

UC CalFresh Weekly Update July 27, 2015



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8th Biennial Childhood Obesity Conference 2015

Recordings of Opening and Closing Plenary Sessions Now Available!

The opening and closing plenary sessions from 8th Biennial Childhood Obesity Conference, held in San Diego, CA, were recorded and are now available for viewing. The opening plenary (7/1/15) and closing plenary session (7/2/15) can be viewed by visiting the Childhood Obesity Conference YouTube channel: <https://www.youtube.com/user/ChildhoodObesityConf/featured>.



Upcoming Events & Deadlines



JULY 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 Items from the UC CalFresh State Office

The UC CalFresh State Office has begun ordering items requested through the survey distributed to UC CalFresh Programs in April 2015. These items will be sent on a rolling basis. E-mail notifications will be sent to each county providing the quantity of each item to be expected. Please e-mail **Rolando Pinedo** (rgpinedo@ucdavis.edu) and/or **Erin Moore-Miner** (eemooreminer@ucdavis.edu) if you have any questions related to the items being sent to your program. Items include:

- * Go Glow Grow Booklets in *Spanish* and *English*
- * Go Glow Grow Curriculum
- * Good for Me and You
- * Happy Healthy Me
- * Swivel Measuring Spoons
- * UC CalFresh Nutrition Corners
- * Eating Smart, Being Active (ESBA) Cookbooks (English/Spanish)
- * UC CalFresh/MyPlate Folders

The State Office will monitor the status of deliveries using the tracking information, but will continue to send email notifications of upcoming deliveries. Please contact the State Office if the shipment does not arrive within 2 weeks. If your items arrive damaged, contact the State Office within 10 days after receipt of package.

7/31/15 Q3 Reporting Tools Workbooks & Documentation Due to the UC CalFresh State Office

The FFY 2015 Q3 Reporting Tools Workbooks were returned to counties on Tuesday, 6/30/15. FFY 2015 Q3 Reporting Tools Workbooks and documentation for UC CalFresh are due by **5:00 PM on Friday, July 31, 2015**. Please contact **Jennifer Quigley** (jquigley@ucdavis.edu, (530) 754-4137) if you have any questions related to your workbooks.

7/31/15 CDPH NEOPB Stakeholders' Meeting

Meeting registration is now open. This meeting is applicable to all statewide SNAP-Ed stakeholders, including, but not limited to community organizations, food banks, nonprofit organizations, program contractors, and counties. NEOPB has created a dedicated stakeholders' webpage and email inbox to organize and house meeting information, including registration, site details, and pertinent resources. Please visit: <http://www.cdph.ca.gov/programs/cpns/Pages/EngagementandResource.aspx> for additional information.

UC CalFresh Weekly Update: July 27, 2015

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UNIVERSITY of CALIFORNIA
cal fresh Nutrition Education

<http://www.uccalrfresh.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>.

"The class has helped me in how to read the food labels when looking for healthier options. It has also helped in guiding how to plan for meals without having the same thing everyday, but making good use of what you already have."

—Plan, Shop, Save & Cook Participant, San Joaquin County

"Thank you. This class was helpful and taught me a lot about how to eat healthy on a budget; also about how to effectively shop to save time and money by having a list prepared with a week's plus meals and compare unit prices and buy store brands when possible to save the most money on your trip."

—Plan, Shop, Save & Cook Participant, Tehama County

Items Available for UC CalFresh Programs

As mentioned during the June UC CalFresh Town Hall webinar, the following items are available to UC CalFresh county programs for use in their nutrition education programming. These items are available on a **first come, first serve basis**:

- * (1) Toaster Oven
- * (23) 2015 Healthy & Homemade Calendars in *Spanish*
- * (22) 2015 Healthy & Homemade Calendars in *English*



If you are a UC CalFresh county program, please contact **Rolando Pinedo** at rgpinedo@ucdavis.edu if you are interested in receiving any of these items.

