Local Health Department
News Bulletin
CDPH California Department of PublicHealth
CHAMPIONS for CHANGE™

NUTRITION EDUCATION AND OBESITY PREVENTION BRANCH 06/01/2016

NEW! Nutrition Facts Label Update

The Food and Drug Administration (FDA) recently announced an update to the Nutrition Facts Label required on packaged food.

Food manufacturers with more than $10 million in sales must comply by July 26, 2018, and manufacturers with less than $10 million in sales have an additional year to comply.

However, since these are final deadlines, you will probably begin to see the new labels much sooner than these dates.

The differences between the old and new label are shown in this FDA infographic.

Some of the changes that may impact our work are:

- Calories must be shown in larger more noticeable print.
- Serving sizes have been adjusted to the amounts of food people usually eat. (These are NOT recommended amounts.)
- Because package size influences how much people eat, calories and nutrients are required to be listed as one serving if the package size is between one and two servings.
- The amount of added sugars must now be listed in addition to the amount of total sugars, which includes BOTH added sugars and naturally occurring sugars.

The presentation FDA used when announcing the new label is at the link below:

http://www.fda.gov/downloads/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/UCM502019.pdf

INTRODUCING THE CALIFORNIA FARM TO SCHOOL NETWORK'S
GOLDEN SEED AWARDS!

Over 30 awards honoring Farm to School efforts of all sizes.
Accepting applications through June 30th.

CALIFORNIA GOLDEN SEED AWARDS

Applications for Farm to School Golden Seed Awards - Due June 30

For the first time, the California Farm to School Network is sponsoring the Golden Seed Awards. Please alert all school partners and encourage them to apply for this prestigious recognition.

The Golden Seed Awards recognize Farm to School efforts at every level of California schools and school districts. Applicants are evaluated for their contributions in making changes to various areas of policy, systems, environmental change, procurement, education and school gardens.

Awards are granted to applicants participating in any or all of the pillars: Sow, Grow or Harvest. Prizes include passes to the 2017 California Farm to School Conference, technical assistance and media attention. Farm to School efforts are not always acknowledged in the fast-paced world of public education, so this is an opportunity to recognize the great work done around the state. Deadline for applications is June 30 and awardees will be announced mid-August. To apply, please visit www.cafarmtoschool.org/about/goldenseed.

Great examples of best practices taking place around the state can be found on the California Office of Farm to Fork's website at http://cafarmtofork.com/FTSResources.htm

Additional Farm to School resources are at that link, including procurement, education, school gardens, funding, food safety and summer meals information.

For more information, contact
Katharina Streng at
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Three New USDA Team Nutrition Resources for Summer Meal Programs

Summer Food, Summer Moves Resource Kit

This new kit from Team Nutrition includes over 30 games and educational activities to do at your summer meal site.

Each kit includes:

- An Operator Guide with games, activities, and recipes
- Educational posters (7 per kit)
- 6 types of Family Handouts (150 per kit)
- Activity Placemats (25 per kit)
- 6 types of Promotional Flyers (150 per kit)

Available in English and Spanish
Order Limit: 1 kit per order

Take a Healthy Summer Break Infographic

This infographic includes illustrations and statistics while offering practical solutions for busy families to make healthier food, beverage, and physical activity choices over the summer.

Available in English and Spanish in packs of 25
Order Limit: 12 packs per order

This Summer, Eat Smart to Play Hard Parents' Guide

The guide encourages families to choose water instead of sugar-sweetened beverages, choose more fruits and vegetables, increase physical activity, and decrease screen time. The guide also contains a tasty summer-themed recipe and encourages families to engage in a healthy and fun "family challenge."

Available in English and Spanish in packs of 25
Order Limit: 12 packs per order

Team Nutrition print materials are available only to facilities and organizations that participate in the Federal Child Nutrition Programs, including the Summer Food Service Program and the Seamless Summer Option of the National School Lunch Program.

To order these materials, please visit the link below and select "Afterschool and Summer:"
http://pueblo.gpo.gov/TN/TNPubs.php

All others are welcome to download materials at the link below:
http://www.fns.usda.gov/tn/summer-food-summer-moves

To inquire about bulk orders, please send email to teamnutrition@fns.usda.gov

Now Available – Updated Chinese Cookbook

The updated *Healthy Chinese Cuisine using Fruits and Vegetables* cookbook features recipes in both Cantonese and English ranging from *Lotus Root Mushroom Vegetarian Soup* to *Vegetable and Chicken Dumplings with Chinese Broccoli*. This cookbook informs readers about MyPlate health benefits of fruits and vegetables, recommended portions, and healthier ways of cooking with fruits and vegetables using the Dietary Guidelines for Americans.

The cookbook was developed by the San Francisco Department of Public Health, Chinatown Public Health Center, with support from the Nutrition Education and Obesity Prevention Branch (NEOPB).The galloping horse was chosen for the project logo because it symbolizes health, strength and vitality for the Chinese.

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 June and July

CNAP Coordinators Strategic Planning Workshop –June 1
Thinking Outside the Planter Box: Growing and Sustaining School and Community Gardens – June 7
Fostering Partnerships: Supporting Healthful Foods in the Charitable Food Network – June 13
Hop, Jump, Leap! Learn the FUN-damentals of Integrating Physical Activity into Early Care and Education – June 14
Dietary Guidelines for Americans 2015-2020 – June 14
A Culturally Competent Approach to Store Owner Engagement for Retail Intervention – June 16
Healthy Hydration Stations in Schools – June 21
A,B,Cs of Healthy Retail: Fundamentals for Designing a Healthy Retail Program – June 22
Taking the Lead! Youth Teams in Action – June 23
Playground Stencil Kits: Lessons Learned and Best Practices – June 23
Walk this Way! Guidelines for Promoting Walking and Walking Communities – June 29
CNAP Coordinators Web-based Meeting – June 29
We're Better Together: Understanding the Role of Culture in SNAP-Ed – July 12

Build Garden Education by Creating Community Partnerships

During the past three years, the Marin County Health and Human Services' Nutrition Wellness Program (NWP) partnered with the Marin City Community Services District (CSD) to assess the built environment. The Marin County NWP established a community engagement process to ensure community participation in assessing and shaping local changes related to healthy food access.

Marin City was identified as a food desert by a Community of Excellence in Nutrition, Physical Activity and Obesity Prevention (CX3) assessment. This prompted the development of the Marin City CX3's Summer Community Garden for youth attending recreational programs as venues for learning how to grow, harvest and prepare healthy food. During the first year, over 140 children were served.

Accommodating the number of youth interested in attending the community garden classes was a big challenge. The Marin City CX3's gardening program successfully obtained a Marin County NWP Healthy Eating Active Living grant for funding year-round activities, including building a new greenhouse and expanding the container garden program to include raised beds. The gardening program will increase capacity by partnering with Marin County's University of California Cooperative Extension and exploring gardening lessons and Master Gardener programs.

The success of the garden was a result of partnerships and dual use agreements between CSD, county partners and the community. Local businesses and farmers donated materials and seeds. The Manzanita Child Development Center furnished a plot for the garden. The UC Cooperative Extension provided instruction about gardening in pots. While CSD staff helped maintain the garden, the Marin County NWP and the Marin City CX3 gardening program developed the garden, provided classes and expanded enrollment to youth attending the Marin City Recreation Center and the Manzanita Child Development Center.

For more information, contact Elaini Negussie at enegussie@marincounty.org