




April

2022

Updated ECE Physical Activity and Nutrition Policy Templates Now Available

The policy templates were created to reflect the CDC's 47 high impact obesity prevention standards for early care and education (ECE), in a user-friendly format that can be customized in selected areas based on the family child care home or center/preschool site. Updates include additional nutrition standards and information for infants, designations related to the Child and Adult Care Food Program, and hyperlinks to valuable background information.

Access the templates here: [Policy Templates](#)

Contact Monet Parham Lee at monet.parham-lee@cdph.ca.gov for information about the templates or other ECE resources. 



Upcoming ECE Trainings for LIAs and Partners

Two trainings focused on young children will take place during the month of May. LIAs serving children ages 0 to 5 are encouraged to participate in the training and to share information about the training with local early care and education (ECE) partners such as family child care homes, child care centers, preschools, resource and referral agencies, Child and Adult Care Food Program sponsors and others throughout the state.

Topic: Leveraging ECE Outdoor Environments for Learning

Date: May 3, 2022

Time: 10:00AM to 11:30AM

Outdoor learning can be achieved in a variety of spaces and ways, where small changes can make a big difference for young children. Attendees will learn about the value of creating and engaging young children in outdoor learning environments, along with ways to design and use outdoor environments for learning.

Topic: Inclusive Physical Activities with Young Children with Disabilities

Date: May 25, 2022

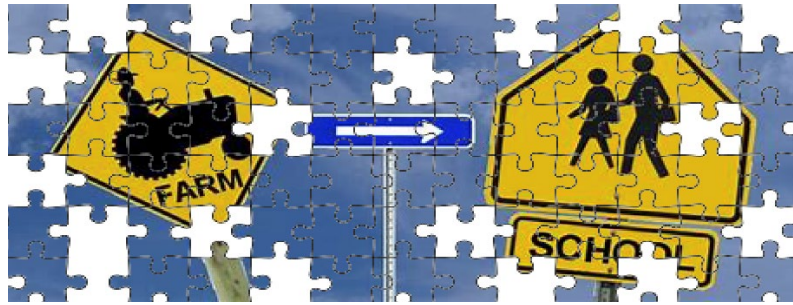
Time: 10:00AM-11:30AM

Participants will learn to create environments that help young children with disabilities develop their movement skills in natural settings while playing with typical peers. These physical activities can be done with inexpensive equipment in small spaces, accommodate children of varying ages and abilities, can also be played by families at home, and are FUN!

Register for both trainings here: [Registration](#)

Contact Monet Parham Lee at monet.parham-lee@cdph.ca.gov for information about these trainings. 





Farm to School and School Meals Updates


The **National Farm to School Network (NFSN)** has compiled resources developed in 2021 by the NFSN and Farm to Early Care and Education (ECE) partners across the nation, in celebration of all the accomplishments for the year. Visit the [NFSN website](#) to view the Farm to ECE Year in Review resources which includes assessments, blogs, guides and reports.

The **California Department of Food and Agriculture, Office of Farm to Fork (CDFA-F2F)** completed a month-long public comment period for the [2022 CA Farm to School Incubator Grant Program](#). CDFA-F2F is currently reviewing the public comments and will post responses online and will release the Request for Applications (RFA) in April 2022. To learn more about the grant program please visit the CA Farm to School Incubator Grant Program [webpage](#) or email cafarmtoschool@cdfa.ca.gov.

The **Food Research and Action Center** published a school meals report for the 2020–2021 school year. The report found student participation in school breakfast and lunch programs dropped dramatically across the country when the COVID-19 pandemic hit and school nutrition programs are still recovering. Download the report [here](#).

A series of workshops for school nutrition directors that began in January 2022, will offer preparation for the transition to **No Kid Hungry CA** Community Eligibility Provision (CEP) for school year 2022-23. Each session is led by peers and experts and provides participants with one-on-one support and discussions with other districts. The following sessions are forthcoming. Click [here](#) to learn more or to register!

