

UC CalFresh Weekly Update September 15, 2014



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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 Hamasaki@caes.ucdavis.edu.



UC CalFresh State Office Transitions

There is a job opportunity at the UC CalFresh State Office for the position of **Analyst V, Nutrition Education and Evaluation Analyst** (Req. #03012831). For full consideration, interested candidates should apply by **September 19, 2014**. For additional information on the position, please [click here](#).

Upcoming Events & Deadlines



SEPTEMBER 2014

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				

Confirmation of Receipt of Items

The UC CalFresh State Office is working diligently on placing orders for various nutrition education reinforcement items based on the survey we distributed in May 2014. E-mail notifications have been sent to each county providing the quantity of each item to be expected. Once your items have been delivered, please e-mail **Rolando Pinedo** at rgpinedo@ucdavis.edu to confirm receipt. Please remember that confirmation of receipt of items is **required** for accounting and auditing purposes.

9/1/14 Labor Day Holiday

9/16/14 UC CalFresh Town Hall Webinar, 12:30-2:00 PM

The September UC CalFresh Town Hall Webinar has been scheduled for Tuesday, September 16, 2014 from 12:30-2:00 PM. The topic of the Town Hall will be **2014 Final Report Overview**, presented by the UC CalFresh State Office.

ReadyTalk Information:

Webinar Link: <https://cc.readytalk.com/r/4421dnd3ttrx&eom>
Security Passcode: apple1
Access Code: 7544137
Dial-In Number: 1-866-740-1260

9/19/14 Third Annual Northern California Farm to School Conference, Modesto, CA

The Third Annual Northern California Farm to School Conference will be held in Harvest Hall at the Stanislaus County Agricultural Center in Modesto, CA. There will be more opportunities for hands on learning. To register for the Conference, please visit: <http://ucanr.edu/survey/survey.cfm?surveynumber=13538>. Questions regarding the Third Annual Northern California Farm to School Conference can be directed to Terri Spezzano at tmspezzano@ucanr.edu.

9/23/14 SNAP-Ed Stakeholder Meeting, 9:30 AM–12:30 PM

The upcoming SNAP-Ed Stakeholder meeting was formally announced on the CDPH NEOPB website. A new NEOPB partner and stakeholder webpage has been created to house meeting information and resources. This meeting is applicable to all SNAP-Ed stakeholders, including but not limited to community organizations, food banks, nonprofit organizations, program contractors, and counties. Stakeholders may participate either by attending the in-person meeting or via webinar/teleconference. Please visit: <http://www.cdph.ca.gov/programs/cpns/Pages/EngagementandResource.aspx> for additional information including registration.

9/30/14 Last Day of FFY 2014

10/17/14 Q4 Reporting Tools Workbooks Due

FFY 2014 Q4 Reporting Tools Workbooks for UC CalFresh were returned on August 28th. The deadline for returning the Q4 Workbooks and documentation to the State Office is **Friday, October 17, 2014**. Please contact the UC CalFresh State Office if you have any questions related to your workbooks.

UC CalFresh Weekly Update: September 15, 2014

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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 2014 can be shared through the online data entry portal: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11480>

"I really enjoyed this class. I feel I learned how to eat healthier and how to save money. I plan on using things I learned in this class to eat healthier at home."

—Plan, Shop, Save, Cook Participant, Riverside County

"Before the workshops, I would just buy food but did not look at labels. Eating was not important before, but I'm taking it seriously now. I don't feel sluggish anymore—now I have a lot more energy. Class was amazing."

—Plan, Shop, Save, Cook Participant, San Mateo County



UC CalFresh in Action!

Share your UC CalFresh success stories with the State Office: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11480>

Nutrition Corner at Wellness Works, UCCE San Joaquin County

UC CalFresh in San Joaquin County created a Nutrition Corner at Wellness Works. At this site, UC CalFresh nutrition educators work with CalWORKS participants who are looking to enter school, job training programs or employment opportunities. Information provided on the board includes MyPlate, healthy recipes, and information about being physically active. The San Joaquin team's goal is to update the information posted to the Nutrition Corner every quarter.

