

UC CalFresh Weekly Update November 3, 2014



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Upcoming Events & Deadlines

NOVEMBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
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11/6/14 SNAP-Ed Site Change Request Process Webinar

Please mark your calendars for the upcoming SNAP-Ed Site Change Request Process webinar scheduled for November 6. This webinar will inform Local Implementing Agencies of the new SNAP-Ed Site Change Request process, which streamlines the process and increases cohesion and collaboration statewide and at the local level. To register for the webinar, please visit: <https://student.gototraining.com/r/3395653716508928>.

11/7/14 Youth Training Survey

EFNEP and UC CalFresh are planning a series of joint regional trainings, starting in December 2014. December's regional trainings will be targeted toward **Youth education**. These trainings will use Youth curriculum as a basis for skills training in various aspects of implementing our programs. EFNEP and UC CalFresh staff who work with Youth are **strongly encouraged** to attend this training. Please complete the [Youth Training Survey](#) by **Friday, 11/7/14** to provide your input as we complete the planning for these trainings. Please contact Lyn Brock (rlbrock@ucanr.edu) if you have any immediate questions.

11/18/14 UC CalFresh Town Hall Webinar, 12:30-2:00 PM

The November UC CalFresh Town Hall Webinar has been scheduled for Tuesday, November 18, 2014 from 12:30-2:00 PM. The topic of the Town Hall will be "Follow-Up to the Skills Based Training," presented by Lyn Brock. Details regarding this webinar, including the webinar link, will be forthcoming.

11/21/14 Draft FFY 2014 County Annual Report & County Profile Due to State Office

Drafts of the FFY 2014 Annual Report and County Profiles are due to the State Office. Please refer to the UC CalFresh website for additional details and information: <http://www.uccalfresh.org/administrative/ffy-2014-call-for-annual-report>.

Save the Date: December 2014 EFNEP-UC CalFresh Regional Trainings

Date	Location
12/3-12/4	UC-ANR Building 2801 Second Street, Davis, CA 95618-7774
12/8-12/9	University of California, Fresno Center 550 E. Shaw Avenue, Fresno, CA 93710
12/17-12/18	Southern CA (Location TBD)

Please contact Lyn Brock (rlbrock@ucanr.edu) if you have any immediate questions regarding these regional trainings.



UC CalFresh Evaluation Updates

FFY 2014 Evaluation Data for UC CalFresh Final Reports

FFY 2014 evaluation data submitted to the UC CalFresh State Office at the end of September 2014 was returned on **October 30, 2014**. Thank you to those who have already confirmed receipt of the files. Please e-mail Virginia Chaidez (vachaidez@ucdavis.edu) to confirm receipt of the files or if you have any questions.

UC CalFresh Weekly Update: November 3, 2014

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UNIVERSITY of CALIFORNIA
cal fresh Nutrition Education

<http://www.uccalfresh.org>



UC CalFresh Success Stories

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

"I have learned how to eat more healthy, watch my portions and inquire many different foods together to still have a healthy, balanced meal. Thank you for your time that you spent with us."

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

"This program has helped me so much in how to select food when grocery shopping and above all how to organize all the different types of food."

—Eating Smart Being Active Participant, Fresno County



UC CalFresh in Action!

Share your UC CalFresh success stories with the State Office: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11480>

Date label confusion leads to food waste, UCCE Riverside County

A lack of information and misinterpretation of the dates on food labels leads to a tremendous amount of unnecessary food waste, said Chutima Ganthavorn, UC Cooperative Extension nutrition, family and consumer sciences advisor in Riverside County. There are no federal guidelines for dating food products; 20 states have laws on the books about food dating, but they are inconsistent. "Dates on manufactured food products usually indicate how long the food can be kept on store shelves for best quality, but it is unrelated to its safety," Ganthavorn said. Canned goods past the expiration date are still safe to eat if the can is not dented, rusted or swollen. On the other hand, perishable foods that not reached the expiration date may not be safe to eat if they were not refrigerated properly. Improved understanding of the dates on food products can help consumers avoid waste. "Sell by" is simply a guide for grocery stores. "Best if used by" indicates when the product is in optimum condition. "Use by" is a recommendation to consumers to eat the food with top quality and flavor. After these dates, Ganthavorn said, the products may not be at its very best, but it is typically still safe to eat if it has been stored and prepared appropriately. The key is to follow safe food handling and storage guidelines. [Read full blog article.](#)

An Educator's Success, UCCE Placer/Nevada Counties

The following story was shared by an educator in UCCE Placer/Nevada:

"I was teaching a kindergarten class at Rock Creek Elementary a couple of weeks ago. There was a teenage girl in the class—a volunteer helper. After the class the students left to go home. I was cleaning up and the girl asked how long I had been teaching nutrition lessons. I told her and she said, 'I remember you coming to my classrooms when I was at Rock Creek.'

