

UC CalFresh Weekly Update May 7, 2018

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Upcoming Events & Deadlines

MAY 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			

Rethink Your Drink Day Registration is Open!

On May 16, 2018 health advocates across the state will come together to continue changing the way Californians think about their drinks for the **FIRST** Rethink Your Drink Day—a Statewide Day of Action to raise awareness about the health effects of sugary drinks and the benefits of replacing these drinks with water.

- * **Step 1:** Register to host an event at www.RethinkYourDrinkDay.com by 9:00pm, Pacific Standard Time on April 22 to be eligible for a **FREE** event kit, which includes everything you need to build a successful Rethink Your Drink Day event, like posters, surveys, an activity, and more!
- * **Step 2:** Sign up for the webinar: Complete Guide to Hosting 'Rethink Your Drink Day with Event-In-A-Box (Logistics for Registered Organizations)' on May 2, 2018 (click here to register).

For any questions or assistance with the RethinkYourDrinkDay.com site, please contact C4C_PR@RescueAgency.com.

5/15/18 UC CalFresh Town Hall Webinar, 12:30-2:00pm

The May Town Hall webinar is scheduled for Tuesday, May 15, 2018 from 12:30-2:00pm. The title is, "The UC ANR Nutrition, Family and Consumer Sciences (NFCS) Statewide Program: Pursuits in Program Integration Across UC ANR Programs." Program collaboration and integration has become a hot topic within ANR as we rethink how to reach our goals, approach our work in new ways, and become more cohesive as an organization. This webinar will provide an opportunity to dive into the concept of program integration—where we currently are as an organization and where we want to go. Join us as we start to identify the opportunities that exist in partnering with other programs, as well as where to start. Lastly, the State Office will be providing programmatic and administrative updates. **Due to limited space, preregistration is required.** To register for the Town Hall webinar, please visit: <https://cc.readytalk.com/r/qv08y2ob2upr&eom>.

5/15/18 Early Childcare & Education Training & Technical Assistance Needs Survey for FFY2019

The UC CalFresh State Office, along with the other California SNAP-Ed Implementing Agencies, are interested in capturing Early Care and Education (ECE) training and technical assistance needs for FFY 2019.

UC Calfresh Advisors, Program Managers and Supervisors — please check in with your team and submit one survey per county/cluster by May 15th: <https://www.surveymonkey.com/r/ECETraining>. The information you provide will be used by the State Level Training Team when developing ECE training for the upcoming year.

5/16/18 Statewide Day of Action: Rethink Your Drink Day

5/28/18 Memorial Day Holiday

UC CalFresh Evaluation Update

The State Office Evaluation Team has removed the **required reporting** from the Making Every Dollar Count (MEDC) survey questions in the online data entry portal. Now, MEDC retrospective surveys with missing responses can still be entered into the ANR portal. The only portal question that is still required is “County”. Please contact Angie Keihner (akeihner@ucdavis.edu) with any additional survey questions or concerns. Thank you to the Kings/Tulare Team for bringing this issue to our attention during the May Office Hours (5/1).

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>.

“I have learned that eating healthy tastes good. [Healthy foods are] easy to prepare, cheaper, and I intend to cook this way from now on!”

—*Eat Smart, Live Strong Participant, Alameda County*

“I’ve made a conscience choice to be mindful of what I am putting in my body. I’ve lost 5 pounds in the last 9 days and I feel better throughout the day! Thanks”

—*Eating Smart Being Active Participant, Shasta County*

Upcoming UC CalFresh Trainings

UC CalFresh PEARS Office Hours, Various Dates

Please join UC CalFresh for monthly PEARS Office Hours if you have any pressing questions related to reporting your program activities, FBC/PSSC surveys, and PSE efforts in PEARS. We look forward to hearing about the great work you are doing and working together to clarify the best reporting approaches using PEARS.

Tuesday, June 5, 2018

Please join us on Tuesday, June 5, 2018 at 1:00pm for monthly PEARS Office Hours if you have any pressing questions related to reporting your program and indirect activities, FBC/PSSC surveys, and PSE efforts in PEARS. We look forward to hearing about the great work you are doing and working together to clarify the best reporting approaches using PEARS. See dial in and web links below to join the meeting.

Time: 1:00pm PST

Audio Dial-In Information: U.S. Toll: 303.248.0285

Access Code: 7544137

Link: <https://cc.readytalk.com/r/gceocy6o7xo7&eom>

Child Feeding Community of Practice Webinar

This webinar series is open to any staff members who want to learn more about healthy feeding practices with young children or how to answer questions on child feeding topics that may come from parents or pre-school staff. The webinar will include time for you to hear about current research and to ask questions and learn about resources. We will also review teaching the ‘Watching Children Grow’ lesson from the Healthy Happy Families curriculum.