Smarter Lunchroom Movement

The UC CalFresh State Office would like to see how the Smarter Lunchroom Movement has been implemented in your county! Please share your success stories and photos with Lindsay Hamasaki via e-mail: Hamasaki@caes.ucdavis.edu.

UC CalFresh Nutrition Corners

The UC CalFresh State Office would like to see the creative ways your program and partners have used the Nutrition Corners in your county. Please send photos and a brief description to Lindsay Hamasaki at Hamasaki@caes.ucdavis.edu.



UC CalFresh Website Updates

California Local School Wellness Policy (LSWP) Collaborative Resources Now Available!

UC CalFresh is a proud member of the California Local School Wellness Policy (LSWP) Collaborative. Bringing together state leaders committed to improving student wellness and academic success, by leveraging their collective resources to build a statewide infrastructure to support school in updating and implementing their LSWP's. For additional information, please visit the UC CalFresh website: <http://www.uccalfresh.org/front-page/california-local-school-wellness-policy-collaborative>.



EatFit Student Workbooks

ANR expects to receive a shipment of the EatFit Student Workbooks early next week. The link for ordering the workbooks is expected to be restored to the UC ANR Catalog website by the end of the week (September 19th). Once the link has been restored, you will be able to order the EatFit student workbooks from the website. The link will be provided by the UC CalFresh State Office once it has been restored.

Please note, it has been shared that the UC Cooperative Extensions are eligible to receive a 40% UC discount if orders are placed by telephone: 1-800-994-8849.

For additional information, please visit the UC ANR Catalog website: <http://anrcatalog.ucdavis.edu/>.





Poll Finds Most Parents Support Higher School Nutrition Standards

A majority of parents favor strong national nutrition standards for food and drink sold at schools, according to a poll [released by The Pew Charitable Trusts, the Robert Wood Johnson Foundation and the American Heart Association](#). In addition, the poll found that parents would also like to see salt limited in school foods and more fruits and vegetables served. The poll, which was conducted in June among 1,112 parents, said that 80 percent of the parents said they were concerned about their children's health. Seventy-four percent said they were concerned about childhood obesity, a major risk factor for high blood pressure, high cholesterol, high blood sugar and cardiovascular disease later in life. Currently, more than one third of children and adolescents are clinically overweight or obese. Among children ages six to 11, obesity rates rose from 7 percent in 1980 to 18 percent in 2012. The rates increased from 5 percent to 21 percent during that same period for youth ages 12 to 19. [Read full blog article.](#)

CDC's 2013 State Obesity Map Detailing the Prevalence of Adults with Obesity

The CDC Division of Nutrition, Physical Activity, and Obesity released its 2013 state-specific data on adult obesity prevalence using self-reported information from the Behavioral Risk Factor Surveillance System (BRFSS). This new data shows that the proportion of adults with obesity in the United States in 2013 remained high with estimates across states ranging from 21.3% in Colorado to 35.1% in both Mississippi and West Virginia. Obesity continues to be a common, serious, and costly public health problem. Other findings from the 2013 BRFSS include the following:

- * In **7 states** (California, Colorado, Hawaii, Massachusetts, Montana, Utah, and Vermont) and the District of Columbia, obesity ranged from 20-52%.
- * Obesity prevalence in **20 states** (Alabama, Arkansas, Delaware, Georgia, Indiana, Iowa, Kansas, Kentucky, Louisiana, Michigan, Mississippi, Missouri, North Dakota, Ohio, Oklahoma, Pennsylvania, South Carolina, Tennessee, Texas, and West Virginia) was 30% or greater.
- * The South had the highest prevalence of obesity (30.2%), followed by the Midwest (30.1%), the Northeast (26.5%) and the West (24.9%).
- * Combining data from 2011 through 2013, non-Hispanic blacks had the highest prevalence of self-reported obesity (37.6%), followed by Hispanics (30.6%), and non-Hispanic whites (26.6%).

For additional information, including a map of self-reported obesity among U.S. Adults by State, please visit: <http://www.cdc.gov/obesity/data/prevalence-maps.html>.