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 lmhamasaki@ucdavis.edu.



UC CalFresh in Action!

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

#Flashback Friday: 2015 Farm and Nutrition Day, UCCE Fresno County

Third graders from around Fresno County are invited to the Fresno fairgrounds for **Farm and Nutrition Day** in April of each year to learn about the local agriculture community. They get to learn about topics including how cows are milked, how a tractor operates and what foods are grown in Fresno County. At Farm and Nutrition Day, the UC CalFresh team put on a nutrition play incorporating the concepts of "Sometimes" foods and "Anytime" foods. In the play, the character Anytime Andy loves eating healthy foods and playing with his friends. His friend Sometimes Sal likes to bring cookies, candy, and chips for lunch but never has energy to play during recess. Throughout the play Anytime Andy helps to teach Sometimes Sal that instead of eating "sometimes" foods he should bring more "anytime" foods to give him energy throughout the day. By the end of the play students learn the difference between "Anytime" and "Sometimes" foods and the importance of making healthy choices. Special thanks to the **Big Fresno Fair** and the **Fresno County Farm Bureau** for their coordination of this fantastic event each year. [Read full blog article.](#)

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 lmhamasaki@ucdavis.edu.

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: lmhamasaki@ucdavis.edu.

The Smarter Lunchrooms Movement of California Monthly Nudge

The Smarter Lunchrooms Movement of California *Monthly Nudge* is a monthly newsletter which provides updates on how the Smarter Lunchrooms Movement is moving throughout California and is brought to you by the SLM of CA Collaborative. The newsletter provides updates, upcoming trainings and events, and more! If you are interested in signing up to receive the *Monthly Nudge*, please contact Mary Ann Mills at mamills@ucdavis.edu.

UC Delivers

This is a friendly reminder that counties should contact **Andra Nicoli** (amnicoli@ucdavis.edu) at the State Office if you are interested in developing a UC Delivers or have recently submitted a UC Delivers without State Office involvement. For those developing a UC Delivers, Andra can assist you in writing/editing/submitting a UC Delivers story. The State Office is also interested in keeping track of UC Delivers that are being submitted directly from counties. For those not requiring writing/editing services from the State Office, please share a copy of your submission to Andra. In this way, we can track the type of stories UC CalFresh is submitting and advocate for your story!



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

UC Global Food Initiative has fast start in first year

In its first year, the University of California's Global Food Initiative launched food security efforts on every campus, held statewide conferences on sustainable fisheries and food justice, and appointed more than 50 student fellows to pursue projects. That is just a taste of the work underway as faculty, students and staff from across the 10-campus UC system focus their collective power on food issues. The Global Food Initiative has been a galvanizing force for bringing people together in new collaborative efforts, said UCLA's Wendy Slusser, who serves on one of the initiative's two dozen systemwide subcommittees. "It's been a lightning bolt of energy that helps people pull together," she said. UC President Janet Napolitano first launched the Global Food Initiative on July 1, 2014. She spanned the state that day, meeting with Alice Waters at the Edible Schoolyard in Berkeley, the California State Board of Food and Agriculture in Sacramento, and UCLA students and campus leaders at their community garden in the Sunset Canyon Recreation Center. The announcement was met with enthusiasm—and a bit of wonder at the audacity of the undertaking—as Napolitano and UC's 10 chancellors declared that UC would harness its people and power to put the university, state and world on a path to sustainability and nutritiously feed themselves. A year later, the initiative is off to a fast start. All 10 UC campuses, UC's Division of Agriculture and Natural Resources, and Lawrence Berkeley National Laboratory have pitched in, building on existing efforts and creating new collaborations to develop, demonstrate and export solutions for food security, health and sustainability. [Read full blog article.](#)



