

Keep an Eye Out for *Be Better* Advertisements

All Champions For Change *Be Better* advertisements for radio, television, digital and billboards are currently running throughout the state.

The television and radio *Be Better* advertisements are also accessible on the California Department of Public Health (CDPH) website. Visit the link below:

<https://www.cdph.ca.gov/programs/cpns/RL/Pages/Media.aspx>

We hope these advertisements supplement your on-the-ground efforts to encourage others to make small changes to *Be Better!*

For more details, contact Ignacio Romero at Ignacio.Romero@cdph.ca.gov or 916-552-9883, or Elias Muniz at Elias.Muniz@cdph.ca.gov or 916-552-9932.



California SNAP-Ed Training Resources

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

[Events](#)

[Event Highlights for July and August](#)

We're Better Together: Understanding the Role of Culture in SNAP-Ed – July 12

Local School Wellness Policies Basics: What You Need to Know to Put Your Wellness Policy in Place – July 20

2016 Champion Alliance Workshop – August 9 (Sacramento), August 17 (Garden Grove)

A,B,Cs of Healthy Retail: Fundamentals for Designing a Healthy Retail Program – August 23
Recruiting and Engaging Youth – August 25

SNAP, Crackle and Learner Centered Education – August 25

Addressing Oral Health Inequities

Tooth decay is one of the most common chronic illnesses for school-aged children in the United States. Studies have found that Latino children in California have disproportionately lower oral health outcomes and less access to dental care than any other ethnic group in the state.

Despite the lack of appropriate data on Native Americans in California, we know nationally, American Indian and Alaska Native children are four times more likely to have tooth decay than White children, and two times more likely than Hispanic and Black children.

Advancing equity in Oral Health requires multiple approaches to address the issues that contribute to poor oral health outcomes in low-income, communities of color. Strategies include: education, systemic changes, culturally and linguistically competent oral health care, and addressing the social and environmental factors.

One of the leading contributors to tooth decay is the amount of sugar in the diet.

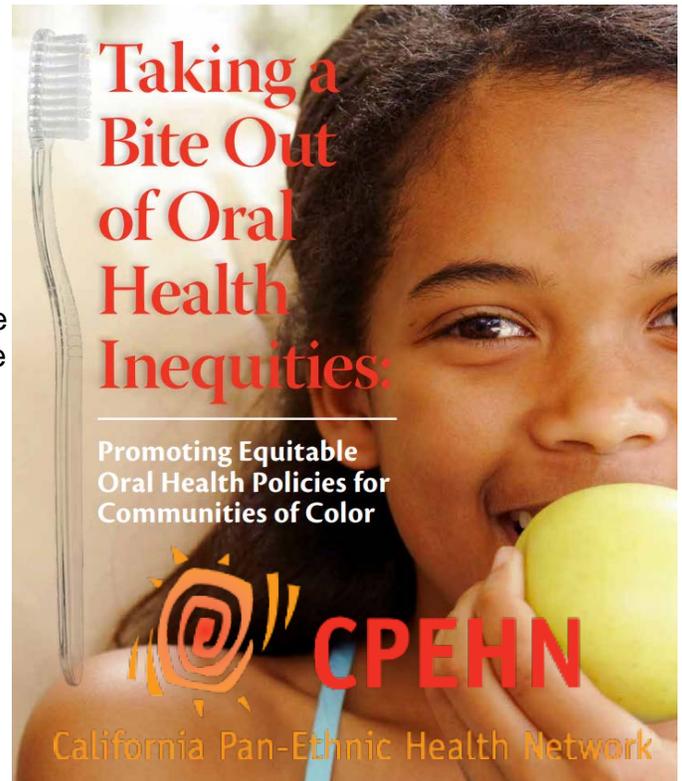
The Rethink Your Drink (RYD) program is a great way to educate and inform your communities about the amount of sugar found in beverages. With activities to encourage consuming more water, milk, and limiting amounts of 100% juice, RYD has the materials and information to help reduce negative Oral Health outcomes in communities of color.

The Nutrition Education and Obesity Prevention Branch (NEOPB) encourages all LHDs to utilize its RYD program because it offers many materials, resources, and activities to educate communities. NEOPB staff are ready to assist you.

