

UC CalFresh Weekly Update November 19, 2018

Contents

Upcoming Events & Deadlines

- * Turkey Safety Tips

UC CalFresh Success Stories

- * Plan Shop Save Cook Participant, San Mateo County
- * Eat Smart, Live Strong Participant, Shasta County

UC CalFresh Website Updates

- * SMART Objectives—Updated document for FY19
- * Adult Physical Activity Survey—New tool added in English and Spanish
- * Food Behavior Checklist—New Chinese language tool added
- * Physical Activity Teacher Observation Tool—New tool added

UC CalFresh Evaluation Updates

- * FFY2019 Evaluation Survey Data Entry—PEARS
- * FFY2019 Evaluation Survey Data Entry—ANR Portal

Upcoming UC CalFresh Trainings

- * PEARS Office Hours for UC CalFresh—December 11th

Smarter Lunchrooms Movement of California

- * The Smarter Lunchrooms Movement of California *Monthly Nudge*
- * Digital Food Pictures for Educators

Articles & Research

- * National Wellness Policy Study
- * New National Menu Labeling Provides Information Consumers Can Use To Help Manage Their Calorie Intake
- * The Association Between Restaurant Menu Label Use and Caloric Intake

Education & Resources

- * 2018 Physical Activity Guides for Americans—2nd Edition
- * Youth Engagement Collective Call—October Call Notes
- * Youth Engagement Collaborative—Recruiting Youth Advisors
- * Partnering to Catalyze Comprehensive Community Wellness—Web Forum
- * FFY 20-22 Integrated Workplan (IWP)
- * Making a Difference: Including Individuals with Disabilities
- * LIA Forum
- * EatFit Curriculum Update Webinar
- * FY 2019 Farm to School Grant RFA Release
- * Join Today! CA SNAP-Ed Peer Exchange Program
- * Childhood Obesity Conference Registration/Poster and Roundtable Registration Now Open

UC CalFresh, UC ANR & Partner Employment Opportunities

- * UC CalFresh Community Education Specialist 3, UCCE Central Sierra

Upcoming Events & Deadlines

November 2018

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	

Turkey Safety Tips

You are likely to hear in the news about a *Salmonella* outbreak linked to turkey. This outbreak is a reminder that raw turkey products can have germs that spread around food preparation areas and can make people sick. With Thanksgiving less than a week away, you're likely busy answering questions from people about home food safety.

This [short video](#) offers easy tips to help consumers have a safe and delicious holiday dinner. Share it with your friends, family and social networks!

More Holiday Food Safety Resources

Here's a quick list of more resources you can share with your networks to make sure people keep safe handling top-of-mind as they prepare their holiday turkey and all of their holiday foods.

- * Share this [Holiday Meal Flyer](#) which is easy to download and print at home. Find more [Story of Your Dinner](#) resources online.
- * Watch this [short video](#) on the importance of Clean, Separate, Cook and Chill for your holiday meal.
- * Follow the [CDC updates](#) on the turkey outbreak.

Share turkey safety information with your networks:

Copy & Paste Social Media Text: Put your food thermometer to use when preparing your #Thanksgiving #turkey. The internal temperature must reach 165 °F for safety. Watch how to prep your turkey with #foodsafety in mind! <http://bit.ly/2Q06EYZ>



UC CalFresh Success Stories

Success stories from your FFY 2018 UC CalFresh participants can be shared through the online data entry portal: <https://ucanr.edu/survey/survey.cfm?surveynumber=22089>.

This class has helped me change the way I eat and the way I cook food. I pay more attention to what is in the food I cook and have my family eat.

—Plan Shop Save Cook Participant,
San Mateo County

"I thought I knew how to read nutrition labels on products but I learned things from [the educator] that made me re-evaluate. I look at things differently now and I've lost 7 pounds since our last meeting..."