You must pre-register for this webinar. You can find the [registration link](#) on the UC CalFresh training calendar. The webinar will be recorded and the recording posted on the UC CalFresh website. Please contact [Lyn Brock](#) with any questions.

You may also visit the [UC CalFresh Training Calendar](#) for additional information.

Items Available for UC CalFresh County Programs

Nutrition Education Reinforcement Items for UC CalFresh County Programs

The State Office has a limited quantity of nut-ed reinforcement items available for UC CalFresh County Programs:

Quantity	Item
398	My Plate and UC CalFresh Magnets: English
50	Fridge/Freezer thermometers
35	Rolls of Active Kids My Plate Stickers
9	Team Nutrition Popular Event booklets
8	Rolls of My Plate Stickers
7	Bo of My Plate and UC CalFresh Magnets: Spanish
4	Meat thermometers
1	Rolls of Stickers for Healthy Kids

If you are interested in any or all of these items, please coordinate with your Program Manager/Supervisor or Advisor to submit your request to **Rolando Pinedo** (rgpinedo@ucdavis.edu). Please be sure to note the shipping address. Requests

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.



Smarter Lunchrooms Movement (SLM) Cafeteria Kits—Order by May 17th

California SNAP-Ed is producing and packaging a limited supply of Smarter Lunchrooms Movement (SLM) Cafeteria Kits for Local Implementing Agencies (LIAs). The materials in the kit are designed to promote the consumption of fruits, vegetables, and white milk served in elementary school lunchrooms.

Each kit provides materials for one school. The kit includes:

- * Fifteen sets of two individual floor decals (red foot prints, left says “fruits” and right says “veggies”)
- * Two sets of three different posters – “Choose a fun fruit”, “try some tasty veggies”, and “try ice cold milk”
- * Two sets of three different window clings - “Choose a fun fruit”, “try some tasty veggies”, and “try ice cold milk”
- * Five oval floor decals – “This way to yummy food!”

If you are interested in receiving SLM Cafeteria Kits for the schools you will work with in the Fall of 2018, complete this survey by *Thursday, May 17, 2018*: <https://www.surveymonkey.com/r/SmarterLunchroomsMovement2018>

****Please submit only ONE response per LIA**** The survey should take no more than 5 minutes. Provide a specific street mailing addresses (not a PO Box) - they can also be shipped directly to the schools. Requested quantities will be filled according to funding availability.

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.

UC CalFresh in Action!

UC CalFresh Gearing Up for Walk and Bike to School Day on May 9th

UC CalFresh is getting ready for the [Walk and Bike to School Day](#) on May 9th by sharing resources on social media that can help plan events and sustain the movement over time. [Austin Cantrell](#), PA Lead in Fresno/Madera and [Angela Asch](#), PA Lead in Yolo, have created a Facebook page with links to resources and pictures of how they are gearing up for May 9th. The link is here: <https://fb.me/UCcalfreshwalkstoschool>.

We would like you to connect to this Facebook page and share what you are doing in your county to help our participants to walk, bike, or roll to school. You can use the following hashtags: #uccalfresh #walktoschoolday #mayisbikemonth #bikemonth #biketoschoolday #walkbiketoschool #slowdown #visionzero.

On May 9th, we will all celebrate by sharing on social media how we are personally helping to promote walk and Bike to School Day. We will also post next steps to making walking and biking to school a sustainable systems change in our schools and communities. Please join us in sharing what your county is doing to promote Walk and Bike to School Day starting today through May 9th.

'Fresh Grub' at Calwa Elementary

UC CalFresh in Fresno recently partnered with Fresno Economic Opportunities Commission (EOC) to promote a vegetable new to the students at Calwa Elementary at a 'Fresh Grub' event. Fresh Grub is a farm-to-school initiative that links school cafeterias with locally grown produce.

UC CalFresh's Nutrition Program Educators, [Sergio](#) and [Mishelle](#), provided direct education and facilitated a taste test with the new featured vegetable, jicama. About 200 Students, along with their teachers and parents, participated in the event and provided feedback on their experience.

The event was a great success! [Click here](#) to read more.

Nutrition and Food Questions Web Page

Do your participants ask questions about nutrition or needs that you find difficult to respond to? Check the [Nutrition and Food Questions](#) web page for a response. If your question is not answered there you can submit a new question. You can find the link on the UC CalFresh website under [Resources > Resources for Educators](#). Please contact [Lyn Brock](mailto:rlbrock@ucanr.edu) (rlbrock@ucanr.edu) if you have any questions.

