

UC CalFresh Weekly Update December 12, 2016

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Upcoming Events & Deadlines

DECEMBER 2016

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	31

12/23/16, 12/26/16, 12/30/16 Winter Holiday

Save the Date! 2/1/17 Webinar: Child Feeding Community of Practice, 1:00-2:30pm

This series of webinars is open to any UC CalFresh staff who want to learn more skills to work with parents. Whether you are using curriculum about child feeding or you want to learn more about how to handle parent questions informally, join in! Each webinar includes:

- * Child feeding topic presentation
- * Questions from the field
- * "In the Classroom" - curriculum implementation

Webinars are led by **UC-ANR Specialists Lenna Ontai and Karina Diaz-Rios** along with the Families and Young Children ANR Workgroup. **Angela Asch** leads the "In the Classroom" segment. You are encouraged to submit in advance child feeding questions you would like to be discussed. Contact **Lyn Brock** at rlbrock@ucanr.edu. (*Webinar Information: This webinar will be recorded and posted to the UC CalFresh website.)

Webinar Information

ReadyTalk Link: <https://cc.readytalk.com/r/9ggzv4vianmd&eom>

Toll-Free Number: 866-740-1260

Access Code: 7520555

Save the Date: 2/21/17 UC CalFresh Pre-Forum Meeting, 1:00-5:00pm

The UC CalFresh State Office staff will be hosting a Pre-Forum Meeting on February 21, 2017 at the DoubleTree Hotel in Sacramento, CA. Additional information regarding this meeting will be forthcoming. Please contact **Andra Nicoli** (amnicoli@ucdavis.edu) if you have any questions.

UC CalFresh Success Stories

Success stories from your FFY 2017 UC CalFresh participants can be shared through the online data entry portal: <http://ucanr.edu/survey/survey.cfm?surveynumber=18908>.

"I really liked the class because I learned how to read food labels and check the ingredient list [to see] how much sugar it has. Thanks to you, [I] can check and make sure my family is healthier and measure out food. Thank you for being nice and explain[ing] what [I] didn't understand."

—Plan, Shop, Save & Cook Participant, Kings County

"This class has caused me to reflect on whether or not I am living out the good eating habits that I am aware of. I found myself rededicating my plans to eat well. [The educator] has confirmed many things I was already aware of but not living out."

—Eat Smart, Live Strong Participant, Alameda County

UC CalFresh Employment Opportunities

Community Education Specialist 2, UCCE San Luis Obispo/Santa Barbara Counties

The UC CalFresh Nutrition Education Program of San Luis Obispo & Santa Barbara counties is now hiring for a Community Education Specialist 2 (Nutrition Educator 2). The Nutrition Educator 2 is responsible for conducting classes and trainings in nutrition, physical activity and garden education. The position is responsible for the coordination, management, and delivery of education to adults and/or youth to improve the health environment of the school and community. This includes training, guiding, and supporting volunteer extenders with education information and resources; evaluating program implementation; collecting and compiling enrollment, documentation, and evaluation data from volunteer extenders and participants; and writing reports in compliance with funding requirements. The position is full time 40 hours per week with benefits. The position will promote, in all ways consistent with the other responsibilities of the position, accomplishment of the Affirmative Action goals established by the Division. For more information or to apply, please visit: <https://jobs.ucop.edu/applicants/Central?quickFind=60061>. The last day to apply is **December 23, 2016**.

Items Available for UC CalFresh Programs

As mentioned during the August UC CalFresh Town Hall webinar, the UC CalFresh State Office has NERI and branded items for counties to use with their UC CalFresh programs only. These items are available on a **first-come-first-served basis**. Items available include:



Quantity Available	Item Name
8	I Tried It Stickers (ENG, 200 per roll)
3	I Tried It Stickers (SPA, 200 per roll)
400	UC CalFresh-MyPlate Magnet (ENG)
11	UC CalFresh-MyPlate Stickers (ENG, 1000 per roll)
28	UC CalFresh Meat Thermometers
23	My Healthy Plate Pads
25	Fridge/Freezer Thermometers (SPA)
7	We Love to Drink Water-Rethink Your Drink Stickers (SPA, 50 per roll)
7	We Love to Drink Water-Rethink Your Drink Stickers (ENG, 50 per roll)



To request these items, please email [Rolando Pinedo \(rgpinedo@ucdavis.edu\)](mailto:rgpinedo@ucdavis.edu) specifying the quantity, item name, and shipping address. Please be sure to coordinate with your Program Advisor and/or Supervisor prior to submitting a request.