—Eat Smart, Live Strong Participant,
Shasta County

UC CalFresh Website Updates

SMART Objectives—Updated [document](#) for FY19

Adult Physical Activity Survey—New [tool](#) added in English and Spanish

Food Behavior Checklist—New [Chinese language tool](#) added

Physical Activity Teacher Observation Tool—New [tool](#) added

UC CalFresh Evaluation Updates

FFY2019 Evaluation Survey Data Entry—PEARS

Please hold-off on entering any additional evaluation surveys into PEARS for FFY2019. Some improvements are being made that require changes to the survey procedures. We will review these briefly during the November (11/27) Town hall and in greater depth during a webinar about PEARS Surveys scheduled for December 11th from 1-2pm. We plan to collect three pre/post surveys in PEARS this year:

- * Food Behavior Checklist (FBC),
- * Healthy Happy Families (HHF), and
- * Adult Physical Activity Survey (APAS) - a **NEW** survey for UC CalFresh.

FFY2019 Evaluation Survey Data Entry—ANR Portal

The Plan, Shop, Save & Cook pre/post survey has been removed from PEARS and will be collected through the ANR data entry portal [here](#). All other surveys and ANR data entry portals have been updated on the UC CalFresh website.

- * Youth surveys and data portals can be found [at this link](#)
- * Adult surveys and data portals can be found [at this link](#)

Upcoming UC CalFresh Trainings

PEARS Office Hours for UC CalFresh—December 11th

Please Pre-Register for these meetings | Dial-In Number(s): U.S. Toll: 303.248.0285 | Access Code: 7544137

The December PEARS Office Hours will be spent reviewing the new procedures for survey data entry. Please note the change in date.

Time: 1:00 – 2:00 pm

Purpose:

Angie and Barbara are planning a PEARS Survey webinar to review the new procedures. This webinar will be held in place of the December PEARS Office Hours. Register for this webinar at this link <https://cc.readytalk.com/r/hwo2bwzx6b6w&eom>

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 MaryAnn Mills via e-mail: mamills@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!](#)

Digital Food Pictures for Educators

This information was originally shared in the Smarter Lunchrooms Movement of CA: April Monthly Nudge.

Educators, are you on the hunt for pictures to improve food literacy lessons or classroom nutrition education programs? New images of five-food-group and mixed foods are now available at HealthyEating.org/FoodGallery.

Articles & Research

NATIONAL WELLNESS POLICY STUDY

National Wellness Policy Study

Jamie F. Chriqui, PhD, and colleagues have conducted the largest, ongoing study of school district wellness policies since the federal government began requiring them in the 2006–2007 school year.

The researchers collect, analyze and track school wellness policies and their implementation in elementary schools with a nationally representative sample of more than 960 school districts in 45 states along with the state laws that pertain to them. This research was begun with support by the Robert Wood Johnson Foundation.

Under a [federal cooperative agreement](#), Dr. Chriqui is now examining the implementation of school wellness laws and related policies on schools and students nationwide, from both a quantitative and qualitative perspective.

The newest products from this research were recently released - The National Wellness Policy Study: A summary of findings report and two companion briefs from a qualitative study examining superintendents' perspectives and experiences with local school wellness policy implementation.

Summary of Findings Report: Superintendent Perspectives on Local School Wellness Policies

Report link: <https://go.uic.edu/SuperintendentReport>

This report summarizes findings from focus groups conducted with superintendents at The School Superintendents Association (AASA) meeting; in addition, key informant follow up interviews were conducted following the focus groups. Superintendents shared their perspectives and experiences with implementation and evaluation of local school wellness policies (LWP).

Report highlights:

- * Superintendents reported that overall LWP implementation and acceptance of changes improved over time; a wide range of positive improvements to school wellness environments were reported.
- * Wellness approaches extended beyond the LWP to include the social emotional learning (SEL) of students and staff wellness initiatives.
- * Superintendents played many roles during LWP implementation; roles and responsibilities varied by district size.
- * Challenges were noted with evaluation of LWP implementation outcomes.
- * Superintendents reported the strong role of state law, technical assistance, and other creative partnerships with outside organizations that facilitated LWP implementation.

Brief: Superintendent's recommendations for local school wellness policy implementation

Report link: <https://go.uic.edu/SuperintendentRecommendations>

This brief summarizes findings from the final report with a special focus on recommendations for implementation and evaluations.

Brief: Superintendent perspectives and experiences with food & beverage marketing in schools

Report link: <https://go.uic.edu/SuperintendentMarketing>

This brief summarizes findings from the summary of findings report with a special focus on superintendent perspectives on food & beverage marketing in schools.

The [study website](#) also includes resources from previous qualitative studies with food service directors and high school students, as well as national and state reports on school wellness policies.

