

## UC CalFresh Weekly Update

### March 21, 2016



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### UC CalFresh Website Updates

#### UC CalFresh Trainings

- \* **3/15/16 UC CalFresh Town Hall Webinar Recording and Resources Available Online**

The PowerPoint presentation, recording and resources from the 3/15/16 UC CalFresh Town Hall webinar, "Healthy Living Ambassador's Garden Program" is now available for viewing on the UC CalFresh website. Please visit: <http://www.uccalfresh.org/trainings/town-halls> for additional information.

### Upcoming Events & Deadlines

MARCH 2016



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		

#### 3/22/16 UC CalFresh FFY 2017 Budget Technical Assistance Webinar

The UC CalFresh State Office is hosting a technical assistance webinar for the UC CalFresh counties to address any questions that you may have in regards to completing your FFY 2017 UC CalFresh budget. Please send any questions that you have in advance of the webinar to ensure they are addressed during the webinar. Questions can be sent to **Jennifer Quigley** ([jqquigley@ucdavis.edu](mailto:jqquigley@ucdavis.edu)); **Sandy Vice** ([sevice@ucdavis.edu](mailto:sevice@ucdavis.edu)) and **Lindsay Hamasaki** ([lmhamasaki@ucdavis.edu](mailto:lmhamasaki@ucdavis.edu)).

#### 3/25/16 FFY 2017-2019 Integrated Work Plans (IWPs) and Site Lists due via CDSS SharePoint Site

The deadline for submission of your FFY 2017-2019 IWP and site list has been extended. Please review the revised State Plan timeline that is available in [SharePoint](#) under the 'Resources' tab.

#### 4/1/16 FFY 2017 SNAP-Ed Budget for UC CalFresh due via CDSS SharePoint Site

The deadline for submission of your FFY 2017 SNAP-Ed Budget for UC CalFresh has been extended. Please review the revised State Plan timeline that is available in [SharePoint](#) under the 'Resources' tab.

#### Reminder: Reporting SharePoint Issues

*The following reminder was sent to all SharePoint users on Friday, 3/4 from the CalFresh SNAP-Ed Team at CDSS:*

CDSS is aware of the issue within SharePoint regarding not being able to save documents. This issue has been escalated to our technical support team and is currently the highest priority. However, the technical support team thinks this may be a network traffic issue. This means that users are trying to save documents during high network traffic peak times. (Refer to email for additional information.) When reporting any issues in SharePoint, please email CDSS at: [CalFreshSNAP-Ed@dss.ca.gov](mailto:CalFreshSNAP-Ed@dss.ca.gov) and include the following information when describing the issue you are experiencing:

1. List the browser version you are working in
2. State the timeframe that you worked in when trying to save the document
3. Send screenshots of the issue that you are experiencing or the error message you are receiving
4. List your county

Providing this information will help us better describe the problem when working with our technical support team. All issues that have previously been sent to CDSS have been logged and we are working to resolve these issues as quickly as possible.

# UC CalFresh Weekly Update: March 21, 2016

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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 2016 can be shared through the online data entry portal: <http://ucanr.edu/survey/survey.cfm?surveynumber=16525>.

*"This workshop has helped me think differently about the foods I shop for and cook for my family. We eat less sugar now than before."*  
—Plan, Shop, Save & Cook Participant, Tehama County

*"This class helped me and my family eat healthy and pay more attention to how much salt and sugar we put in our bodies. And [it also] helped me to interact with my son by playing outside."*  
—Eating Smart, Being Active Participant, Tulare County

## 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](mailto:lmhamasaki@ucdavis.edu).



### Araceli Delgadillo, Community Education Specialist I, UCCE Fresno County

Araceli received her B.S. in Dietetics and Food Administration from CSU-Fresno. Why a degree in dietetics? She has always loved nutrition and how food can work in the body to prevent chronic disease. Araceli has worked for several Fresno County organizations that promote nutrition in under-served areas. She is also an active volunteer with The American Cancer Society. When she is not teaching nutrition, she is likely engaged in her second favorite activity, spending time with her dogs. Araceli is fluent in Spanish and English and anxious to assist your "food-steps" toward a healthier lifestyle. Araceli can be reached at: [asdelgadillo@ucanr.edu](mailto:asdelgadillo@ucanr.edu).