We were able to set up a time to talk later that week and I found out that after her first nutrition lesson in kindergarten, she went home and told her mother that she had to buy more fruits and vegetables. From that time on, they started eating healthier at home. She also remembered when I taught her how to read the nutrition facts label in 4th grade and still uses that information today. The student said, 'I am very active in sports. I remember you telling us that if we eat healthy, we will do better in sports. So I have always tried to eat healthy.'

This student, now 17-years-old, hopes to become either a teacher or pediatrician."

As noted by the educator who shared this story, "You never know the impact you will have on the students you teach."

Smarter Lunchroom Movement

The UC CalFresh State Office would like to see how the Smarter Lunchroom Movement has been implemented in your county! Please share your success stories and photos with Lindsay Hamasaki via e-mail: Hamasaki@caes.ucdavis.edu.

UC CalFresh Nutrition Corners

The UC CalFresh State Office would like to see the creative ways your program and partners have used the Nutrition Corners in your county. Please send photos and a brief description to Lindsay Hamasaki at Hamasaki@caes.ucdavis.edu.



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

Testimonial: The value of a school garden

This is a real testimonial about the value of a school garden. The e-mail was received from a teacher at a school where the University of California Cooperative Extension team installed garden beds this last school year. The program is the Middle School Opportunity Program at Foothill Technology High School in Ventura Unified School District. (This is an innovative and targeted program at one of the nation's highest achieving public high schools. Foothill was just ranked by Newsweek magazine in its top 100 public high schools, as #77 among all high schools, and #54 nationwide at effectiveness in serving low-income students).

'Our garden continues to thrive! My students love it. They run over to it first thing each morning to check the progress of their plants. Right now we have the last of our tomatoes, the last of the strawberries, bell peppers, snacking peppers, cucumber vines that are flowering, pumpkin vines (we planted those late), radishes, cilantro, chives, corn, and broccoli (something is eating the leaves. Ideas?). I am teaching plant science and it has been so wonderful to use our garden plants for examples. It makes the lessons so much richer.

The kids have asked me if we can install two more planter boxes. I told them I would check with you to see if you have more. If not, we will make them ourselves.

Again, thanks so much for getting us started last year. The addition of our garden has made our program more enjoyable for the students and for me. It is so amazing to see their eyes light up and hear the excitement in their voices when they see the work of their hands actually thriving!"

Over one hundred years ago, Ventura Unified teacher Zilda Rogers also gardened with her students, and also wrote to a University of California staff member about the positive experiences her students were having in their school garden. This important story about the history of school gardens appears in a book recently published, called "Sowing the Seeds of Victory: American Gardening Programs of World War I." [Read full blog article.](#)



New Day, Same Mission: The Evolution of SNAP

This fall, USDA is celebrating the 50th anniversary of the signing of the Food Stamp Act of 1964 by President Lyndon B. Johnson, which made the Food Stamp Program permanent. In looking back over the past 50 years, there are two notable events in the program's history that had a significant impact on the transformation on the original Food Stamp Program in 1964 to the program we know today as the Supplemental Nutrition Assistance Program (SNAP). First, the Food Stamp Act of 1977 was a major program milestone because it established national eligibility standards for participation and eliminated the purchase requirement for food stamps. The new standards meant that the amount of benefits a household received depended on the household's size, income, and expenses, a standard that remains today. The elimination of the purchase requirement meant that people received their benefits upfront, without the intermediary step of purchasing the food stamp first. The Food Stamp Act of 1977, therefore, removed a major barrier to participation in the program while also ensuring that benefits would be targeted to those most in need. As a result, the mission of the Food Stamp Program to mitigate the effects of poverty was strengthened. Second, while 2014 marks the 75th anniversary of the first food stamp transaction, it also marks the 30th anniversary of the first Electronic Benefit Transfer (EBT) transaction. Fast forwarding to 2014, EBT has transformed the way USDA provides nutrition assistance via SNAP. As of July 2004, all U.S. states, the District of Columbia, Guam, and the Virgin Islands now issue benefits electronically via an EBT card, making the 10th anniversary of EBT implementation nationwide. [Read full blog article.](#)

