



## **2016 SNAP-Ed LIA Forum Follow-Up**

Thanks to all who attended this year's Supplemental Nutrition Assistance Program - Education (SNAP-Ed) Local Implementing Agency (LIA) Forum. This inspirational and informative event is developed by attendees' feedback, so please contact your project officer if you have not received a link to complete your online evaluation of this year's forum.

All forum presentations, including both general and breakout session handouts are now available using the Forum website link. [Please click here to find all presentations and handouts.](#)

Additionally, the Integrated Work Plan (IWP) Sample is now available by clicking on the following link: [Please visit this page for the final version of the IWP Sample.](#)

On behalf of the Nutrition Education and Obesity Prevention Branch (NEOPB) we look forward to seeing you and your partners at an even better event next year!

## **2016 California Children's Report Card**

The California Children's Report Card, released by Children Now can now be viewed. This report assesses the well-being of California's children in three major categories (education, health, and child welfare). The report comprises 31 topical areas (including obesity prevention and nutrition). The Report Card also grades the state on how well children are supported in each area. Please share this information with your multi-sector partners; it may help identify areas for potential collaboration and planning.

The California Children's Report Card can be viewed at the following link:

<http://www.childrennow.org/files/6214/5192/8816/CN-2016CAChildrensReportCard.pdf>

For more information contact Monet Parham-Lee at: [Monet.Parham-Lee@cdph.ca.gov](mailto:Monet.Parham-Lee@cdph.ca.gov)

## **MyPlate eBooks from Team Nutrition Available Now**

The Two Bite Club and Discover MyPlate: Emergent Reader Mini Books are now available as eBooks! These free eBooks teach young children about the MyPlate food groups and include interactive features to test comprehension and make learning fun. Each eBook includes audio narration that highlights the text as it is read aloud, drawing and coloring palettes, colorful characters, and interactive games and mazes.

Check them out today at <http://www.fns.usda.gov/tn/myplate-ebooks>.

---

## Build a Better You

The NEOPB Media and Communications Section has developed seven Physical Activity videos. The seven videos, entitled “Build a Better You”, will instruct SNAP-Ed eligible individuals and other viewers in simple primary exercises such as wall slide, cat/cow, and others that will help prepare them to start a moderate intensity physical activity program. The exercises can be done safely at home and viewers will not need any exercise equipment other than a device to watch the videos. The seven videos feature exercises to increase muscle strength and endurance in the back and legs. One video is specifically dedicated to the concept of a Neutral Spine. The neutral spine position helps maintain proper posture and prevent low back injuries. The videos will be available on the Champions for Change Resource Library website in the near future.

For more information contact David Bodick at [David.Bodick@cdph.ca.gov](mailto:David.Bodick@cdph.ca.gov)

## NEOPB Training Resources

Check out the [NEOPB Training Resources](#) webpage for the latest training related information and calendar of scheduled

[NEOPB events](#)

[NEOPB Event Highlights for February and March](#)

FFY 16 Program Training Post Webinar: Gifts from Your Garden – February 10 & 24

The Science of Nutrition: Nutrition Research Updates – February 9

Let’s Get Fiscally Fit: FFY 2016 SNAP-Ed Fiscal and Administrative Training  
February 11 & 25 and March 3 & 10

CX3 GIS Neighborhood Mapping Workshop, Data Entry Training and On the Ground  
Survey Training –February 4 & 18 and March 3 & 10

Build a Better Budget: Guidelines for Strengthening Budget Development Skills -  
February 18

Early Childhood: Opportunities for Creating a Healthy Food and Active Environment in  
Early Care and Education Settings – March 1 & 24

Smarter Lunchrooms Movement Principles & Practices Workshops March 1, 3, 7, 9 & 11

Are You Talking to Me? Health Literacy and Effective Communication March -15  
Recruiting and Engaging Youth – March 16

A,B,Cs of Healthy Retail: Fundamentals for Designing a Healthy Retail Program -  
March 22

Retail Training Webinar – March 29

The Middle Miles of Youth Engagement – March 30

---

## The Food Bank of San Luis Obispo County Success Story; Helping Children and Their Families Become More Invested in their Health

Many families in San Luis Obispo struggle with the lack of adequate access to fresh and affordable fruits and vegetables. The Food Bank Coalition of San Luis Obispo (SLO Food Bank), acknowledges this and makes it a priority to provide access to produce for those in need. The Food Bank partners with schools and after-school programs throughout the county to provide fresh produce to needy students through Children's Farmers Markets. Similar to a real farmers market, children are provided a reusable bag and mock money, or "Food Bank Bucks", for produce to purchase and take home to their families. In addition to the opportunity to "shop" for fresh produce, the Food Bank also provides nutrition education to teach children the benefit of choosing healthy foods from local farmers. The Food Bank believes that students can learn at an early age the benefits of a nutritious diet and share this information with their families for lifelong health.

The SLO Food Bank's success can be attributed to committed collaborative partners who recruit regional farmers that teach children lessons about growing and harvesting produce. A special shout out to Robin Song Farms, of San Luis Obispo County, for their commitment in positively impacting the SLO community with this creative program while changing the eating culture of young minds. Positive feedback has been received from families with children participating in the SLO Farmers Markets: children have become more willing to try new fruits and vegetables, and parents report their children's increased interest in cooking or food preparation at home.

Overall the Children's Farmers Market Program, tied with nutrition education, has been a huge success, and the SLO Food Bank looks to continue the growth of the program by developing new sites throughout the county.

For more information, please contact Linda Fraser, Program Manager, San Luis Obispo County Public Health Department at [lfraser@co.slo.ca.us](mailto:lfraser@co.slo.ca.us) or call her at (805) 781-4945.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.