

UC CalFresh Weekly Update September 28, 2015



Contents

Upcoming Events & Deadlines

- * Curriculum & NERI Items from the UC CalFresh State Office
- * 9/30/15 Last Day of FFY 2015
- * 10/1/15 Start of FFY 2016
- * 10/1/15 All UC CalFresh Evaluation Data Portals Will Close
- * 10/16/15 Q4 Reporting Tools Workbooks & Documentation Due to the UC CalFresh State Office
- * 10/16/15 PSE Reporting on School Gardens Due to State Office

UC CalFresh Employment Opportunities

- * ANR Fresno/Madera MCP, Community Education Manager 1

UC CalFresh Success Stories

- * Eating Smart, Being Active Participant, Tulare County
- * Plan, Shop, Save & Cook Participant, Santa Clara County

UC CalFresh Website Updates

- * 9/15/15 UC CalFresh Town Hall PowerPoint Presentation and Recording Now Available!
- * FFY 2015 Call for Annual Report Webpage Now Available!
- * Link to Online Survey for Garden Reporting for FFY 2015 Now Available!
- * Link to Online Survey for SLM Reporting for FFY 2015 Now Available!
- * FFY 2016 UC CalFresh Town Hall Meeting Schedule Now Available!

UC Welcome New UC CalFresh Staff!

UC CalFresh in Action!

- * 2015 Fast Pitch Mini-Grant Finalists, UCCE San Luis Obispo/Santa Barbara Counties
- * UC CalFresh Nutrition Corners
- * The Smarter Lunchroom Movement of California
- * The Smarter Lunchrooms Movement of California Monthly Nudge
- * UC Delivers

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

- * Research and outreach support culture of health and fitness

Articles & Research

- * NIFA-Funded Obesity Prevention Project Sparks Community-wide Health Changes
- * USDA, California Department of Agriculture and Oakland Athletics Partner to Promote Food Safety Education Month
- * Southern California Sees Decline in Obese, Overweight Children
- * New Report Finds 23 of 25 States with Highest Rates of Obesity are in the South and Midwest
- * Potatoes, Tomatoes Make Up Bulk of Americans' Veggie Intake
- * Adult Obesity Rate Tops 30 Percent in Half of States

Education & Resources

- * Smarter Lunchrooms Movement Grant Alert
- * Leaps and Bounds: The Many Rewards of Physical Activity
- * Funding Opportunity: Garden Grant Program
- * International Walk to School Day is on October 7, 2015!
- * Funding Opportunity: Whole Kids Foundation, US School Garden Grant
- * Funding Opportunity: Fuel Up to Play 60
- * Outstanding Nutrition Educator Contest

UC CalFresh Employment Opportunities

The ANR Fresno/Madera MCP, UC CalFresh Management Team has one employment opportunity under recruitment:

- * [Community Education Manager 1](#) (Requisition: 20150511; Last Day to Apply: 9/29/2015)

For additional information, please visit: <https://jobs.ucop.edu/applicants/Central?quickFind=58782>.

Upcoming Events & Deadlines



SEPTEMBER 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			

Curriculum & NERI 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:

- * CATCH Jump ropes
- * CATCH CEC Boxes and Equipment
- * UC CalFresh/MyPlate Stickers
- * Making Every Dollar Count Slide Rulers (English/Spanish)
- * Hunger Attacks/Money Talk Leader's Guide
- * UC CalFresh Aprons
- * UC CalFresh/MyPlate Reusable Shopping Bags
- * UC CalFresh County Contact Labels

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.

9/30/15 Last Day of FFY 2015

10/1/15 Start of FFY 2016

10/1/15 All UC CalFresh Evaluation Data Portals Will Close

All UC CalFresh evaluation data entry portals will be closed on Thursday, October 1, 2015. The State Office will begin aggregating county specific data and the data will be returned to counties to include in your Annual Report Narrative.

10/16/15 Q4 Reporting Tools Workbooks & Documentation Due to the UC CalFresh State Office

FFY 2015 Q4 Reporting Tools Workbooks and documentation for UC CalFresh are due by **5:00 PM on Friday, October 16, 2015**. Please contact **Jennifer Quigley** (jqquigley@ucdavis.edu, (530) 754-4137) if you have any questions related to your workbooks.

10/16/15 PSE Reporting on School Gardens Due to State Office

Please complete the online survey for reporting newly established, reinvigorated or maintained gardens at SNAP-Ed eligible sites where UC CalFresh also provided nutrition education during FFY 2015. Please contact **Barbara McNelly** (bmknelly@ucdavis.edu, (530) 754-7796) if you have any questions related to this online survey.

