

## UC CalFresh Weekly Update January 20, 2015



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### UC CalFresh Website Updates

#### UC CalFresh Program Directive 2015-03: Change in Mileage Reimbursement Rate

UC CalFresh Program Directive 2015-03 includes information regarding a change in the mileage reimbursement rate for use of personal vehicles. Please visit the UC CalFresh webpage for additional information: <http://uccalfresh.org/administrative/program-directives>.

#### FFY 2014 UC CalFresh Annual Report Now Available!

A copy of the FFY 2014 UC CalFresh Annual Report is now available on the UC CalFresh website. Please refer to: <http://uccalfresh.org/front-page/administrative/ffy-2014-call-for-annual-report/call-for-ffy-2014-annual-report> to preview all of the program's accomplishments for FFY 2014.

### Upcoming Events & Deadlines



JANUARY 2015

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	31

#### Confirmation of Receipt of Curriculum Orders

Thank you to those counties who have already confirmed receipt of the various curriculum ordered through the UC CalFresh State Office. Per county requests, UC CalFresh programs may be receiving any of the following items:

- \* Go, Glow, Grow curriculum & booklets
- \* Happy Healthy Me curriculum
- \* My Amazing Body curriculum
- \* Good for Me and You curriculum
- \* It's My Choice, Eat Right, Be Active curriculum
- \* Eating Healthy from Farm to Fork (*Kinder., Grade 1 & Grade 2*)
- \* Nutrition to Grow On

Please contact **Tammy McMurdo** ([McMurdo@caes.ucdavis.edu](mailto:McMurdo@caes.ucdavis.edu)) if you have any questions regarding your order and to confirm receipt. Please remember that confirmation of receipt of items is **required** for accounting and auditing purposes.

#### 1/1/15 New Year's Holiday

#### 1/5/15 CDPH NEOPB SNAP-Ed Stakeholders' Meeting, 9:30 AM-12:30 PM, Sierra Health Foundation, Sacramento, CA

The California Department of Public Health (CDPH), Nutrition Education and Obesity Prevention Branch (NEOPB) is announcing preliminary details regarding the upcoming SNAP-Ed Stakeholders' Meeting. Advance registration is required. Stakeholders may participate by either registering for the **in-person meeting** option or registering for the **webinar** option. For additional information, please visit the dedicated **stakeholders' webpage**. Questions, comments, special accommodations, and/or language support requests can be sent to [NEOPBStakeholders@cdph.ca.gov](mailto:NEOPBStakeholders@cdph.ca.gov).

#### 1/19/15 Martin Luther King Jr. Holiday

#### 1/20/15 UC CalFresh Town Hall Webinar, 12:30-2:00 PM

The January UC CalFresh Town Hall Webinar has been scheduled for Tuesday, January 20, 2015 from 12:30-2:00 PM. Details regarding this webinar will be forthcoming. For additional UC CalFresh Town Hall dates, please visit: <http://www.uccalfresh.org/trainings/town-halls>.

#### ReadyTalk Information:

**Webinar Link:** <https://cc.readytalk.com/cc/s/registrations/new?cid=olo71807gemg>  
**Call-In Number:** 1-866-740-1260  
**Access Code:** 7544137

# UC CalFresh Weekly Update: January 20, 2015

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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 2015 can be shared through the online data entry portal: <http://ucanr.edu/survey/survey.cfm?surveynumber=13883>.

*"This class helped me to use the five food groups and how to measure portions. I have implemented this daily. I learned how to compare prices and how to read and observe the nutrition facts labels."*

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

*"I'm starting to think how to feed my family with more healthier foods. I'm buying more fruit and vegetables and not so much junk food."*

—Eating Smart, Being Active Participant, Fresno County



## UC CalFresh in Action!

Share your UC CalFresh success stories with the State Office: <http://ucanr.edu/survey/survey.cfm?surveynumber=13883>