Study: Americans 24 Pounds Fatter Than in 1960

Both inside and outside our country, Americans are stereotyped as obese and overweight. And there's certainly truth to the stereotype, according to a new report on obesity from the Trust for America's Health and the Robert Wood Johnson Foundation. Differences among race, ethnicity, gender, age, economic status and state tell a more complex story though. There are still great disparities with race, education and income in obesity rates for children and adults. Blacks and Hispanics are more likely to be obese than whites. Poorer and less educated Americans also experience higher obesity rates. For women, obesity rates increase as income and education level decreases. Men didn't see a strong change across income or education levels. Obesity rates seem to be stabilizing. While it's good that rates are no longer increasing, they remain high. Between 2011 to 2012, two-thirds of adults were found to be overweight or obese. After doubling during the last 35 years, rates for adults remained the same from 2009 to 2012. The increase means the average American is 24 pounds heavier now than in 1960. Rates for children tripled since 1980 but have remained constant at around 16.9 percent obesity for the last decade. [Read full article.](#)

Food-Stamp Use Starting to Fall

After soaring in the years since the recession, use of food stamps, one of the federal government's biggest social-welfare programs, is beginning to decline. There were 46.2 million Americans on food stamps in May, the latest data available, down 1.6 million from a record 47.8 million in December 2012. Some 14.8% of the U.S. population is on the Supplemental Nutrition Assistance Program, or SNAP, down from 15.3% last August, U.S. Department of Agriculture data show. Food-stamp use remains high, historically speaking. The share of Americans on the benefit—which lets them buy basics like cereal and meat and treats like cookies, but not tobacco, alcohol or pet food—is above the 8% to 11% that prevailed before the financial crisis. Declining use of food stamps is a positive signal for the economy. It suggests that recent improvements in labor markets are reaching more Americans, especially lower-income ones. If more Americans have cash, that could fuel spending, a primary driver of the economy. For years, the recovery has been disappointing, partly because weak growth in inflation-adjusted wages has limited consumer demand for goods and services. "In the last four, five months, we have seen a pretty steady drop," said Ed Bolen, senior policy analyst at the Center on Budget and Policy Priorities, a Washington, D.C., think tank. And experts expect enrollment and costs to keep falling: As more Americans find jobs and collect paychecks, fewer will be eligible, lowering program costs. [Read full article.](#)

In America, Only The Poor's Eating Habits Aren't Improving

Americans' eating habits have improved—except among the poor, evidence of a widening wealth gap when it comes to diet. Yet even among wealthier adults, food choices remain far from ideal, a 12-year study found. On an index of healthy eating where a perfect score is 110, U.S. adults averaged just 40 points in 1999-2000, climbing steadily to 47 points in 2009-10, the study found. Scores for low-income adults were lower than average and barely budged during the years studied. They averaged almost four points lower than those for high-income adults at the beginning; the difference increased to more than six points in 2009-10. Higher scores mean greater intake of heart-healthy foods including vegetables, fruits, whole grains and healthy fats, and a high score means a low risk of obesity and chronic illnesses including heart disease, strokes and diabetes. Low scores mean people face greater chances for developing those ailments. The widening rich-poor diet gap is disconcerting and "will have important public health implications," said study co-author Dr. Frank Hu of the Harvard School of Public Health. Diet-linked chronic diseases such as diabetes have become more common in Americans in general, and especially in the poor, he noted. [Read full article.](#)

Eating Out Equals Eating More

A new study finds that people who eat out consume an average of about 200 calories more a day than when they cook at home. They also take in more saturated fat, sugar and salt. The study has limitations. It doesn't say anything about whether frequent restaurant diners are healthier than at-home eaters, and it doesn't take into account the potential benefits of eating out, such as socializing and reducing the stress of cooking. Still, the findings show that "eating out at restaurants should be the exception, not the norm," said study co-author Lisa Powell, a professor of health policy and administration at the University of Illinois at Chicago. Powell said the researchers wanted to better understand the role of restaurant food in people's diets. "We know that parallel to the rising rates of obesity, Americans have been increasingly eating food away from home, and they now take in, on average, about 600 calories a day from restaurants," she said. That wouldn't be a problem for people's health if their diets were similar on the road compared to at home. But the study found otherwise. The researchers based their findings on the responses of over 12,000 people aged 20 to 64 who took part in federal surveys from 2003-2010. The participants answered questions about what they ate over two separate days. Previous research suggests that 36 percent of adults eat food, drinks or both from fast-food restaurants per day, and 27 percent eat at full-service restaurants. With those numbers in mind, Powell estimated that the typical person in the United States consumes an extra 24,000 calories a year by eating out—the equivalent of 6 to 7 pounds annually. [Read full article.](#)