The California Pan-Ethnic Health Network (CPEHN) works to ensure all Californians have access to quality care and can live healthy lives. For more information and references, please visit the link below regarding Oral Health Inequities in communities of color:

<http://cpehn.org/resource/taking-bite-out-oral-health-inequities-promoting-equitable-oral-health-policies-communities>

For more details, contact Jake Hanson at Jake.Hanson@cdph.ca.gov or 916-449-5488.



Third Quarterly Progress Report for SNAP-Ed Program

July 15 is the deadline to submit the Third Quarterly Progress Report to your Project Officer.

We look forward to reading about your successes, best practices, challenges, barriers, and identified solutions to challenges.

The information you share from the progress reports are included within the State Plan report that CDPH submits to the United States Department of Agriculture (USDA)/Food and Nutrition Service/USDA Western Regional Office.

For clarification or questions, please contact your assigned Project Officer.

New NEOPB Asian Recipe Cards Now Available on Web StoreFront

The NEOPB announces three new Asian recipe cards available on the [Web StoreFront](#).

These recipe cards consist of Brown Rice with Sizzling Chicken in Chinese and English; Bun Thit (Rice Noodle Salad Bowl) in Vietnamese and English; and Fresh Chicken with Mustard Greens in Hmong and English.

Share these tasty recipes to provide you healthier ways of cooking with fruits and vegetables.

For more details, please email your questions to NEOPBCUSTOMERCARE@cdph.ca.gov



Brown Rice with Sizzling Chicken

Makes 4 servings.

Ingredients

- 3 1/2 cups hot cooked brown rice
- 3 tablespoons low-sodium soy sauce
- 1/4 cup water
- 1 tablespoon hoisin
- 1 tablespoon cornstarch
- 1 tablespoon canola or corn oil
- 1 pound boneless skinless chicken breast, cut into 1-inch cubes
- 2 cloves garlic, minced
- 1 small white onion, cut into wedges (about 1 1/2-inch thick)
- 3 medium carrots, peeled and thinly sliced diagonally (1 cup total)
- 1 1/2 cups small broccoli florets
- 1 medium red bell pepper, cut into 1-inch pieces

Prep time: 10 minutes **Cook time:** 20 minutes (excluding rice)

Preparation

- Mix soy sauce, water, hoisin, and cornstarch in a small bowl; set aside.
- Heat oil in a wok or large skillet.
- Add minced garlic; sauté about one minute until garlic is golden.
- Add chicken; cook about 5-6 minutes, then push chicken to side.
- Add onions to center of skillet; cook until slightly tender and push to side.
- Continue with carrots, broccoli, and peppers separately, placing each in center of pan, cooking until slightly tender and pushing to side.
- Pour soy sauce mixture into center of skillet. Loosely other ingredients at sides of pan. Stir season until 8 minutes.
- Mix in with vegetable and chicken.
- Serve immediately over cooked brown rice.

Nutrition information per serving:
 Calories 612, Carbohydrate 75 g,
 Dietary Fiber 6 g, Protein 24 g,
 Saturated Fat 4 g, Trans Fat 0 g,
 Cholesterol 47 mg, Sodium 1044 mg

Cost per serving: \$1.67
Cost per recipe: \$6.68

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Bun Thit (Rice Noodle Salad Bowl)

Makes 4 servings.

Ingredients

- 1/4 pound pork butt, partially frozen, then thinly sliced
- 2 cups sliced carrots and dill pickle (pickle or pickle of home*)
- 1/2 cup sliced purple rice vermicelli
- 2 tablespoons vegetable oil

Marinade

- 2 shallots or scallions, minced
- 2 garlic cloves, minced
- 1/2 tsp or 1/2 tsp or 1/2 tsp or 1/2 tsp
- 2 tablespoons fish sauce
- 1/2 cup rice wine vinegar
- 1/2 cup rice wine vinegar

Salad Topping

- 2 cups many bean sprouts (for safety place in boiling water for 1 minute, rinse and drain)
- 1/2 head green leaf or romaine lettuce, shredded
- 1 bunch cilantro
- 1 bunch mint
- 1/2 cup sliced peanuts, roughly chopped

Sauce on the Side

- 1/2 cup soy sauce
- 1/2 cup soy sauce

Prep time: 25 minutes **Cook time:** 5 minutes (excluding marinating)

Preparation

- In a large bowl, mix together pork, shallots, or scallions, garlic, chili peppers, sugar, fish sauce, lime juice, and pepper. Set aside to marinate for 15-30 minutes.
- Place rice vermicelli in a heat proof bowl and pour boiling water over them. Let soak for 5-8 minutes until softened through. Drain, rinse in cold water, set aside.
- Heat oil in a sauté pan or wok over medium-high flame. Remove pork from marinade and sauté quickly until just cooked through, about 2 minutes. Remove from heat.
- Plate as in sample photo.
- Sprinkle peanuts over each dish and serve with more chile on side.