### The Smarter Lunchrooms Movement of California

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



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

### Picture this: UCCE focuses on healthy meals for Healthy Weight Week (Jan. 18-24)

To sharpen people's focus on healthful eating, UC Cooperative Extension nutrition experts are using photos of food. In 2011, the U.S. Department of Agriculture unveiled a new food graphic, MyPlate, to remind consumers to choose healthier foods. Work by Cooperative Extension in California that began years earlier influenced the adoption of MyPlate by USDA. Nutrition educators in California began using a plate graphic with USDA's My Pyramid several years ago in a research project with Expanded Food and Nutrition Education Program (EFNEP) and UC CalFresh Nutrition Education Program participants. While evaluating the use of their graphic, which was very similar to USDA's MyPlate, UC Cooperative Extension nutrition advisors found that a graphic depiction such as the one USDA is using for MyPlate is abstract for many families. "We discovered that our clients need to see photos showing real food combinations in order to apply the MyPlate message to real food choices," said Cathi Lamp, UC Cooperative Extension nutrition advisor. "They prefer to learn by viewing photographs with foods and meals they eat to see how it works and how they can implement the guide in their lives." In a project with more than 200 Latino consumers participating, the UCCE nutrition advisors learned which foods Latina, African American and other women would serve their families. Lamp and her colleagues developed materials with photographs of the preferred foods for nutrition education. They evaluated the behavior of consumers who were trained with the revised Plan, Shop, Save and Cook curriculum with photos of food and compared it with the results of the original version of the lessons. "We found that the group receiving the revised Plan, Shop, Save, and Cook and MyPlate materials reported the greatest change in the frequency of using MyPlate to make food choices, after considering differences among groups in initial behaviors and participant characteristics," Lamp said. [Read full blog article.](#)



## Articles & Research



### 7 States With the Most People on Food Stamps

With grocery bills priced as high as \$1,300 per month as of late, some American workers simply cannot afford all of their groceries on top of everything else they already have to buy. This is why the government offers food stamps. The USDA Food and Nutrition Service reports that as of September 2014, there were around 46.5 million individual food stamp recipients (22.7 million households) receiving an average benefit of \$123.74 each (around \$257 per household). To be eligible, a household has to earn a gross income amount that's less than 130% of the poverty level, or a net income amount (gross income minus deductions) that's less than 100% of the poverty level for their family size. This means, a single person can be eligible for food stamps if his or her gross monthly income is under \$1,265 (\$15,180 per year), and a family of four can be eligible if they gross less than \$2,584 per month (\$31,008 per year). The list of the 7 states with the most people on food stamps was determined by using the USDA Food and Nutrition Service's most recent state-by-state data, coupled with [population data from the Census Bureau](#). States with the highest number of food stamp participants relative to population ranked highest.

- 7) Louisiana
- 6) Tennessee
- 5) Oregon
- 4) West Virginia
- 3) New Mexico
- 2) Mississippi
- 1) District of Columbia

To view the USDA Food and Nutrition Service's most recent state-by-state data, please [click here](#). [Read full article.](#)

## Articles & Research (continued)

### Food Stamp Enrollment Expected To Drop By 1 Million Next Year

Food stamp enrollment is expected to fall by 1 million next year thanks to harsher rules, according to a new report by a liberal Washington, D.C., think tank. [The Center on Budget and Policy Priorities](#) estimates that falling unemployment rates will cause states to lose an exemption they currently have for food stamp recipients. Instead, a three-month federal time limit on nutrition assistance for unemployed adults who don't have dependents or disabilities will kick in again. Enrollment in the Supplemental Nutrition Assistance Program (the formal name for food stamps) has been dropping since late 2013 mainly because the economy has been getting better. After this year, states will have to reimpose requirements that able-bodied childless adults enroll in job training or work 20 hours per week if they want more than three months of food stamps. The CBPP's Ed Bolen said he expects the requirement to accelerate a decline in enrollment that has been driven so far by people getting jobs and earning too much money to qualify for assistance. People who are unable to find jobs will be out of luck, since few states offer training or workfare programs that meet the requirements. "It's going to be an additional number of people losing benefits in 2015, even with normal caseload dynamics," Bolen said. Enrollment data stood at 46.5 million in September 2014, according to the [most recent government data](#), down from 47.3 million the previous year. [Read full article.](#)

### New Let's Move! Executive Director Announced

The White House today announced that Debra "Deb" Eschmeyer will be joining the staff as the Executive Director of *Let's Move!* and Senior Policy Advisor for Nutrition Policy. The role was previously held by Sam Kass, who department in December to live full time in New York City. "For more than a decade, Deb has been leading the way in teaching kids about the importance of healthy eating," said First Lady Michelle Obama. "From classrooms and gardens to kitchens and farms, Deb has made learning about nutrition fun and accessible for kids across the country. I am thrilled that she will be continuing this important work here at the White House, and I know she will be an invaluable addition to our team." As Executive Director of *Let's Move!*, Eschmeyer will lead the First Lady's work to help America raise a healthier generation of kids and ensure that all kids have the opportunity for the long, healthy lives they deserve. As Senior Policy Advisor for Nutrition Policy, she will also advise on food and nutrition issues beyond *Let's Move!*. [Read full article.](#)