Articles & Research



Kids' "State Dinner": Celebrating Healthy Cooking at the White House

Don't let the name fool you; attending the [Kids' "State Dinner"](#) at the White House is an exciting experience for both kids and adults alike. As a nutritionist with the USDA Center for Nutrition Policy and Promotion, Shelley Maniscalco, MPH, RD, had the privilege of being both a judge and an attendee for the [Healthy Lunchtime Challenge](#), a contest where young chefs-in-training practice creating their own MyPlate-inspired [healthy recipes](#). The winners of this competition are in turn honored on July 10 with a special invitation to the White House for the Kids' "State Dinner" and Maniscalco joined the talented, young chefs for an unforgettable experience. Kids and their guardians participated in a welcome reception prior to getting their picture taken with the First Lady. Excitement, and the sweet smell of fresh produce, was certainly in the air! However, it wasn't just the recipes at the "State Dinner" that were inspired by MyPlate—even the centerpieces were created using a variety of fruits and vegetables! Then the dinner began. The winners sat together at long tables, where they were served dishes from six different states. While they ate, they heard from one of the 2014 Healthy Lunchtime Challenge winners, the First Lady, and yes, even the President of the United States! He stated he was looking forward to sampling the ["Barack-amole."](#) A foam hand awaited guests at their seat as a fun reminder of the First Lady's #GimmeFive challenge. This challenge was part of the [fifth anniversary of Let's Move!](#) and encouraged Americans to #GimmeFive things they are doing to eat better, be more active, and lead healthier lives. Everyone left with memories that will last a lifetime. [Read full blog article.](#)

NIH Body Weight Planner Added to USDA SuperTracker Food and Activity Tool

The U.S. Department of Agriculture (USDA) and National Institutes of Health (NIH) have partnered to add the [NIH Body Weight Planner](#) to USDA's [SuperTracker](#) online tool as a goal-setting resource to help people achieve and stay at a healthy weight. Created in 2011, the SuperTracker tool empowers people to build a healthier diet, manage weight, and reduce risk of chronic disease. Users can determine what and how much to eat; track foods, physical activities, and weight; and personalize with goal setting, virtual coaching, and journaling. With science-based technology drawing on years of research, the Body Weight Planner will enable SuperTracker's more than 5.5 million registered users to tailor their plans to reach a goal weight during a specific timeframe, and maintain that weight afterward. The math model behind the Body Weight Planner, an online tool [published by NIH in 2011](#), was created to accurately forecast how body weight changes when people alter their diet and exercise habits. This capability was validated using data from multiple controlled studies in people. "We originally intended the Body Weight Planner as a research tool, but so many people wanted to use it for their own weight management that we knew we needed to adapt it with more information about how to achieve a healthy lifestyle," said Kevin Hall, Ph.D., who led creation of the planner and is a senior investigator at the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the NIH. "The Planner is a natural fit within the SuperTracker as it lets people accurately determine how many calories and how much exercise is needed to meet their personal weight-management goals." "We are pleased to offer a variety of interactive tools to support Americans in making healthy lifestyle changes," said Angie Tagtow, executive director of USDA's Center for Nutrition Policy and Promotion, which created and manages SuperTracker. "The NIH Body Weight Planner helps consumers make a plan to reach their goals on their timeline, and SuperTracker helps them achieve it." More than two-thirds of American adults are overweight or obese. Maintaining a healthy weight can help prevent complications related to overweight and obesity such as heart disease, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death. [Read full press release.](#)