The effect of obesity prevention interventions according to socioeconomic position: a systematic review

To prevent weight gain among those of lower socioeconomic position (SEP), obesity interventions should focus on community-based strategies and policy changes impacting the environment. This was a key finding from a literature review of obesity interventions targeting weight gain prevention. The review evaluated changes in weight gain by SEP. (SEP was based on education, occupation, income, or area-based measures.) Fourteen studies set in developed countries were included in the review, including interventions in the US as well as interventions targeting children and adults. Those interventions that were ineffective at preventing weight gain among lower SEP groups often focused on information delivery at the individual level through counseling or group-based education, mass media campaigns, or curriculum-based school strategies. Those interventions are more likely to be effective among lower SEP groups had a wide reach, long duration, and emphasized structural or environmental changes (e.g., school nutrition policies, access to recreational facilities). [Read full article.](#)

Articles & Research (continued)

Sodium conundrum: Nine in 10 U.S. children eat too much salt

American kids are eating fat too much salt, mostly from processed foods sold in stores, putting them at risk for high blood pressure and heart disease later in life, federal health officials said on Tuesday. [A report from the U.S. Centers for Disease Control and Prevention](#) found that more than 90 percent of American children ages 6 to 18 consume too much sodium daily. Those children eat an average of about 3,300 mg of sodium daily even before salt is added and the table, according to the CDC study based on national surveys in 2009 and 2010. That exceeds dietary guidelines calling for less than 2,300 mg per day. The CDC noted that one in six young Americans already has elevated blood pressure—a condition closely linked to high sodium intake and obesity that can lead to heart attack and stroke. The report found that 43 percent of the sodium came from 10 popular types of foods, including pizza, sandwiches like cheeseburgers, cold cuts and cured meats, pasta with sauce, cheese, salty snacks like potato chips, chicken nuggets and patties, tacos and burritos, bread and soup. [Read full article.](#)

FRAC Brief: Impact of the Revised WIC Food Packages on Nutrition Outcomes and the Retail Food Environment

The Food Research and Action Center (FRAC) re-launched its e-publication, *FRAC Focus: Obesity and Poverty*. “The latest issue includes a feature article on the *Impact of the Revised WIC Food Packages on Nutrition Outcomes and the Retail Food Environment*. The report finds that “there is a growing body of evidence that the revised WIC food packages have favorable impacts on dietary intake, breastfeeding outcomes, and obesity rates. In addition, emerging studies suggest an important role for WIC in improving neighborhood food environments.” To view the full brief, with citations to the research findings, please visit: http://frac.org/pdf/frac_brief_revised_wic_food_package_impact_nutrition_retail.pdf.

National Farm to School Network: Evaluation for Transformation: A Cross Sectorial Evaluation Framework for Farm to School

Evaluation for Transformation defines the outcomes that farm to school has the potential to achieve and it offers common language, guidelines and metrics to understand those outcomes for the first time. The framework is organized around four key sectors: public health, community economic development, education and environmental quality. Beyond the four sectors, the framework is also structured around three levels of action: program, research and policy. We hope that readers representing multiple stakeholders will use this framework as a guide to develop, describe, implement and conduct farm to school and farm to preschool activities and evaluations. This is a working document based on current understanding of the field, and will be updated as new information becomes available. To help you understand the framework and share it with others, there are several supporting documents that can also be downloaded, including a presentation template; a user guide with sectorial briefs for the four sectors the framework covers. To download the framework and supporting documents, please visit: <http://www.farmtoschool.org/resources-main/evaluation-framework>.



Education & Resources



September is National Food Safety Month!

Do you know how to keep food safe? The Academy of Nutrition and Dietetics and ConAgra Foods Home Food Safety program has created three new infographics that present valuable food safety information in a unique way. These pamphlets guide people to take careful measures when handling and preparing food at home. They provide tips and information involved in both shopping and cooking. Share these helpful food safety resources to ensure your family and friends are food safe! Please visit: <http://homefoodsafety.org/downloads> to download, print and share the materials!