WIC: The Foundation of Healthy Families Since 1974

Forty years ago, WIC was established to improve health outcomes for pregnant women, infants and young children. Today, the program officially known as the [Special Supplemental Nutrition Program for Women, Infants and Children](#), continues to be one of the nation's most successful, cost-effective and important nutrition intervention programs. USDA's new infographic demonstrates why WIC Works—for our children and for our country! [Read full blog article and view the infographic.](#)



Since the first WIC clinic opened in Pineville, KY, back in 1974, the program now provides services through almost 1,900 local agencies in all 50 states, 34 Tribal Organizations, the District of Columbia, American Samoa, the Commonwealth of the Northern Mariana Islands, Guam, Puerto Rico, and the Virgin Islands. Key to the program's success are its nearly 10,000 clinics, which provide [supplemental nutritious food](#), health care referrals, and nutrition education, as well as helping to promote and support breastfeeding through efforts like [Loving Support Makes Breastfeeding Work](#). The results speak for themselves. [Read full blog article.](#)

Willow Cove Elementary Brings the Classroom Outside

"My carrot is burnt!" exclaimed a Willow Cove Elementary student in February, when they harvested carrots from the school garden for the first time. The student had never seen a purple carrot before and that day, the whole class enjoyed sample tastes of orange, white and purple carrots. Carrots are just one of the many crops students have harvested from the Willow Cove garden, and they have a motivated teacher and their Nutrition Services department to thank for the experience. At the start of last school year, Willow Cove Elementary School's kindergarten teacher called the District's Director of Nutrition Services, Matthew Belasco, to ask for a few milk crates to start a small window garden. Matthew, eager to get a school garden up and running, took this spark of interest and ran with it. Within a few hours, he arrived at Willow Cove with a wheel barrow, soil, shovels, and seeds, convinced the teacher that raised beds were preferable, and got to work planting the first school garden within Pittsburg Unified School District (PUSD), just outside Willow Cove's kindergarten classroom. Willow Cove's success with maintaining the garden and engaging students with outdoor lessons created the momentum and excitement needed to begin expanding Pittsburg's [farm to school program](#). With the help of a [USDA Farm to School Implementation Grant](#) and support from the [California Farm to Fork Office](#), Pittsburg Unified has made incredible strides in a very short time—from integrating agriculture education into the school day to serving school garden produce in the cafeteria. There is no better way to celebrate Pittsburg Unified's farm to school success than a trip to the White House garden. Willow Cove students joined First Lady Michelle Obama at the [Fall White House Kitchen Garden Harvest](#) earlier this month! [Read full blog article.](#)

Transition to Adulthood: Food Insecurity Among Adolescents and College Students

Much attention has been given to the detrimental impacts of food insecurity on the health and well-being of children, especially young children. Less research has focused on food insecurity among adolescents and college students, who are in a period of transition often marked by dramatic physical, cognitive, and emotional growth. This article explores the effects of food insecurity on the health and well-being of adolescents and college students during these two defining stages in life. These emerging research findings summarized in this article shed light on the harmful physical, cognitive, and psychosocial implications of food insecurity among adolescents and college students, negatively affecting their personal well-being and their ability to perform academically. It is important to screen adolescents and their families or caregivers in school, clinical, community, or other settings (e.g., tutoring, after-school or sports programs) to identify problems related to food access or adequacy. Once identified, vulnerable adolescents and their families should be connected to food-related resources (e.g., school meals, afterschool or summer feeding programs, SNAP). Higher SNAP benefits and better wages and income supports for parents would also help address adolescent food insecurity. In addition, continued investigation of the prevalence and impacts of food insecurity among college students is needed to enable policy makers and advocates to assess the scope of the problem and develop potential solutions. Improving SNAP eligibility requirements for college students, assuring their access to other public supports (e.g., WIC benefits for parents with young children), improving wages and financial aid, making college more affordable, and private charitable efforts could all help address food insecurity among students pursuing higher education. [Read full article.](#)

