CalFresh Healthy Living, UC Town Hall: March Agenda

**Nutrition Spotlight:** Sesame Allergy and Food Labels  
Anna Jones, PhD  CFHL, UC State Office (01:09)

**Feature Presentation:** Addressing Food Allergies with Recipe Substitutions  
Lyn Brock, MA, RD & Tammy McMurdo MS, RD  CFHL, UC State Office (11:32)

**PA Break**  
Paul Tabarez, Physical Activity Manager CFHL, UC State Office

**County Highlight:** The Great Tomato Challenge  
Sonya Gonzalez, Nutrition Educator, Veronica Van Cleave Hunt, Supervisor, Butte County Cluster & Karina Hathorn, School and Community Gardens Project Manager CFHL, UC State Office (32:33)

**State Office Updates (38:29)**

**ALL STAFF MEETING CONCLUDES**

**BREAK - 5 minutes**

**ADVISOR – SUPERVISOR MEETING**  
- Progress update on CFHL recruitments  
- Statewide efforts to support talent development  
- TB screening  
- Auto insurance policy refresher  
- MOU with Schools
Nutrition Spotlight
Nutrition Spotlight: Sesame Allergy and Food Labels

Anna Jones
CFHL, UC State Office
What is a food allergy?

• Adverse immune response to a food protein
• Specific type of immune response – causes production of Immunoglobulin E (IgE) antibodies
Allergic Reaction

1. Allergic individual encounters allergen
2. Immune cells with IgE detect allergen
3. Immune cells release chemicals
4. Allergic reaction symptoms
Allergic Reaction Symptoms

• Can vary in symptoms from person to person and even reaction to reaction

• Symptoms can appear in multiple systems in the body
Mild Symptoms

- Itchy, runny nose
- Sneezing

- Itchy mouth

- Mild nausea or discomfort

- Minor hives
- Mildly itchy skin

Adapted from Recognizing and Responding to a Reaction. Food Allergy Research and Education Website. https://www.foodallergy.org/resources/recognizing-and-responding-reaction
Anaphylaxis

• Life-threatening allergic reaction
• Onset is typically 5 to 30 minutes, but can be > 1 hour
• Administer epinephrine and call 911. Patient should go to the ER even if symptoms improve
• Severe Symptoms OR Mild Symptoms in more than one system
Severe Symptoms

-• Severe hives
-• Widespread redness
-• Significant swelling of lips or tongue
-• Tight or hoarse throat
-• Trouble swallowing
-• Trouble breathing
-• Repetitive vomiting
-• Severe diarrhea
-• Nausea
-• Severe hives
-• Widespread redness
-• Rash
-• Rash

Adapted from Recognizing and Responding to a Reaction. Food Allergy Research and Education Website. https://www.foodallergy.org/resources/recognizing-and-responding-reaction

California’s CalFresh Healthy Living, with funding from the United States Department of Agriculture’s Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.
Food Allergy Facts and Figures

• More than 90 percent caused by one of these nine foods
• Nearly 8% of children have a food allergy
  • ~Two in every classroom
• Nearly 11% of adults

Image by U.S. Food and Drug Administration
Food Allergy Labeling
Food Allergy Labeling and Consumer Protection Act of 2004

• Identified 8 major food allergens
• Required clear labeling on foods
Food Allergy Safety, Treatment, Education & Research (FASTER) Act

- Passed by Congress in 2021
- Went to into effect January 1, 2023
- Updated allergen labeling laws to include sesame
Sesame

• Seeds, flour, oil, paste (such as tahini)
• Found in a variety of foods, including:
  • bakery items
  • sauces, marinades
  • hummus
  • granola bars
  • spice blends

Photo by cleo stracuzza on Unsplash
Sesame Labeling

- Foods manufactured after January 1, 2023 must clearly label if they contain sesame
- Foods produced before January 1, 2023 may not be labeled but may still be available for purchase – **read labels carefully**
- Some foods have been reformulated to contain sesame – **read labels carefully**
References, Resources, and Additional Information

