

CalFresh Healthy Living Newsletter

INSIDE

Food Over Fear: Overcoming Barriers to Connect Latinx Immigrant Families to Federal Nutrition and Food Programs...1

How COVID Exploited the Food Deserts of South LA.....2

The Importance of CalFresh and CalWORKs in Children’s Early Years.....2

Food Insecurity and Gender Disparities During COVID-19.....3

Webinars.....3

Funding Opportunities.....4

Reading Opportunities.....6

Training Resources.....7

Food Over Fear: Overcoming Barriers to Connect Latinx Immigrant Families to Federal Nutrition and Food Programs

The Food Research & Action Center (FRAC) and the National Immigration Law Center (NILC) released a new report that sheds light on why many immigrant families are forgoing vital assistance from federal nutrition and food programs and lifts up recommendations aimed at ensuring that all families and individuals, regardless of immigration status, are nourished and healthy. While the findings of this report are informed by a series of focus groups conducted from November 2019–January 2020 (prior to the onset of COVID-19), the need to connect immigrant families to nutrition programs is arguably of even greater importance given how COVID-19 is fueling unprecedented food insecurity and ravaging communities of color and immigrant communities at disproportionately high rates due to unique barriers faced by families that include noncitizens.

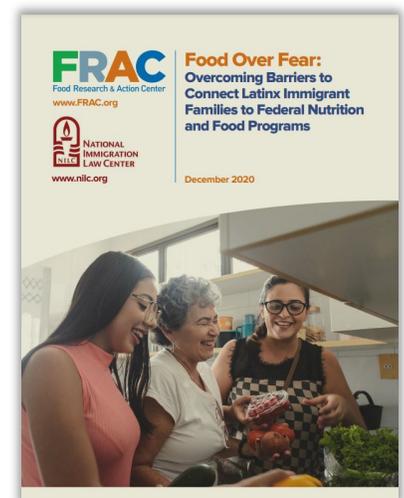
The focus groups that were conducted by the Food Research & Action Center and the National Immigration Law Center, in partnership with state anti-hunger and immigrant rights groups,

took place with 64 Spanish-speaking immigrant parents in mixed-status families and 41 nutrition service providers in four locations: Arkansas (Northwest), California (Central Valley), Colorado (Denver), and Illinois (Chicago). Participants were queried about opportunities and obstacles in accessing federal nutrition and food programs, with a focus on the Supplemental Nutrition Assistance Program (SNAP), school meals, the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), and emergency food.

One of the most significant findings revealed by the focus groups’ participants was that immigrant families are forgoing federal nutrition and food programs that are essential to improving their food security, nutrition, health, and well-being; SNAP is the most often avoided. Other findings include:

- ❖ Three-quarters of the immigrant parents who participated in the focus groups screened positive for food insecurity
- ❖ Even when families are eligible for programs and face no public charge concerns, many forgo assistance from the federal nutrition and food programs
- ❖ Immigrant families are not always familiar with the term “public charge,” despite expressing fears associated with the rule.

Read the full report [here](#).





How COVID Exploited the Food Desserts of South LA

COVID-19 unveiled many of the health disparities in communities of color, with Black and Latino people more than four times as likely to be hospitalized than their white counterparts. Christine Tran, Executive Director of Los Angeles Food Policy Council discusses food apartheid and the impact of generational disinvestments in South LA. Watch the LA Times video [here](#).

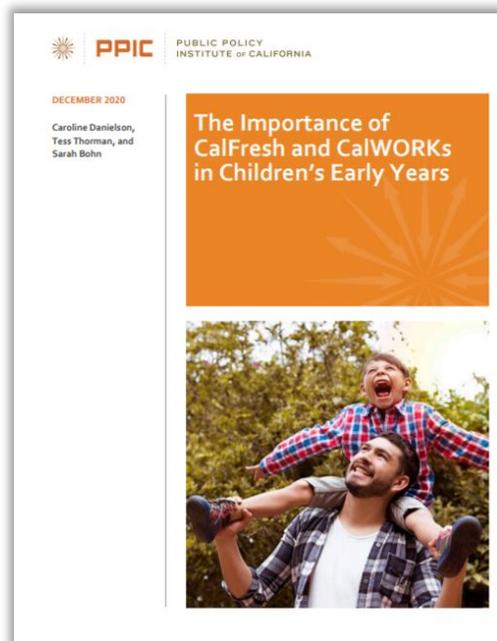
The Importance of CalFresh and CalWORKs in Children's Early Years

CalFresh and CalWORKs, two of California's chief social safety net programs, provide food and cash assistance to low-income citizens and permanent residents. Together with refundable tax credits, they are the state's largest poverty-mitigating programs for children. More recently, COVID-19 and the resulting economic downturn have turned a spotlight on the need for foundational safety net programs like CalFresh and CalWORKs to respond swiftly when a crisis disrupts family finances.