Articles & Research

Seeds of Native Health Semi-Annual Report

The release of the most recent [Seeds of Native Health Semi-Annual Report](#) by the Shakopee Mdewakanton Sioux Community is a reminder of the significant challenges to the health and well-being of Native peoples. However, it is also an important account of the significant accomplishments, and continued work, of the Seeds of Native Health campaign and its partners in implementing coordinated and multifaceted efforts to improve the dietary health of Native Americans.

The nation's Native American population were once among the healthiest people in the world, but today the opposite is true. Government policies, including removal, assimilation, and termination, resulted in loss of culture, language, and ancestral lands and traditional diets. Government food distribution programs, attempting to address food security on Indian reservations, fell short of meeting dietary recommendations. Today, it is estimated that more than 80 percent of adult Native Americans are overweight or obese and have higher rates of diet-related chronic disease than other populations in the country.

The Shakopee Mdewakanton Sioux Community (SMSC), a tribe in Minnesota known for its philanthropic efforts and the development of a wellness program for their members, launched [Seeds of Native Health](#), a multifaceted national campaign to improve Native American nutrition in 2015. Voices for Healthy Kids was an early strategic partner, whose collaboration led to two national convenings, a re-granting program through the American Indian Cancer Foundation to administer and provide technical assistance for the Fertile Ground Grand Program to support community conversations to push for policies that improve access to healthy, indigenous foods, and more.

Read more about Seeds of Native Health [here](#) and read the [Seeds of Native Health Semi-Annual Report](#). More about the partnership between Voices for Healthy Kids and Seeds of Native Health can be found [here](#).

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Articles & Research *(continued)*

Household History, SNAP participation, and food insecurity

Food security is an important public policy issue, with about 1 in 8 U.S. households experiencing food insecurity in 2015. Low-income families are at higher risk for food insecurity. Using data on 23,693 low-income families from the Survey of Income and Program Participation, this article explores the relationship between food insecurity, the household's history during the previous year, and SNAP participation. Findings indicated that negative income shocks, moves, and both increases and decreases in household size increased the probability of being food insecure. SNAP participation, however, decreased the probability of food insecurity by 7.4 percentage points. Find the abstract and full article [here](#).

Please note that access to the full article requires a subscription, which your organization may have, or a fee.

Cost-related medication nonadherence for older adults participating in SNAP, 2013-2015

A study in the *American Journal of Public Health* found that older adults participating in SNAP were less likely to engage in cost-related medication nonadherence (CRN), i.e., delaying prescription refills, skipping medication doses, or taking less medication — all to save money. Using data from the 2013-2015 National Health Interview Survey, the study found SNAP participants were 4.8 percentage points less likely to engage in CRN than eligible nonparticipants. This effect was about twice as large for older adults threatened by hunger (9.1 percentages points). The authors concluded that there is a spillover “income effect” of SNAP, which may help older adults better afford their medications by reducing out-of-pocket food expenditures. Find the abstract and full article [here](#).

Please note that access to the full article requires a subscription, which your organization may have, or a fee.

Education & Resources

May is CalFresh Awareness Month

CalFresh Awareness Month started in May of 2011 and is the official month dedicated to increasing public awareness of CalFresh. The state, counties and community based organizations are committed to bringing awareness, dispelling myths and assisting clients with CalFresh applications. Read more about events happening around the State to promote CalFresh Awareness Month on the California Department of Social Services [website](#).

May is Older Americans Month

The 2018 theme of [Older Americans Month \(OAM\)](#) is "Engage at Every Age," emphasizing that people are never too old or too young to take part in activities "that can enrich your physical, mental and emotional well-being." Use the materials, activities, and resources on the Administration on Aging's special OAM [website](#) to promote and celebrate **#OAM18!**

Training Opportunities for SNAP-Ed Local Implementing Agencies

On behalf of the California Department of Social Services, the California Department of Public Health Nutrition Education and Obesity Prevention Branch, UC CalFresh, California Department of Aging, and Catholic Charities of California, we are pleased to announce upcoming SNAP-Ed trainings available to appropriate staff from SNAP-Ed state and local implementing agencies in California. Please visit the [Training and Events Calendar](#) for additional information and opportunities.

Regional Physical Activity Trainings: April-June, In-Person Trainings

The following information was previously shared in the 4/4/18 LHD News Bulletin.