Save the Date! SNAP-Ed Local Implementing Agency Forum

February 22 & 23, 2017, Sacramento, California

The California Department of Social Services (CDSS), and its state partners, the California Department of Public Health (CDPH), the California Department of Aging (CDA); the University of California, CalFresh Nutrition Education Program (UC CalFresh); and Catholic Charities of California (CCC), request your attendance at the 2017 Supplemental Nutrition Assistance Program-Education (SNAP-Ed) Local Implementing Agency (LIA) Forum.



The Forum website link with registration information will become available soon. The website will include information about the planned agenda, which is based on LIA feedback from last year's forum. LIA leads should determine which agency staffers and subcontractors should attend any and/or all sessions of the forum.

The 2017 SNAP-Ed LIA Forum includes a two-day, in-person meeting, as well as one or two pre-forum webinars (and optional in-person pre-meetings).

In-Person Forum Information:

Pre-Forum Meetings: Tuesday, February 21, 2017 in the afternoon

Forum: Wednesday and Thursday, February 22-23, 2017, all day

Location: DoubleTree Hotel, Sacramento

Pre-Forum Webinar Information:

Pre-Forum webinars will address administrative content as well as content essential to a successful working forum. Moving the administrative content to webinar format allows for greater opportunity for capacity building and networking at the in-person event. All webinars will be recorded and made available on the Forum website. More information will be available soon.

Pre-Forum Meetings:

Pre-Forum meetings are still in development phase and will take place on Tuesday, February 21, 2017, beginning at 1:00pm. In addition to others, we will be offering a session on the Basics of SNAP-Ed in California. This session will be appropriate for those new to the SNAP-Ed program (and any others) interested in learning more about SNAP-Ed (as a federal program and as implemented in California). Please watch for additional information in the coming weeks.

The theme, collective goals and objectives of the in-person forum and pre-forum webinars include the following:

THEME—California SNAP-Ed in Action: Inspiring Community Change

The 2017 LIA Forum is intended to inspire and energize SNAP-Ed implementers—the meeting will be an opportunity to learn about, share and experience innovative SNAP-Ed work occurring throughout California. The meeting will highlight community change efforts, explore community empowerment activities, look at implemented PSE work, and celebrate community and SNAP-Ed client successes.

GOALS

- * Unify our message and common brand—California SNAP-Ed Champions for Change;
- * Support LIAs with the resources, training and technical assistance to successfully implement the current FFY 2017-2019 local integrated SNAP-Ed work plan;
- * Increase coordination and collaboration between state and local level SNAP-Ed implementing agencies, in conjunction with other obesity prevention efforts;
- * Build awareness, knowledge, skills and capacity to develop, coordinate, implement and evaluate comprehensive evidence-based nutrition education and physical activity interventions;
- * Provide participants with greater capacity around partnership building and expansion, to support current and future planning, as well as implementation efforts of SNAP-Ed activities and high-level community change strategies.

OBJECTIVES

Participants will:

- * Meet and connect with SNAP-Ed implementing agency staff and subcontractors at the state, local and regional levels;
- * Continue working collaboratively on the integrated statewide SNAP-Ed Work plan;
- * Receive programmatic training and share lessons learned to increase capacity for local, county and subcontractor staff in the areas of evidence-based nutrition education, physical activity interventions, PSE strategies, youth and community engagement and food insecurity.

(continued on next page)

Save the Date! SNAP-Ed Local Implementing Agency Forum *(continued)*

WHO SHOULD ATTEND

- * State Implementing Agency staff
- * Local Implementing Agencies and their subcontractors

HOTEL RESERVATIONS

A block of rooms have been reserved for Tuesday, February 21, and Wednesday, February 22, 2017, at the group rate of \$95/night. The group rate will be available until January 31 or until the group block is sold-out. After that we will be subject to prevailing rates on a space-available basis. To make a room reservation, please click on the link: [2017 LIA SNAP-Ed Forum—DoubleTree Hotel Room Reservations](#).

We look forward to your participation. If you have questions or comments in regards to the in-person forum, including the pre-forum webinars, please contact your respective SIA Representative for assistance.

UC CalFresh in Action!