Researchers urge retailers to replace kids' 'eye level' junk food

Parent-child power struggles in the retail aisles are commonplace—with children often begging for sweets, crisps and other junk foods, and parents often giving in. But according to researchers in the USA, a healthier approach to produce placement on retail shelves could help to avoid such struggles. Writing in the journal *Appetite*, the team suggested that altering food placement, with allowing children to sample healthy food at the store and offering cooking classes to older children were realistic ways to help encourage children and families—especially those in low-income areas—to eat better. Led by Pamela J. Surkan from Johns Hopkins Bloomberg School of Public Health, the researchers believe that the study is the first to examine both the influence of store environment on children and children's influence on grocery shopping. "Our study suggests that grocery shopping with children often can have negative consequences on the healthfulness of grocery purchases, but has the potential to have a positive influence instead," commented Surkan. "While placement of junk food within children's reach was thought to increase requests for unhealthy food, moving these items out of reach and making healthy foods appear more enticing to children could reverse this effect," suggested the team. [Read full article.](#)

Hunger in America 2014 National Report

Eighty-four percent of Feeding America client households and 89 percent of client households with at least one child were food insecure in 2012-2013, according to Feeding America's 2014 quadrennial Hunger in America (HIA) survey. The purpose of this survey is to enhance understanding of food assistance needs in the United States by studying the circumstances of the national Feeding America network and its clients. The survey uses a multistage probability sample design. The 2014 study included results from an agency survey (more than 32,000 agencies and programs served by Feeding America partner food banks) and a client survey (more than 60,000 agency and program clients). To view the Hunger in America 2014 National Report, please [click here.](#)



Articles & Research (continued)

USDA Partners with DOD to Fight Childhood Obesity

Tackling the child obesity epidemic that holds so many health risks for our nation's youngest members is an important responsibility. Fortunately, USDA is not alone in this critical charge. Sound nutrition plays an essential role in all aspects of a child's life, including their ability to learn, grow and thrive in the classroom. And since many children today consume half of their daily calories while at school, we want to ensure the healthy choice is the easy choice for them and their families. Happily, we have partners that feel the same way. That message was underscored by USDA Food, Nutrition and Consumer Services Under Secretary Kevin Concannon during a recent [Operation Live Well](#) event at Fort Belvoir Community Hospital. Operation Live Well is a Department of Defense wellness campaign that aims to make healthy living the norm for service members, retirees, DoD civilians and their families. The Under Secretary was joined by Assistant Secretary of Defense for Health Affairs, Dr. Jonathan Woodson, and retired Brig. Gen. Julia J. Cleckley from [Mission: Readiness](#), a nonpartisan national security organization, comprised of more than 450 retired admirals and generals who help make smart investments for America's children. The three leaders emphasized the need to promote a healthier next generation. On this day, the speakers stressed the necessity of eating healthy and staying active. The event included students and teachers from nearby Walt Whitman Middle School in Alexandria, Virginia, and various military members from all branches of the U.S. Armed Forces. The guests got a chance to tour the hospital's cafeteria and observe how the Army identifies healthy food choices through their nutrition education program, [Go For Green](#). There, food items are color-coded green (eat often), yellow (eat occasionally), and red (eat rarely) based on the impact that food has on a soldier's performance. [Read full blog article.](#)



Education & Resources

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



USDA-NIFA Releases Strategic Plan

The National Institute of Food and Agriculture is pleased to publish their Strategic Plan for Fiscal Years 2014-2018. The plan will serve as a "roadmap" for the next five years, setting forth specific and measurable goals and strategies. This plan will enable NIFA to lead and invest in agricultural research, education and extension to solve significant societal challenges. The Strategic Plan will shape decision-making and position NIFA to more effectively and efficiently accomplish critical priorities over the next five years. Furthermore, this Strategic Plan will form the overarching framework for financial and employee performance plans. ECOP was highly involved in the review and comment process in the development of the [USDA-NIFA Strategic Plan for 2014 to 2018](#). The plan aligns with USDA and USDA-Research, Education and Economics (REE) priorities. A webinar to introduce the plan was held on Tuesday, October 28th by USDA-NIFA Director Sonny Ramaswamy. For additional information on the NIFA Strategic Plan for 2014-2018, please visit: http://www.csrees.usda.gov/about/strat_plan_2014_2018.html.