Muscle Strength Fades After Just Two Weeks of Inactivity

It takes just two weeks of physical inactivity for those who are physically fit to lose a significant amount of their muscle strength, new research indicates. In that relatively short period of time, young people lose about 30 percent of their muscle strength, leaving them as strong as someone decades older. Meanwhile, active older people who become sedentary for a couple weeks lose about 25 percent of their strength. The most muscle a person has, the more they will lose if they are sidelined by an injury, illness or vacation, the Danish study found. "Our experiments reveal that inactivity affects the muscular strength in young and older men equally. Having had one leg immobilized for two weeks, young people lose up to a third of their muscular strength, while older people lose approximately one-fourth. A young man who is immobilized for two weeks loses muscular strength in his leg equivalent to aging by 40 or 50 years," researcher Andreas Vigelsoe, from the Center for Healthy Aging and the Department of Biomedical Sciences at the University of Copenhagen in Denmark, said in a university news release. Total muscle mass normally declines with age. Young men have about two pounds more muscle mass in each leg than older men do. But, after two weeks of not moving at all the young men involved in the study lost 17 ounces of muscle, on average. Older men, on the other hand, lost about nine ounces. However, all of the men lost physical fitness while their leg was immobilized, the study published recently in the *Journal of Rehabilitation Medicine* found. [Read full article.](#)

Many Eligible Children Don't Participate in School Nutrition Programs

Children living in households with incomes below 185 percent of the federal income poverty guidelines (below \$44,097 for a family of four in 2013) are eligible to receive free or reduced-price meals at school. Overall, 63.5 percent of income-eligible households with school-age children (ages 5 to 17) participate in the National School Lunch Program, and 52.0 percent participate in the School Breakfast Program. Regionally, rates of participation in the lunch program are similar across the Northeast, Midwest, South, and West. By contrast, participation in the breakfast program is slightly higher in the South than in the Northeast or Midwest, though similar to rates in the West. Research suggests that children who receive free or reduced-price meals at school are more likely to have their nutritional needs met than those who do not participate, and that kids who are well nourished have better school attendance and show improved attention spans and behavior in the classroom. The data presented here suggested that moderate shares of eligible households use these programs, and additional children could be benefiting both nutritionally and academically from participation. The share of eligible households participating in the lunch program is close to three in five, and the share receiving school breakfast is only one in two. Further, among households reporting lunch program participation, just 82 percent also reported breakfast participation, even though the programs have the same eligibility requirements. Enrollment in these programs may be moderate for several reasons: for example, there may be a stigma associated with eating school meals, or food meeting required nutritional standards may not appeal to children. The breakfast program may have especially low enrollment because students with long commutes or later-arriving buses might not arrive early enough to eat breakfast before the school day begins. Programs that serve breakfast after all buses arrive, allow "grab and go" breakfasts, or that deliver breakfast to students' first class of the day may offer alternatives to traditional breakfast service and increase participation. [Read full article.](#)

Articles & Research (continued)

Obesity-Related Behaviors Increase When School Is Out

Regardless of family income, children on summer break consume more sugar, watch more television, and eat fewer vegetables than the rest of the year, according to researchers at [Columbia University's Mailman School of Public Health](#). Findings are published online in the *Journal of School Health*. The research was based on data from U.S. children in grades 1-12 in the National Health and Nutrition Examination Survey 2003-2008. The sample consisted of 6453 children and adolescents, some surveyed during the school year and others during a school break. The researchers selected three main dietary measures: total calories consumed per day, number of cups of vegetables consumed, and teaspoons of added sugar, to estimate consumption of calories. They also compared student exercise patterns and screen time and any changes over the summer vacation. Data were compared for households above and below 185% of poverty, the eligibility criteria for receiving free or reduced price school lunch. "Although obesity-promoting behaviors are generally more common during the summer break, the differences in obesity behaviors between income groups were not exacerbated during the summer break, said Y. Claire Wong, MD, ScD, associate professor of Health Policy and Management and co-director of the Mailman School's Obesity Prevention Initiative. Using the U.S. Department of Agriculture's recommended guidelines, overall, students at all grade and income levels throughout the year routinely did not meet the recommended levels of vegetable intake, consumption of sugary sweetened beverages, and exercise, and exceeded the recommended amount of screen time. In the summer, youth watched an average of 20 minutes more television a day and consumed an average three ounces more sugar-sweetened beverages during summer break than during the school year. Overall, exercise was basically unchanged: students were physically active five minutes more on average than they were in school. High school students, however, exercised significantly more during the summer than during the school year, but still did not meet standard government recommendations. In particular, those from higher-income families participated in more moderate-to-vigorous activities over the break. Lower-income teenage girls exercised less over the summer, with significantly less moderate-to-vigorous exercise. [Read full article.](#)

Obesity Prevention and Treatment in School-Aged Children, Adolescents, and Young Adults—Where Do We Go from Here?