Tackling Childhood Obesity: A Systems Change Approach

On paper, the charge was clear: launch a statewide effort to integrate the nutrition education programs of the US Department of Agriculture's Supplemental Nutrition Assistance Program-Education (SNAP-Ed) funded partners. Address childhood obesity and food insecurity holistically, yet specifically. Do this through policy, systems, and environmental approaches that will leverage community participation and resources in order to create sustainability at the local level. Accomplish this as funding is declining in SNAP-Ed programs. The challenge, however, was identifying what this integrated effort would look like in practice. How could a work plan weave together the many agencies, actors, and systems that influence a child's earliest years, a family's food selection, and school and community activities?

A problem as multifaceted as childhood obesity requires a similarly complex public health approach to meet the challenge. It is with this charge that over the past four years the University of California's CalFresh Nutrition Education Program has been closely working on nutrition education and obesity prevention service delivery with the California Departments of Social Services, Public Health, Aging and Catholic Charities to redefine SNAP-Ed programming. SNAP-Ed work is now being executed through multi-agency county-led integrated work plans which embody policy, systems, and environmental (PSE) change in the body of work previously seen as a direct education program in schools and communities. Adding PSE activities to SNAP-Ed work acknowledges that a systems change approach that comprehensively addresses nutritional health where people live, eat, learn, work, shop and play most effectively assures that children and their families will benefit from SNAP-Ed educational efforts.

Comprehensive changes in schools and communities have been cited by a recent Robert Wood Johnson Foundation report to help children grow up at a healthy weight. As we work with communities in 861 sites, UC CalFresh offices are beginning to report changes. In 2016, the following have been reported:

- ~ 126 edible gardens have been established, maintained or re-invigorated in 25 counties;
- ~ 121 sites are implementing Smarter Lunchrooms Movement (SLM) activities in 23 counties;
- ~ 106 sites with School or District Wellness Committees are receiving UC CalFresh technical assistance or participation;
- ~ 39 SNAP-Ed sites in 9 counties are receiving UC CalFresh technical assistance in Farm-to-Table procurement changes;
- ~ UC CalFresh is working on improvements in Physical Activity (PA) Environments at 17 SNAP-Ed sites across 5 counties such as access to safe walking, bicycling paths, or Safe Routes to School;
- ~ 121 total UC CalFresh staff have been trained in CATCH, a PA curriculum; and
- ~ 22 County UC CalFresh PA leads identified opportunities for the advancement or integration of PA curriculum.

[Read full UC Delivers story.](#)

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 \(rlbrock@ucanr.edu\)](mailto:rlbrock@ucanr.edu) if you have any questions.

UC Delivers

This is a friendly reminder that counties should contact [Andra Nicoli \(amnicoli@ucdavis.edu\)](mailto:amnicoli@ucdavis.edu) at the State Office if you are interested in developing a UC Delivers or have recently submitted a UC Delivers without State Office involvement. For those developing a UC Delivers, Andra can assist you in writing/editing/submitting a UC Delivers story. The State Office is also interested in keeping track of UC Delivers stories that are being submitted directly from counties. For those not requiring writing/editing services from the State Office, please share a copy of your submissions with Andra. In this way, we can track the type of stories UC CalFresh is submitting and advocate for your story!

UC CalFresh in Action! *(continued)*

CATCH Training Begun for Yuba City's P.E. Specialists, UCCE Butte Cluster

During the past three years, UC CalFresh Butte Cluster's staff have partnered with P.E. Specialists from within the Yuba City School District. This year, UC CalFresh Butte Cluster's **Melissa Vang** and **Rita Palmer** have taken steps to expand that support by offering CATCH Training to twelve P.E. Specialists at their monthly collaboration meetings, held at the Yuba City School District office. The P.E. Specialists are mostly from the elementary schools. So far, Melissa and Rita have facilitated 2 sessions in the CATCH training series and though the training is still in the early stages, the specialists are reportedly excited about being able to add the CATCH curriculum to their use of Dairy Council materials. UC CalFresh Butte Cluster will continue to provide monthly training and technical assistance to support the P.E. Specialists in the proper implementation of the CATCH curriculum. Below are some comments from the P.E. Specialists:

- * "I'm in my basketball unit right now, and I've used a few activities for dribbling and passing that the students really like. The "four corner" passing drill was fun, along with the dribble tag."
- * "I have been using the jump rope lessons and station cards. Kids like the new material and may want to practice at home."
- * "I'm looking forward to using the scarves with my younger grades. Also, the cards seem interesting as well."
- * "Others have shared their enjoyment of the CATCH program. I have reviewed some videos on YouTube and am looking forward to using the program."