- Recognizing and Responding to a Reaction. Food Allergy Research and Education Website. [https://www.foodallergy.org/resources/recognizing-and-responding-reaction](https://www.foodallergy.org/resources/recognizing-and-responding-reaction)
- Anaphylaxis. American Academy of Allergy, Asthma, and Immunology Website. [https://www.aaaai.org/Conditions-Treatments/Allergies/Anaphylaxis](https://www.aaaai.org/Conditions-Treatments/Allergies/Anaphylaxis)
- Anaphylaxis. Food Allergy Research and Education Website. [https://www.foodallergy.org/resources/anaphylaxis](https://www.foodallergy.org/resources/anaphylaxis)
What is a food allergy?

Adverse immune system reactions to a food

- IgE-mediated allergy
- Non-IgE-mediated allergy
- Food intolerances
Addressing Food Allergies and Intolerances with Recipe Substitutions

Tammy McMurdoo and Lyn Brock
CFHL, UC State Office
Food Allergies

Chat: Which common food allergen is missing from this list?

Milk
Eggs
Fish
Shellfish
Peanuts
Wheat
Soybeans
Sesame

Tree Nuts
walnut
almond
hazelnut
pecan
cashew
pistachio

https://www.fda.gov/food/food-labeling-nutrition/food-allergies
Food Intolerances

Intolerance causes digestive problems
Most common food intolerances:
Milk (lactose)
Wheat, rye, barley (gluten)

https://www.myplate.gov/resources/graphics
Addressing food allergies and intolerances

Planning for recipe demonstrations or food tastings:
Identify all ingredients in a recipe
  • Example – peanut oil for stir fry
Check labels for packaged foods
Swap ingredients where possible
Youth classes:
  Check school policies
    • Ex. some schools have nut-free policy for classrooms
Ask teacher or program leader for list of allergies or intolerances
Addressing food allergies and intolerances

During class:

Review recipe or tasting item with participants or students and identify all ingredients

Where possible – review recipe or tasting during previous class

Provide a copy of the recipe for adults

Ask participants/students to let you know about any allergy or intolerance

  • Provide option to speak to you privately or just refuse sample
  • If youth state they are allergic, don't serve the item
Substituting ingredients

Substitute an ingredient as similar as available to you

Best to choose a substitute ingredient not on the common allergen list:
- Ex. for milk – soy milk or almond milk are common allergens
- Coconut, oat or rice milk are safer choices

If no close substitute available, choose an alternate food from same food group
Substituting ingredients

Consider availability and cost
  • Seasonal availability and local availability
  • Quantity you would need to purchase
  • Shelf life – can it be frozen?

Can you make the item yourself?

Consider key message associated with the demo/tasting
  • MyPlate – use same food group(s)
  • Lesson on snacks – pick alternate snack
Finding an alternate recipe

Do not print and hand out recipes unless the source permits
  • No brands or brand images
You can download a recipe for your own use
Can let participant know where to search online
Resource – Coming Soon!

