

UC CalFresh Weekly Update January 22, 2018

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Upcoming Events & Deadlines

JANUARY 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	31			

UC CalFresh and Dairy Council of California Partnership Survey, Deadline Extended to 1/26/18

Dairy Council of California (DCC) values external partnerships with organizations such as UC CalFresh Nutrition Education Program and are interested in receiving your feedback. Advisors, Program Supervisors, and Educators are encouraged to complete a questionnaire on your interactions with DCC representatives and use of DCC curriculum. Survey responses are requested by **Friday, January 26, 2018**. Your feedback is invaluable to establishing a cohesive and collaborative statewide partnership. [Click here](#) to access the questionnaire.

UC CalFresh: Local School Wellness Policy and PSE Survey, Deadline: 1/30/18

Public Health Institute (PHI)'s Center for Wellness and Nutrition (CWN) and UC CalFresh have partnered on the Youth Engagement Project for the past two years. We are now expanding this partnership to include policy, systems, and environmental (PSE) change with an emphasis on Local School Wellness Policy. We are requesting your participation to complete a very brief survey ([click here](#)). The purpose of this survey is to assess your knowledge of and participation in linking your UC CalFresh role to advance school and community policy and organizational practices and changes. The survey will be open from January 18th through January 30th, 2018. It should take about 10 minutes to complete.

ANR Conference—Call for Posters

Thank you to everyone that submitted posters to the 2018 SNAP-Ed LIA Forum! What a success for UC CalFresh—almost half of all posters! Please note that you can re-format your Forum posters on the UC CalFresh poster template and use your information for the upcoming ANR Conference. For those that did not contribute to the Forum Poster Session, now's your chance to shine and show off your work! For additional information, please [click here](#).

Web StoreFront & Public Web StoreFront Closure, February 5-February 12, 2018

The California Department of Public Health will close the Web StoreFront (WSF) and Public Web StoreFront (PWSF) on Monday, February 5th for their bi-annual physical inventory of educational materials. The WSF and the PWSF sites will re-open on Monday, February 12, 2018 at 8:00am. Please feel free to contact NEOPBCustomerCare@cdph.ca.gov with any questions.

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>.

“Everything I learned in these past 6 weeks was very educational. I really enjoyed all the information [the instructor] taught us. [The instructor] was an excellent teacher and very informative.”

—**Eating Smart, Being Active Participant, Alameda County**

“I have added more fruits than normal to help my sweet cravings out. If I see more choices of fruits, I am less likely to buy something sweet. I also look at the serving size.”

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

Welcome New UC CalFresh Staff!

This feature is to introduce and welcome new staff to UC CalFresh. If you have new staff, please send a brief introduction and photo to Lindsay Hamasaki at lmhamasaki@ucdavis.edu.

Nancy Xiong, Community Engagement Coordinator, UC Davis Center for Regional Change



Nancy Xiong is the Community Engagement Coordinator for the UC Davis Center for Regional Change. She grew up in Merced, CA as the youngest of ten siblings and is the daughter of refugee parents from Southeast Asia. These experiences fueled her passion for health and education equity for underserved populations. In her previous capacity, she worked as an AmeriCorps VISTA for a national non-profit organization helping to build advocacy and organizational capacity in the Southeast Asian community throughout California. Her background also includes strategic communications, community engagement and outreach, and working closely with first-generation college students. As a first-generation college student herself, she graduated from UC Berkeley with a Bachelor of Arts in Public Health and a minor in Asian American and Asian Diaspora Studies. In her spare time, she enjoys thrift shopping, DIY home projects, and making ice cream. Nancy can be reached at: nkaxiong@ucdavis.edu.

Cathryn (Katie) Johnson, NFCS Advisor, UCCE Central Sierra (Amador, Calaveras, El Dorado & Tuolumne Counties)

Katie Johnson is the new Nutrition, Family and Consumer Sciences Advisor for the UC Cooperative Extension Central Sierra, covering El Dorado, Amador, Calaveras, and Tuolumne counties. A longtime resident of the Sierra foothills, Katie is looking forward to building partnerships and assessing health needs in order to develop an integrated approach to fighting chronic disease and improving nutrition in the region. She received her B.A. in Environmental Studies from Wellesley College in Massachusetts, and went on to receive her Masters of Public Health from UC Berkeley with a concentration in Public Health Nutrition. She lives in Sonora on her family's small farm, which produces fruits and vegetables for a local farmers market.