The rise in the rate of obesity in school-aged children, adolescents, and young adults in the last 30 years is a clear healthcare crisis that needs to be addressed. Despite recent national reports in the United States highlighting positive downward trends in the rate of obesity in younger children, we are still faced with approximately 12.7 million children struggling with obesity. Given the immediate and long-term health consequences of obesity, much time and effort has been expended to address this epidemic. Yet, despite these efforts, we still only see limited, short-term success from most interventions. Without changes to how we address childhood obesity, we will continue to see inadequate improvements in the health of our children. Clinicians and researchers need to be lobbying for evidence-based policy changes, such as those identified by systems science, in order to improve the nation's health. Worldwide, the rate of obesity has doubled since 1980, with 1.4 billion adults identified as overweight and more than 10% of the world's adult population being obese (body mass index [BMI] \geq 30), leading the World Health Organization to declare obesity as a worldwide epidemic. In the United States, 68.5% of adults are overweight or obese, with 34.9% of those obese. For children in the United States, 31.8% of youth 2-19 years of age are overweight, with 16.9% of those obese. The percent of obese children in the United States has not changed significantly since 2003-2004, resulting in a healthcare crisis that needs to be addressed. Clinicians, researchers and laypersons are all aware that this current generation of children will "live less healthy and possibly even shorter lives than their parents," as a result of the consequences of overweight and subsequent medical conditions such as type 2 diabetes. [Read full article.](#)

From seeds to student lunches

This fall, students can look forward to dining on homegrown carrots, eggplants and tomatillos during lunch. A new program will allow kids to grow their own produce on campus and send it straight to the district's kitchens to supplement school meals. Living Classroom, a nonprofit group dedicated to teaching kids about nutrition and gardening, has been running its program at the Mountain View Whisman School District for years. The group got a breakthrough this year when it was awarded \$74,000 by the El Camino Healthcare District to expand its nutrition and garden education program, including new opportunities to send fruits and vegetables grown by the students to the cafeteria. Living Classroom founder Vicki Moore said the group will be hiring a consultant to help the program become real, small-scale food producers. The garden won't be able to produce enough for the entire study body, Moore said, but it will be enough for schools to set aside a special day once in a while for kids to taste the fruits of their labor. "We want students to make that connection between growing the food yourself and eating it, and understanding where it comes from," Moore said. The new program is intended to curb childhood obesity, which continues to be a problem in the Bay Area, particularly among minority groups. By fifth grade, only 30 percent of the students in the Mountain View Whisman School District can meet the statewide fitness standards, and over 38 percent of Latino children in Santa Clara County are classified as either overweight or obese. The incidence of obesity has flattened out a little bit in recent years, but it's still high, according to Barbara Avery, director of the hospital's community benefit program. She said right around fifth grade is when students in Mountain View school began gaining weight, and it shows on the fitness test results. Better eating habits will hopefully stick once kids [get] to learn about how produce is grown and are exposed to new kinds of food, she said. "The goal is to get kids to want to eat these (healthier) foods," Avery said. "It's hard to compete with the food industry." [Read full article.](#)