Register for the In-Person Physical Activity (PA) Training: “Social Determinants of Health: How They Impact Choices for PA in the SNAP-Ed Population.” During the past two decades, the public health community's attention has been drawn to the social determinants of health. The term “social determinants” often evokes issues such as health-related features of neighborhoods (e.g., walkability, recreational areas, and accessibility of healthful foods), which can influence health-related behaviors. Evidence has also accumulated pointing to socioeconomic factors such as income, wealth, and education as the fundamental causes of a wide range of health outcomes. Training participants will explore the social determinants of health, and apply the individual, environmental, and cultural health-related factors when planning and implementing SNAP-Ed physical activity programs. Upcoming dates and locations of the trainings are:

- * May 8, 2018 in Fresno
- * June 13, 2018 in Ventura ***Just added***
- * June 21, 2018 in Redding

Please visit the [CA SNAP-Ed Training and Events Calendar](#) for more information and to register for a training near you.

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Education & Resources *(continued)*

2018 Promising Practice Exchanges

The California SNAP-Ed Statewide Training (CSST) team is pleased to announce that the 2018 Promising Practice Exchanges (PPEs) planning efforts are underway. The PPEs are annual mini-workshops that provide an opportunity for SNAP-Ed agencies to showcase local and regional promising practices. While providing customized training and technical assistance activities, PPEs are also designed to foster local connections and develop learning communities regionally. The training and technical assistance provided will address region-specific needs as identified in the SNAP-Ed Integrated Work Plans and will allow opportunities for attendees to network with peers.

The Promising Practice Exchanges will:

- Be designed in response to topics of interest raised by the Planning Committee
- Focus on regional challenges, strengths, resources, and opportunities
- Showcase the work and contributions of local agencies and community health leaders
- Provide a mechanism for regional networking and sharing around specific topics

The PPEs will be held in each service area by September 30. Registration for the exchanges will be posted on the SNAP-Ed [Training and Events Calendar](#) and the [Statewide Regional Support](#) webpage in the near future.

Webinar: Writing SNAP-Ed Stories: Simple Strategies for Success, May 8, 2018, 9:00-10:00am PDT

The following webinar was previously shared in the 4/16/18 SNAP-Ed Connection Newsletter.

[SNAP-Ed Connection](#) is hosting another continuing education webinar: Writing SNAP-Ed Stories: Simple Strategies for Success. Sharing the success of the SNAP-Ed program can be enhanced with powerful stories that resonate with stakeholders. During this 1-hour webinar, 3 SNAP-Ed agency program leaders with experience developing and sharing effective success stories will share their methods and recommendations. SNAP-Ed Connection will review tips and strategies for creating stories that are concise, powerful, and engaging to readers across the SNAP-Ed stakeholder community. Plus, we'll share with you the top 5 mistakes made when writing success stories—and how you show to avoid them! ****Note: SNAP-Ed Connection success stories must be sent to Andra Nicoli (amnicoli@ucdavis.edu) at the UC CalFresh State Office and not submitted directly to the SNAP-Ed Connection site. CDSS will be vetting SNAP-Ed Connection stories and sending them to SNAP-Ed Connection for California SNAP-Ed.**** This webinar is free, but registration is required. [Click here](#) to register for this webinar.

2018 Walk & Bike to School Day, May 9, 2018

Strap on your helmets, raise your kickstands, and join the thousands of students, families, community partners, and elected officials all around the country who will be participating in this year's Walk & Bike to School Day on May 9. To find resources such as how to sign-up/plan an event, flyers, and how to go beyond a one-day event and sustain a program, please visit: <http://www.walkbiketoschool.org/>. [California Active Transport Resource Center](#) also has great resources and webinars to support these efforts here in California. Don't forget to share with the UC CalFresh State Office what you are planning for Walk & Bike to School Day!

2018 USDA Summer Meals Webinars

Wholesome summer meals are critical to the health and well-being of our children. Join USDA for their 2018 Summer Meals Webinars to learn more about this important USDA program. Click on the title of the webinar below to register for the specific webinar that interests you.

Tuesday, May 15, 10:00am	Thursday, June 14, 10:00am
Boosting Your Budget— Summer Meals Financial Planning	Middle of Summer Strategies

For additional information and resources related to USDA's Summer Food Service Program, please visit: <https://www.fns.usda.gov/sfsp/summer-food-service-program>.

