CSUN CalFresh Healthy Living

A Nutrition Education and Physical Activity Program

NEWSLETTER

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VIRTUAL NUTRITION EDUCATION CLASSES

The CSUN CalFresh Healthy Living team has partnered up with the West Valley Boys and Girls Club (WVBGC), one the only sites still open during the pandemic, to offer FREE virtual nutrition education classes via the zoom platform.

The classes will be held on the following **Wednesdays**: April 15, April 22, April 29, May 6 and May 13. Two classes will be held: 11 AM for **Elementary** School students and 12 PM for **Middle** School students. Classes are for WVBGC members only.

The CSUN CalFresh Healthy Living team got approval to host "live" classes that will be available to the public via Instagram and Facebook. Classes will be held in both English and Spanish. As well as, continuing to post relevant information on both platforms.

Click here for our Instagram page!
Click here for our Facebook page!

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Funded by USDA SNAP, an equal opportunity provider and employer.
Visit CalFreshHealthyLiving.org for healthy tips.

RETHINK YOUR DRINK DAY

Rethink Your Drink Day is a Statewide Day of Action designed to teach Californians about the benefits of drinking water instead of sugary drinks.

It was originally tentatively scheduled to be hosted on May 13, 2020.
It is currently being placed on hold.

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TIPS FOR PICKING THE BEST CANNED GOODS

Watch for Sodium

Sodium is usually added to canned foods to preserve them. Look for low-sodium, reduced-sodium or no-salt-added labeled foods. Drain and rinse canned veggies to reduce sodium even more.

Watch for Added Sugars

Look for fruits that are canned in water, its own juice, or light syrup. Drain and rinse canned fruits to reduce sugars even more.

Delicious Uses

Add drained cans of corn, tomatoes and pinto beans or any other vegetable to low-sodium chicken broth for a super-fast and filling vegetable soup.

Use a blender, food processor or a fork to smash drained and rinsed garbanzo beans, or any beans, to dip carrots and other vegetables into; add a little lemon juice and garlic powder for some zip.

Serve canned fruit as a dessert topped with low-fat, no sugar-added yogurt; or top whole grain cereal with canned fruit.

Compare Before Purchasing

Non-Reduced Sodium vs. Reduced Sodium

Nutrition Facts

2 servings per container

Serving size	**1 cup (237mL)**
Amount per serving	
Calories	**160**
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 680mg	**28%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 8g	**32%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 7g	

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Calories	**160**
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 340mg	**14%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 8g	**32%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 7g	

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THREE SISTERS SALAD

Makes 4 servings
1 cup per serving

Calories: 220
Total Fat: 1 g
Saturated Fat: 0 g
Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 200 mg
Total Carbohydrate: 43 g
Dietary Fiber: 13 g
Protein: 11 g

INGREDIENTS

- 1 (15-ounce) can beans, such as black, kidney, or garbanzo beans
- 1 (11-ounce) can corn with red & green peppers, drained or 1 cup fresh or frozen corn, thawed
- 1 small zucchini, chopped
- 1 tablespoon chopped cilantro
- 2 tablespoons lime juice (about ½ a lime)
- 1 jalapeño, seeds removed and finely chopped (optional)

PREPARATION

1. Carefully open can of beans. Drain beans and pour into a medium bowl.
2. Add corn, zucchini, cilantro, lime juice, and jalapeño (optional).
3. Stir to combine.Serve right away.

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WEBINARS

Cross-Sector Collaboration: Making Partnerships Work for Your Community

Tuesday, April 14, 2020, 10:00 am

Cross-sector collaboration is a term used to describe a process where various community organizations come together to collectively focus their expertise and resources on a complex issue of importance to a community they serve. The cross-sector collaborative may address issues of physical health, behavioral health, and social determinants of health such as transportation, housing, and food insecurity that are impacting the health of the community. **Register here.**

Usual Bedfellows: Expanding and Developing New and Different Partnerships

Wednesday, April 15, 2020, 11:00 am

Join America Walks for a free webinar to explore how partnerships have been fundamental to the designing, developing and place making of livable, walkable communities. With the increasing evidence of the multiple benefits of walkability, we have an opportunity to expand our partnerships further and broader. This webinar is intended for those just starting out on the walking path as well as those interested in learning more about the topic. **Register here.**

