discussion of the California Wellness Plan in an interactive format
- * Take home huddles



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 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.