UC CalFresh Weekly Update: September 28, 2015

One Shields Avenue, 1103 Meyer Hall • Davis, CA 95616 • (530) 754-7794

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

"I have learned a lot during this class. I now know what to look for on labels to help determine what and how much to consume to live a better and healthier lifestyle, not only for me, but for my family as well."

—Eating Smart, Being Active Participant, Tulare County

"I've learned of the importance of a healthy plate and to include these foods daily. I rarely ate vegetables, now I am preparing more salads and drinking more milk. I eat more fruits and I am trying to eat a little of everything to be healthier."

—Plan, Shop, Save & Cook Participant, Santa Clara County



UC CalFresh Website Updates

9/15/15 UC CalFresh Town Hall PowerPoint Presentation and Recording Now Available!

The PowerPoint presentation, resources and recording for the September UC CalFresh Town Hall webinar, "Parenting and Child Obesity: State of the Research Application to the field," presented by Lenna Ontai, PhD, and "FFY 2015 Annual Report Overview," presented by the UC CalFresh State Office, are now available on the UC CalFresh website. For additional information, please visit: <http://www.uccalfresh.org/trainings/town-halls>.

FFY 2015 Call for Annual Report Webpage Now Available!

As discussed during the 9/15/15 UC CalFresh Town Hall webinar, the FFY 2015 Call for Annual Report webpage is now available. This webpage will provide you a timeline; checklist of documents; links to online evaluation data portals for UC CalFresh; and links to the FFY 2015 Annual Report Narrative Template. For additional information and resources, please visit: <http://www.uccalfresh.org/front-page/ffy-2016-call-for-final-reports>.

Link to Online Survey for Garden Reporting for FFY 2015 Now Available!

An online survey for reporting newly established, reinvigorated or maintained gardens at SNAP-Ed eligible sites where UC CalFresh also provided nutrition education during FFY 2015 is now available. The survey is accessible at: https://ucanr.qualtrics.com/SE/?SID=SV_6RSIDMwPD4Zaw6x. Please contact Barbara Mknelly (bmknelly@ucdavis.edu, (530) 754-7796) with any questions related to this online survey.

Link to Online Survey for SLM Reporting for FFY 2015 Now Available!

An online survey for reporting Smarter Lunchrooms Movement scorecards completed at SNAP-Ed eligible sites where nutrition education was also provided during FFY 2015 is now available. The survey is accessible at: <http://www.surveygizmo.com/s3/1800949/Smarter-Lunchroom-Movement-Scorecard-Summary>. Please contact MaryAnn Mills (mamills@ucdavis.edu, (530) 752-8946) with any questions related to this online survey.

FFY 2016 UC CalFresh Town Hall Meeting Schedule Now Available!

The schedule for FFY 2016 UC CalFresh Town Hall Meetings is now available on the UC CalFresh website. The monthly Town Hall meetings are scheduled for the third Tuesday of each month from 12:30-2:00 PM. Please visit: <http://www.uccalfresh.org/trainings/town-halls> to download a copy of the new schedule.

"Using an Interactive PowerPoint for Teaching" Webinar Recording, Resources Now Available!

The webinar recording on *Interactive PowerPoints for My Amazing Body, Good for Me and You, and It's My Choice*, presented by Sharon Junge is now available for viewing on the UC CalFresh website. Please visit: <http://www.uccalfresh.org/trainings/trainings> to view the recording for this webinar. All resources, as well as the demonstration videos are available on the UC CalFresh website under the *Youth Curriculum* tab. Please visit: <http://www.uccalfresh.org/curriculum/youth-materials>.

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>

2015 Fast Pitch Mini-Grant Finalists, UCCE San Luis Obispo/Santa Barbara Counties

UC CalFresh SLOSB is currently partnering with Adam Elementary School in Santa Maria to provide support and technical assistance for their application to the Orfalea Foundation's School Wellness Summit mini-grant opportunity. The grant would support school garden to cafeteria work, creating a Registered Food Production plot on the school grounds that could sell and/or provide produce to the school cafeteria. The grant would also pay for garden expansion and promotion materials encouraging students to eat the fresh, local produce grown in their own garden. The idea for the project initiated with a kindergarten teacher at the school. UC CalFresh has continued to be a part of the planning team from the beginning by convening planning meetings, assisting with idea formation and ensuring timely material submissions. The Adam Elementary Principal will present at the School Wellness Summit on October 8th and grantees will be notified the same day.