October [was] Farm to School Month

October [was] Farm to School Month, the perfect time to celebrate California's rich agricultural heritage in classrooms! The Dairy Council of California offered nine fun ideas for incorporating agriculture and food literacy into classrooms:

- 1) **Make the Cafeteria Connection:** A major center of food production occurs right down the hall from the classroom—in the cafeteria! Have students tour the school cafeteria or the central kitchen for the district. School foodservice staff can help students learn where the food is sourced, what is made in-house and what it takes to make nutritionally-balanced meals for the many students they serve. [Try these other ideas for activities to connect to the cafeteria.](#)
- 2) **Read All About It:** There is nothing better than getting lost in a great story. Try these [books that share agricultural and nutritional messages to help students value healthy eating.](#)
- 3) **Think Beyond the Garden:** When thinking about local foods, it's easy to concentrate on fruits and vegetables, but round out your discussions to include all five food groups. Visit [Dairy Council of California's Farm to School page](#) to learn more.
- 4) **Teach Nutrition in The Classroom:** Integrate farm to school activities while teaching your nutrition lessons.
- 5) **Bring the Farm to Your School:** Invite a farmer from your local community to share his or her story with your class. With resources like [California Foundation for Agriculture in the Classroom](#) and [Dairy Council of California's Mobile Dairy Classroom](#), you're sure to find a way to bring the farm to your school.
- 6) **Take a Farm Field Trip:** Can you believe that many children throughout the state have never stepped foot on a working farm? Connecting with local foods—whether milk, nuts, vegetables or fruits—is a very important step in helping your students understand how food ends up on their plates. [Contact your local farm bureau](#) to learn more about the farms in your area that offer tours and activities for students.
- 7) **Shop the Farmers Market:** A large part of nutrition education is teaching students to choose the right foods at school, at home and on the go. By taking your students to a local farmers market, you can show them how to shop for fresh, local produce, plus they'll learn about seasonal foods and meet some of the people who grow their food. If you cannot take your class to a farmers market, encourage students to go with their families and interview a local farmer about the growing process. [Find your local farmers market](#) and see what foods are in season!
- 8) **Hold a Taste Test:** Provide a variety of foods purchased from local markets for a taste test. After the taste test, have students record what they liked or didn't like, why and what the texture was like. This is a great way to include narrative writing to align with Common Core State Standards. Visit the [Harvest Hub Yolo Guidebook](#) to find recipes for California crops.
- 9) **Get Gardening:** Fall is a wonderful time to switch out the produce grown in your school or community garden. If you don't have a garden started, try a [garden planters activity](#). Winter produce like broccoli, sweet potatoes and lettuce is perfect for getting your students excited about growing their own food. Try this list of [winter produce to plant](#).

For additional Farm to School information and resources, please visit: <http://www.fns.usda.gov/farmtoschool/farm-school>. [Read full article.](#)

USDA and FRAC Coffee Chat Video Series: School Breakfast For Kids, November 5, 2014, 3:00-4:00 PM EST

Join the next USDA and FRAC coffee chat as they discuss ways that school districts in high-need areas are leveling the playing field for children by increasing access to the School Breakfast Program. Many schools are leading the charge by adopting programs like universal free breakfast in the classroom which is proven to increase school breakfast participation. Learn more about this strategy, as well as others aimed at getting more students to start the day with a healthy morning meal. We'll hear from school district stakeholders who are seeing the daily positive impact that these programs are having on young minds. Join the coffee chat to share ideas and tips on how to get breakfast to more children. To register, please visit: <https://usdafnsocco.wufoo.com/forms/myo1yte1p07jeh/>.

Webinar: Maximizing Marketing Potential for School Meal Programs, November 6, 2014, 2:00 PM EST

In this webinar, Carol Chong of the Alliance for a Healthier Generation and Adam Brumberg of the Smarter Lunchrooms Movement will discuss how nutrition, integrity and regulations of school meal programs can ensure quality and help control cost. They will present opportunities and methods for creating excitement about school meals through student and community engagement that will boost participation and generate revenue. They will also discuss use of the Smarter Lunchrooms Scorecard for determining success and potential opportunities for improvement in the school meals program. To attend this webinar, please visit: <https://connect.extension.iastate.edu/healthyschools>. (Enter as a guest and you will be connected to the webinar. You can listen to the presentation through your computer speakers.)

Education & Resources (continued)

USDA and DHHS Announce Dietary Guidelines Advisory Committee Meeting, November 7, 2014, 10:00 AM-5:30 PM EST

The 2015 Dietary Guidelines Advisory Committee will meet on November 7, 2014 by public webcast. Meeting materials, including a draft agenda, will be available for download on www.DietaryGuidelines.gov prior to the webcast. To register for the webcast, please visit: <https://www.nccsite.com/events/dgac/registration-meeting-5/>. Additional information regarding past meetings and the *Dietary Guidelines for Americans, 2015*, can be found online at: <http://www.health.gov/dietaryguidelines/2015.asp#overview>.