Nutrition information per serving:
 Calories 549, Carbohydrate 75 g,
 Dietary Fiber 2 g, Protein 29 g, Total Fat 17 g,
 Saturated Fat 3 g, Trans Fat 0 g,
 Cholesterol 50 mg, Sodium 686 mg

Cost per serving: \$2.40
Cost per recipe: \$9.60

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Fresh Chicken with Mustard Greens

Makes 6 servings.

Ingredients

- 4 1/2 cups hot cooked brown rice
- 1 whole fresh chicken
- 10 cups water
- 1 stalk lemongrass
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bunch of mustard greens (1 lb., about 7 1/2 cups)

Prep time: 10 minutes **Cook time:** 30 minutes (excluding rice)

Preparation

- Clean and chop chicken into about sixteen pieces.
- In a medium-sized pot bring water to a boil.
- Add lemongrass, salt and pepper.
- Bring water back to a boil and add chicken pieces.
- Boil 15 minutes (do not over-cook chicken).
- Add greens, and cook a few more minutes.
- Remove lemongrass and serve with brown rice.

Nutrition information per serving:
 Calories 654, Carbohydrate 38 g,
 Dietary Fiber 5 g, Protein 37 g, Total Fat 27 g,
 Saturated Fat 6 g, Trans Fat 0 g,
 Cholesterol 157 mg, Sodium 335 mg

Cost per serving: \$1.45
Cost per recipe: \$8.70

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Technology of Participation®

ToP

Coming this summer...

ToP Facilitation Methods Training

Technology of Participation - ToP®

ToP Facilitation Training is coming to each of the 7 Service Areas this summer. The three part ToP Facilitation Methods course is being offered to SNAP-Ed LIA staff as three separate courses to be rolled out in each of the 7 Service Areas between July and September, 2016.

Overview

ToP training utilizes structured methods to enhance one's facilitation and leadership skills. Structured facilitation methods help groups think, talk and work together. ToP® is a series of courses designed to equip meeting leaders and participants with methods and tools for efficient and effective team meetings. The ToP® methods are extremely versatile and can be used in any setting to help teams come to consensus, create meaningful discussion, build action plans, enhance creativity, and forge team spirit.

Who Should Attend?

Suggested participants include SNAP-Ed directors and coordinators, especially IWP and CNAP coordinators, and other SNAP-Ed LIA staff who play a key role in program planning and coordination efforts. SNAP-Ed partners, team leaders and others who need to lead small groups to create effective organization plans may also be eligible to attend.

July, 2016

#1. Focused
Conversation
Method

August, 2016

#2. Consensus
Workshop Methods

September 2016

#3. Accelerated
Action Planning

Additional information is available via the [NEOPB Training and Events Calendar](#). For more details or questions, contact Sarah.Lee@cdph.ca.gov or Annette.Dipirro@cdph.ca.gov

Success Story: Ready Set Swim!

The “Ready, Set, Swim” program is a fun and innovative way to combine physical activity, nutrition education, and water safety all in one.

The abundance of pools in the Coachella Valley, along with countless child drownings and near drownings, prompted several local organizations to develop a program to address water safety in order to promote physical activity, and provide children with lifelong water safety skills.

With the help of the City of Palm Springs and the Desert Healthcare Foundation, funds were raised to implement the program. Palm Springs Unified School District (PSUSD), Desert Recreation District and the Boys and Girls Club provided essential components such as transportation, swim instructors and facilities to make this collective partnership function seamlessly.

The “Ready, Set, Swim” program is aimed at third graders. It is designed as an eight-day afterschool program hosted at the local community wellness center and pool. Children attend two hours a day over the course of two weeks: one hour focused on swimming skills and physical activity, and the second hour focused on nutrition education.

Student and adult nutrition education was provided by several NEOPB-funded subcontractors.

During the two-week sessions, children and family members participated in a wealth of nutrition activities, including *RTY*, *Harvest of the Month*, *PowerPlay*, and *MyPlate* with taste tests of various fruits and vegetables. At the program graduation, a parent component of a RTY class was offered in English and Spanish.