Afterschool Meals Matter

Thursday, April 16, 2020, 10:00 am

Sponsors and children both benefit when year-round meals are provided seamlessly in communities through the Summer Food Service Program and Afterschool Meal Program, and March is the perfect time to finalize plans for moving from afterschool to summer meals. This webinar will cover best practices, streamlining opportunities, and new resources for establishing strong, financially viable year-round meal programs. **Register here.**

FUNDING OPPORTUNITIES

No Kid Hungry Emergency Relief Grants

Close Date: NOT DISCLOSED

The coronavirus is closing schools and workplaces nationwide. Vulnerable children are losing the school meals they depend on, and low-income families are struggling with lost wages. We're offering emergency grants to support local school districts and nonprofit organizations in their efforts to ensure kids get the nutritious food they need. This grant request is specifically for school districts and community organizations to submit an inquiry for grants to support nutrition programs in their communities. **Click here to apply.**

Gus Schumacher Nutrition Incentive Program

Close Date: May 18, 2020

To support projects to increase the purchase of fruits and vegetables among low-income consumers participating in the Supplemental Nutrition Assistance Program (SNAP) by providing incentives at the point of purchase. The program will test strategies that could contribute to our understanding of how best to increase the purchase of fruits and vegetables by Supplemental Nutrition Assistance Program (SNAP) participants. **Click here to apply.**

FUNDING OPPORTUNITIES

USDA Regional Food Systems Partnerships

Close Date: May 26, 2020

The Regional Food System Partnerships (RFSP) program supports partnerships that connect public and private resources to plan and develop local or regional food systems. Effort is focused on building and strengthening local or regional food economy viability and resilience by alleviating unnecessary administrative and technical barriers for participating partners. **Click here to apply.**

USDA Farmers Market Promotion Program

Close Date: May 26, 2020

The Farmers Market Promotion Program (FMPP) funds projects that develop, coordinate and expand direct producer-to-consumer markets to help increase access to and availability of locally and regionally produced agricultural products by developing, coordinating, expanding, and providing outreach, training, and technical assistance to domestic farmers markets, roadside stands, community-supported agriculture programs, agritourism activities, online sales or other direct producer-to-consumer (including direct producer-to-retail, direct producer-to-restaurant and direct producer-to-institutional marketing) market opportunities. A 25% match is required. **Click here to apply.**

USDA Local Food Promotion Program

Close Date: May 26, 2020

The Local Food Promotion Program (LFPP) funds projects that develop, coordinate and expand local and regional food business enterprises that engage as intermediaries in indirect producer to consumer marketing to help increase access to and availability of locally and regionally produced agricultural products. Grants can be used for the planning stages of establishing or expanding a local and regional food business enterprise or to improve or expand a food business that supports locally and regionally produced agricultural products and food system infrastructure by performing feasibility studies, market research, training and technical assistance for the business enterprise and/or for producers working with the business enterprise. A 25% match is required. **Click here to apply.**

READING OPPORTUNITIES

LA Area COVID-19 Resources and Responses

LA2050 has put together a list of local resources to assist Angelenos during the COVID-19 crisis. **Click here to access the various resources and services.**

FDA Loosens Nutrition Facts Labeling Requirements to Help Restaurants Sell Unused Food

Last week, the Food and Drug Administration (FDA) issued guidance that would make operating these restaurants-turned-retailers much easier: The agency announced it would waive nutrition facts labeling requirements for all packaged foods they sell on site. **Click here to ream more.**

Coronavirus Relief Plan

President Trump approved a multibillion-dollar emergency aid package in response to the coronavirus outbreak that includes more than $1.2 billion in nutrition assistance for low-income Americans. Under the plan, $500 million is set aside for food aid for pregnant women and mothers under what is known as the Special Supplemental Nutrition Program for Women, Infants and Children — or WIC — while $250 million will support home-delivered and prepackaged meals to millions of seniors. **Click here to read the article.**