Funding Opportunity: San Joaquin Valley Health Fund Grants, Deadline: December 1, 2014, 12:00 PM

The Center for Health Program Management will award San Joaquin Valley Health Fund grants up to \$20,000 to networks and organizations located and working in the eight counties of Fresno, Kings, Madera, Mariposa, Merced, San Joaquin, Stanislaus and Tulare. The Center for Health Program Management will fund emerging and established health, social justice, youth-serving and community-based networks or organizations, and local government agencies. For additional information, please visit: <http://www.shfcenter.org/sjvhealthfund>.

Funding Opportunity: 2015 Youth Garden Grant, Deadline: December 5, 2014

Since 1982, National Gardening Association has provided the Youth Garden Grant to over 5,000 schools, nonprofits and youth programs across the United States. Youth Garden Grant has contributed over 2.8 million dollars in funding to youth gardening initiatives and serves as National Gardening Association's longest standing grant program. This year, Youth Garden Grant is sponsored by the Grandchildren of Helene and Mark Eisner and by KidsGardening.org's generous donor base with contributions from Bonnie Plants, Ames and New England Arbors. Twenty (20) awards will be offered this year to support programs in the United States. To be eligible for the 2015 Youth Garden Grant, your school or organization must plan to garden in 2014 with at least 15 children between the ages of 3 and 18. The selection of winners is based on the demonstrated relationship between the garden program and education related to the environment, health and nutrition issues, character education, and entrepreneurship in the United States. For additional information, please visit: <http://grants.kidsgardening.org/2015-youth-garden-grant-0>.

Registration Open: 8th Biennial Childhood Obesity Conference, June 29-July 2, 2015, Deadline for Early Bird Rates: December 31, 2014

Registration for the 8th Biennial Childhood Obesity Conference is now open. Early Bird Registration Rates are available through December 31, 2014:

- * Early Bird Registration: \$325.00 (on or before December 31, 2014)
- * Student Early Bird Registration: \$260.00 (on or before December 31, 2014) [[Click here](#) for student verification requirements]



For additional information on the conference, including registration fees and lodging options, please visit:

www.childhoodobesity2015.com. To register online, please visit: https://www.cce.csus.edu/conferences/webreg/Register_CO15a.cfm?CID=1741.

Webinar: Increasing Teen School Breakfast Participation Through Principal Engagement, December 11, 2014, 3:00-4:00 PM EST

Research shows that offering Breakfast in the Classroom programs like Grab and Go is one of the most proven effective strategies to increasing school breakfast participation among teens. Common barriers to school breakfast participation like late arrivals, long security lines, and the stigma associated with the program being for "poor kids" are even more prevalent at the middle and high school levels where participation in school breakfast tends to be much lower than at the elementary school level. Recognizing the need to make breakfast more accessible, secondary school principals across the country are alleviating these barriers to participation through the implementation of alternative breakfast models like Grab and Go and Second Chance Breakfast where the morning meal is made available after first period for teens that are typically not hungry at the start of the school day. These schools have experienced dramatic increases in breakfast consumption and have reported declines in disciplinary problems, tardiness and visits to school nurses and increases in student attentiveness, attendance, and overall academic performance. Join Food Research & Action Center (FRAC) to hear from secondary school principals who are seeing these positive results first hand and learn how principals in middle and high schools around the country are enhancing the learning environment through the implementation of alternative breakfast models. To register for the webinar, please visit: http://org2.salsalabs.com/o/5118/p/salsa/event/common/public/?event_KEY=72507.

Application Process for Posters, Exhibits, Roundtables for the 8th Biennial Childhood Obesity Conference, Deadline: April 1, 2015

Poster sessions and exhibits are fantastic opportunities for your organization to showcase your programs or products with conference participants outside of the traditional workshop session. With high foot traffic and ample time for meaningful one-on-one interactions with conference goers, you'll find that presenting a poster or exhibiting at the Conference is a great way to highlight your obesity prevention efforts in an impactful way.

- * [Click here](#) to learn more about submitting a Poster.
- * [Click here](#) to learn more about becoming an Exhibitor.

Back by popular demand, two back-to-back 30-minute roundtable sessions 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.

- * [Click here](#) to learn more about hosting a roundtable.

For additional information regarding the 8th Biennial Childhood Obesity Conference, please visit: <http://www.childhoodobesity2015.com/>.



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

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.ucalfresh.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.