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Articles & Research

New National Menu Labeling Provides Information Consumers Can Use To Help Manage Their Calorie Intake

Newly implemented Federal regulations require chain restaurants to post calorie contents on menus. The Economic Research Service's analysis of 2007-14 data found that total daily calorie intakes were lower for consumers who saw and used nutrition or health information on restaurant menus relative to those who saw but did not use the information.

Read the article [here](#).

The Association Between Restaurant Menu Label Use and Caloric Intake

Individuals who report seeing and using nutrition information on restaurant menus consume significantly fewer total calories per day than individuals who report seeing the information but not using it.

Read the article [here](#).

Education & Resources

2018 Physical Activity Guides for Americans—2nd Edition

The [2018 Physical Activity Guidelines for Americans - 2nd Edition](#) were just released, along with [promotional materials](#) (available in English and Spanish) that include [videos](#), interactive tools, content syndication tools, social media messages, [fact sheets](#) and [posters](#). The UC CalFresh State Office encourages you to review these materials and share this information on your social media platforms using the information below:

The second edition is based on the latest scientific evidence that shows that physical activity conveys even more health benefits than previously known. New aspects include discussions of:

- * **Guidance for preschool children (ages 3 through 5 years);**
- * **Elimination of the requirement for physical activity of adults to occur in bouts of at least 10 minutes;**
- * Additional health benefits related to brain health, additional cancer sites, and fall-related injuries;
- * Immediate and longer term benefits for how people feel, function, and sleep;
- * Further benefits among older adults and people with additional chronic conditions;
- * Risks of sedentary behavior and their relationship with physical activity; and
- * Tested strategies that can be used to get the population more active.

You can download the updated Guidelines and related resources from <http://health.gov/PAGuidelines>.



To accompany the updated Guidelines, the HHS Office of Disease Prevention and Health Promotion created the Move Your Way campaign. Move Your Way helps health professionals, national organizations, communities, and other stakeholders in physical activity communicate with consumers about the recommendations from the Guidelines. Help to promote the Guidelines using the videos, interactive tools, content syndication tools, social media messages, fact sheets and posters are available in English and Spanish at <http://health.gov/PAGuidelines/MoveYourWay>.

Spread the Word! Share the news of the updated Physical Activity Guidelines with your network using this sample tweet: *New federal #PAGuidelines just released by @HHSPrevention! See what's new and find resources you can use to promote #PhysicalActivity in your community at <https://bit.ly/1m6hdaA>.*

More to come! More information on the [Scientific Report](#) used to develop these 2018 Guidelines will be shared at the SNAP-Ed LIA Forum PA breakout session on 1/23/19.

Youth Engagement Collective Call—October Call Notes

See attachments in the 11/14/2018 Weekly Update email for the Youth Engagement Collective Call Notes and youth advisor application. If you weren't able to join the October's Youth Engagement Collective Call, the "10.12.18_UC CalFresh Collective Youth Engagement Call Notes.pdf" document attached to the 11/14/2018 Weekly Update email contains the minutes from the meeting, as well as discussion topics that looked at what youth engagement programs are currently being implemented along with what counties are doing differently this year from their learned experiences. There are tons of resources that are all hyperlinked, check them out!

Youth Engagement Collaborative—Recruiting Youth Advisors

The Youth Engagement Collaborative is excited to announce that they are recruiting a committee of youth advisors (ages 14-18) to help inform and shape the 10th Biennial Childhood Obesity Conference youth track. Being on the Childhood Obesity Conference Youth Advisory Committee will provide opportunities for youth to grow in their leadership, collaboration, and coordination skills. Please review the Childhood Obesity Conference Youth Advisory Committee Member application process and role description documents attached to the 11/12/2018 Weekly Update email. Have the young people you feel best fit this role complete the application to become a member.

Apply Here: <https://www.surveymonkey.com/r/2019COCYAC> All applications are due by **November 30, 2018**.

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Education & Resources *(continued)*

Partnering to Catalyze Comprehensive Community Wellness—Web Forum

There is mounting recognition among health professionals that truly improving health outcomes in the U.S.—addressing acute conditions and the upstream social determinants that contribute to poor health—must be an interdisciplinary, cross-sector, and collaborative endeavor.

