



Are Your Youth Teams Registered Yet for the 2015 Youth Engagement Forums?

The last of three Youth Engagement Forums for 2015 is being held on Saturday, June 27 in Stockton (San Joaquin County). The forum is sponsored by the California Department of Public Health, Nutrition Education and Obesity Prevention Branch (NEOPB) in collaboration with the Public Health Institute and Institute for Sustainable Economic, Educational and Environmental Design.

Who should attend?

Youth 13 to 18 years of age and their adult allies working on youth engagement activities with a Local Health Department or their subcontractor.

What does the day include?

The Youth Engagement Forum will include interactive activities for the youth to develop skills, strategies, and frameworks that encourage youth to assess and plan youth-driven community changes. Youth attending the forum will explore how the environment affects a young person's health and the health of their community. It will also provide an overall vision of youth engagement, an overview of statewide youth engagement efforts, and information on the Youth Participatory Action Research model and processes.

Forum details:

Youth must pre-register for this free event.

Date: Saturday, June 27

Time: 9:00 AM – 4:00 PM

Location: Stockton (San Joaquin County)

For further information on the forum, or to register your youth teams and adult allies for the event, please contact Dalene Branson at Dalene.Branson@cdph.ca.gov or Eugenio Garcia Jr. at Eugenio.Garcia@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](#) and [TRC Trainings](#).

County Superintendent of Schools Creates School Wellness Policy Template for Local School Districts

The County-wide School Health Advisory Committee (SHAC), comprised of multiple stakeholders in the community and in partnership with the Nevada County Department of Public Health, created a school wellness policy template for their school district which includes two high schools and several alternative schools. The school wellness policy template applies to the schools over which they have jurisdiction, but can also be adopted by all school districts in the county to come into compliance with the new school wellness policy requirements. The County Board of Education adopted the new school wellness policy in September 2014 and by the beginning of October several districts in the county had already updated their school wellness policy using the template.

In December 2014, SHAC partnered with the Dairy Council to present a county-wide training for teachers. The training focused on how, in the context of the new school wellness policy, to integrate nutrition education into core curriculum standards. The training was attended by 20 teachers from elementary, middle and high schools.

The next step from the SHAC is to create a user friendly guide and webpage that provides information to parents, teachers, staff, and the community regarding the school wellness policy. The guide will provide resources for healthy fundraisers, classroom rewards, celebrations and student art work. SHAC continues to seek ways to collaborate on programs to support the implementation of the school wellness policy.

For more information, please contact Lynne Lacroix from Nevada County at Lynne.Lacroix@co.nevada.ca.us.

California's Mandatory Water Reduction and Food-Based Gardens

On April 1, Governor Brown mandated the first ever water reduction by 25 percent in response to California's drought. How does this impact NEOPB-funded school and community garden projects throughout the state? Per the Supplemental Nutrition Assistance Program-Education Guidance (SNAP-Ed), food-based gardening is a cost-effective method for production and consumption of fruits and vegetables. As you continue to maintain existing gardens or plan to build new gardens, we ask that you be mindful of the water restrictions and use water conservation methods.

Now more than ever, using water wisely for gardening projects is crucial. A few tips: Use drip irrigation with a timer (allowable expense for the SNAP-Ed Program) instead of watering with a water hose. Irrigation scheduling involves applying the right amount of water at the right time. Check with your local schools and communities on specific water restrictions to follow in your jurisdiction. Add mulch to your garden to help retain moisture, keep the soil cooler, and keep weeds under control. There are some herbs and vegetables that can tolerate drier conditions and higher temperatures. Some of these include: asparagus, beans, broccoli, cabbage, melons, peppers, spinach, tomatoes and woody stemmed herbs (i.e. oregano, rosemary, thyme).

For more specific gardening tips and information, contact your local University of California Cooperative Extension – Master Gardener program or other local partners.

Save the Date for Champion Alliance Workshops



Save the Date!
The **2015 Champion Alliance Workshop**
is Coming to an Area Near You
10 a.m. to 3:30 p.m. | Sacramento, San Jose, Fresno, Orange County

**CHAMPIONS
for CHANGE™**

 For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer.

Runyon Saltzman Einhorn and NEOPB's State Media and Public Relations Unit will host four Champion Alliance Workshops during July and August. The workshops are intended for LHDs, Champion Moms and others to receive training and technical assistance on available tools and resources to help increase participation, recruitment and engagement.

Please make a note of the workshop nearest to the community you serve. You will receive an email in the coming weeks that will include additional details and a registration link. Below is a list of tentatively scheduled locations and dates.

- Sacramento - July 16
- San Jose/Santa Clara - July 21
- Fresno - August 4
- Orange County - August 11

For more information, please contact us at NEOPB_MediaPR@cdph.ca.gov.

NEOPB Communications Resource Library Update

The NEOPB would like to announce a new resource link that is available on the Communications Resource Library for the SNAP-Ed Connection Photo Gallery. The gallery features photo categories such as: Shopping, Family and Nutrition Education just to name a few.

To view all the categories available, visit the website at:
<http://www.cdph.ca.gov/programs/cpns/RL/Pages/Images.aspx>