



ANNOUNCEMENTS

- Running out of CalFresh Healthy Living supplies? Looking for new resources to share? California Department of Public Health (CDPH) has CalFresh Healthy Living cookbooks, posters, and recipe cards available to order! You can use these at classes, demos, tabling events, or however you'd like.
- Look through this [order form](#), check off the items you'd like, and submit the form. Our team will then fulfill your order on the web storefront and the items will be shipped directly to your campus.
- Please note: Some items may be out of stock. We will do our best to order the items and quantities you select. Once your order is submitted by our team, we will follow up with you to let you know.

HIGHLIGHT

CSU East Bay's Peer Advocates for Wellness hosted a single-session lunch and learn with the Build a Healthy Plate lesson plan. The peer health educators led participants through how to put together balanced meals using the MyPlate model, and discussed how to balance their food choices and physical activity to suit their individual needs. The workshop was held in the campus dining commons during the lunch service, so after the workshop, all participants ate their lunches together and talked about the experience of putting their new MyPlate knowledge immediately into action. Through a facilitated discussion, participants talked about the different choices they made based on their new knowledge and shared tips with each other about how they can plan MyPlate meals at home without a buffet to choose from.



UPCOMING EVENTS AND TRAININGS

- [Food Smarts for College Students: Training for Pilot Implementers](#) - Thursday, March 23rd @3pm-4:30pm
- [Leah's Pantry Nutrition Pantry Program for Implementers](#) - Thursdays, May 11th, May 25th, & June 8th @10am-2pm - Register [Here](#)

ORANGE SUNSHINE SMOOTHIE

- 2 oranges
- 2 Grapefruits
- 2 bananas
- 1 C nonfat plain yogurt
- 1 tsp vanilla , extract

1. Peel the bananas, oranges, and the grapefruit.
2. Combine all ingredients in a blender.
3. Blend until smooth.

RESOURCE SHARING

As some of you may already know, the California Department of Public Health (CDPH) Harvest of the Month (HOTM) website no longer exists. Because of that, we can no longer access the HOTM newsletters, which we understand many of you use for your HOTM events.

However, fear not! We were able to save most of the CDPH HOTM Newsletters on our BOX drive. You can download them all and save them on your end if you'd like.

- [Educator](#) (English)
- [Family](#) (English), [Family](#) (Spanish)
- [Community](#) (English)

Looking for a Knife Skills demonstration video to share with your participants during your lessons? Click [here](#) for a Cooking Matters Tips for Teaching: Knife Skills and Safety video.

We have created a [cooking equipment list](#)! This list includes all the equipment and supplies you would need for your next cooking lesson and/or tasting. This list also includes links to purchasing recommendations and the estimated cost of the items. Lastly, we've also included a column where we will soon link recipe recommendations that would pair nicely with each equipment listed. Please remember if you plan to purchase any of these items, you do need a kitchen equipment/kitchen line item in your budget. Please reach out to your Fiscal Analyst with questions.

CAMPUS UPDATE

Leah's Pantry Food Smarts Modified Curriculum for College Students Update:

- Center for Healthy Communities met with Leah's Pantry and we shared our combined feedback with them. They will be making the appropriate changes based on the feedback.
- We have received IRB approval for the curriculum changes. However, we are still finalizing the evaluation tool to match the new curriculum.
- We are also looking into receiving permission from CDPH to be able to use the Leah's Pantry Food Smarts modified curriculum lessons for single sessions, after we pilot it as a series.
- Currently, our pilot start is still April 1st as a series. Furthermore, when you do use this modified curriculum, interactive modification and resource add-ons are approved.
- We are organizing an implementer training with Leah's Pantry, for all campuses on Thursday, March 23rd @3pm-4:30pm. This training discussion would be an add on to the existing Leah's Pantry Food Smarts facilitator training. Join us for the meeting! Click [here](#) for the zoom link.
- Fun Fact: The original Leah's Pantry Food Smarts curriculum is approved for single session use.



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

Center for Healthy Communities, Chico