To this end, the [Public Health Leadership Forum](#) (PHLF) at [RESOLVE](#) teamed with the [Health Care Transformation Task Force](#) (HCTTF) to develop a framework that supports enhanced collaboration between health care and public health entities. This framework, *Partnering to Catalyze Comprehensive Community Wellness: An Actionable Framework for Health Care and Public Health Collaboration*, outlines essential elements and key strategies for shaping effective, health-based collaboratives among public health, health care, and community-based organizations. This framework is designed to be one of many tools contributing to “comprehensive community wellness,” articulated by the PHLF and HCTTF as an approach that:

In this web forum, members of the PHLF and HCTTF will describe the essential elements of collaboration outlined in the framework, and speak to their experiences working to develop and sustain cross-sector collaborations in their organizations and communities.

Registration is free and closed captioning is available to all attendees. This event is recommended for anyone working in public health, health care practitioners and leaders, as well as professionals working in social service or community-based organizations that address social determinants of health (e.g. transportation, education, housing, city planning, food systems, etc.).

Webinar information:

Tuesday, November 27, 2018

11 AM to 12 PM Pacific

[Register](#)

FFY 20-22 Integrated Workplan (IWP)

The CDSS CalFresh SNAP-Ed Team is pleased to announce the official kick-off of the FFY20-22 IWP Blueprint. As planning begins for the next three year cycle, CDSS will hold a series of webinars and trainings.

Webinars

- * First webinar – will cover the IWP Blueprint intention and the content that makes up the IWP menu of options
 - * [Nov 28th, 1:30-3:30 pm - LIA IWP Blueprint Webinar #1](#)
 - * Note: An e-mail with the above link was also sent to all LIAs/SIAs on October 26
- * Second webinar – will cover the new SharePoint Automation system that will house the IWPs
 - * Date TBD

Both webinars will be recorded if you are unable to attend the live version.

In-person trainings at the 2019 LIA Forum

- * Pre-Forum Workshop – three-hour workshop that will cover the basics of the IWP Blueprint, have interactive elements to help orient you to the structure, and a chance to ask questions.
- * Training session during the Forum – will provide more technical assistance on IWP building and the automation tool

Making a Difference: Including Individuals with Disabilities

See the 8/20/2018 UC CalFresh Weekly Update email for the attached flyer

The California Department of Public Health and National Center on Health, Physical Activity and Disability have partnered to bring you a three-part webinar series in which you will learn knowledge, skills, and abilities to effectively integrate the health needs of people with disabilities in local SNAP-Ed programs and services. Attend all webinar sessions to learn about tips and resources to best benefit your SNAP-Ed work.

Episode 3/3: Implementing and Sustaining Inclusion in Your SNAP-Ed Work

Monday, December 3, 2018, 10:00am - 11:30am PDT [Register Here](#)

LIA Forum

Stories of Transformation

Submit an inspirational story or quote from an individual or family whose lives have been touched by the work of SNAP-Ed. The goal of the Stories of Transformation is to highlight the amazing work occurring in communities across the state and the impact it is having on SNAP-Ed participants. The Stories will be used as centerpieces during the Forum.

Click [HERE](#) for information, guidelines, and to submit a *Story of Transformation*.

FORUM & POSTER REGISTRATION UPCOMING DEADLINES	
ITEM	DATE
Forum website live, Registration opens	End of Week of November 5
Final poster submission	December 7
Stories of Transformation submissions closes	November 30

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Education & Resources (continued)

EatFit Curriculum Update Webinar

See attachment in the 10/29/2018 Weekly Update email for the pre-study questions needed to be completed before registering.

Presented by Marcel Horowitz, MS, MCHES and Mical K. Shilts, PhD

Date: December 4, 2018

Time: 1:00 to 2:30 PM

The **newly revised** EatFit curriculum challenges middle school students to improve their eating and fitness choices.

What's New?

- * Updated nutritional information.
- * Stronger focus on preventing excess weight gain and water as the best choice for drinking.
- * Strengthened youth development principles and science proficiencies.
- * Updated wording and phrasing.
- * Includes suggested improvements from educators nationwide.