### Bridging the Gap Examines School-Based Obesity Prevention Policies

Growing student acceptance of and increased access to healthier school meals are two of the main findings of a national [Bridging the Gap study](#) that examines trends in obesity prevention policies in U.S. secondary schools between 2006-07 and 2012-13. The report also finds little to no progress in promoting physical activity among students before or after the school day, as well as continued socioeconomic disparities in nutritional quality of foods and beverages outside of school meals programs. This report updates one of the most comprehensive studies of health-related policies and practices in U.S. public middle and high schools to date, originally released in August 2011. The major findings and trends presented in this report describe issues relevant to childhood obesity for seven school years, from 2006-07 to 2012-2013. We examine foods and beverages offered through the National School Lunch Program and also outside of school meal programs, including those sold in vending machines, school stores and à la carte cafeteria lines. We also examine physical education requirements and rates of participation; participation in varsity and intramural sports; and walking and bicycling to and from school. [Read full report.](#)

### Most kids don't eat three meals a day

Eating three square meals a day is the oldest nutrition advice in the book, and some of the most important for staying healthy. But new research shows that children are snacking instead of eating three meals a day on a regular basis, a habit that could be contributing to overweight and obesity and putting them at risk of heart disease later in life. In a series of reports published in the *European Journal of Clinical Nutrition*, the *International Journal of Obesity*, and the *European Journal of Nutrition*, Aino-Maija Eloranta, a doctoral candidate at the Institute of Biomedicine and Physiology at the University of Eastern Finland, and her colleagues followed a group of 512 boys and girls enrolled in the Physical Activity and Nutrition in Children Study. The children, ages 6 to 8, and their parents reported what the kids ate and drank for four days. The researchers also measured their body mass index, waist circumference, blood pressure, cholesterol, blood glucose, and insulin levels. About 45 percent of the boys and 34 percent of girls in the study ate all three meals, meaning the majority of them did not. The most-skipped meal was dinner. "That was a surprise," says Eloranta. "Among older children, adolescents and even adults, breakfast is the one that is skipped." Skipping dinner can have major implications for children's health, she says, since it's traditionally the most calorie- and nutrient-rich meal, giving growing children the energy they need to develop. In fact, the children who ate three meals a day had smaller waist circumferences and a 63 percent lower risk of being overweight or obese than those who skipped some of the major meals. [Read full article.](#)

### Study: Lunch after recess prompts kids to eat more fruits, veggies

For decades, school lunch ladies have been puzzling over how to get kids to eat their fruits and vegetables. They've tried growing produce on campus and challenging kids to come up with their own recipes. They've even tried paying students to clean their plates. Now a small-scale study in Utah suggests a simpler solution, one that even mom would love: Why not simply move lunchtime so that it falls after recess? The new study, appearing in the February issue of the journal *Preventive Medicine*, shows that waiting until after recess to feed kids increases per-child fruit and veggie consumption by 54% and prompts 45% more students to eat any fruits or vegetables at all. The authors theorize that not only are students hungrier after recess, they're also not as rushed to be "done" with lunch so they can maximize playtime. Previous research has shown that waiting until after recess to serve lunch prompts kids to eat more and waste less overall. It also makes the lunchroom a calmer, more orderly place. Researchers from Brigham Young University (BYU) and Cornell University studied first- through sixth-graders at seven schools in Orem, Utah, near Salt Lake City. The school district was in the process of switching the lunch/recess order in some schools, and the researchers realized that the switch presented an opportunity to see if it made a difference in children's fruit and vegetable consumption habits. [Read full article.](#)

### New FRAC Report Explores Extent of and Causes of Participation Shifts in School Lunch

The number of children participating in the National School Lunch Program (NSLP) is changing in ways that reflect events other than changes in nutrition rules, finds [a new analysis by the Food Research and Action Center \(FRAC\)](#). The data analysis shows that lower family incomes and improvements to the eligibility process for school meals have led to a continuous increase in participation among low-income children; and rules on pricing of meals for other children have contributed to a multi-year decline in participation for those with higher family incomes. FRAC also noted these changes both are part of longer trends. In the recent debate over new nutrition standards for school meals, some have claimed the nutrition rules are driving participation down. The new nutrition rules, however, were introduced in the 2012-2013 school year, in order to bring school meals in line with current dietary guidelines. FRAC's analysis reveals that these participation changes have been percolating for a number of years with multiple factors at play. [Read full report.](#)

