

# CalFresh Healthy Living Newsletter

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## March is National Nutrition Month!

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. They have developed a variety of resources focused on the importance of making informed food choices, developing sound eating and physical activity. You can download the Celebrate National Nutrition Month toolkit that includes tip sheets, games and activities, press releases and planning materials and more to help you promote National Nutrition Month. Click [here](#) to access their resources.



## Healthy Beverages in Early Care and Education

The University of California provides a free online course, **Healthy Beverages in Early Care & Education**, in English and Spanish for childcare providers in California. The 30-minute on-demand class is a friendly way to learn about the latest recommendations for healthy beverages for children and to help childcare providers meet California's Healthy Beverages in Child Care Act requirements. The online training has four main messages for child care providers:

- ❖ **Milk** - whenever milk is served, serve only low-fat (1 percent) milk or nonfat milk to children two years of age or older.
- ❖ **Juice** - limit juice to not more than one serving per day of 100-percent juice.
- ❖ **Sweetened Beverages** - serve no beverages with added sweeteners, either natural or artificial. Beverages with added sweeteners does not include infant formula or complete balanced nutritional products designed for children.
- ❖ **Drinking Water** - make clean and safe drinking water readily available and accessible for consumption throughout the day.

A professional development certificate will be provided upon completion. The course is free for California providers and available for childcare providers outside of California for a \$15 fee. Create an account and sign up for their [English class](#) or [Spanish class](#).



## Fast Facts for Water Access in Schools

Voices for Healthy Kids has a science review process in place to ensure that emerging science is correctly translated and that all materials are firmly rooted in the American Heart Association's tradition of rigorous review. We recognize that when working on campaigns, materials are often created on a quick turn-around.

In order to provide campaigns with the resources needed to run effective campaigns, Voices for Healthy Kids is pleased to share American Heart Association science-approved fast facts. This document provides facts from up-to-date studies and "fast facts" written in consumer friendly language. To reduce review time, materials developed using facts from these documents exactly as they are written will not need additional science review.

Fast facts are grouped in the following categories:

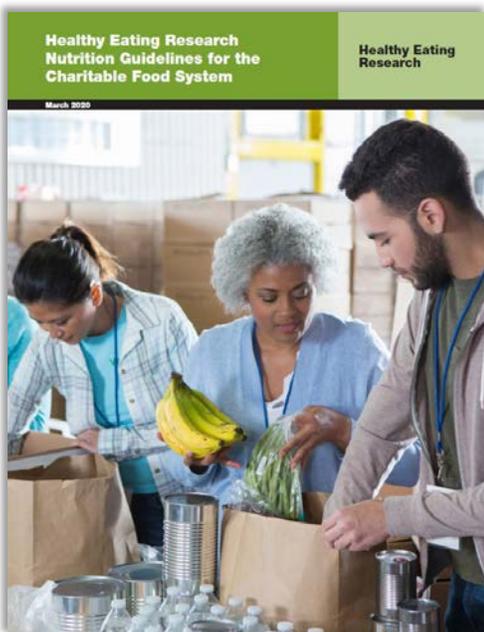
- ❖ Health benefits of water
- ❖ Current water consumption trends
- ❖ Barriers to water access in schools
- ❖ Promoting effective water access in schools

Click [here](#) to download the resource. You can also find other American Heart Association-approved resources on the [science fast facts homepage](#).



## Nutrition Guidelines for Charitable Food Systems

Federal food programs like the Supplemental Nutrition Assistance Program (SNAP) and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) are the first line of defense against food insecurity in the United States. However, these benefits are often not sufficient to meet all of the food needs of people living in food insecure households. The charitable food system—a network of food banks, food pantries, and meal programs—fills this gap by distributing billions of pounds of food annually.



In 2019, Healthy Eating Research convened a panel of experts in the charitable food system, nutrition, and food policy fields to create clear, specific recommendations for evidence-based nutrition guidelines tailored to the unique needs and capacity of the charitable food system. The intent of these recommendations is to improve the quality of foods in food banks and pantries in order to increase access to and promote healthier food choices across the charitable food system, allowing all people in the United States—regardless of income—access to the foods necessary for an active, healthy life.

In order to develop the final recommendations included in this report, panel members had to make several key decisions regarding the approach they would take to ranking products commonly found in the charitable food system. Following review of existing standards, the panel chose to divide food products into distinct product categories, and then within each product category, foods are ranked into three tiers based on key nutrients of concern. Click [here](#) to read the guidelines.

# Smarter Lunchrooms Movement National Office

Due to a loss of funding, the Smarter Lunchrooms Movement National Office will unfortunately no longer be operating. SLM was created through a grant from the Economic Research Service (ERS) Branch of the USDA. Unlike other USDA programs, ERS programs cannot be perpetually funded and that funding ended over a year ago.



## What does this mean for SLM across the country?

Just like California, other states have SLM Collaboratives and organizations leading SLM implementation efforts. These states are planning to continue supporting SLM implementation in schools. SLM remains a research-tested intervention designed to improve child eating behaviors by providing evidence-based tools and strategies to school lunchrooms. It is still listed in the SNAP-Ed Toolkit as an approved intervention.

## What does this mean for California?

The SLM of CA will continue providing training, technical assistance, materials, and support to schools throughout California, just as we have done for the last seven years.

## How will this impact SLM Implementation?

This closure should not affect SLM Implementation in California. However, the National Office website is no longer available which means we currently do not have access to National Office resources. The SLM of CA is working with the National Office to obtain commonly used resources which will then be posted to the [SLM of CA Website](#). SLM of CA will send out an email as soon as those resources are posted. In the meantime, you can find a copy of the [SLM Scorecard here](#). If you have any questions, you can reach out to SLM of CA at [casmarterlunchrooms@gmail.com](mailto:casmarterlunchrooms@gmail.com).