UC CalFresh in Action! (continued)

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!

Research and outreach support culture of health and fitness

The small, mostly Mexican-immigrant Central Valley community of Firebaugh has been at the center of an extensive UC Agriculture and Natural Resources (UC ANR) research and outreach project that is aiming to reduce the incidence of childhood obesity, reported Alexandra Wilson on the USDA Blog. The project, called *Niños sanos, familia sana* (Healthy children, healthy family) has turned into a community-wide effort and a new culture of health for families. **Lucia Kaiser**, UC ANR Cooperative Extension specialist, is leading the project. Outreach involves UC ANR Cooperative Extension advisors and staff in Tulare, Yolo, Kern and Fresno counties and the UC CalFresh and EFNEP programs. According to the Centers for Disease Control and Prevention, childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. "The lasting impact that *Niños Sanos, Familia Sana* will have in Firebaugh is precisely the goal of the childhood obesity prevention program—working at the family, school, and community levels to make healthy kids and healthy families a part of everyday life," said Deirdra Chester, NIFA's national program leader for applied nutrition research.

According to the USDA blog post, *Niños sanos, familia sana* has contributed to changes in the community:

- * Slower weight gain among obese boys
- * Reduction in children's consumption of high-fat/high-sugar foods
- * Growing interest in programs and policy reflecting local commitment to improved health and nutrition

For more information, see a story and video snapshot in the [UC Food Blog](#). [Read full blog article.](#)



Articles & Research



NIFA-Funded Obesity Prevention Project Sparks Community-wide Health Changes

What started as a project to test the effectiveness of childhood obesity prevention methods has turned into a community-wide effort and a new culture of health for families in Firebaugh, California. In 2011, researchers at University of California (UC) - Davis and their project collaborators used a five-year, \$4.8 million Agriculture and Food Research Initiative (AFRI) grant from USDA's National Institute of Food and Agriculture (NIFA) to compare the obesity prevention work in Firebaugh to a nearby control community. Both communities are located in California's Central Valley and home to many farmworker families of Mexican descent. During three years of the five-year study, Firebaugh families received monthly \$25 vouchers to purchase fruit and vegetables at a local store. They also participated in family-centered nutrition education classes, developed by UC Cooperative Extension nutrition experts, graduate students, and a local nutrition educator. In addition, Firebaugh-Las Deltas Unified School District collaborated to develop a school-based enhanced physical activity program and classroom nutrition education. The lead organizations—UC Davis and UC Cooperative Extension—leveraged the AFRI funds with resources from the Supplemental Nutrition Assistance Program Education (UC CalFresh in California) and the Expanded Food and Nutrition Education Program to provide the classroom nutrition education in pre-K through third grade. With the city council, school district, and parents committed to the cause from the outset, the project—called *Niños Sanos, Familia Sana* (healthy kids, healthy family)—is contributing to the long-term, collective well-being of the entire community. According to the Centers for Disease Control and Prevention, childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. "the lasting impact that *Niños Sanos, Familia Sana* will have in Firebaugh is precisely the goal of the childhood obesity prevention program—working at the family, school, and community levels to make healthy kids and healthy families a part of everyday life," said Deirdra Chester, NIFA's national program leader for applied nutrition research. [See more about NIFA's positive impact on children's health.](#) The *Niños Sanos, Familia Sana* [program newsletter](#) provides more information in both English and Spanish. [Read full blog article.](#)

USDA, California Department of Agriculture and Oakland Athletics Partner to Promote Food Safety Education Month

This week Deputy Under Secretary for Food Safety Alfred V. Almanza, California Department of Agriculture Secretary Karen Ross, and Oakland A's player Mark Canha visited a California elementary school to teach students about food safety. The visit is part of a USDA effort to promote public understanding of foodborne illness during Food Safety Education Month, which occurs every September. An estimated 1 in 6 (48 million) Americans get sick from foodborne illness each year, resulting in roughly 128,000 hospitalizations and 3,000 deaths, according to the Centers for Disease Control and Prevention. Children are among the most vulnerable to food poisoning because their immune systems are still developing, so caregivers need to take extra precautions when preparing and packing healthy, safe school lunches. Almanza, Ross and Canha visited Parker Elementary School in Oakland, California for this event. During their visit, they taught students about the four steps to food safety—clean, separate, cook and chill. "Farming is big job, and there are lots of people who work between the farm and your table to make sure the foods you eat are healthy," said Almanza. "Protecting children from foodborne illness and ensuring that they know how to protect themselves is a top priority for FSIS." Consumers can learn more about key food safety practices at FoodSafety.gov, by 'following' [@USDAFoodSafety](https://twitter.com/USDAFoodSafety) on Twitter, and by 'liking' [Facebook.com/FoodSafety.gov](https://www.facebook.com/FoodSafety.gov). Consumers with questions about food safety, can call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-877-674-6854) or chat live with a food safety specialist at AskKaren.gov, available from 10 AM to 4 PM Eastern Time, Monday through Friday, in English or Spanish. [Read full blog article.](#)