- ✚ Session 4: Alternative Income Forms, Stakeholder Buy-In & Communication
April 27, 2022 | 1:00 pm- 2:00 pm PT
Guest Speaker: Daryl Hickey, Director of Food & Nutrition Services, Pomona USD

- ✚ Session 5: Increasing Capacity & Participation with CEP
May 25, 2022 | 1:00 pm- 2:00 pm PT
Guest Speaker: Maria Rangel, Assistant Agent, Rialto USD Nutrition Services 



More than a Meal: School Food Service Professional Development Training

What better time than in June during **Farm to Summer Week** to provide staff with ways to share nutrition education during meal service?

Dairy Council of California has created a professional development for school foodservice professionals titled *More Than a Meal: Creative Ways to Share Nutrition Messaging with Kids* that is perfect for staff to complete during **Farm to Summer Week!**

In this no cost, interactive, pre-recorded training, foodservice professionals will learn the benefits of nutrition education and school meals. They will also identify ways to provide nutrition education at the time of meal service. Training course includes handouts, quizzes, certificates, and participants can receive up to two continuing education credits. Can be done self-paced or offered as a group training through zoom or in person.


Interested in this training? Please contact Heather Berkoben htroska@HealthyEating.org 

2022 Radio Remote Update



What is a Radio Remote? A radio remote is an opportunity for LHDs to partner with their favorite local radio station. Radio Remotes can amplify your message, attract traffic to your community events, and generate excitement with promotions. Please let us know if you have any questions about your planned events through September 2022.

Radio Remotes in FFY 2022 will look a little different. NEOPB's media contract ended in FFY 2021, and a new contract is planned during FFY 2022. During this transition, NEOPB will communicate the availability of Radio Remotes for LHDs as soon as possible.

If interested in this opportunity, please send us your planned request during Spring and Summer to advertising@cdph.ca.gov along with event date, location, and estimated attendance. 





EAT FRESH FEEL GOOD: One Corner Store at a Time

Food deserts are urban areas where people find it difficult to access affordable, nutritious food. Some geographic areas in the North Sacramento focus community had very few retail food vendors offering healthy food options. Although a high percentage of SNAP-Ed eligible adults in Sacramento have regular access to fresh fruits and vegetables, only a small percentage of adults can find them at affordable prices. These areas included portions of the Old North Sacramento/Woodlake, Del Paso Manor, and South Sacramento neighborhoods. The Public Health Institute Center for Wellness and Nutrition (PHI CWN) conducted key informant interviews with small, independent stores and findings revealed that primary barriers to selling and promoting fresh produce and other healthy perishable items include lack of proper refrigeration and low customer demand.

In partnership with the Sacramento County Obesity Prevention Program (SCOPP), PHI CWN implemented a Healthy Retail Program, an initiative funded through federal SNAP-Ed dollars known as the Cal Fresh Healthy Living (CFHL) program. The Healthy Retail Program is a county-wide program by PHI CWN designed to improve the health of California residents by increasing the availability and accessibility of healthy, fresh fruits and vegetables and beverages. In 2019, PHI CWN was awarded a California Department of Food and Agriculture (CDFA) Healthy Store Refrigeration Grant providing funds to purchase energy-efficient refrigeration units for local retailers to stock California-grown fruits and vegetables. Having both CDFA and CFHL funds, it made it possible to cross-collaborate and introduce new relationships with our existing retail partners.





In 2021, Lo Market, Lucky Market, and Tapatio Brothers Market were some of the many retailers in low-food-access areas that received refrigeration units and were able to participate in the Healthy Retail Program which was an initiative under SCOPP. CFHL funding has simultaneously supported these stores with non-monetary incentives such as training and technical assistance related to the procurement through the connection of local produce distributors, stocking, display, and marketing of healthy items as well as community engagement and promotion of the program.

Retail owners and managers expressed great appreciation for the refrigeration units, the fulfillment of a previously unmet need and the technical assistance provided by PHI CWN. The refrigeration units helped support healthy retail environments and is one-step closer towards fulfilling “food desert” areas that lack access to affordable fruits and vegetables. Through these units, the stores have encouraged the purchase and consumption of healthy CA-grown fresh fruits and vegetables. As of 2021, a total of three stores in Sacramento County have received infrastructure incentives through CFHL funding, which has had the potential to impact over 10,000 community residents. Lo Market, Lucky Market, and Tapatio Brothers Market will significantly improve their selection, placement, and promotion of healthy foods and beverages resulting in desirable economic and health benefits for their community residents.