Education & Resources

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



Celebrating the Blueberry's 100th Birthday

They often say big things come in small packages. That is the case for the highbush blueberry, a fruit that is only small in stature. July is National Blueberry Month and people all over the world are busy enjoying blueberry-inspired fruit salads, smoothies, and other refreshing foods. In addition to this month-long celebration, blueberry fans have another reason to get excited—the 100th anniversary of commercial blueberries. The blueberry's [journey from farm to table](#) began in 1916 in Whitesbog, N.J., when Elizabeth White teamed up with USDA botanist Frederick Coville to go against conventional wisdom and breed a variety of wild blueberries to be sold on the market. The blueberry's 100-year history contains many milestones. This includes being named the official state berry of New Jersey, an iconic appearance in the classic Willy Wonka movie, and being planted in the White House kitchen garden. [USDA's Agricultural Marketing Service \(AMS\)](#) is excited to help the [U.S. Highbush Blueberry Council](#)—one of the industry [research and promotion programs](#) that it oversees—celebrate the accomplishments of these little blue dynamos. Part of the celebration took place at the USDA Farmers Market in Washington, D.C., where vendors featured blueberry products throughout the entire month. From blueberry-flavored pizzas to dipping sauces, market visitors had plenty of chances to get their blueberry fix. There was even blueberry-flavored ice cream. There are plenty of ways to celebrate the blueberry's 100th birthday. The Council's site has [a list of summer blueberry festivals](#), [creative recipes](#), and [cooking tips](#). We encourage you to follow the conversation about the birthday celebration by using the #100YearsofGrowin hashtag on Twitter, Facebook, and Instagram. [Read full blog article.](#)

Commit2Ten, New Website from the Alliance for a Healthier Generation Launches in September 2015!

Commit2Ten.org is a new website from the Alliance for a Healthier Generation, in partnership with the American Heart Association and the Clinton Foundation. The website will feature fitness experts, celebrities, and partners in a nationwide campaign to change the way we move. Visit commit2ten.org to join the #Commit2Ten campaign. The website will officially launch in September 2015. This website will feature information and inspiration to move as well as exciting ways to add an additional 10 minutes of physical activity every day. Stay tuned to commit2ten.org for additional information and for the official website launch!



Education & Resources (continued)

Webinar: Disability, Food Insecurity, and SNAP: Addressing the needs of Americans with Disabilities, July 28, 2015, 10:00 AM PST

Poverty, hunger, and food insecurity disproportionately affect Americans who have communicative, mental, or physical disabilities. For these children, adults, and elders, the Supplemental Nutrition Assistance Program (SNAP) serves as a vital support. This webinar will highlight the current status of food insecurity among persons with disabilities, the role of SNAP in the safety net for people with disabilities, and recommendations for strengthening SNAP's supports for this population. The webinar will accompany the release of a new FRAC report, SNAP Matters for People with Disabilities. To register for this webinar, please visit: <https://frac.peachnewmedia.com/store/seminar/seminar.php?seminar=44772>.

Webinar: USDA Food and Nutrition Service Webinar – Community Eligibility: Partial District Implementation, July 28, 2015, 12:00 PM PST

This series of webinars will provide strategies on how to successfully implement Community Eligibility, a new provision that improves student participation in school meals and reduces paperwork for school districts. The Food Research and Action Center (FRAC) and the Center on Budget and Policy Priorities are partnering with the U.S. Department of Agriculture on this webinar series. To register for this webinar, please visit: <https://frac.peachnewmedia.com/store/seminar/seminar.php?seminar=44993>.

CDPH NEOPB Stakeholders' Meeting, July 31, 2015, 9:30 AM to 12:00 PM

The California Department of Public Health (CDPH), Nutrition Education and Obesity Prevention Branch (NEOPB) is announcing preliminary details regarding the upcoming Supplemental Nutrition Assistance Program-Education (SNAP-Ed) Stakeholders' Meeting. Meeting registration is now open. This meeting is applicable to all statewide SNAP-Ed stakeholders, including, but not limited to community organizations, food banks, nonprofit organizations, program contractors, and counties. NEOPB has created a dedicated stakeholders' webpage and email inbox to organize and house meeting information, including registration, site details, and pertinent resources. As additional meeting details become available, they will be posted on this webpage in a timely manner.