## Smarter Lunchrooms Movement of California



### 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](mailto: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 [click here!](#)

## 3/9/15 CDSS SharePoint Technical Assistance (TA) Webinar Q&A

The Q&As from the March 9 SharePoint TA Webinar have been posted to SharePoint. Please click [this link](#) to view this document. The document is also accessible via: SharePoint Support > 3-9-2016 SharePoint TA Webinar > 3-9-2016 SharePoint Webinar FAQ.



### SNAP-Ed Local Implementing Agency Forum

*Going the Distance: Paving the Way for Effective Multi-Year SNAP-Ed Program Delivery*

January 13 – 14, 2016 • Sacramento, CA

Please continue to email [CalFreshSNAP-Ed@dss.ca.gov](mailto:CalFreshSNAP-Ed@dss.ca.gov) if you have any additional questions in regards to SharePoint and include screen shots of the errors/challenges you are experiencing.



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

### Twenty questions that can predict obesity

By asking 20 simple questions about family eating habits, health professional scan help predict the likelihood that young children will become overweight or obese in the future, according to research by UC Agriculture and Natural Resources (UC ANR) scientists. This knowledge allows professionals to quickly identify where interventions are needed to change behaviors before the children end up with chronic diseases caused by an unhealthy trajectory of weight gain. The project was a collaborative effort involving the nutrition science laboratory of Marilyn Townsend, UC Cooperative Extension Specialist based at UC Davis, and UC Cooperative Extension's Expanded Food and Nutrition Education Program educators. Funding was provided by grants from USDA and UC ANR. The 20 questions came from a much longer Healthy Kids survey. In creating the survey, the scientists focused on young children in low-income families, which are disproportionately affected by the obesity crisis. The USDA is troubled by statistics that show that, over the last three decades, the rate of overweight and obesity has risen consistently. Organizations that work with low-income families are eager to determine which families need help to modify their at-home eating practices to ensure a healthier outcome for the children. The wording of the initial versions of survey questions were identified by pouring over dozens of peer-reviewed published research reports. Townsend and her staff then conducted numerous interviews with parents to reword questions so that those with literacy issues could understand the meaning as researchers intended. "Parents have control over the children's environments. They buy the food and serve it. We looked at what parents are doing that might be impacting obesity," Townsend said. [Read full blog article.](#)



### USDA Launches Online MyPlate, MyWins Challenge, Available Throughout National Nutrition Month

In honor of National Nutrition Month, the U.S. Department of Agriculture (USDA) today launched the [MyPlate, MyWins Challenge](#) which encourages people to make small, easy changes—*MyWins*—to their eating and activity habits, and to build on their wins over time to achieve a healthier lifestyle. With the *MyPlate, MyWins* Challenge, people can [join or form a team online](#), then challenge team mates—friends, family, co-workers—to consume two foods from each of the [MyPlate food groups](#) a day and be active two times a day for two days. The challenge days are chosen by the team. “The *MyPlate, MyWins* Challenge [is] a fun and social way to encourage better health, with support from people around us and a little friendly competition,” said Agriculture Secretary Tom Vilsack. “We hope people will take the two-day challenge and realize how easy it is to make small, healthy changes, and then keep the momentum going beyond just those two days.” The challenge is part of the USDA Center for Nutrition Policy and Promotion’s (CNPP) new *MyPlate, MyWins* consumer education initiative, grounded in the most recent edition of the Dietary Guidelines for Americans. Concurrent with the challenge, CNPP is launching a [MyPlate, MyWins video series](#) combining information with inspirational stories from American families, as part of the overall effort to help people find healthy eating solutions and develop a personalized healthy eating style that fits within their overall lifestyle. Throughout the year, CNPP will continue to add more videos to the series. [Read full news release.](#)

### Farm to school works!

The results of the 2015 USDA Farm to School Census have been tallied, and USDA Food and Nutrition Service is happy to share good news.