Katie formerly worked in Stanislaus County on both the SNAP-Ed/NEOP (Nutrition Education & Obesity Prevention) and the WIC (Women, Infants, & Children) programs. Her role focused on building relationships and collaborating with community partners, program planning and evaluation, and implementing activities that support nutrition, physical activity, and breastfeeding promotion. She was also responsible for providing direct nutrition education for youth and adults, conducting Safe Routes to School initiatives, facilitating the Stanislaus County Breastfeeding Coalition, and many other activities that supported policy, systems and environmental change. Prior to her time in Stanislaus, Katie worked at UC Merced on the CDC-funded PICH (Partnerships to Improve Community Health) project, where she helped develop a communication campaign focusing on the social determinants of health and coordinated a community-engaged research lab conducting formative evaluation of perceptions of health and safety in Merced. Katie is also an IBCLC (International Board Certified Lactation Consultant), and has spent time counselling breastfeeding families. She is excited to join the Central Sierra team and to become part of UC ANR. Katie can be reached at: ckrjohnson@ucdavis.edu.

FFY 2018 Site Change Process Updates

The following announcement was originally emailed by CDSS CalFresh SNAP-Ed on 1/19/2018

CDSS wanted to provide you with a few major updates regarding the FFY 2018 Site Change Process for Approved and Alternate Methodologies.

1. Updated submission dates for Alternative Methodology Site Change Requests:

- a. CDSS is only processing alternative methodology site change requests **once** per federal fiscal year (FFY) for 2018 and 2019. The new due dates align with the IWP Revision Process.

Due Dates to CDSS:

- i. FFY 2018: February 26, 2018
- ii. FFY 2019: February 25, 2019

- b. The initiating LIAs must send the alternative methodology site change requests to the SIA via email no later than three weeks prior to allow for SIA processing time of three weeks.

Due Dates to SIAs:

- i. FFY 2018: February 2, 2018
- ii. FFY 2019: February 1, 2019

Please Note: The revised instructions and documents regarding the FFY 2018 Site Change Process for Approved and Alternative Methodologies will be posted on CDSS' SharePoint site soon.

FFY 2018 and FFY 2019 Alternative Methodology Due Dates:

FFY	LIA submits request to SIA for review	SIA submits request to CDSS for review
2018	2/2/2018	2/26/2018
2019	2/1/2019	2/25/2019

2. Revised instructions to add site(s) into the Program Evaluation and Reporting System (PEARS).

- a. The initiating LIA will add the site(s) in PEARS once the Site Change Process is completed per the [FFY 2017-2019 Site Change Process for Approved Methodologies Instructions](#) and/or [Alternative Methodology Instructions](#). It is **highly recommended** that the LIAs reach out to their SIA representatives for technical assistance and support. **Sites must not be added to PEARS until the Site Change Process has been completed.**

Please Note: When adding sites, please check to ensure the site does not already exist under a different name by looking for the site name **and** address. If unsure or if there are duplicates, please contact your SIA PEARS Site List Administrator before adding the sites to PEARS. (For **CDPH, CCC and CDA**, please contact **Evan Talmage** at evan.talmage@cdph.ca.gov. For **UC CalFresh**, please contact **Jennifer Quigley** at jaquigley@ucdavis.edu).

- b. For more information on how to add the site(s) in PEARS, please go to the PEARS Support Documents for [Program Activity](#).
- c. Once the site has been added to PEARS, the yellow highlight is to be removed by the initiating LIA on the site list in CDSS' SharePoint site to indicate the site is ready for activity reporting in PEARS.

If the LIAs have any questions regarding the FFY 2018 Site Change Process for Approved and Alternate Methodologies or the updates above, please contact your SIA representative.

If the LIAs or SIAs have any questions or issues regarding accessing, editing or viewing the site lists in CDSS' SharePoint site, please contact the CalFresh SNAP-Ed mailbox at CalFreshSNAP-Ed@dss.ca.gov.

UC CalFresh in Action!

Teens develop as leaders by mentoring children in school garden program, UCCE Santa Clara/San Mateo/San Francisco Counties

School gardens are becoming increasingly popular additions to campuses as an experiential tool to promote healthy living. Unfortunately, schools often lack resources to staff gardens and provide educational opportunities in these outdoor learning environments.