While putting forth their best efforts with these first twelve participants, Melissa and Rita are working toward the overall goal of getting the CATCH curriculum adopted district-wide as the curriculum of choice, in order to impact as many as 14,000 students K-12 within the Yuba City Unified School District.

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!](#)

Outstanding Nutrition Educator Award, Deadline: February 28, 2017

The following announcement was originally posted in the Smarter Lunchrooms Movement of California's November Monthly Nudge.

Do you teach students about the importance of eating balanced and healthy meals? The California School Nutrition Association, Dairy Council of California and Buena Vista Foods want to recognize you and will award two \$500 prizes! The deadline is February 28, 2017. [Click here](#) for more information.

Student Community Health All-Stars, Deadline: March 17, 2017

The following announcement was originally posted in the Smarter Lunchrooms Movement of California's November Monthly Nudge.

Do you know a student who is a health and nutrition leader in his or her school community? Dairy Council of California is looking to recognize students in grades 4-12 for their efforts in creating healthy and active students. Winning students will receive a \$100 Visa Gift Card, a healthy class party and recognition certificate presented at school! Students may be part of an after-school program, club, or campaign. The deadline to nominate is March 17, 2017. [Click here](#) to learn more.

Articles & Research

USDA Boosts Healthy Food Access, Sets New Standards for SNAP Retailers

U.S. Department of Agriculture (USDA) Secretary Tom Vilsack today announced final changes to increase access to healthy food choices for participants in the Supplemental Nutrition Assistance Program (SNAP). The provisions in this rule require SNAP authorized retail establishments to offer a larger inventory and variety of healthy food options. “This final rule balances the need to improve the healthy staple foods available for purchase at participating stores, while maintaining food access for SNAP recipients in underserved rural and urban areas,” said Vilsack. “We received many helpful comments on the proposed rule and have modified the final rule in important ways to ensure that these dual goals are met. I am confident that this rule will ensure the retailers that participate in SNAP offer a variety of healthy foods for purchase and that SNAP recipients will continue to have access to the stores they need to be able to purchase food.” The final rule provides long overdue updates to SNAP retailer eligibility criteria. Previously, a retailer could be authorized to participate in the program with a minimum inventory of 12 items. Now, the number of required food items is expanded to a minimum of 84. These changes are in keeping with the primary purpose of the program. USDA extended the comment period for the proposed rule to ensure all interested parties had the opportunity to bring their voice to the final rule, and made significant changes to respond to those comments. [Read full press release.](#)

How a Healthy Food System Can Transform Your Community

More than 23.5 million people live in low-income areas that are more than a mile from a supermarket, according to the USDA. That includes West Oakland, one of the city’s poorest areas. The community has a high rate of crime, pollution and unemployment—along with dozens of liquor stores and fast food outlets. Health outcomes are dismal; residents are two times more likely to be born at a low birth weight and 2.5 times more likely to die of stroke than residents in the nearby affluent area of Oakland Hills. West Oakland residents were eager to transcend these circumstances when they asked Dana Harvey to work with them in designing strategies to improve healthy food access and economic opportunity. This culminated in Mandela MarketPlace, a farm-to-customer food network, and lead activator in the development of a community-owned, co-operative grocery store. Today, Mandela has created spaces for community empowerment by providing access to healthy food while also boosting economic and business ownership opportunities. It’s been a social catalyst, too. Now, with 12 years of experience under their belt, Harvey is eager to share lessons learned about building a sustainable system in hopes that others facing similar challenges can benefit. [Read full article.](#)

Pew and RWJF: Schools Report Growing Success with Healthier Menus

School food service directors are using a mix of strategies—three, on average—to encourage students to eat healthy meals and snacks, and many see few or no remaining challenges to implementing updated breakfast and lunch nutrition standards. The findings come from a new report from the Kids’ Safe and Healthful Foods Project, a collaboration between The Pew Charitable Trusts and the Robert Wood Johnson Foundation. Based on a nationally representative survey of food service directors, the report, *School Meal Programs Innovate to Improve Student Nutrition*, sheds light on which approaches have been most effective during the multiyear transition to healthier food and drink standards issued by the U.S. Department of Agriculture since 2011. A panel of school nutrition professionals, whose programs are successfully serving healthy meals and snacks, reviewed the survey results and provided additional insights on effective approaches to implementing updated nutrition rules. The research finds that:

- * Near the end of the 2014-15 school year, 6 in 10 directors said they faced few or no ongoing obstacles to meeting updated breakfast requirements; 4 in 10 said the same about the lunch guidelines.
- * For breakfast and lunch, the most commonly cited challenges were two rules that took effect in school year 2014-15: tighter limits on weekly average sodium content and a requirement that any food counted as a grain serving be made from at least 50 percent whole grains.
- * 9 in 10 directors adopted at least one practice to raise children’s fruit and vegetable consumption. For example, almost two-thirds of directors who increased the use of salad bars said that kids ate more produce as a result.
- * Respondents said that holding taste tests with students and redistributing uneaten, sealed foods were among the most effective ways to reduce waste, but only 44 percent and 38 percent of programs, respectively, used these strategies.

“Thousands of districts have emerged from this transition, and many more can see light at the end of the tunnel,” said Stephanie Scarino, of the Kids’ Safe and Healthful Foods Project. “Successful meal programs have made continuous innovation and collaboration with students their guiding principles, and they’ve worked to improve not just cafeteria menus but what schoolchildren are taught about food, with help from principals, teachers, and parents.” [Read full article.](#)

Education & Resources

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. The [FFY2017 California SNAP-Ed Training Schedule](#) is now available on the [Training and Events Calendar webpage](#). These trainings are also posted on the NEOPB Training and Events Calendar, available online at: <http://www.cdph.ca.gov/programs/NEOPB/Pages/NEOPB%20Calendar%20of%20Events.aspx>.

Webinar: Sharing is Caring! Introducing New Early Childhood Education Policy Templates and Open Forum, December 13, 2016, 10:00am-11:30am

If you are working with Early Childhood Education settings and are interested in how to implement policy change at these sites, this webinar might be helpful to you and your partners. This webinar will introduce the new Early Childhood Education policy templates document that will be released at the end of the month. After an overview of the new policy templates document, the webinar will open up to provide opportunity for LIAs to share successes and challenges in their SNAP-Ed Early Childhood activities. The target audience for this training is Local Implementing Agency staff, and/or their early care and education subcontractors. To register for this webinar, please visit: <https://attendee.gototraining.com/r/8587859092708220929>. If you have any questions about this training, please contact Dalene Branson at dalene.branson@cdph.ca.gov.

Webinar: What's My Role? Planning Youth Engagement Activities and Open Forum, December 14, 2016, 10:00-11:30am

To start off FFY 2017, this webinar training will first start by covering different types of CA SNAP-Ed youth engagement activities and the roles of Local Implementing Agency staff and subcontractors in these types of activities. This will include planning for a youth engagement program (project) and principles and theories of youth engagement. The training will then move to an open discussion about youth engagement strategies and lessons learned. This statewide webinar training is tailored for Local Implementing Agency staff, and/or their youth engagement subcontractors, just starting a SNAP-Ed youth engagement program or for those that would like a refresher on starting a youth engagement program (project). To register for this training, please visit: <https://attendee.gototraining.com/r/2032823655582175489>.

Webinar: Picky Eating: Strategies for Shifting from Struggle to Success, December 15, 2016, 12:00-1:30pm, Cost: \$27.00 (*Note, use of UC ANR Professional Development Funds)

This webinar will be moderated and presented by the Elynn Satter Institute. Upon successful completion of this course, the participant should be able to:

- * Identify the picky eater versus the finicky eater.
- * List at least 5 ways parents apply pressure for their children to eat.
- * Explain the interrelationship between developmental stage and feeding dynamics.
- * Describe a time-tested way of teaching the division of responsibility in feeding (sDOR) that parents will relate to and remember when they need it most.

Please note, there is a cost for this webinar (\$27). UC CalFresh staff may want to work with their Advisors/Supervisors for the use of professional development funds for this webinar. For additional information on this webinar, please [click here](#).

Informational: Affordable Care Act Open Enrollment Period, Deadline: January 31, 2017

In partnership with the Department of Health and Human Services Region IX and X, the USDA Food and Nutrition Service Western Regional Office has shared an Affordable Care Act Open Enrollment Period flyer. We encourage you to share this with your partners and display it in local offices. Please refer to the attached flyer or coveredca.com for additional information.

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>.

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