The “Ready, Set, Swim” program graduated a total of 471 children during its initial year.

The success of the “Ready, Set, Swim” program caught the attention of local media, and was featured in local television news and newspapers.

Nominated by the Riverside County Department of Public Health, the program was featured in a success story video produced by the University of California San Diego Center for Community Health and Lan Media Productions.

View the video by visiting the link below:

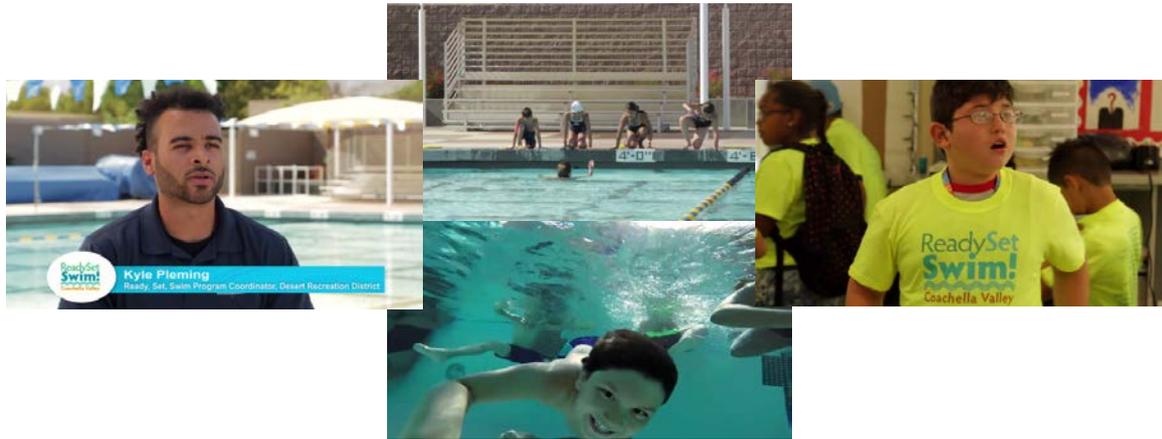
<http://ucsdcommunityhealth.org/news/new-success-story-videos/>



Success Story - Continued from Page 5

Future plans for the program are very promising. Local organizations and the PSUSD have committed to support the program indefinitely, and are seeking potential partners and funding to expand the program to the other schools and community pools throughout the Coachella Valley. Future plans include water safety classes for parents from trained personnel such as emergency first responders and the Riverside County Injury Prevention Program.

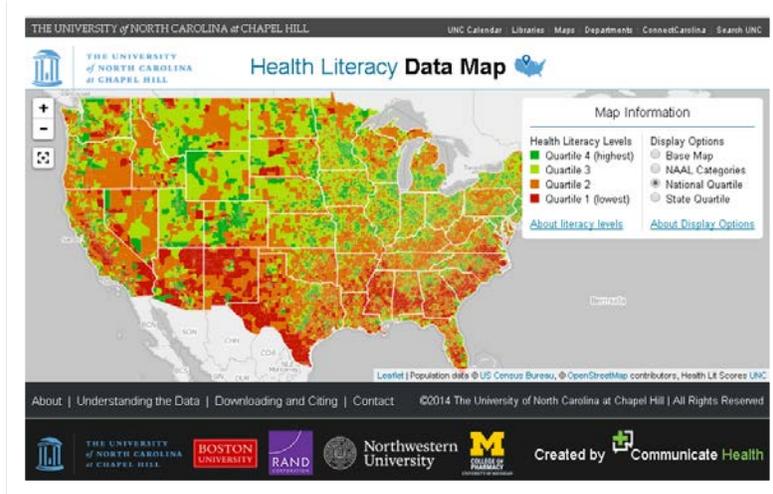
For more details, contact Alejandro Espinoza at aespinoza@dhcd.org or 760-323-6166.



Health Literacy Data Map Resource

A unique website can provide you with an interactive, searchable national map of health literacy estimates for over 200,000 census block groups in the United States. This resource will inform your obesity prevention interventions. To access this website and check your county's estimated literacy levels, visit: <http://healthliteracymap.unc.edu/#>

For more details, contact Gang Fang at Gang_Fang@unc.edu or Stacy Cooper Bailey at ScBailey@unc.edu



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