Articles & Research (continued)

Southern California Sees Decline in Obese, Overweight Children

The rate of overweight or obese children in Southern California has declined in recent years, [according to a study](#) published in the *Journal of Pediatrics*, the *Orange County Register* reports. For the study, Kaiser Permanente researchers used electronic health records to track the body mass index of 1.3 million HMO members between ages two and 19 from 2008 to 2013. Of the children included in the study, 23% were from low-income families. According to the study, the obesity rate among Southern California children dropped by 1.6 percentage points, from 19.1% in 2008 to 17.5% in 2013. Meanwhile, the rate of overweight children in the area fell by 2.2 percentage points. The declines occurred among all: ages; ethnicities; and socioeconomic categories. However, the “magnitude” of the declines varied by group. Lead researcher Corinna Koebnick said that while the decrease in obese and overweight children was small, it was statistically significant. Koebnick said, “It’s definitely going in the right direction,” adding that is “important to see” that the rate is “going down in all groups.” [Read full article.](#)

New Report Finds 23 of 25 States with Highest Rates of Obesity are in the South and Midwest

United States adult obesity rates remained mostly steady—but high—this past year, increasing in Kansas, Minnesota, New Mexico, Ohio and Utah and remaining stable in the rest, according to *The State of Obesity: Better Policies for a Healthier America*, a report from the Trust for America’s Health (TFAH) and the Robert Wood Johnson Foundation (RWJF). Arkansas had the highest adult obesity rate at 35.9 percent, while Colorado had the lowest at 21.3 percent. The 12th annual report found that rates of obesity now exceed 35 percent in three states (Arkansas, West Virginia and Mississippi), are at or above 30 percent in 22 states and are not below 21 percent in any. In 1980, no state had a rate above 15 percent, and in 1991, no state had a rate above 20. Now, nationally, more than 30 percent of adults, nearly 17 percent of 2 to 19 year olds and more than 8 percent of children ages 2 to 5 are obese. Obesity puts some 78 million Americans at an increased risk for a range of health problems, including heart disease, diabetes and cancer. *The State of Obesity* also reviews key programs that can help prevent and address obesity by improving nutrition in schools, child care and food assistance; increasing physical activity before, during and after school; expanding healthcare coverage for preventing and treating obesity; making healthy affordable food and safe places to be more accessible in neighborhoods, such as through *Complete Streets* and *healthy food financing initiatives*; increasing healthy food options via public-private partnerships; and creating and sustaining policies that help all children maintain a healthy weight and adults be as healthy as possible, no matter their weight. This is the 12th annual edition of *The State of Obesity* report (formerly known as the *F as in Fat* report series). The full report, with state rankings in all categories and updated interactive maps, charts and graphs, is available at <http://stateofobesity.org>. Follow the conversation at #StateofObesity. [Read full article.](#)

Potatoes, Tomatoes Make Up Bulk of Americans’ Veggie Intake

A new report, from the U.S. Department of Agriculture, finds that potatoes now make up 30 percent of the vegetables grown and processed for Americans each year, while tomatoes make up 22 percent. Toss in lettuce (7 percent), and these three vegetables comprise 59 percent of the vegetables grown for and distributed to Americans, according to 2013 USDA data. This could spell problems in terms of nutrition, the agency said, because people may not be getting the full range of nutrients offered by a wide variety of vegetables. One nutrition expert agreed. “Variety is so important in a healthy diet across the board,” said registered dietitian Dana Angelo White. “While focusing on only a small number of fruits and vegetables is better than nothing, it still makes it difficult to meet your needs for essential nutrients.” A diet highly focused on potatoes, especially, can be harmful, said White, who is assistant clinical professor of athletic training at Quinnipiac University in Hamden, Conn. “If the majority of potato consumption comes from processed sources like French fries and potato chips, they may be doing more harm than good,” she said. The new data, from the USDA’s Economic Research Service, seems to bear that out. White potatoes accounted for about 115 pounds of the 384 pounds per person of vegetables and legumes available to the average American in 2013, the agency found. However, two-thirds of those potatoes were used for French fries, potato chips and other processed or frozen potato products, the agency said. The same trends were seen for tomatoes. Tomatoes accounted for 22 percent of vegetables made for Americans, the report found. However, of the 66 pounds of tomatoes available to each person in 2013, only 20 pounds were for fresh tomatoes. The other 46 pounds were processed in a number of ways, including canned tomatoes, tomato sauces (such as ketchup), or as ingredients in processed stews, soups and other items. Still, the USDA noted that the numbers are getting a bit better over time. [Read full article.](#)