Recipe Demo and Food Tasting Items by Curriculum and Lesson

- Common Allergens
- Lactose and Gluten
- Choking hazards (for curriculum targeting age 4 and younger) – check school policy regarding choking hazards
<table>
<thead>
<tr>
<th>CURRICULUM</th>
<th>LESSON # (PAGE #)</th>
<th>FOOD/RECIPE FOR TASTING</th>
<th>CONCERNS: Allergen (A) Lactose (L) or Gluten (G) Choking Hazard (C)</th>
<th>ALTERNATIVE(S)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go Grow Grow (Pre K)</td>
<td>Lesson 1 (Page 6)</td>
<td>Healthy Kids Plate</td>
<td>Peanut butter (A - peanut)</td>
<td>sunflower butter</td>
</tr>
<tr>
<td></td>
<td>Overview - MyPlate</td>
<td></td>
<td>Whole grain cracker (A - wheat, G - wheat)</td>
<td>rice crackers, mini rice cakes</td>
</tr>
<tr>
<td></td>
<td>Lesson 2 (Page 6)</td>
<td>Pretzel Party</td>
<td>Cheese (A - milk, L - milk)</td>
<td>omit; use extra F/V</td>
</tr>
<tr>
<td></td>
<td>GO Foods - Grains</td>
<td></td>
<td>Raisins (C - raisins)</td>
<td>omit</td>
</tr>
<tr>
<td></td>
<td>Lesson 3 (Page 6)</td>
<td>Glow Sticks</td>
<td>Egg white (A - eggs)</td>
<td>water</td>
</tr>
<tr>
<td></td>
<td>GLOW Foods - Fruit and Vegetable Group</td>
<td>Pretzels Sticks</td>
<td>Whole wheat frozen bread dough (A - wheat, G - wheat)</td>
<td>gluten-free bread dough or bread mix</td>
</tr>
<tr>
<td></td>
<td>Lesson 4 (Page 6)</td>
<td>Yogurt Parfait</td>
<td>Flour (A - wheat, G - wheat)</td>
<td>wheat-free flour (rice flour or mix)</td>
</tr>
<tr>
<td></td>
<td>GROW Foods - Dairy and Protein Groups</td>
<td>Fruits or vegetables</td>
<td>(C - raw veggie and/or round fruits)</td>
<td>cut F/V into pieces no larger than one half-inch</td>
</tr>
<tr>
<td></td>
<td>Lesson 5 (Page 6)</td>
<td>MyPlate Snack</td>
<td>Low-fat granola or cereal (A - wheat, G - wheat)</td>
<td>gluten-free granola, rice krispies cereal, cheerios cereal</td>
</tr>
<tr>
<td></td>
<td>Physical Activity</td>
<td></td>
<td>Vanilla low-fat yogurt (A - milk, L - milk)</td>
<td>coconut, rice milk yogurt</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Whole wheat crackers (A - wheat, G - wheat)</td>
<td>rice crackers or mini rice cakes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Cheese Cube (A - milk, L - cheese)</td>
<td>non-dairy cheese</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Egg / Mayonnaise (A - eggs)</td>
<td>chickpeas</td>
</tr>
</tbody>
</table>
Questions?

Please contact Lyn or Tammy with any additional questions
Exercise Snack

https://www.youtube.com/watch?v=2DN9nsgrQ9s
The Great Tomato Challenge

Butte Cluster
Overview

- Objectives
- Outreach
- Contest Details
- Activities
- Reach

THE GREAT TOMATO CHALLENGE RULES

Step 1: Follow us on Social Media: Facebook: eCFHLUCCE.ButteCo Instagram: ebutte_cluster_nutrition
Step 2: Pick up Supplies
Step 3: Share with us: Post photos of you and your tomato plant
- Photos can be submitted online by posting to social media and using #UCCEtomato22
- No social media account? No problem. E-mail photos to karinaheucanr.edu
- Multiple drawings and photos are accepted and encouraged, we want to see your plants grow

Prize Categories
- Best photo of you and your tomato plant
- Best drawing of you and your tomato plant
- Best use of tomato in recipe: Submit drawings of you making recipe or final product

Winners are determined by a panel and announced after contest ends.

See other side for timeline and additional learning opportunities

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Timeline:

**July 1- 22:** Enter Challenge & Plant Your Tomato

**July- August:** Connect with us online for tips on successful edible gardening practices

**August 26:** Deadline for submissions

**September 2:** Winners Announced

Grow with us!