## Webinars

### New Additions in Purple

#### **Walkability at the Ballot Box** **Wednesday, March 11, 11:00 pm**

Join America Walks on March 11, 2020 as they explore ways to engage with candidates and local officials to prioritize walkability initiatives. This webinar is intended for those just starting out on the walking path as well as those interested in learning more about the topic. Register [here](#).

#### **Healthy Food at School: Social and Emotional Learning Opportunities** **Thursday, March 12, 1:00 pm**

Learn how access to healthy food through meal programs and improving nutrition education opportunities support the whole child. Register [here](#).

## **Cross-Sector Collaboration: Making Partnerships Work for Your Community** **Tuesday, April 14, 2020, 10:00 am**

Cross-sector collaboration is a term used to describe a process where various community organizations come together to collectively focus their expertise and resources on a complex issue of importance to a community they serve. The cross-sector collaborative may address issues of physical health, behavioral health, and social determinants of health such as transportation, housing, and food insecurity that are impacting the health of the community. Register [here](#).



## **Funding Opportunities** **New Additions in Purple**

### **Built Environment Policy Advocacy Fund** **Close Date: March 13, 2020**

With funding from First 5 LA, Prevention Institute will award one-year (May 2020 – May 2021) grants ranging from \$25,000 – \$100,000 to community-based organizations, policy advocacy networks, and emerging coalitions advocating for high-quality parks, open space, and recreation facilities; safe and reliable transportation/opportunities for mobility; and/or food security in First 5 LA's Best Start geographic areas. This is a unique opportunity to improve the built environment, with a goal of promoting healthy early childhood development. Click [here](#) to apply.

### **Advancing the Research on Produce Prescriptions** **Close Date: March 26, 2020**

The Rockefeller Foundation seeks an experienced partner with capacity and credibility to advance the public's understanding of the impact of produce prescription programs, in collaboration with community organizations, healthcare payers, and health care providers. The grant shall not exceed 18 months nor \$1,000,000. The Foundation's aim through this work is to make a significant contribution to the hypothesis testing of produce prescriptions, specifically aimed at strengthening their functionality and widening their availability to best serve the population that is intended to benefit from these programs. To request a PDF version of the RFP, please email [ProduceRx.RFP@rockfound.org](mailto:ProduceRx.RFP@rockfound.org).

### **Healthiest Cities and Counties Challenge** **Close Date: February 26, 2020**

The purpose of this program is to advance health equity and prevent chronic disease in communities by accelerating systems-level approaches to improving community health. The program is based on the theory that authentic collaboration across sectors can result in powerful, sustainable approaches that advance health equity. Successful applicants are expected to establish or revitalize a cross-sector team that fosters partnerships between community residents, local government, nonprofit partners, businesses, academic institutions, and others. Applicants must have a population of up to 600,000 to be eligible for funding. Prospective applicants from the same city, county, or tribe are encouraged to collaborate and submit one joint application. Click [here](#) to apply.

## **Game on Grant**

**Close Date: April 3, 2020**

In order to get every kid healthy and ready to learn, our Game On grants provide funding, support, and resources for schools to increase physical activity and nutrition initiatives while promoting students' social emotional learning. Funding is for \$1,000 for physical activity OR nutrition projects; and funding is for \$2,500 for physical activity AND nutrition projects. PreK-12 schools in all states are eligible to apply. Click [here](#) to learn more and apply.

## **Parents for Healthy Kids Grant**

**Close Date: April 3, 2020**

Parents: Here's your chance to make your mark on school health! Apply for a Parent for Healthy Kids grant that will provide funds and support to increase physical activity or nutrition initiatives while promoting students' social emotional learning and engaging parents in school wellness. Grant funding starts at \$1000. Parents or parent groups must apply for the grant (either for physical activity or nutrition) and lead projects in partnership with the school. Click [here](#) to learn more and apply.



## **Reading Opportunities**

### **Reducing Food Waste in Schools: The Business Case**

A recent study completed by WWF analyzed student plate waste across 46 schools in 8 states, the largest study of its kind to measure food waste in schools. The results and implications were eye-opening, when you consider that there are nearly 100,000 public schools participating in the National School Lunch Program, serving 29.6M students daily. This business case outlines the calculations and examines how reducing plate waste can save money and enable savings to be re-invested into school food programs to improve food and nutritional quality, educational programs, and local economies. Read more [here](#).

# Training Resources

Title	Date / Time	Format	Info	Registration
2020 Rethink Your Drink Day Kickoff Webinar	Wed, 3/11 11:00 am	Webinar	<a href="#">Website</a>	<a href="#">Register here</a>
Trauma-Informed Nutrition Security <i>(Free for CalFresh Healthy Living funded partners)</i>	Mon, 3/16 8:30 am	In-person (San Diego)	----	<a href="#">Register here</a>
Around the Table Training Program <i>(Free for CalFresh Healthy Living funded partners)</i>	Tues, 3/17 8:30 am	In-person (San Diego)	----	<a href="#">Register here</a>
Nutrition Standards in Schools #1: School Breakfast/Lunch Program	Wed, 4/8 10:00 am	Webinar	----	<a href="#">Register here</a>
Trauma-Sensitive Nutrition Security <i>(Free for CalFresh Healthy Living funded partners)</i>	Mon, 4/27 8:30 am	In-person (Riverside)	----	<a href="#">Register here</a>

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](mailto:tmarquez@ph.lacounty.gov)**