Asian-Language HEAL Toolkits Available for Download

The Healthy Eating and Active Living (HEAL) Toolkit for Community Educators is now available for download in Traditional Cantonese, Vietnamese and Hmong. All editions are trans-adapted and reflect the latest Dietary Guidelines for Americans as well as physical activity guidelines.

The Toolkit topics Include:

• MyPlate
• Fruits and Vegetables
• Salt and Sodium
• Sugar-Sweetened Beverages
• Physical Activity
• Advocating for Fruits, Vegetables and Physical Activity

Each lesson contains:

• Learning objectives
• A list of required and optional materials
• Step-by-step instructions
• Expansion ideas

For additional questions contact the neopbcustomercare@cdph.ca.gov.
Retail Materials Development Update!

In early 2016, Local Health Departments (LHDs) were provided a survey in order to provide an opportunity to identify retail materials that they found most useful, needed updates, and not used by their program.

The Retail Materials Review Workgroup was created from LHD volunteers. The Workgroup provided ideas for the development of new materials.

The Nutrition Education and Obesity Prevention Branch is currently working on new materials that will be developed and available in 2017. These materials will be available to support your retail efforts. Keep an eye out for these new materials later this year!

If you have any questions please contact Eugenio Garcia Jr. at Eugenio.Garcia@cdph.ca.gov or 916-449-5331.

Funding Corner

1. **Action for Healthy Kids Grants**
   - **School Breakfast Grants**
     Funding and support to pilot or expand school breakfast programs
   - **Game On Grants**
     Funding & support to increase physical activity & nutrition initiatives
     Funding ranges from $500 to $1000.

   Grant applications take less than 60 minutes to complete. Visit the following link for more details: http://www.actionforhealthykids.org/tools-for-schools/apply-for-grants
   **Applications Due:** Friday April 7, 2017

2. **California Department of Resources, Recycling and Recovery Organics Grant Program**
   This program includes food waste prevention and rescue projects. They must be partnered with a compost or digestion project and submitted as a cooperative application. The food rescue aspect shall result in rescued food being distributed to people; any food waste residuals from the project must be sent to a compost or digestion facility when one is available within the food waste prevention and rescue projects service area. Visit the following link for more details: http://www.calrecycle.ca.gov/Climate/GrantsLoans/Organics/FY201617/Instructions.pdf
   **Applications Due:** Thursday, March 9, 2017

3. **Farmers Market Promotion Program**
   This program provides funds for farmer-to-consumer marketing projects such as farmers markets, community-supported agriculture programs, roadside stands, and agri-tourism. Visit the following link for more details: https://www.ams.usda.gov/services/grants/fmpp
   **Applications Due:** Monday, March 27, 2017
   **Webinar for Potential Applicants:** Wednesday, February 15, 2017 at 11:30 a.m.

4. **Local Food Promotion Program**
   This program offers grant funds with a 25% match to support the development and expansion of local and regional food business enterprises to increase domestic consumption of, and access to, locally and regionally produced agricultural products, and to develop new market opportunities for farm and ranch operations serving local markets. Visit the following link for more details: https://www.ams.usda.gov/services/grants/lfpp
   **Applications Due:** Monday, March 2, 2017
   **Webinar for Potential Applicants:** Wednesday, February 15, 2017 at 11:30 a.m.
New Recess Planning Guide

Released just last month, Recess Planning in Schools: A Guide to Putting Strategies for Recess into Practice (Recess Guide) is designed to help schools develop a school recess plan. This plan documents the strategies a school intends to use to organize and implement recess at school.

The Centers for Disease Control and Prevention, in collaboration with the Society of Health and Physical Educators (SHAPE) America, prepared this document along with a companion piece titled Strategies for Recess in Schools (Strategies Document). Together the Recess Guide and the Strategies Document lead individuals through a step-by-step process to consider and then to develop practices that create a vibrant recess program.

These two publications include 19 strategies that are presented as customizable templates that school staff can use to create their recess plan. Each strategy template includes two components:

1) A list of questions to assist staff in determining their school’s current level of recess practice.

2) Prompter statements tied to text fields where staff can specify what the school will do to support ongoing implementation of recess. Additionally, some templates include recommended language that schools may want to integrate into their recess plans.

Schools and school districts are strongly encouraged to use the Recess Guide and the Strategies Document to begin implementing or enhancing their school recess periods. For more information, contact Andrew Manthe at andrew.manthe@cdph.ca.gov or (916) 449-5393.
California SNAP-Ed Training Resources

Check out the Training Resources webpage for the latest training related information and calendar of scheduled Event Highlights for February through April.

FFY 2017 Training Schedule

Nutrition Facts Label: Get Ready for the Changes
February 15

Refreshing Your Local School Wellness Policy
February 16, 28, March 15, 16, 28 and April 5

SNAP-Ed LIA Forum
February 22 and 23

LIA Messaging Training - Part 4 - Delivering Your Message
March 1, 2, 8, 9, 15 and 16

Intro to ToP Facilitation Virtual Mentoring Program
February 16

SNAP-Ed LIA Forum:
February 22 and 23

LIA Messaging Training - Part 4 – Applied Skills
March 1, 2, 8, 9, 15 and 16

Let’s Get Fiscally Fit!
March 21, 22 and April 12

Early Childhood Workshop
March 22 and April 18

Physical Literacy: What is it and How Does it Support Physical Activity for Life?
March 30

Curriculum Fidelity Webinar
March 30

2017 Champion Alliance Workshop
April 25
Digging Into Policy, Systems, Environmental Change: Plumas County’s School Garden Education Program

Increased access to hands-on comprehensive garden education was identified by the Plumas County Public Health Agency (PCPHA), Plumas County Nutrition Action Plan (CNAP), and other community partners as a strategic priority for engaging local youth in healthy lifestyles.

This focus on systems change was supported by the Plumas County Supplemental Nutrition Assistance Program-Education (SNAP-Ed) program in Federal Financial Year (FFY) 2015 & FFY 2016 in partnership with a local non-profit organization and the Plumas Unified School District (PUSD) as a way to increase familiarity with, and increased consumption of local, fresh fruits and vegetables by area youth.

Through partnership, the garden education program has been fully embraced, and a Garden Manager staff position has been created by PUSD. This program is poised to launch as an integrated part of classroom curriculum in school year 2016/2017, and will be incorporated into science, technology, engineering, and mathematics (STEM) education at all elementary school sites in the county. This level of permanence is a huge success for the sustainability of countywide garden education.

At the beginning of the 2016/2017 school year, PUSD established four separate Garden Manager staff positions; one at each elementary school site. These positions will coordinate with teachers to integrate garden education into the classroom as part of a comprehensive STEM approach that utilizes the garden setting to inspire deeper learning and healthier lifestyles. Plans to fund these staff positions are on-going.

The Plumas County Farm-to-School grant team is comprised of PUSD staff, SNAP-Ed funded PCPHA staff, members of the Plumas CNAP, and other community partners. Currently, this group is working to develop a five-year plan that includes comprehensive garden education as an integral part of PUSD curriculum. The plan is slated to go before the PUSD School Board in November of 2016. This same group is working together to pursue a United States Department of Agriculture Farm-to-School Implementation Grant as a way to continue this ongoing success.

For more details, contact Project Officer Mimi Kmetz, MPH, RDN, at Mimi.Kmetz@cdph.ca.gov or 916-449-5428