- \* **An investment in the health of America’s students through farm to school programming is also an investment in the health of local economies.** In school year 2013-2014, school districts purchased nearly \$800 million in local food from farmers, ranchers, fishermen, and food processors and manufacturers. That’s a 105 percent increase over the \$386 million of local food purchased in the 2011-2012 school year when the first Census was conducted. Forty-six percent of school districts report that they will buy even more local foods in future school years.
- \* **Through farm to school, healthy habits are taking root across the country.** At the national level, 42 percent of school districts that responded to the Census are operating farm to school programs as of the 2014-2015 school year and another 16 percent have plans to start in the future. Farm to school programs exist in every state in the country in large and small, rural and urban schools alike.
- \* **Farm to school works to make school gardens grow.** In school year 2013-2014, school districts cultivated more than 7,100 edible school gardens giving children daily access to fresh fruits and vegetables and helping them learn where their food comes from. This is a 196 percent increase over the 2,401 edible school gardens reported in the 2011-2012 school year when the first census was conducted. 44 percent of districts with farm to school programs reported having at least one edible school garden.
- \* **Salad bars work to help kids make good food choices.** 62 percent of Census respondents with farm to school programs reported maintaining salad bars where children access fresh local fruits and vegetables. During the 2013-2014 school year districts participating in farm to school reported having more than 17,000 salad bars.

For additional information, please visit the USDA Farm to School Census website: <https://farmtoschoolcensus.fns.usda.gov/>. [Read full blog article.](#) [Read full press release.](#)

### The Healthy Eating Index: How Is America Doing?

About half of all American adults—117 million individuals—have one or more preventable chronic diseases, many of which are related to poor quality eating patterns and physical inactivity. These include cardiovascular disease, high blood pressure, type 2 diabetes, some cancers, and poor bone health. More than two-thirds of adults and nearly one-third of children and youth are overweight or obese. Trends in food intake show that Americans are not consuming healthy eating patterns. Earlier this year, the US Department of Health and Human Services’ Office of Disease Prevention and Health Promotion and the US Department of Agriculture’s Center for Nutrition Policy and Promotion released the *2015-2020 Dietary Guidelines for Americans*. Written for use by health professionals and policy makers, the *Dietary Guidelines* is released every 5 years to provide nutrition assistance for Americans age 2 and older to prevent diet-related chronic disease and maintain health. The Healthy Eating Index (HEI) measures how the nation’s food choices align with the *Dietary Guidelines*. The nation’s current HEI score is 59 out of 100. The HEI score in previous years was even lower. At the same time, diet-related chronic disease rates over the last 25 years have risen and remain high. Given the robust science behind the Dietary Guidelines, it is not an understatement to suggest that if we were to eat closer to the *Dietary Guidelines*—and saw our nation’s HEI scores get closer to 100—we would see reductions in the prevalence of diet-related chronic disease. With each edition of the *Dietary Guidelines*, the HEI is updated to align with the most recent nutrition recommendations. The current version is HEI-2010 and scores the average American diet based on intakes of total fruit, whole fruit, total vegetables, greens and beans, whole and refined grains, total protein foods, seafood and plant-based protein foods, sodium, and calories from solid fats, added sugar, and alcohol beyond a moderate level. The tool is being updated to reflect the *2015-2020 Dietary Guidelines* released in January. [Read full blog article.](#)

### School Fundraisers: Positive Changes in Foods Sold, but Room for Improvement Remains

This brief reviews the evidence on food-related fundraising in schools and changes to the school food environment over the past decade, providing new data from the Bridging the Gap (BTG) research program’s 2013-14 school year national survey data. In-school fundraisers can be problematic nutritionally, because, historically, unhealthy foods such as baked goods, candies, and sugary drinks have often been sold as part of these fundraising events. Food-related fundraising is common and has been in existence for many years, though the past decade has brought a variety of changes to the school food landscape. For example, the Smart Snacks school nutrition standards, which went into effect July 2014, define the portions and types of foods and beverages that can be sold outside of school meals on school campuses during the school day. However, these standards also allow states to exempt some fundraisers at which unhealthy foods and beverages may be sold, which has resulted in a patchwork of fundraiser policies and practices nationwide. The brief also describes potential strategies that may offer opportunities for schools to successfully raise funds without adversely impacting student health. [Read full research brief.](#)



