

UC CalFresh Weekly Update

October 14, 2013



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Upcoming Events & Deadlines



OCTOBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	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		

10/18: Q4 Reporting Tools Workbook and Documentation (NARFs, Teacher Enrollment Forms, etc.) due to the UC CalFresh State Office; Local Support Entered & Approved into the UC CalFresh Online Local Support System

10/31: FFY 2013 Final Report Narratives & County Profiles due to the UC CalFresh State Office

11/14: Save the Date: UC CalFresh Town Hall

Please Save the Date for the next UC CalFresh Town Hall Meeting on Thursday, 11/14. Webinar information will be provided closer to the webinar date.



UC CalFresh Website Updates

FFY 2013 UC CalFresh Annual Report Templates Now Available

UC CalFresh Nutrition Education Programs are required, as part of our reporting requirements to USDA, to submit an Annual Report providing program results and accomplishments. To review the timeline and download the templates, please visit: <http://www.uccalfresh.org/front-page/administrative/ffy-2013-call-for-annual-report/ffy-2013-call-for-annual-report>.

10/8/13 UC CalFresh Town Hall PowerPoint Slides, Recording, Future Town Hall Dates Now Available

The PowerPoint slides and WebEx recording for the 10/8/13 UC CalFresh Town Hall Webinar have been posted to the UC CalFresh website. In addition, a schedule of future FFY 2014 Town Hall dates have been posted. Please visit: <http://www.uccalfresh.org/trainings/town-halls/town-halls>.



UC CalFresh in the News!

Chico Students Celebrate Walk to School Day, UCCE Butte Cluster



It was International Walk to School Day, and students at Little Chico Creek Elementary got some early morning exercise on Wednesday, October 9th. Roughly 600 kids made the trek to school and continued the walk with laps around the campus. Each classroom competed among their grade to get the most "lap" points to win a healthy classroom party. The annual event helps raise awareness for safer routes to school and the importance of physical activity. The event was put on by the University of California Cooperative Extension with help from the Chico Police Department. [Click here to see them in action!](#)



Articles & Research

Program Cuts Childhood Obesity in San Diego

An innovative public-private partnership in San Diego helped the county lower rates of childhood obesity and overweight by 3.7% over a 5-year span, organizers said. After several years of working with schools and other community partners, the [San Diego Childhood Obesity Initiative](#) lowered the percentage of overweight and obese fifth, seventh, and ninth graders from 35.83% in 2005 to 34.50% in 2010, according to data from the [University of California, Los Angeles Center for Health Policy Research](#). "This is at a time when many other counties in California have either seen less of a reduction or actually even seen an increase in obesity rates during the same period," Cheryl Moder, director of the Childhood Obesity Initiative, said at the American Academy of Family Physicians Scientific Assembly. [Read full article.](#)

World Food Center at UC Davis will tackle global issues

When you think casually of "food," you may think of your next meal or your favorite food. "World food" may broaden your thinking to include international cuisines, global hunger, or a growing population. But the academic fields related to food are numerous. Food is one of life's basic necessities, and along with its associated issues it is essential to the health and well-being of everyone, whatever their locale, education, or income level. The new [World Food Center](#) at UC Davis will take on a broad purview related to food, including sustainable agricultural and environmental practices, food security and safety, hunger, poverty reduction through improved incomes, health and nutrition, population growth, new foods, genomics, food distribution systems, food waste, intellectual property distribution related to food, economic development and new technologies and policies. [Read full blog article.](#)



School debit accounts influence student food choices

U.S. schools' use of debit accounts to pay for student lunches results in students' choosing less healthy choices and more calories, researchers say. David Just and Brian Wansink, both of Cornell University's Food and Brand Lab, in Ithaca, N.Y., examined the lunch purchases of 2,314 students in grades 1-12 to see how payment methods impacted food choice. The study, scheduled to be published in the journal *Obesity*, found schools that completely converted to debit systems—as opposed to those that gave students the option to pay with cash instead—fruit purchases were 13 percent lower and vegetable purchases were 20 percent lower. Students at debit-only schools were also more likely to purchase less healthy food options. The study also found the lunches of students at debit-only schools contained 63 more calories from these less healthy foods and 32 fewer calories from healthier options, Wansink said. [Read full article.](#)

Farmers go social with leftovers to reduce food waste

Farm-to-School, Farm-to-Fork, Farm-to-City and Farm-to-Chef all connect farmers and their fresh produce with individuals, businesses and organizations, but there are still the inevitable leftovers. CropMobster is a social media answer to unsold leftovers, using crowd sourcing to provide a second round of opportunity for farmers to sell—or sometimes donate—fruits and vegetables before they go bad. The website went active in March, sending out community alerts to thousands of people, using social media, when farmers have unsold produce and telling the stories of farmers who use the site. CropMobster quickly expanded from the original Bloomfield Farm to 11 California counties. The rules are simple. In the counties served, farmers, ranches or anyone with excess food can go to the site, post an alert, ask for donation, offer a deal or give it away free. Farmers often are willing to donate foods to ensure it gets eaten. The generosity is paid back in new partners or customers. [Read full article.](#)



Education & Resources

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

Funding Opportunity: Whole Kids Foundation Garden Grant in Partnership with FoodCorps, Deadline: October 31, 2013

Whole Kids Foundation accepts garden grant applications annually from September 1 to October 31, 2013. \$2,000 School Garden Grant for a non-profit K-12 school (public, private or charter—elementary, middle, or secondary) and/or a 501(c)(3) organization that is developing or currently maintaining a garden project on school grounds that will engage children with fresh fruits and vegetables. Recipients will be announced in the Spring of 2014. For more information, please visit: <http://www.wholekidsfoundation.org/schools/programs/school-garden-grant-program> or contact gardens@wholekidsfoundation.org.