* **Onsite Participation:** [Click here](#) to register. After registering you will receive a confirmation e-mail.

* **Webinar Participation:** [Click here](#) to register. After registering you will receive a confirmation e-mail containing information about joining the webinar.

As CDPH prepares the agenda for the upcoming meeting, they are interested in collecting questions and suggested topics/items from meeting participants. Please e-mail NEOPBStakeholders@cdph.ca.gov by 5:00 PM on Friday, July 10, 2015 with your input. For additional information, please visit: <http://www.cdph.ca.gov/programs/cpns/Pages/EngagementandResource.aspx>.

Save the Date! The 2015 Champion Alliance Workshop, Various Dates, 10:00 AM to 3:30 PM

Runyon Saltzman Einhorn and NEOPB State Media and Public Relations will host a one-day Champion Alliance Workshop near you during July and August. The workshops are intended for local health departments (LHDs), training and resource centers (TRCs), local Champions for Change and other local NEOPB partners. The dates and locations are listed below:

* **August 4** in Fresno at the UC San Francisco Fresno Center, 155 N. Fresno Street, Fresno, CA 93701

* **August 11** in Orange at the Brookhurst Community Center, 2271 W Crescent Ave., Anaheim, CA 92801

* **August 25** in San Jose/Santa Clara at Sobrato Community Center, 600 Valley Way, Milpitas, CA 95035

Dress comfortably. All of the sessions are hands-on and participants will be physically active. Each workshop will accommodate 30-50 participants in a day of guided conversations around existing local efforts to promote Champions for Change, the growing movement, and available campaign resources to attract, recruit and engage local Champions. Ample time will be provided for capacity-building and networking. The workshops will also serve as an official introduction and immersion to the Champions for Change campaign for the Champion Alliance Program (CAP) partners. Registration information is available at the following location: <http://www.cvent.com/d/1rqd9j> or you can check the NEOPB Events calendar for more details at: <http://www.cdph.ca.gov/programs/cpns/Pages/CalendarofEvents-FFY2015.aspx>.

Healthy Eating Research, 2015 Call for Proposals, Deadline: August 12, 2015 (3:00 PM ET)

Healthy Eating Research has released its 2015 Call for Proposals (CFP). This CFP is for two types of awards aimed at providing advocates, decision-makers, and policymakers with evidence to reverse the childhood obesity epidemic. The award types are Round 9 grants and RWJF *New Connections* grants awarded through the *Healthy Eating Research* program. Approximately \$2.75 million will be awarded under this CFP for the two award types. The majority of grant funds will be awarded through the Healthy Eating Research 2015 CFP (approximately 90%) will be allocated to studies focused on some aspect related to one or more of the following four RWJF childhood obesity priority areas related to food and nutrition:

1. Ensure that all children enter kindergarten at a healthy weight.
2. Make a healthy school environment the norm and not the exception across the United States.
3. Make healthy foods and beverages the affordable, available, and desired choice in all neighborhoods and communities.
4. Eliminate the consumption of sugar-sweetened beverages among 0-5 year olds.

The remaining grant funds will support other topics of established or emerging importance. Research studies must focus on environmental or policy strategies with strong potential to promote healthy eating and reduce excess calorie intake to support children in achieving a healthy weight. Target population includes children and adolescents ages 0 to 18 and their families, including pregnant women and soon-to-be parents, who are members of lower-income and racial and ethnic populations at highest risk for obesity. [Click here](#) to download the CFP for more information, including eligibility and selection criteria and descriptions of the types of studies that could be funded. For additional information, please visit: <http://healthyeatingresearch.org/funding/current-call-for-proposals/>.



We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please e-mail Lindsay Hamasaki at lmhamasaki@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.ucclafresh.com/weekly-updates>.

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