## Education & Resources

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



### National Nutrition Month® Promo Kit

Interested in promoting healthy eating during National Nutrition Month®? Look no further than the *2015-2020 Dietary Guidelines for Americans!* Check out the National Nutrition Month® Promo Kit, which includes sample messages that you can add to your website, e-newsletters, and social media channels. These sample messages are easy to copy/paste into your social media channels. To download a copy of the National Nutrition Month® Promo Kit, please visit: <http://health.gov/dietaryguidelines/2015/promo.asp>.

### Pledge to Take the MyPlate, MyWins Challenge this March

March is National Nutrition Month, and it's a great time to focus on building healthy eating habits. If you need a little extra motivation, [pledge to take the MyPlate, MyWins Challenge!](#) It's a fun and simple food and physical activity challenge available to [SuperTracker groups](#). All you have to do is 2+2+2:

- \* Eat 2 foods from each MyPlate food group
- \* And do 2 physical activities
- \* For 2 days

You can run your own MyPlate, MyWins Challenge for your family, colleagues, or community in five easy steps:

1. [Create a SuperTracker group](#)—Watch this [video](#) for a step-by-step tutorial.
2. Invite others to join via email or with your group code at [SuperTracker.usda.gov/join](http://SuperTracker.usda.gov/join).
3. Create the MyPlate, MyWins Challenge for your group—Watch this [video](#) for a step-by-step tutorial.
4. Participants use the challenge QuickTracker on your group page to record their foods and physical activities. They'll earn points and get progress updates along the way.
5. Check the challenge leaderboard to discover the winners!

The MyPlate, MyWins Challenge is one of several challenges available through [MyPlate Challenges](#), USDA's new online challenge platform that encourages healthy eating and physical activity through friendly competition. Available on [SuperTracker](#), a free food and activity tracking tool, MyPlate Challenges are available to groups of people working to get healthy together. Challenge participants earn points and compete against one another by eating a healthy diet and being physically active. [Read full blog article.](#)

### 2016 County Health Rankings Released

The Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute released the seventh annual *County Health Rankings* this past week. The *Rankings* examine more than 30 factors affecting the health and well-being of people living in nearly every county in the United States, including adult obesity rates, physical inactivity rates, access to exercise opportunities, and a food environment index that measures both food insecurity and access to healthy foods. To view the 2016 County Health Rankings, please visit: <http://www.countyhealthrankings.org/>.

### Training Opportunities for SNAP-Ed Local Implementing Agencies—Updated for March 2015

On behalf of the California Department of Social Services, California Department of Public Health Nutrition Education and Obesity Prevention Branch (NEOPB) is pleased to announce several upcoming SNAP-Ed trainings available to appropriate staff from SNAP-Ed state and local implementing agencies in California. For more information on each training, please refer to the attached flyer; for information on all SNAP-Ed trainings contact the Training and Development Section at [NEOPBTrainingSection@cdph.ca.gov](mailto:NEOPBTrainingSection@cdph.ca.gov). Some of the upcoming trainings include:

- \* Sprouting Healthy Kids in Early Care and Education Settings (In-Person, Various Locations: Oakland, Southern California)
- \* Tools for Building Successful School Wellness Strategies (In-Person, Various Locations: Madera, San Diego, Sacramento)
- \* S.N.A.P. Crackle and Learner-Centered Education (In-Person, Riverside)
- \* SNAP-Ed Physical Activity (PA) Integration: Moving Towards Sustainable PA (In-Person, Various Locations: Sacramento, Oxnard, Southern California, Redding)

These and other trainings are also posted on the NEOPB Training and Events Calendar, available online at: <http://www.cdph.ca.gov/programs/NEOPB/Pages/NEOPB%20Calendar%20of%20Events.aspx>.