UC CalFresh Nutrition Education and 4-H Youth Development Programs in San Mateo County collaborated to create the Healthy Living Ambassadors (HLA) Garden Program where teens provide near-peer mentorship to elementary children. This innovative project merges healthy eating educational goals of UC CalFresh with the youth development and leadership focus of 4-H. To date, the program has enrolled 130 unique teens, reaching 895 children in seven schools across the county, with funding support from San Mateo County and the Disney Connecting Youth to Nature grant. Teens are selected and invited to become “HLAs” in an intensive training at UC Elkus Ranch Environmental Education Center, part of UCCE San Mateo County. During the training, they gain skills in gardening, food cultivation, food preparation, nutrition, youth development, and physical activity. The teens then return to their communities to teach elementary youth how to thrive in their school gardens using the *Learn, Grow, Eat, and Go!* garden-enhanced nutrition education curriculum.



Since spring 2014, this exemplary program has provided life-changing experiences for many teens, including those from low-income communities. This is especially true for Kim Bonifacio, one of the first Healthy Living Ambassadors. When Kim immigrated to Daly City from the Philippines at age 10, she didn't know a word of English and barely spoke in public. She was shocked to discover that children didn't go outside. The HLA program made sense to Kim. “Gardens are outside and they are safe. So why not create a program that would bridge together youth and the importance of healthy living? Working in the school garden would help my community by teaching children the importance of eating right, being active, and caring for the environment.” She attributes her participation in the HLA Program in helping her develop into a confident role model. Upon graduating high school, Kim became the first person in her family to go to college and was awarded multiple scholarships to attend UCLA. [Read full UC Delivers article.](#)

UC CalFresh Success Stories Now Available on the USDA SNAP-Ed Connection!

UC CalFresh is pleased to announce the addition of four success stories that were recently added to the [USDA SNAP-Ed Connection website](#). Visit the [California Success Stories webpage](#) on the SNAP-Ed Connection Website or click on the links below to learn more:

- * [UC CalFresh Fresno Helps Transform Challenge into Change, UCCE Fresno/Madera Counties](#)
- * [School Health Check, UC Davis Center for Nutrition in Schools, Shaping Healthy Choices Program](#)
- * [Healthy Children Healthy Families, Niños Sanos, Familia Sana, \(Healthy Children, Healthy Family\)](#)
- * [Cafeteria Promotions Enhance Farm to School Efforts, UCCE Santa Clara/San Mateo/San Francisco Counties](#)

If your UC CalFresh program is interested in submitting a success story to the USDA SNAP-Ed Connection, please contact Andra Nicoli (amnicoli@ucdavis.edu).

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.

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!](#)

Articles & Research

The 2017 United States Report Card on Walking and Walkable Communities: A Foundation for Assessing Future Progress

Walking is a popular and accessible form of physical activity for many Americans. The latest research regarding the health benefits, the 2015 Surgeon General's Call to Action, and recent efforts by government/private organizations indicate an increased focus on walking. Across the public health field, efforts are underway to change individual behavior and community culture in order to get Americans walking! But, without a national baseline, it can be difficult to assess the impact of these efforts. The [2017 United States Report Card on Walking and Walkable Communities](#) serves to establish this baseline and identify opportunities for growth. Released earlier this fall by the National Physical Activity Plan Alliance (NPAPA), the Report Card is the first comprehensive national assessment of walking and walkability in the United States. It measures the extent to which individuals and communities in the United States meet selected standards related to walking. Grades reflect national-level performance, not that of states or local municipalities. Initial grades indicate we've got some improvements to make! [Read full blog 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. Please also see the updates below on some of the upcoming specialized in-person trainings:

* **Self-Guided Training**

1. **Breakthrough Communication in Six Steps**

- This series of 6 self-guided modules engages participants to use the same communication methods presented in the 2017 SNAP-Ed LIA Messaging Training.
- Available: January 2018
- Eligible for CEUs

2. **Systems Approaches for Healthy Communities**

- From the University of Minnesota Extension, this engaging 5-module professional development program promotes the integration of PSE interventions with educational strategies, while providing tools and resources for community engagement and assessment.
- Introductory webinar and application process in January; Program release in February.
- Eligible for CEUs

* **Specialized In-Person Training**

1. **ToP Facilitation Methods:** This 2-3 day course demonstrates proven ways to achieve group participation including effective conversations, gaining consensus and motivating action.
 - Available to new LIA Program Directors and CNAP Coordinators via application. February-June 2018.
2. **ToP Accelerated Action Planning:** This ½-day course provides the process, templates, and tools to organize a group or small team to develop a workable plan to accomplish a specific objective.
 - Participants learn to energize and align a team toward a common goal.
 - To be offered in each Service Area. Venues have been finalized for all Service Areas. Registration coming soon for February-March 2018.
3. **ToP Secrets of Implementation:** Sustaining a plan can be challenging. This 1-day course anticipates that all plans will need adjustments and provides a road map to do so.
 - The course covers how to keep plans and projects alive, relevant, doable, and achievable.
 - To be offered in each Service Area. August-September 2018.