With the CFHL funds, PHI CWN will be able to supplement the refrigeration program with infrastructure support for the refrigerator units such as healthy message signage, produce baskets, produce sale tags, technical assistance, and more. Beyond the current funding, retail owners and managers will continue with maintaining the refrigeration units by sourcing fresh CA-grown produce from distributors of their choice. PHI CWN will continue to engage retail influencers and key decision-makers in the planning, implementing, and maintenance of retail strategies in Sacramento County. 🧩

Sandra Torres
Project Manager
Sacramento County Obesity Prevention Program
916-265-4042 Ext.134
Sandra.Torres@wellness.phi.org





CalFresh Healthy Living Training Resources

Check out the [Training & Events webpage](#) for the latest training information and calendar of scheduled events.

Nutrition Pantry Program for Implementers

April 20, 2022

Sprouting Healthy Kids Through ECE Gardens

April 28, 2022

Leveraging Early Care & Education Outdoor Environments for Learning

May 3, 2022

Around the Table Implementer Training

May 4, 11, 18 & 25, 2022

ToP Facilitation Methods – Leadership Online Intensive

May 9, 2022

Food Smarts Waste Reduction Implementer Training

May 10, 2022


CFHL Learning Collaborative

May 19 – July 28, 2022

Inclusive Physical Activities with Young Children with Disabilities

May 25, 2022


Other Available Ongoing Trainings & Resources

- A Taste of Success: Food Tasting and Recipe Demonstrations
- Breakthrough Messaging for CalFresh Healthy Living LIAs
- CalFresh Healthy Living – Building Blocks for Success
- Health and Disability 101 Training for Health Department Employees
- Including People with Disabilities: Public Health Workforce Competencies
- Online Civil Rights Training
- Peer Exchange Program
- Systems Approaches for Healthy Communities
- Trauma Basics and the Relationship to Nourishment
- 2021 Virtual Promising Practice Exchange – Session Recordings 



Summertime is coming! Is your audience asking about healthy, fun, and easy recipes?

NEOPB has tons of easy recipe cards for breakfast, refreshing summertime drinks, and quick meals for lunch, dinner, and more!

Many of these yummy recipes come in multiple languages including Spanish, Chinese, Hmong and Vietnamese. Contact your LHD Web StoreFront coordinator for all the delicious recipes that are available. 





Tier 1 & 2 LHD FFY 23 Impact Outcome Evaluation (IOE) Expectations

Tier 1 and 2 LHDs (<\$400,000 annually) should prepare to conduct Impact an Outcome Evaluation (IOE) in FFY 2023!


If direct education (DE) that meets the following criteria is in your FFY 23 IWP, you will need to participate:

1. DE takes place in school or school-based afterschool program
2. DE occurs with 4th-12th grades
3. DE is series-based with 3 or more sessions

What does participation include?

- Choose at least 1 site with applicable (see above) intervention to evaluate.
- Identify your intervention! DE only? DE and PSE? DE, PSE, and IE?
- Identify your pre/post timeline! You want to evaluate the entire intervention.
- Using the online survey, conduct pre- and post-tests in at least 2 classrooms using the Eating and Activity Tool for Students (EATS) before intervention begins and after intervention concludes.

What if I have questions?

- Contact NPI ([Amanda Linares, amlinares@ucanr.edu](mailto:amlinares@ucanr.edu)) any time with questions.
- Be on the lookout for EATS administration training coming this summer.
- Check out the website, join the IOE listserv, and attend the IOE Quarterly Calls: <https://ucanr.edu/sites/ioe/> 



In case you missed it....
First Quarter of the New LHD Connect !
Click on the link below



[Communication Resource Library](#)



This material was produced by the California Department of Public Health with funding from USDA SNAP and the Centers for Disease Control and Prevention. These institutions are equal opportunity providers and employers.