### NCCOR Connect & Explore Webinar: Promising U.S. and international strategies for reducing childhood obesity, March 22, 2016, 1:00-2:00 PM EST

While childhood obesity remains a global public health challenge, many communities around the world are showing signs of progress and demonstrating innovation in halting and reversing the childhood obesity epidemic. On Tuesday, March 22, NCCOR's Connect & Explore Webinar will highlight the drivers of declines, particularly those that influence disparities. NCCOR's Childhood Obesity Declines project studied four U.S. communities—Anchorage, Alaska; New York City; Granville County, N.C.; and Philadelphia, Pa.—to better understand which strategies may have influenced reported declines. During this one-hour webinar, listeners will hear the study authors and community leaders in Anchorage, Philadelphia, and New York discuss the study's key findings and community perspectives on declines. To register for the webinar, please visit: <http://www.eventbrite.com/e/promising-us-and-international-strategies-for-reducing-childhood-obesity-tickets-21737917697>.

### Webinar: Applying the 2015-2020 Dietary Guidelines for Americans in Public Health Practice, March 30, 2016, 2:00PM EDT

Join this webinar to learn more about the new Dietary Guidelines. Speakers from the U.S. Departments of Health and Human Services (HHS) and Agriculture (USDA) will discuss recommendations for developing healthier eating patterns, suggestions for small, manageable dietary changes and resources for putting the Dietary Guidelines into practice. To register for the webinar, please visit: <http://event.capconcorp.com/wp/dietary-guidelines/>.

### Student Community Health All-Star Nominations, Deadline: March 31, 2016

Do you know a student who encourages healthy eating or physical activity in your school community? Nominate a student today for the Student Community Health All-Star Award and recognize his or her positive impact on student health! Winning students will receive a \$100 Visa Gift Card, healthy class party and recognition certificate! California students in grades 4-12 may be nominated for activities such as:

- \* Leading an exercise class
- \* Encouraging students and parents to bring nutritious foods to classroom parties + fundraisers
- \* Organizing a nutrition education lesson, a health fair or a walk-a-thon
- \* Inspiring fellow students to pack healthy lunches
- \* Working in the school cafeteria
- \* Other related activities

Please visit: [HealthyEating.org/AllStar](http://HealthyEating.org/AllStar) for complete eligibility and judging criteria.

## Education & Resources (continued)

### Webinar Series: Planning for Farm to School Success in 2016

Have you resolved to incorporate more local food into your school meal program in 2016? You are not alone! Preliminary results of the 2015 Farm to School Census tell us that more than 1,700 school districts don't yet have farm to school programs, but are interested in starting one. USDA will be hosting a farm to school webinar series titled *Planning for Farm to School Success*. Through this 11-part series, they will guide you through the USDA Farm to School Planning Toolkit. Served up in bite-sized 30 minute webinars, they will offer questions to consider and helpful resources to reference when starting or growing a farm to school program. Guest speakers will join the webinars to share their hands on farm to school experiences. The entire series is outlined on the [Videos and Webinars](#) page of the USDA Farm to School webpage. Below are a few of the upcoming webinars in the series:

7. **School Gardening, March 31, 2016, 2:00 PM EDT**  
Hear about the different ways to incorporate school gardens into your farm to school program as well as hear how schools are successfully procuring school garden produce for their meal programs. To register, please visit: <https://cc.readytalk.com/r/mp75gq1qterq&eom>.
8. **Curriculum Integration, April 7, 2016, 2:00 PM EDT**  
Experiential education is an important component of successful farm to school programs. This webinar will help you plan for your farm to school educational efforts and brainstorm food, agriculture, and nutrition-related educational activities with which you can engage students. To register, please visit: <https://cc.readytalk.com/r/wb1r7we3d6r6&eom>.
9. **Program Sustainability, April 28, 2016, 2:00 PM EDT**  
Your farm to school project is blooming! But what will happen if funding levels decrease or community interest lags? With this webinar, plan ahead for these potential scenarios and learn about program sustainability best practices. To register, please visit: <https://cc.readytalk.com/r/h7vwxofhwglj&eom>.
10. **Evaluating Your Program, May 12, 2016, 2:00 PM EDT**  
We all know that farm to school programs creative positive economic impacts for local and regional farmers and improve the health and well-being of our nation's children. But how can we measure these changes to document these positive impacts? Hear from seasoned farm to school evaluators to learn best practices for evaluating your farm to school efforts. To register, please visit: <https://cc.readytalk.com/r/l27wtsvj3ai1&eom>.
11. **Tying It All Together and Digging In, May 26, 2016, 2:00 PM EDT**  
Join us for a healthy dose of motivation! Deborah Kane, Director of USDA's Office of Community Food Systems, will hit the highlights by showing how local procurement fits into the larger farm to school picture and share several resources to help you meet your local purchasing goals. To register, please visit: <https://cc.readytalk.com/r/j5k0uh1vk78&eom>.