Adult Obesity Rate Tops 30 Percent in Half of States

Obesity still plagues millions of Americans, as rates remain high in most states, a new report finds. The South and Midwest have the highest adult obesity rates, making up 23 of the 25 states with rates now topping 30 percent. In 42 states, blacks have obesity rates of 30 percent or more, as do Hispanics in 30 states. Obesity rates of 30 percent or more among whites are found in 13 states, the findings showed. “The obesity epidemic is one of the nation’s most serious health crises,” Jeff Levi, executive director of Trust for America’s Health, said during a media briefing. On the plus side, obesity rates have remained the same in all but five states, Levi said. Although the obesity rate has not dropped in any state, he sees the leveling off as a hopeful sign. “We view this as a sign of progress, and the efforts made to help curb the epidemic over the past few years are having an impact and are evidence that if we invest in effective programs, we can make a difference,” Levi said. “But to date, the investments made have been limited and haven’t been sufficient to turn the tide,” he added. In 2014, obesity rates increased in Kansas, Minnesota, New Mexico, Ohio and Utah, according to a report released from the Trust for America’s Health and the Robert Wood Johnson Foundation. The highest obesity rate was posted in Arkansas, at 35.9 percent. Colorado had the lowest rate, at 21.3 percent. In three states—Arkansas, Mississippi and West Virginia—the obesity rate was greater than 35 percent. The obesity rate was at or above 30 percent in 22 states and was not below 21 percent in any state, the researchers found. In contrast, no state’s obesity rate was above 15 percent in 1980 and no state had a rate above 20 percent in 1991, the researchers added. Now, more than 30 percent of adults, nearly 17 percent of 2- to 19-year-olds and more than 8 percent of children aged 2 to 5 are obese, the report found. As a consequence, nearly 78 million Americans are at increased risk for a variety of obesity-related health problems, including heart disease, type 2 diabetes and cancer, the researchers warned. [Read full article.](#)



Education & Resources

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



Smarter Lunchrooms Movement Grant Alert

The California Department of Education (CDE) Nutrition Services Division (NSD) is pleased to announce the Smarter Lunchrooms Movement (SLM) grant opportunity for eligible California school districts. For more information about the SLM, please visit the CDE SLM Web page at: <http://www.cde.ca.gov/ls/nu/he/smarterlunchrooms.asp>. The U.S. Department of Agriculture awarded Team Nutrition (TN) grant funds to the NSD to fund approximately 25 eligible California local education agencies (LEA) to implement SLM and nutrition education. The NSD will release the competitive Request for Applications in late October 2015, with an estimated submission deadline in December 2015. The anticipated grant period is March 2016-June 2017. More information will be forthcoming. **UC CalFresh county programs are encouraged to share this announcement with the schools you work and partner with. Please contact MaryAnn Mills (mamills@ucdavis.edu), (530) 752-8946 for guidance.** Additional questions can also be directed to Heather Reed, Nutrition Education Consultant (NEC) by phone at 916-323-3581 or by email at hreed@cde.ca.gov, or Deborah Tamannaie, NEC, by phone at 916-323-2473 or by e-mail at dtamanna@cde.ca.gov.

Evaluation & Resources (continued)

Leaps and Bounds: The Many Rewards of Physical Activity

When we expand the availability of physical activity in schools and communities across the nation, we are not just helping to reverse America's childhood obesity epidemic—we're also providing children a strong foundation for learning and health throughout life. Growing evidence suggests regular physical activity is positively improving academics, school climate, student behavior, and the overall health and well-being of children and youth. Physical activity must be a part of the everyday experience for children. RWJF, their grantees and many of their partners work to ensure all school-aged children have access to a variety of physical activity opportunities and environments: in sports-based programs, school-based programs and community-based programs. Across all these settings, physical activity programming and design should be inclusive of and accessible and desirable to all children of all abilities. Learn more about the Alliance for a Healthier Generation's Commit to Ten campaign and challenge your friends and family to [#Commit2Ten](#). [Click here](#) to view an infographic to learn how physical activity impacts everything from test scores to behavior.

