

Champion Press



A healthy dose of news about the *Network for a Healthy California*.

December 2008

As the New Year approaches, we often reflect back on the year that has past. This year has been challenging with the National economic crisis, especially for the low-income families we serve. But through it all, you have continued to be Champions and recognize that you are the change agents that empower Californians through these struggles. You have helped those we serve understand that even though times have been tough, they can do it. They can stand up for healthy changes and make a difference. So from all of your *Network* friends and colleagues, we thank you and wish you a very Happy Holiday and best wishes for the New Year!

In This Issue

- ↓ [Champion Mom News](#)
- ↓ [Regional *Network* News](#)
- ↓ [LIAs in the News](#)
- ↓ [Network News](#)
- ↓ [Information of Interest](#)
- [Network Calendar of Events](#)

Champion Mom Successes

Angeline Lee, a Champion Mom from the *Network for a Healthy California—Los Angeles Region* truly has what it takes to be a Champion. Ms. Lee's inspiring, heartfelt story is written in her own words, and will be highlighted in a book to be published in fall 2009.

The book, titled *Legacy: looking forward to what we leave behind*, is being developed by YellowBrickRoad, a communications agency that assisted the *Network* in the re-branding efforts. YellowBrickRoad was inspired by the many Champion Moms creating change in their families and communities throughout California, and asked Angeline to submit her story on the legacy of healthy living she wants to leave behind for her children. Her story highlights the struggles and barriers she has faced and how she has overcome them to be a Champion for Change.

The *Network* is proud to have such a strong, empowering Mom represent us and show others that they can overcome barriers and be Champions for Change too! *Legacy* is expected to be published in fall 2009.



Regional Network News

Central Coast Region- The Monterey County Department of Social and Employment Services (DSES), a Champion partner of the *Network for a Healthy California—Central Coast Region* won the United States Department of Agriculture’s 2008 Hunger Champion Mentor Award. This partner is an instrumental player in the *Central Coast Region’s* Collaborative and has been dedicated to incorporating the *Network’s* Food Stamp Office Resource Kit materials in the region’s food stamp offices. DSES has connected with local organizations such as Pajaro Sunny Mesa, the Probation Department and WIC clinics to provide information on food stamps, linkages to community services and other public assistance benefits available to low-income families in need.

In 2007, outreach staff worked at 632 sites providing enrollment information and assistance to 47,019 people in the region. During the same time, the number of food stamp households increased 7.5 percent over the previous year. DSES credits their success to the presence and credibility of their outreach staff.

Congratulations to DSES and the *Central Coast Region* for their dedication in being Champions for Change!

LIAs in the News

College Park Elementary earns top county prize in the Governor’s Challenge

College Park Elementary School, a *Network* Local Incentive Awardee from the *Network for a Healthy California—Orange County Region* was awarded the top county prize of \$5,000 for their participation in the Governor’s Challenge. This cash prize will go toward the purchase of physical activity equipment for the students. In celebration of their victory, College Park Elementary devoted an entire day to physical activity on November 12, 2008, where students were able to participate in several physical activity stations and visit the *Network’s* nutrition education booth.

Students from the *Network for a Healthy California—Hawthorne Unified School District* “Feed the Candy Monster”

Mandy Richardson and Julie Brown from the *Network for a Healthy California—Hawthorne Unified School District* encouraged students from Ramona Elementary School and Bud Carson Middle School to bring their leftover Halloween candy to school and “Feed the Candy Monster” on November 3 – November 7, 2008. Richardson and Brown provided students with nutrition education lessons, emphasizing the importance of healthy eating during the holidays. The event was a huge success with over 450 pounds of candy collected! It is estimated the students saved themselves 920,000 calories! The candy has been delivered to Operation Gratitude, a non-profit organization that sends personalized care packages to U.S. troops deployed around the world.



Network News

Network updates the Food Stamp Office Resource Kit

Two years after the success of the original Food Stamp Office Resource Kit, the *Network* has updated the materials and produced the Food Stamp Office Resource Kit 2 (FSORK-2). The FSORK-2, which will be distributed to approximately 200 California food stamp offices in January 2009, contains a new and improved 20-minute DVD, 8 different recipe cards, nutrition education pamphlets and a new poster. All materials will be available in English and Spanish.

Information of Interest

American Dietetic Association (ADA) releases findings from *Nutrition and You: Trends 2008*

Nutrition and You: Trends 2008, ADA's nationwide consumer opinion survey was previously conducted in 1991, 1993, 1995, 1997, 2000 and 2002. It provides insights into people's attitudes, knowledge, beliefs, and behaviors regarding food and nutrition, and trends and provides an understanding of how consumers' attitudes and behaviors have evolved over time.

To view a summary of the 2008 findings, visit http://www.eatright.org/ada/files/Overall_Findings_ADA_Trends_2008.pdf.

For additional information, visit the ADA's Web site at www.eatright.org.

United States Department of Agriculture (USDA) releases annual food security report

The report, *Household Food Security in the United States, 2007*, shows approximately 691,000 children went hungry in the U. S. sometime in 2007 while close to 1 in 8 Americans struggled to feed themselves adequately. The number of adults and children suffering from hunger in 2007 was slightly up from 2006 (36.2 million to 35.5 million, respectively). The families with the highest rates of food insecurity were headed by single mothers (36.2%), African American households (22.2 percent), Hispanic households (20.1 percent) and households with incomes below the official poverty line (37.7 percent).

The full report can be found at <http://ers.usda.gov/Publications/ERR66/ERR66.pdf>.

The information provided here is for general information purposes only. The views expressed are not necessarily those of the *Network for a Healthy California (Network)*. The *Network* has taken all reasonable measures to ensure the material provided is correct. However, the *Network* gives no warranty and accepts no responsibility for the accuracy or the completeness of the material.

Visit us online at <http://www.networkforahealthycalifornia.net>.

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.