Statewide Day of Action: Rethink Your Drink Day, May 16, 2018

On May 16, 2018, health advocates across the state will come together for the **first** annual **Statewide Day of Action-Rethink Your Drink (RYD) Day** to raise awareness about the health effects of sugary drinks and the benefits of replacing these drinks with water. RYD Day is a collaborative effort across the state of SNAP-Ed agencies and community based organizations. The following are key dates and links to webinar recordings and future webinars or resources related to RYD Day:

- * Rethink Your Drink Day one-pager (attached) with information and critical dates you need to help you prepare to host the RYD Day event.
- * Webinar: Rethink Your Drink Statewide Day of Action—Event-in-a-Box Toolkit, February 28, 2018—[Click here](#) to view recording

Registration for RYD Day on (or after) April 4 at RethinkYourDrinkDay.com.

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Statewide Day of Action: Rethink Your Drink Day, May 16, 2018 (continued)

Rethink Your Drink Day FAQs

1. **I tried to register for the Toolkit, but when I go to the site, it says coming soon. Am I doing something wrong?** If you are having trouble, please try copying the link www.RethinkYourDrinkDay.com and use another browser such as Firefox or Chrome. Also, you can try accessing the site on your mobile phone. Internet Explorer has had a few glitches. CDPH is working on resolving the Internet Explorer issues.
2. **One thing that has not really been mentioned in the campaign is whether or not the sites need to be SNAP-Ed eligible in order to register. Can you please clarify?** SNAP-Ed funded projects must follow site qualifying rules per USDA Guidance as they have in the past. Only registered participants hosting an event will receive a kit. Non-funded community partners who serve the SNAP-Ed population will also receive a kit if they host an event and register. Kits will be mailed to registered participants.

Please contact Asbury Jones, CDPH Media and Public Relations Lead on RYD Day (Asbury.Jones@cdph.ca.gov) or Andra Nicoli (amnicoli@ucdavis.edu) if you have any questions.

2018 CCLHDN Annual Conference: Be The Movement: Putting Your Policy into Action, May 23-24, 2018, The California Endowment, Sacramento, CA

The following information was previously shared in the 4/18/18 LHD News Bulletin.

CCLHDN strives to build leadership capacity among local health department nutritionists, to influence nutrition funding and programs at the local and state levels and to serve in an advisory capacity to California Conference Local Health Officers (CCLHO). It is CCLHDN's vision that all Californians live in healthy, vibrant, and active communities. On May 23 and 24, CCLHDN will host their annual conference, themed "Be The Movement: Putting Your Policy into Action," at the office of The California Endowment in Sacramento. The [objective] is to encourage and inspire participants to harness their expertise as Health Department Nutritionists to make profound and long-lasting impacts on public health through policy. For additional information, or to register, please [click here](#).

Save the Date: Nutrition Updates Webinar, June 5, 2018, 11:00am-12:30pm

This webinar features Dr. Rachel Scherr and Dr. Sheri Zidenberg-Cherr from the UC Davis Nutrition Department. You'll learn the up-to-date research facts from our expert presenters about topics your participants see in the media - like the Master Cleanse, Bulletproof Coffee, alkaline water, and apple cider vinegar 'shots'. You must pre-register for this webinar. You can find [registration](#) information on the UC CalFresh Training Calendar or the SNAP-Ed Training and Events Calendar. Please contact [Lyn Brock](#) with any questions.

UC CalFresh, UC ANR & Partner Employment Opportunities

Student Member for Child Nutrition Advisory Council (CNAC), California Department of Education

The State Superintendent of Public Instruction (SSPI) Child Nutrition Advisory Council (CNAC) is currently recruiting for a Student (Junior or Senior Status for School Year 2018-19). The CNAC is composed of 13 individuals representing different segments of the child nutrition community. The CNAC's mission is to advise the SSPI in areas of health, wellness, and nutrition for all students in California's kindergarten through twelfth grade public schools. With this in mind, it is critical to have all 13 members represented as they each bring their unique perspective to the CNAC. The student member commits to a one-year term starting in September 2018. The CNAC meets for a one-day meeting in Sacramento in September, November, March, and May. Travel and other applicable expenses are reimbursed. Additional information about the CNAC, including the student member application, is on the CDE CNAC Web page at: <https://www.cde.ca.gov/ls/nu/he/cnac.asp>. Please distribute this information to anyone meeting the criteria for the vacant position, especially those that participate on your wellness committee or other health-related group in your district and school sites. The application deadline is **May 11, 2018**. Refer to the attached CNAC Student Recruitment document for additional information. If you have any questions or would like additional information, please contact Michael Danzik, Nutrition Education Consultant, by phone at 916-445-7346 or by email at: mdanzik@cde.ca.gov.

We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please email Lindsay Hamasaki at lmhamasaki@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 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.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.