Join us to get your gardening questions answered:

- Online July 28, 3:30 - 4:30 pm
- Online August 11, 3:30 - 4:30 pm
- Online August 25, 3:30 - 4:30 pm

Watch social media for links to registration.
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Follow us on:

Facebook
https://www.facebook.com/CFHL.UCCE.ButteCo/

Instagram
https://www.instagram.com/butte_cluster_nutrition/
State Office Updates
Karina Hathorn
Garden Project Manager

• 7 + years with UCCE, Butte Cluster
• Organic Farms
• Degree in Agriculture: Crops, Horticulture and Land Resource Management
• WWOOF: World Wide Organized Organic Farmers
• Yoga & SEL
Fernanda Pereira
Business Office Assistant

• Background in commercial insurance underwriting and bookkeeping in the insurance and banking industry.

• Holds a Bachelor of Science degree in Business Administration – Finance from San Jose State University.

• Fernanda can be contacted at fcpereira@ucdavis.edu.
PEARs Q1 Errors

- Managers, Supervisors, Advisors:
  - Please ensure Q1 errors are addressed by Friday, April 1st
  - **School Demographics**: Pay special attention to any Program Activities that may have missing demographics due to lack of Auto Calculate functionality in Q1

- If you have any questions or concerns, please email Melanie Alexander at magerdes@ucdavis.edu & CC Barbara MkNelly
Mid-year Evaluation Survey Counts

1st week of April

- Evaluation team will download PEARs and Qualtrics survey data
- Summarize and share with UCCE teams number and type of eval surveys entered to date
- If possible, aim to have evaluation surveys entered so included in mid-year count
Evaluation Update – State Office Recruitment

Research Data Analyst 3: As a member of the CalFresh Healthy Living, UC (CFHL, UC) State Office evaluation team, this position will provide programmatic leadership and support for reporting and site eligibility services to the CFHL, UC program which is implemented by University of California Cooperative Extension (UCCE) teams in 34 counties.

- See link here for the UC Davis position posting and full job description. Apply by April 14th, 2023
- Search UC Davis jobs and search for Job ID 50601
FFY 2024-2026 IWP Development

• Development Period: March 27th- April 28th, 2023 CFHL, UCCEs will work collaboratively with their LIA partners to build out Section A

• CDSS will copy SECTION B of FFY20-23 IWP into the new three-year automation system. LIAs will revise Section B to reflect changes in their planned work over the three year period.

TRAININGS

• “Building your IWP in SharePoint Training” held by Statewide Training March 29, 2-3:30pm. Please register.

• The State Office will be hosting FFY24-26 IWP Office Hours on April 4, 1-2:30pm
SAVE THE DATE

Summer Workshops
Rethinking Farm to School: Strategies for CalFresh Healthy Living, UC

The Center for Ecoliteracy is offering one-day professional development workshops designed to provide participants with the knowledge, skills, and resources to successfully implement farm to school strategies at their school sites.

JUNE 8 UC ANR in Davis
JUNE 13 Fresno USD Nutrition Center in Fresno
JULY 13 The California Endowment in Los Angeles
Save the Dates!

Building Capacity in School Wellness & Youth Engagement Trainings

Fresno
June 27 & 28

Davis
August 15 & 16
Upcoming Youth Engagement Calls

April 6th, 10:00am-11:30am
Youth-led Gardening
Zoom
Meeting ID: 968 7338 1570
Passcode: 981748

May 4th, 3:00-5:00pm
Youth Presentations and Celebrations
*Register*
Training Updates

Reminder – CFHL, UC Online Training Calendar

*Update!* - In-Person Training Calendar

- **In-Person Training Calendar**
  - CFHL UC In-Person Trainings FFY 23

- **CFHL Statewide Training Calendar**
  - [https://leahspantry.org/cfhl-statewide-training-calendar/](https://leahspantry.org/cfhl-statewide-training-calendar/)
2023 CFHL LIA Forum

October 23-25, 2023
Hyatt Regency Orange County - Garden Grove, CA

More information to come on the upcoming Forum!
Thank you!

Next Town Hall: Tuesday
May 16, 2023