### Obesity could take eight years off your life

The heart disease and diabetes that often accompany obesity may rob people of almost a decade of life and close to two decades of a healthy life, Canadian researchers report. "Not only is excess body weight associated with a significant reduction in life expectancy, but with an even greater reduction in healthy life years," said lead researcher Dr. Steven Grover, a professor of medicine at McGill University in Montreal. "While losing weight or exercising regularly is not easy for many of us, the potential benefits are huge," he said. For example, Grover said, a modest reduction in weight of about 10 pounds and as little as 30 minutes of daily physical activity most days of the week have been proven to reduce the risk of developing diabetes by as much as 60 percent. "The potential benefits of losing weight and exercising in preventing a heart attack or stroke are also substantial," he said. "Appreciating the impact excess pounds have on our life expectancy and healthy years of life will hopefully provide health professionals with a new diagnostic measurement to motivate some individuals to make healthy changes to their lifestyle," Grover added. While the study found an association between obesity and life span, it did not prove that obesity shortens life. The report was published in the Dec. 5 online edition of *The Lancet Diabetes & Endocrinology*. [Read full article.](#)

### Changes in Body Mass Index Associated With Head Start Participation

Pre-school-aged children with an unhealthy weight status who participated in Head Start had a significantly healthier [body mass index] BMI by kindergarten entry age than those who did not participate in the program, according to a study published in *Pediatrics*. The study found that obese or overweight Head Start participants were more likely than their counterparts to lower their BMI, while underweight participants had a greater chance of gaining additional weight. The total sample included 43,748 children providing 83,239 anthropometric measures. The Head Start sample was 64.9% white, 10.8% black, and 14.4% Hispanic; 16.8% of the children were obese and 16.6% were overweight at the initial observation. [Read full article.](#)



## Education & Resources

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



### Video to use with ISU Healthy and Homemade Calendar—Now available!

The October recipe in the Iowa State University Extension and Outreach's Healthy and Homemade Calendar—[Butternut Squash and Black Bean Enchiladas](#)—calls for cooked butternut squash. This vegetable is delicious and highly nutritious, but it can be intimidating because of its slick, hard skin. We have created a [how-to video](#) to help our clients feel confident preparing butternut squash. It shows a simple and safe way to prepare the squash. Please share this video with anyone who may appreciate some extra instruction on prepping squash! To view the video, please visit: <https://www.youtube.com/watch?v=9X9-1F1iQhY>.

### Webinar: *Expert Recommendations for Responsible Food Marketing to Children Webinar*, January 20, 2015, 11:00-11:45 AM PST

A national panel of experts convened by Healthy Eating Research, a program of the Robert Wood Johnson Foundation, will release *Expert Recommendations for Responsible Food Marketing to Children*, a comprehensive set of model definitions for food marketing practices directed to children. They are intended to provide guidance to a broad range of stakeholders, including food and beverage manufacturers, retailers, restaurant companies, media and entertainment companies, industry trade associations, advertisers, marketers, government agencies, regulators and other policymakers, advocates, and researchers. To register for this event, please visit: <https://attendee.gotowebinar.com/register/6450015947174370050>.

### Webinar: *CYFAR Webinar: Promotion of Healthy People & Communities*, January 20, 2015, 12:00 PM CST

The CYFAR PDTA Team invites you to join their January CYFAR Webinar on Tuesday, January 20. This month's webinar will focus on the promotion of healthy people and communities. If you are unable to attend, the webinar will be recorded for you to watch at a later date. To join the webinar, please visit: <https://umconnect.umn.edu/JanuaryCYFAR/>.

### California Smart Snacks in Schools Webinar Recording Now Available!

The California Smart Snacks in Schools webinar was hosted on behalf of the California Department of Public Health Nutrition Education Obesity Prevention Branch (NEOPB) and in partnership with the California Department of Education (CDE), the Public Health Institute and its program California Project LEAN. Per the Healthy, Hunger-Free Kids Act of 2010, USDA has developed school nutrition standards for all foods and beverages sold outside of the school meal program (i.e., student stores, fundraisers, vending machines, etc.) referred to as *Smart Snacks in Schools*. This webinar will provide:

- \* An overview of the Healthy, Hunger-Free Kids Act of 2010
- \* A description of the Smart Snacks in Schools initiative
- \* How California rules integrate with federal Smart Snacks rules

To access the webinar recording, please visit: <http://www.cdph.ca.gov/programs/cpns/Pages/1stQuarterCalendarofEvents.aspx#jumptoCaSmartSnacks>.