Funding Opportunity: Garden Grant Program, Deadline: October 2, 2015

The Jamba Juice "It's All About the Fruits and Veggies" garden grant program will offer 30 awards to school and youth garden programs. Programs will receive gardening equipment, curriculum, soil amendments, seeds, and plants to help create engaging nutrition and gardening experiences. Recipients will be selected based on plans to promote nutrition education, ideas for incorporating fruit and vegetable activities into the curriculum, and the ability to sustain the program over multiple years. For additional information, please visit: <http://grants.kidsgardening.org/fall-2015-jamba-juice-its-all-about-fruits-and-veggies-garden-grant>.

International Walk to School Day is on October 7, 2015!

International Walk to School Day is on October 7, 2015 this year! With over 1,200 California schools planning to participate, there are many opportunities for local health departments to support and to get involved! Often times schools will celebrate for the entire week or month (e.g., "Walktober"); these celebrations can lead to the adoption of ongoing activities throughout the school year (e.g., "Walking Wednesdays"). Some of the many reasons why this event is important to promote include:

- * [In 2009, only 13% of children walked and biked to school, compared to 48% thirty years ago](#). During this same time span, [California's childhood obesity rates have increased to 38%](#).
- * Schools adopting Safe Routes to Schools (SRTS) activities, such as Walk to School Day, have shown a [significant increase in students walking and biking to school \(35%-45%\)](#) along with a [decrease in pedestrian injuries near school \(45%-75%\)](#).

Schools are encouraged to register their Walk to School Day events at the National Center for Safe Routes to School's Walk to School Headquarters at www.walkbiketoschool.org in order to be counted and included in a nationwide database. Additionally, this site provides resources, tools, and free downloadable materials along with local contacts of other schools and organizations planning events. For additional information, please visit: <http://www.walkbiketoschool.org/>.

Funding Opportunity: Whole Kids Foundation, US School Garden Grant, Deadline: October 31, 2015, 5:00 PM CST

Created in partnership with FoodCorps, the School Garden Grant program provides a \$2,000 monetary grant to a K-12 school, or a nonprofit working in partnership with a K-12 school, to support a new or existing edible garden on school grounds. The application period will close on October 31, 2015 at 5 PM CST. Notification of all applicants will occur on February 15, 2016. For additional information and resources, please visit: <https://www.wholekidsfoundation.org/schools/programs/school-garden-grant-program>.

Funding Opportunity: Fuel Up to Play 60, Deadline: November 4, 2015

Funding opportunities are available to any qualified K-12 school enrolled in Fuel Up to Play 60. Sponsored by the National Dairy Council, state and regional Dairy Councils and other supporting organizations, the competitive, nationwide funding program provides seed money—up to \$4,000 per year, per school—to help your school implement one Healthy Eating Play and one Physical Activity Play from the 2015-16 edition of the Fuel Up to Play 60 Playbook. For additional information, please visit: https://school.fueluptoplay60.com/funds/funds_for_futp60.php.

Outstanding Nutrition Educator Contest, Deadline: November 13, 2015

Win \$500 and be recognized as an Outstanding Nutrition Educator! The Dairy Council is partnering with the California School Nutrition Association by sponsoring an Outstanding Nutrition Educator Contest. Below are the contest details with a link to the official contest website for further details:

Teachers work diligently throughout the school year to educate Californian children. Many manage to find ways to sneak in the time to teach the students about nutrition. They understand the importance of eating smart to be smart.

- * If you are passionate about nutrition...
- * If you find ways to use an existing nutrition lesson plan in a creative manner to engage students...
- * If you have created your own nutrition lesson...
- * If you integrate nutrition content standards into common core curricula...
- * If you work alone...
- * If you work as a team of teachers...
- * ...then this contest is for you!

Submit the lesson plan that you use so we can share with others. Submit pictures or a short video (1-3 minutes) of you and/or your students either engaged in the lesson, explaining the lesson, or simply showing us how your passion about nutrition has inspired them. Be your usual creative selves and tug at our heart strings!!! The "Nutrition Educator Contest" is sponsored by the Southern California School Nutrition Association, the Dairy Council of California, and Health-e Meal Planner Pro. It is open to all California School Districts. For additional information, please visit: <http://www.eatsmart2besmart.org/#!nutritioneducator/c147c>.



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.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.