For additional information on the remaining webinars in the series, please visit: <http://www.fns.usda.gov/farmtoschool/videos-and-webinars>.

### Webinar Series: Learn and Engage with America Walks in 2016!

America Walks is excited to announce their 2016 Webinar Series. Join America Walks on the second Thursday of each month as they explore topics, questions and resources that are critical to building the walking movement. A few of the upcoming webinars are listed below:

- \* **Surgeon General's Call to Action—Walking as a Practice, April 14, 2016, 11:00 AM PST**  
The release of the Surgeon General's Call to Action on Walking & Walkable Communities in September 2015 was a watershed moment for the walking movement. Its release provided leadership and motivation for governments, businesses and organizations to address the numerous barriers to safe, active mobility and promote the multiple health benefits of walking. Join America Walks as we look at the great work that has been done since its launch and what is next. To register for this webinar, please visit: <https://attendeegotowebinar.com/register/4587010049926260225>.
- For additional information about the webinars, please visit: <http://americawalks.org/america-walks-announces-2016-webinar-series/>.

### Funding Opportunities: School Grants for Healthy Kids from the Action for Healthy Kids, Deadline: April 1, 2016

Schools need resources to implement health and wellness practices that help students eat better and be physically active. Thanks to our partners, Action for Healthy Kids has provided \$6.6 million in grants to schools since 2009. Their School Grants for Healthy Kids can help your school health team achieve its goal to make every kid healthy and ready to learn. Applications are now being accepted until April 1 for the 2016-2017 school year. See below for details and sign up for the [newsletter](#) to stay up to date and find out how schools like yours are putting their grants to work.

- \* **School Breakfast Grants:** Thanks to the school breakfast grants, schools have served more than 25 million new school breakfasts since 2009. Up to 550 schools will receive grant awards ranging from \$500 to \$5,000 to support increased breakfast participation. Eligible schools may apply to pilot or expand their School Breakfast Programs, including alternative or universal alternative. Check out their [recent webinar](#) for more information.
- \* **Game On Grants:** Action for Healthy Kids will award 500 schools with Game On grants for physical activity and nutrition initiatives that support schools in becoming nationally recognized as a health-promoting school. Grants range from \$500 to \$2,500. Check out their [recent webinar](#) for more information.

For additional information regarding these funding opportunities, please visit: <http://www.actionforhealthykids.org/tools-for-schools/apply-for-grants>.

### California Department of Education (CDE) 2016 Distinguished After School Health (DASH) Recognition Program, Deadline: April 8, 2016

The After School Division (ASD) is proud to announce the release of a new recognition opportunity for expanded learning programs in California. The program titled, Distinguished After School Health (DASH) Recognition Program, will recognize expanded learning programs who are meeting exemplary health education, nutrition, and activity standards. This recognition is based on SB 949 (Jackson) with the support of the State Superintendent of Public Education, Tom Torlakson. DASH application packets will be reviewed by a selected panel. Successful candidates will receive a certificate of recognition, and the program's name will be posted on the ASD website. Certificates are valid for two (2) years. Potential applicants can find program information on the California Department of Education After School Education & Safety Program Web page at: <http://www.cde.ca.gov/re/di/or/asd.asp> or the California Department of Education 21st Century Community Learning Centers Web page at: <http://www.cde.ca.gov/ls/ba/cpl/>. Kindergarten through Middle School programs are eligible to apply. Applications are due April 8, 2016. If you have any questions regarding this program, please contact Kim Hanks by email at [khanks@cde.ca.gov](mailto:khanks@cde.ca.gov).



## 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](mailto: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.