Education & Resources (continued)

Free Webinar: How to Teach Nutrition, October 15, 2013, 1:00-2:30 PM EST

How to Teach Nutrition is an introductory webinar that will teach YOU how to teach kids and adults about nutrition and healthy eating habits. Through this webinar taught by nutritionist and wellness expert, Julie Negrin, MS, you will learn:

- * Why teaching adults about nutrition is not that different from teaching kids;
- * The secret of inspiring people to make changes in their lives instead of TELLING them to make changes;
- * And much MORE!

For more information and to register for the webinar, please [click here](#).

Free Workshop: Creating and Sustaining Your School Garden Workshop, Santa Cruz, October 24, 2013

The Creating and Sustaining Your School Garden (CSYSG) Workshop is for teams working to create or enhance a school garden program. This workshop covers planning and designing a school garden, basic gardening skills, curricular connections and outdoor classroom management. Content varies by region. [Click here to view CSYSG web resources](#). To register for the Santa Cruz Workshop, [click here](#).

Food Day, October 24, 2013

Food Day, held annually on October 24, is a nationwide celebration and a movement for healthy, affordable, and sustainable food. Food Day aims to help people "Eat Real." That means cutting back on sugary drinks, overly salted packaged foods, and fatty, factory-farmed meats in favor of vegetables, fruits, whole grains, and sustainably raised protein. For more information, including resources, recipes, and how you can get involved, visit <http://www.foodday.org>.



Webinar: Making It Work: Innovative Ways to Provide Drinking Water and Encourage Water Consumption in Schools, October 29, 2013, 10:00-11:15 AM

Effective August 2013, the USDA's Smart Snack in Schools Interim Final Rule requires that potable water is available and accessible without restriction to children at no charge in the places where lunch is served and when breakfast is served in the cafeteria. Schools are turning to innovative water delivery systems—from tap water dispensers to bottle filling stations—to improve access to fresh, free drinking water on school campuses. This webinar will discuss the results of a six-week effort to provide water and promote water consumption in San Francisco Bay Area middle schools. We will also share highlights from our *Water in School Food Service Implementation Guide*, which details how schools can most effectively implement the "water in schools" requirements. This discussion will include real-world examples of innovative and cost-effective practices for improving water intake among students. To register for the webinar, visit: <https://attendee.gotowebinar.com/register/6862763806575918081>.

Funding Opportunity: 2013 Youth Garden Grant Award, Deadline: December 3, 2013

NGA awards Youth Garden Grants to schools and community organizations with child-centered garden programs. Priority will be given to programs that emphasize one or more of these elements:

- * Integration of content standards
- * Environmental awareness
- * Social aspects of gardening such as leadership development, team building, community support, or service-learning
- * Nutrition connections
- * Entrepreneurship

For more information, visit: <http://grants.kidsgardening.org/2013-youth-garden-grant-award>.

Funding Opportunity: The 2013 Project Orange Thumb Online Grant, Deadline: December 15, 2013

Eleven (11) recipients will be chosen from this year's applicants—10 will receive \$5,000 in cash and tools to help support their goals of neighborhood beautification and horticulture education, and one (1) lucky applicant will receive a complete garden makeover! Apply now and help sow the seeds of community change! For more information, visit: <http://www2.fiskars.com/Community/Project-Orange-Thumb>.

Funding Opportunity: The Culinary Trust: Chefs move to school, Deadline: Ongoing

The Chefs Move to Schools Grant provides funds for culinary professionals to help our children eat right by teaching them about food, nutrition and cooking. Funds can be used from garden to table: culinary professionals may seek funding for any program that promotes health and wellness in schools. For example, the grant may be used to plant a garden, teach a class, promote or create a wellness program for students or parents or assist in creating a school curriculum that focuses on healthy eating. In order to qualify, the grant application must have the support of the school principal and, in some cases, additional school personnel. For more information, visit: <http://www.theculinarytrust.org/#!/chefs-move-to-school>.

Education & Resources (continued)

Funding Opportunity: Awesome Foundation's Food Chapter, Deadline: Open

The Awesome Foundation's Food Chapter is now taking applications for its \$1,000 microgrants to further food awesomeness in the universe. Apply at Awesome Foundation and submit under "Food" category. Every month, one microgrant will be given for an awesome idea about involving food, be it urban farming, food truck, receipt collects, pop-up cafes, or health. The more inventive the better. For more information, visit: <http://awesomefoundation.org/submissions/new>.

Funding Opportunity: OCIA Research & Education Micro Grants, Deadline: Open

OCIA International (Organic Crop Improvement Association) offers grants in the range of \$300 to \$1,500 for organic research, organic education, and other ideas supporting organic agriculture. Projects must benefit multiple producers, processors and/or consumers. There may be limitations on the number of grants given within any one region. For more information, visit: <http://www.ociaresearchandeducation.org/index.php/awards/micro-grants>.

Funding Opportunity: Simply Organic 1% Fund, Deadline: Open

The Simply Organic 1% fund supports and promotes the growth of organic and sustainable agriculture. They support research into organic production methods and crop improvement; educating farmers on organic growing techniques, certification standards and documentation; educating the public on the value of organic agriculture; developing projects that help organic farmers to be more efficient, produce better products, and add value to their products. Electronic applications may be submitted. For more information, visit: <http://www.simplyorganic.com/simplyorganic/ourvalues/applying.php>.



We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please e-mail Lindsay Hamasaki at Hamasaki@caes.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>.

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