In this report published by Public Policy Institute of California (PPIC), they assess the role these programs play in children's early lives, using administrative data that show how many children participate, how often, and for how long. Their intent is to better understand the stages in children's early years when families may be likely to need support through CalFresh, CalWORKs, or both programs. Some of their findings include:

- ❖ Nearly half of California children participate in CalFresh, CalWORKs, or both over their early years.
- ❖ For many children growing up in a recession, CalFresh and CalWORKs provide important short-term support for family resources.
- ❖ Assistance tends to begin early in life among children who ever access CalFresh.
- ❖ Most young children who access CalFresh do so only once for about a year, but brief gaps in enrollment affect a third of young children.

Read the full report [here](#).



Food Insecurity and Gender Disparities During COVID-19



Women have been disproportionately affected by unemployment, poverty and hunger during the COVID-19 pandemic. They have lost jobs at higher rates than men. Child care burdens are falling disproportionately to women. In addition, women have faced higher rates of poverty and food insecurity during the crisis. Some have even called this recession a “she-cession.”

Women have been more affected by food insecurity than men. The most recent Census Pulse survey data shows that 9.4% of men surveyed sometimes or often did not have enough to eat, while 11.2% of women sometimes or often did not have enough to eat. Of those who sometimes or often did not have enough to eat, 56.2% were women, or about 56%.

Hunger can have a different effect on women than on men. Research has shown that the association of food insecurity and adverse health outcomes, such as diabetes and obesity, is more prevalent among women. One literature review showed that food-insecure women had lower intakes of nutrients including calcium, iron, magnesium, and folate. Iron and folate are especially important for women’s health, and play an important role in contraception, pregnancy, and breastfeeding. Read the full blog post by Sarah Angell [here](#).

Webinars

New Additions in Purple

Park Bench Chat

Tuesday, December 8, 11:00 am

Join The Trust for Public Land on December 8 for a Park Bench Chat with corporate and advocacy leaders to discuss addressing social inequalities through philanthropic investments in communities, brand positioning, and fostering more welcoming and inclusive environments outside, within the workplace, and beyond. Register [here](#).

A Culture of Health Program Listening Workshop: Community Perspectives

Tuesday, December 8-10, 1:00 pm

On December 8-10, 2020, the National Academy of Medicine Culture of Health Program will host a public meeting to discuss barriers, models, and opportunities to using community knowledge and strength to drive health equity policy and research. Register [here](#).

Park Equity, Life Expectancy, and Power Building: Part 2

Thursday, December 10, 11:30 am

Join Prevention Institute to learn more about policy, advocacy, and power building for park equity. This webinar will feature speakers from the LA County community-based organizations that served on the community advisory board for this project. Register [here](#).

Exploring Systematic Boundaries that have Structured Nutrition Behaviors Monday, December 14, 9:00 am

For decades most researchers in the U.S. have published articles about poor diet among black people and have concluded various rationales to why black people do not engage in healthier diets and nutrition choices as much as their white counterparts. Most of these studies have not assessed the systems in place that drive motives and intent that underlie choosing balanced options. Ms. Weaks will review the systematic and structural racism issues of food insecurity, transportation, red lining, zoning/gentrification, green space, school to prison pipeline and public safety as it relates to black people's daily ability to make balanced quality nutritional decisions. Please use the following passcode and ID to join. Passcode: 610909, Meeting ID: 910 5393 6229. Click [here](#) to join.

Healthy Holiday Eating: How Perfect Pairings with Grains & Plant Proteins Can Drive Consumption of Fruits & Veggies Tuesday, December 15, 11:00 am

Join Wendy Bazilian, DrPH, MA, RDN for a special holiday-inspired webinar with Produce for Better Health Foundation about how familiar and affordable pantry staples can help drive consumption of fruits and vegetables, increase overall nutrition and make the season festive and fun. She will discuss some recent consumer research findings as well as provide strategies and tips to help us help our clients, customers and audiences bridge nutrient gaps in a delicious and approachable way. We'll talk about perfect pairings from pantry to fresh to fridge and freezer, getting our foods together for maximal nutrition and appeal. Register [here](#).



Funding Opportunities New Additions in Purple

Aldi Smart Kids Close Date: December 15, 2020

ALDI is proud to support the awesome kids in our local communities. ALDI Smart Kids partners with organizations that make a positive impact on our kids' health and wellness. So whether your mission is to support kids through education, arts, athletics or any other program that inspires them to be active and healthy, they encourage you to apply for support from the ALDI Smart Kids program. Click [here](#) to apply.

Increase Food Security Among Young Children Close Date: December 18, 2020

No Kid Hungry is pleased to release a new grant opportunity to increase food security among children from birth to five years old. Community organizations, early child care centers, healthcare providers and others working to ensure vulnerable young children have access to healthy food are encouraged to apply for a grant. Grants will be between \$15,000-\$25,000. Click [here](#) to apply.

Safe Routes to Parks

Close Date: December 18, 2020

Safe Routes to Parks is a movement to make great parks safer and easier for people to access by walking, bicycling, and taking public transportation, especially in low-income communities and communities of color. Seven nonprofit organizations will receive funding and technical assistance to develop and initiate action plans to increase safe and equitable access to parks and green space in their communities. Click [here](#) to apply.