Top 20 SPARK Dances: DVD Now Available!

The SPARKdance DVD provides everything you need to teach the Top 20 SPARK dances—including instructional videos, dance videos, music files, lesson plans, and teacher prompt pages. Dances for grades K-12 and After School are included. Dances are presented in sequence, from easy to more difficult. The 2-disc set includes (1) DVD with instructional and dance videos and (1) CD-ROM with instructional files (mp3 music files, lesson plans, and teacher prompt pages). This DVD set will make teaching dance fun for you and your students! For additional information on the SPARKdance DVD, including purchasing information, please [click here](#).



Toolkit highlights childhood obesity prevention strategies for rural communities

Few childhood obesity prevention strategies and interventions targeting policy, systems and environmental change have been tested in rural settings. The recently released *Childhood Obesity Prevention Strategies for Rural Communities* toolkit from Nemours provides a range of science-informed, promising or emerging prevention strategies to address childhood obesity in rural communities. Designed for rural health care providers, the toolkit focuses on five different sectors that serve children: early care and education; schools; out-of-school time; other community initiatives; and health care. For additional information, or to download a copy of the Toolkit, please visit [click here](#).

Food Safety 101 Webinar Series: Bringing Food Safety To Your Kitchen

Food poisoning is a serious public health threat. CDC estimates that approximately 1 in 6 Americans (or 48 million people) could suffer from food poisoning illness this year, resulting in roughly 128,000 hospitalizations and 3,000 deaths. This September, to celebrate Food Safety Education Month, the U.S. Department of Agriculture (USDA) Food Safety Inspection Service (FSIS) will help get the word out about important safety tips and tools to combat foodborne illness by hosting a free two-part webinar series: “Food Safety 101”. The series will be hosted by FSIS’ Food Safety Education Staff, and will feature speakers from the USDA Meat and Poultry Hotline, FSIS’ Office of Public Health Science, Kansas State University, and the International Food Information Council. The webinars will emphasize USDA’s four steps to food safety: Clean, Separate, Cook and Chill and offer a unique opportunity to hear from FSIS’s educators, researchers and partners.

- **“Back to Basics”, September 10, 2014, 12:00-1:30 PM EST** – The first webinar in this series will cover basic food safety tasks and the risks that can be avoided with proper food safety practices
- **“Everyday Application”, September 17, 2014, 12:00-1:30 PM EST** – This webinar will allow participants to identify common kitchen food safety blunders, and alternatives to keep your family foodborne illness free.

To register for the webinar series, please visit: <http://www.fsis.usda.gov/wps/portal/fsis/newsroom/meetings/meetings-archive/2014/food-safety-101-webinars>. The webinars will also be made available to watch at a later date. For more information visit: <http://blogs.usda.gov/2014/09/03/food-safety-101-webinar-series-bringing-food-safety-to-your-kitchen/>.

Free Webinar: Dance Like No One is Watching!, September 17, 2014, 3:00 PM PST

Attend the next free SPARK webinar to learn creative ways to teach dance and strategies to engage your students. And who better to present these innovative ideas and successful strategies than the **2014 SHAPE America National Dance Teacher of the Year, MacKenzie Mushel Ellis** to share her knowledge and experience. We know she’ll motivate you to not only teach dance but to make it the best period of your day. You’ll leave wanting to dance like no one is watching! Attendees will learn:

- * Why dance is integral to EVERY physical education and physical activity program
- * Instructional strategies that increase students’ participation and enjoyment
- * Techniques that move teachers from direct and command style instruction to inclusion and student empowerment
- * Sample dance lessons that are inclusive, active, and fun for grades K-12

To register for the webinar, please visit: <https://www2.gotomeeting.com/register/799735722>.

Education & Resources (continued)

Webinar: Healthy Children Healthy Families: Parents Making a Difference, September 16, 2014, 4:00 PM EST

Learn about the new Collaboration for Health, Activity, and Nutrition in Children's Environments (CHANCE) curriculum titled: Healthy Children, Healthy Families: Parents Making a Difference! (HCHF), from CHANCE program leader, Tisa Hill. The curriculum was developed and tested at Cornell Cooperative Extension sites across New York State with input from educators and parents. Implementation of HCHF in conjunction with supportive changes in the environments where children live, learn, and play has been shown to support and encourage healthy habits and contribute to reduce chronic disease. Join us to learn what HCHF is and how it works, how to support parents in making healthy choices easier for their families, and how parental skills can be used in the classroom and school environment to support children's healthy eating and active play. To attend follow this link: <https://connect.extension.iastate.edu/healthyschools>. For more information please visit <https://learn.extension.org/events/1718#.VAcwPldWBI>.