### Growing Roots in Farm to School in 2015: New Webinar Series Starts in January!

USDA Farm to School staff and guest speakers have just what you need to start or expand your farm to school program in the new year. Starting in January, 2015, this 11-part webinar series will help you build your farm to school skills and develop new strategies for bringing local foods into the lunchroom. Join us for tips and insights on topics like building a team, menu planning, program sustainability, and more! New this year: earn SNA Continuing Education Units for each webinar attended. Below is the schedule of webinars:

1. **Farm to School Planning and Building a Team, January 15, 2015, 2:00 PM EST**  
How does a farm to school team function? Learn tips and best practices for building a farm to school team, facing struggles and surprises, and building a foundation for a successful project. Guest speakers include farm to school planning grantees from the District of Springfield Missouri and IDEA Charter school in the Rio Grande Valley in Texas.
2. **Setting Goals and Establishing an Evaluation Baseline, January 28, 2015, 2:00 PM EST**  
How do you know if your activities are having an impact on local farmers and improving student health? Learn how to integrate program planning/evaluation tools and techniques that will document outcomes that demonstrate the importance of farm to school programs.
3. **Finding and Buying Local Foods, February 5, 2015, 2:00 PM EST**
4. **Farm to School Menu Planning, February 19, 2015, 2:00 PM EST**
5. **Food Safety, March 5, 2015, 2:00 PM EST**
6. **Promoting Your Farm to School Program, March 19, 2015, 2:00 PM EST**
7. **School Gardening, April 2, 2015, 2:00 PM EST**
8. **Curriculum Integration, April 16, 2015, 2:00 PM EST**
9. **Program Sustainability, April 30, 2015, 2:00 PM EST**
10. **Evaluating Your Program, May 13, 2015, 2:00 PM EST**
11. **Tying it All Together and Digging In, May 28, 2015, 2:00 PM EST**

Unable to join the webinars live? Webinars will be recorded for future reference. The full listing of webinars can be found on the USDA Farm to School website: <http://www.fns.usda.gov/farmtoschool/videos-and-webinars>. To register for any of the webinars, please visit: <https://www.surveymonkey.com/s/YMTTVNK>.

### Edible Education 101: The Rise and Future of the Food Movement, Lectures beginning January 26, 2015

The Edible Education 101 course was created in conjunction with the 40th anniversary celebration of Chez Panisse Restaurant and Café in Berkeley, California. Alice Waters, founder of Chez Panisse and the Edible Schoolyard Project, launched the course in partnership with the University of California, Berkeley to bring edible education to the university level. The course, a unique hybrid public lecture series and for-credit class, has been offered to undergraduate students and members of the general public for four semesters since 2011. Edible Education 101 is presented by the Edible Schoolyard Project, UC Berkeley Food Institute, College of Natural Resources, and UC Global Food Initiative with support from the UC Berkeley's Chancellor's Office, and the Epstein/Roth Foundation. To download a copy of the 2015 Edible Education 101 syllabus, please [click here](#). Lectures will take place on Monday evenings, beginning January 26th from 6:30 to 8:30 PM PST. Each lecture will stream live on the [Edible Schoolyard Project's YouTube Channel](#) and will be archived on the Edible Schoolyard Network. For additional information, please visit: <http://edibleschoolyard.org/node/11980>.

### Registration Open: 8th Biennial Childhood Obesity Conference, June 29-July 2, 2015, Deadline: May 29, 2015

Registration for the 8th Biennial Childhood Obesity Conference is now open. The deadline to register is May 29, 2015.

- \* **Registration:** \$375.00 (January 1, 2015 to on or before May 29, 2015)
- \* **Student Registration:** \$300.00 (January 1, 2015 to on or before May 29, 2015) [[Click here](#) for student verification requirements]
- \* **Late Registration:** \$400.00 (after May 29, 2015) (\*No student rate available during late registration period)

For additional information on the conference, including registration fees and lodging options, please visit: [www.childhoodobesity2015.com](http://www.childhoodobesity2015.com). Please carefully review the lodging information posted on the Childhood Obesity Conference website regarding the housing scam from Exhibition Housing Management/Services. If you have any questions regarding the scam, please contact Carragh Taylor-Hunt at [taylorc@csus.edu](mailto:taylorc@csus.edu). To register online, please visit: [https://www.cce.csus.edu/conferences/webreg/Register\\_CO15a.cfm?CID=1741](https://www.cce.csus.edu/conferences/webreg/Register_CO15a.cfm?CID=1741).

## Education & Resources (continued)

### 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](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.