State and Local Policy Campaign Grant

Close Date: December 31, 2020

The Center for Science in the Public Interest (CSPI) has announced a new funding opportunity for state and local advocates working to advance innovative policies to measurably improve the food environments in schools, restaurants, grocery stores, and in federal, state, and local programs to support public health, especially for low-income families and communities of color. Applications will be accepted on a rolling basis through December 31, 2020. Click [here](#) to learn more and apply.

FY 2021 Farm to School Grants

Close Date: January 08, 2021

The Food and Nutrition Service, Office of Community Food Systems (OCFS) has announced the request for applications (RFA) for the 2021 Farm to School Grant Program. OCFS encourages those seeking grant funding to review the materials available on this website, including prior grant awards, requests for applications, and technical assistance documents, as resources when planning grant applications for 2021 and beyond. Click [here](#) to apply.

GENYOUth COVID-19 Emergency School Meal Delivery Fund

Close Date: Proposals accepted on a rolling admission

GENYOUth is providing grants of up to \$3,000 per school to supply much-needed resources for meal distribution and delivery efforts to get food to students during COVID-19. From soft-sided coolers, bags and containers for individual servings, to protective gear for food service sanitation and safety, this equipment will help ensure our children continue to receive the nutritious meals they need. Click [here](#) to apply.

Smart & Final Charitable Foundation

Close Date: Proposals accepted throughout the year

The Smart & Final Charitable Foundation supports nonprofit organizations that work to improve the quality of life in the communities the company serves in Arizona, California, and Nevada. The Foundation's areas of interest include health and wellness, education, hunger relief, disaster relief, and team sports and youth development. Counties interested in applying must partner with a 501 (c)3 organization to qualify. Click [here](#) to apply.

Emergency Meal Distribution Equipment Grants

Close Date: Rolling deadline until all funds are awarded

School nutrition professionals across the county have stepped up to get food to kids during school closures. Districts and schools have shared the need for additional equipment to create grab-and-go curbside meal pickups at schools and other locations within the community, additional hot and cold food storage containers, grab-and-go packaging materials, and mobile distribution to families in outlying or rural communities. Working with the equipment vendor, [Hubert](#), Action for Healthy Kids will provide selected school districts with equipment credits for \$1,000-\$2,000 per site to purchase equipment. Click [here](#) to apply.

Pioneering Ideas: Exploring the Future to Build a Culture of Health

Close Date: Proposals accepted on a rolling admission

Pioneering Ideas: Exploring the Future to Build a Culture of Health seeks proposals that are primed to influence health equity in the future. RWJ Foundation is interested in ideas that address any of these four areas of focus: Future of Evidence; Future of Social Interaction; Future of Food; Future of Work. Additionally, RWJ welcomes ideas that might fall outside of these four focus areas, but which offer unique approaches to advancing health equity and our progress toward a Culture of Health. Click [here](#) to apply.



Reading Opportunities

Hooked on Junk: Emerging Evidence on How Food Marketing Affects Adolescents' Diets and Long-Term Health

Worldwide, marketing for junk food such as fast food, sugary drinks, and high-sugar snacks surrounds young people. This fuels a crisis of poor diet, overweight, and long-term negative health outcomes. Previous food marketing research has focused primarily on TV advertising to younger children, however, recent research shows that with the rise of social media, brands are reaching adolescents in new and effective ways. This article, published in Current Addiction Reports, dives further into the issue of junk food marketing to adolescents and explains how this population may be even more vulnerable to the harmful influence of food and beverage marketing. Read the article [here](#).

Current Administration Makes Last-Ditch Effort to Deregulate School Nutrition Standards

With less than two months left on the clock before President-elect Joe Biden takes up residence in the White House, the Trump administration has sent a proposal to roll back school nutrition guidelines that had made student meals lower in fat, refined grains, and salt. Read the article [here](#).

Training Resources

Title	Date / Time	Format	Info	Registration
Nutrition Security with Compassion and Connection (9:00 a.m. - 11:00 a.m. and 1:00 p.m. - 2:00 p.m. <i>Must attend both</i>)	Wed, 12/9 9:00 am	Webinar	----	Register here
Around the Table Curriculum Training (9:00 a.m. - 10:00 a.m. and 1:00 p.m. - 3:00 p.m. <i>Must attend both</i>)	Thurs, 12/10 9:00 am	Webinar and E-Module	----	Register here
Smarter Lunchrooms Movement Community of Practice	Tues, 12/15 1:00 pm	Webinar	----	Register here

Visit the CDPH Trainings and Resources page for the latest training related information and [calendar](#) of all scheduled trainings and events. Please seek approval from Project Officer and Contract Manager prior to travel.

If you would like to submit content or have any questions or comments about the CalFresh Healthy Living newsletter, please contact Tania Marquez at tmarquez@ph.lacounty.gov