"Processed Foods: Separating Fact from Myth" Webinar sponsored by Nutrition Education for the Public (NEP), September 30, 2014, 1:00-2:00 PM CDT

Do you have clients who avoid processed foods to eat healthier? Lose weight? Eat "greener"? In recent years few categories of foods have been criticized as extensively and frequently as processed foods. But what concerns about processed foods are legitimate and which are overstated or misrepresented? In this 60-minute webinar sponsored by the Nutrition Education for the Public Dietetic Practice Group of the Academy of Nutrition and Dietetics, you will be given the tools needed to separate the facts from the myths about processed foods and consider their place as part of recommended eating patterns. Talking points about processed foods targeted to consumer audiences as well as professional colleagues will be shared. **The costs associated with this webinar are as follows: \$15 for Academy members; \$10 for students; \$25 for non-Academy members; free of charge for NEP members.** Approved for 1 hour CEU. To register for the webinar, please visit: www.eatright.org/dpgevents.

Walk to School Day is October 8th!

International Walk to School Day is an annual event celebrated on October 8, 2014, with over 1,200 California schools planned to participate this year. Many schools choose to extend this event into week or month-long activities throughout October. With just 13% of children walking and biking to school, compared to 48% thirty years ago, along with California childhood obesity rates at 38%, Walk to School programs aim to increase the number of children safely walking and biking to school. To register a Walk to School event, in order to be counted and included in a nationwide database, visit www.walkbiketoschool.org. Visit California's Walk to School Headquarters' website at www.caactivecommunities.org/w2s. If you are looking to start a Walk to School program, the California Department of Public Health, Safe and Active Communities Branch will be hosting a free webinar, "Walk to School 101" on **Friday, September 12, 2014, from 10:00 AM to 11:30 AM**. Space is limited, so register soon at <https://www3.gotomeeting.com/register/373560686> to learn the basics, hear success stories and activities, and how to access free downloadable tools and resources to create a successful event. For more information, contact Jeannine Barbato at Jeannine.barbato@cdph.ca.gov or 916-552-9854.

October 24th is Food Day!

October 24th is Food Day. Thousands gather to organize events all around the country to celebrate and enjoy real food and push for improved food policies. This is a day to resolve and make changes in our own diets and to take action to solve food-related problems in our communities at the local, state and national levels. This year's focus will include three main themes: food justice (food access, farm and food service workers, hunger & obesity), food education, and the relationship between food and health. For additional information about this year's Food Day initiative and how you can participate in or host your own event, visit: <http://www.foodday.org>, email foodday@cspinet.org, or call 202-777-8392.

Funding Opportunity: Whole Kids Foundation, School Garden Program, Deadline: October 31, 2014

Created in partnership with FoodCorps, the School Garden Grant program provides a \$2,000 monetary grant to a K-12 school, or a non-profit working in partnership with a K-12 school, to support a new or existing edible garden on school grounds. Grant applications will be accepted through October 31, 2014. For additional information, including eligibility criteria, please visit: <https://www.wholekidsfoundation.org/schools/programs/school-garden-grant-program>.



Save the Date! 8th Biennial Childhood Obesity Conference, June 29-July 2, 2015, San Diego, CA

Now in its 8th year, the Biennial Childhood Obesity Conference is the nation's largest, most influential collaboration of professionals dedicated to combating pediatric obesity. Nearly 2,000 attendees from across the country are expected to attend in 2015. Join us as we continue to share and discuss emerging research, best practices, community-based efforts and effective policy strategies that promote and sustain healthy eating and physical activity practices for children, adolescents and their families! For additional information, including submissions for a session proposal, and how to sign up to receive monthly e-newsletters and e-news alerts, please visit: <http://www.childhoodobesity2015.com/>.



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>.

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.