These and other trainings are also posted on the [Training and Events Calendar](#).

Webinar: Get the Most out of eXtension Healthy Food Choices in Schools Resources, January 24, 2018, 11:00-11:30am PT

The Healthy Food Choices in Schools resource area at eXtension.org is a one-stop source for eating behavior insights, interventions and practical steps for food service providers, policy makers, health professionals and parents to promote healthy food choices in school food environments. Resources are free and include articles, webinars, professional development courses, and educational videos developed by experts from across the country. In this webinar Katie Baidon, Communications Coordinator for Healthy Food Choices in Schools, will walk attendees through the available resources and how to locate them. She will also share details about joining the team of experts, also called a Community of Practice, to share your own school meal expertise! For more information, please visit: <https://learn.extension.org/events/3307>.

(continued on next page)

Education & Resources *(continued)*

Webinar: Get Recognized as a Healthy School with the HealthierUS School Challenge: Smarter Lunchrooms Initiative, January 25, 2018, 11:00am-12:00pm

You've worked hard all year to promote health and wellness in your school or district. Now, it's time to get recognized for your efforts! Become recognized as a healthy school by applying for the HealthierUS School Challenge: Smarter Lunchrooms initiative, a voluntary initiative run through the United States Department of Agriculture to congratulate schools excelling in school nutrition and physical activity. Join this webinar to learn more about the initiative and get tips and tricks for submitting a successful application. District/school staff, parents, and community members are encouraged to join this webinar. To register for this webinar, please visit: <http://www.actionforhealthykids.org/events/event/545>.

Funding Opportunity: 2018 Project Orange Thumb Grant Application, Deadline: February 2, 2018, 11:59pm CST

The Fiskars Project Orange Thumb Grant Program will grant 30 recipients \$3,500 in gift cards and tools to help support their goals of neighborhood beautification and horticulture education. The garden initiative must be for a not-for-profit or 501(c)(3) organization within North America that has not received a Project Orange Thumb grant in the past. The Project Orange Thumb team looks for organizations committed to the long-term success of gardens that will promote healthy and sustainable food sources, community collaboration and neighborhood beautification. Applications are due by 11:59pm CST on February 2, 2018. Please visit: <http://pages.fiskars.com/ProjectOrangeThumb2018/> for additional information.

Webinar Opportunity: Access to Healthy Food Field Guide, February 2, 2018, 1:30-3:00pm

The California Department of Social Services, CalFresh Nutrition Education Unit is hosting a free webinar Friday, February 2, 2018. In an effort to support the county human services agencies and their partners with the implementation of nutrition education interventions for their clients, CDSS is hosting an informational webinar to introduce the *Access to Healthy Food Field Guide for County Human Services Agencies*. Please see the attached announcement for the free 90 minute webinar. The webinar will focus on the benefits of implementing the Field Guide and special projects funding opportunities. CDSS encourages you share this information with colleagues and partners who may benefit from this important information. Registration links are accessible/clickable through the attached PDF document or by [clicking here](#).

ToP Accelerated Action Planning Trainings, Various Dates

These regional trainings were referenced briefly in the January 2018 Statewide LIA Training Flyer sent last week (from CASNAP-EdTraining email address). This training is open to any SNAP-Ed local leaders, program managers and team leaders, and aims to provide tools to lead small groups to create effective organization plans. Enrollment is limited and the time frame is approaching soon! Please see the attached flyer for more information. ***UC CalFresh educators should consult with their Advisor, Manager, and/or Supervisor before registering.***

February 13	February 14	February 21	March 7	March 13	March 14	March 21
UC Center Fresno Fresno, CA	San Joaquin Co. Ag Center Stockton, CA	Riverside Univ. Health System Riverside, CA	San Luis Obispo Co. Gov. Center San Luis Obispo, CA	Silicon Valley Community Foundation Mountain View, CA	Ventura County Public Health Oxnard, CA	National University Redding, CA

[Click here](#) to register through the CA SNAP-Ed Training & Events Calendar. If you have any questions, please contact **Lyn Brock** at (rlbrock@ucanr.edu).