To Participate in the Webinar – please read carefully

Step One: Complete the mandatory Pre-Study Questions – by **November 28, 2018**

- * The pre-study questions are attached in the 10/29/2018 Weekly Update
- * Answer the questions using the updated EatFit materials (Curriculum – version 5, Workbook – Version 3)
- * Enter your responses into the following survey tool: <http://ucanr.edu/survey/survey.cfm?surveynumber=25858>

Step Two: Register for the Training Webinar - Registration deadline **November 30, 2018**

Submit your registration request at <https://ucanr.zoom.us/meeting/register/2be17dfeabda4e0fdc2040ba88984b7b>

Your registration will be approved and you will receive the log-in information for the webinar after we verify that you have completed the mandatory pre-study survey questions.

If you are unable to attend the live webinar:

Complete and submit the pre-study questions. You will be sent a link to view the recorded webinar.

Please contact Lyn Brock (rlbrock@ucanr.edu) if you have any questions.

FY 2019 Farm to School Grant RFA Release

The USDA's Farm to School Grant supports the implementation of Farm to School programs that increase access to local food in eligible schools, providing students with quality meals at a reasonable cost while also supporting local producers.

The FY 2019 Request for Applications (RFA) includes three tracks—Implementation, Planning, and Training. State and local agencies, Indian tribal organizations, small- and medium-sized agricultural producers or groups of small- to medium-sized agricultural producers, and non-profit organizations are eligible to apply for planning, implementation, and training grants. Schools and school districts may apply for either an implementation grant or a planning grant.

The Grant RFA can be found on grants.gov. Complete applications must be submitted on grants.gov by **11:59pm ET on December 4, 2018**. Check out the OCFS [resources](#) for grant applicants and see a list of prior grantees' project descriptions for proposal inspiration!

Join Today! CA SNAP-Ed Peer Exchange Program

The Peer Exchange Program can:

- * Put you in touch with another agency working on the same topic or same setting as you
- * Help set-up, plan, and facilitate your exchange
- * Provide conference call lines or web-based meeting software
- * Provide travel grant funds for in-person meetings

We are recruiting Mentors and Mentees now!

- * Sign up with our [Peer Exchange Program Application](#)

Looking for ideas or assistance from a peer?



Able to share your expertise with a peer?

The Peer Exchange Program can connect you with an LIA peer via

Want to learn more? Visit our [Peer Exchange Program Website](#) or contact Michael.Beccarelli@cdph.ca.gov

Childhood Obesity Conference Registration/Poster and Roundtable Registration Now Open

Please refer to the conference [website](#) for the most up-to-date information.

Upcoming Conference Dates and Deadlines

- * Conference Registration: **Now open *Early Bird Rate from Oct. 2018 - Jan. 2019*** Register [here](#)
- * Poster and Roundtable registration: **Now open**—submit a [poster proposal](#) or [roundtable proposal](#)

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UC CalFresh, UC ANR & Partner Employment Opportunities

UC CalFresh Community Education Specialist 3, UCCE Central Sierra

Under the general direction of the Nutrition Education Program Manager, the UC CalFresh Nutrition Education Program Community Education Specialist 3 (CES 3) is responsible for the coordination of the UC CalFresh Nutrition Education Program. The position focuses on coordination of staff and volunteer activities, extension of nutrition education to low-income youth and adults, and implementation of other strategies to improve community nutrition. This position assists the Nutrition Education Program Manager and the Nutrition, Family and Consumer Sciences Advisor with training and guiding nutrition education staff and volunteers, developing and implementing yearly work plans, evaluating work plan activities and objectives, and writing reports. The CES 3 coordinates efforts and ensures standard procedures are followed across the four-county Central Sierra area (Tuolumne, Calaveras, Amador and El Dorado counties), collaborates with other agencies providing related services in the four counties, builds and maintains formal and informal coalitions of partners, implements nutrition education projects and other strategies to promote community nutrition, writes grant proposals where necessary, and maintains subject matter competence. This position works closely with nutrition education staff in the 4 counties to strengthen successful nutrition education approaches and interventions, and to develop new strategies to meet regional program goals.

Closing Date: November 20, 2018

For full job details and to apply please visit <https://jobs.ucop.edu/applicants/jsp/shared/frameSet/FrameSet.jsp?time=1541792879046>

We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please email Elizabeth Egelski at eegelski@ucdavis.edu to share your comments, 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 Kamaljeet Singh-Khaira, 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.org/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 and Nutrition 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.



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