Resources to Support National Nutrition Month®, Go Further with Food, March 2018

This year's National Nutrition Month® theme, *Go Further with Food*, reminds us to achieve the numerous benefits healthy eating habits offer and also urges us to find ways to reduce food waste. To help communicate this message to patients and clients, the Academy has prepared a number of free resources including [Nutrition Tip Sheets](#), [Activity Handouts](#) and [Games](#). [Click here](#) to learn more about the National Nutrition Month® campaign!

Funding Opportunity: CA-Grown Fresh School Meals Grant, Deadline: March 1, 2018, 5:00pm

The California Department of Education has posted the request for applications (RFA) for the CA-Grown Fresh School Meals Grant. The grant applications are due by 5pm on Thursday, March 1, 2018. These grants are a great opportunity to expand your farm to school program—they provide up to \$125,000 per school site to encourage schools to purchase California-grown food and to expand the number of freshly prepared school meals that use California-grown ingredients. Awardees may use grant funds to purchase California-grown foods, purchase equipment necessary to provide school meals to students, provide nutrition education to students, and provide professional development for relevant food service employees regarding the implementation of fresh and healthy school meals. Please visit: <https://www.cde.ca.gov/fg/fo/r9/cgfsm17rfa.asp> for additional information.

Education & Resources *(continued)*

Child Care Nutrition and Physical Activity Forums, Various Dates

The California Department of Education Nutrition Services Division, in collaboration with WestEd, is offering three upcoming Child Care Nutrition and Physical Activity Forums in Contra Costa, Sacramento, and San Bernardino. The forums are designed to assist early child care programs to improve their nutrition and physical activity environments. The forums feature interactive sessions on nutrition education, edible gardens, physical activity, and policy development. Please visit the California Preschool Instructional Network Child Care Nutrition and Physical Activity Forums web page at: <https://cpin.us/content/child-care-npa-forums-0> for the dates, agenda, session descriptions, speakers, target audience, professional growth hours, cost, and registration information. Please note, there is a \$25 registration fee.

Please check with the UC CalFresh State Office if you have any questions regarding the cost of your registration fee. UC CalFresh staff interested in participating in the Nutrition and Physical Activity Forum will need to contact: Courtney Hardoin, Nutrition Education Consultant at 916-324-0578 or chardoin@cde.ca.gov.

Attention Rural Counties: Drinking Water for Schools Grant Assistance Available—Deadline Approaching

The following announcement was originally shared in the 1/17/2018 LHD News Bulletin.

The California State Water Resources Control Board is offering grant funds to schools across CA to increase access to water and improve the drinking water quality in public schools via the Drinking Water for Schools Grant Program. The program is available to schools and school entities serving grades K-12 are eligible to apply, inclusive of preschools and child day care facilities located on public school property.

Priority funding will go to small, disadvantaged communities through June 30, 2018. This means a municipality is eligible with a population of 20,000 persons or less, or a reasonably isolated and divisible segment of a larger municipality encompassing 20,000 persons or less, and below 80 percent of the median-income level. A single school is eligible to receive \$25,000 to \$100,000.

The Rural Assistance Community Corporation (RACC) is contracted to provide extensive technical assistance to help secure the grant for these schools. If you have any questions or would like more information about the program, please contact Stephanie Villegas, Program Manager at svillegas@rcac.org or 916.447.9832, Ext. 1051.

If you would like to request technical assistance, please download and fill out the technical assistance request form at the link below: https://www.waterboards.ca.gov/water_issues/programs/grants_loans/proposition1/docs/ta_request_form.pdf. Email the completed form to DFA-TArequest@waterboards.ca.gov.

If you would like to receive updates about the Drinking Water for Schools grant progress, please sign up at the link below: https://www.waterboards.ca.gov/resources/email_subscriptions/swrcb_subscribe.html.

UC CalFresh, UC ANR & Partner Employment Opportunities

USDA FNS WRO Student Volunteer Internships, Deadline: January 26, 2018

Do you know any talented students who are looking for professional experience or would like to complete a practicum with the USDA Food and Nutrition Service? We are bringing on several student interns in exchange for academic credit for this spring and summer at the Western Region of the Food and Nutrition Service. Please see the attachment for sharing with students, career offices, or internship coordinators. The application is due January 26th, although applications will be accepted beyond that date on a rolling basis.

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.

