



ANNOUNCEMENTS

- Leah's pantry is working on a revised curriculum for college students based on focus group feedback. Lessons will move away from general nutrition topics toward specific applications like prioritization of efficient cooking skills and recipes for day-to-day student life and will include the use of group conversation to explore the meaning and relationship to food, nourishment, and independent living. Lessons will be developed for one-pot meals, microwave cooking, using spices and seasonings, lunch on the go, healthy snacks, cooking with meat, weekend meal prep, cooking with a recipe, and nutrient dense foods for mood and energy. We anticipate it being ready in February 2023.
- Please note:** If your team is looking into taking the Leah's Pantry Food Smarts training, it will not be available until February 2023. We recommend your team presents indirect single session lessons until the training becomes available again. For more information or guidance, please contact your TA lead.

HIGHLIGHT

During Hispanic Heritage Month, Fresno State partnered with the Cross Culture and Gender Center on campus to host a "Salsa and Salsa" workshop. Students joined for an in person nutrition education presentation and cooking demonstration where they made salsa, all while listening to salsa music from Latin America and the Caribbean.



UPCOMING EVENTS AND TRAININGS

- Quarterly All Campus meeting - Friday, Dec 2nd @10 AM - 11:30 AM - Please respond to the calendar invite!
- Direct and Indirect workshop - [presentation slides](#)
- Direct and Indirect workshop - [live recording](#)
- [Civil Rights training](#)

APPLE CHEESECAKE DIPPERS

- 1/4 cup honey nut cereal
 - 1/4 cup whipped cream cheese
 - 1 apple
1. Slice apple
 2. Crush cereal into tiny crumbs
 3. Mix cereal crumbs with whipped cream cheese to make cheesecake dip
 4. Serve cheesecake dip with apple slices
 5. Enjoy!

RESOURCE SHARING

Join Leah's Pantry EcoChallenge! It's a free CFHL-funded virtual platform to help us save food from going to waste. EcoChallenge is a statewide initiative and can pair well with existing programs, such as gardening projects, nutrition education classes, PSEs in various settings, or indirect education events.

In this challenge, CFHL participants will be able to:

- Track household food waste
- Join a team (and be a team captain!)
- Learn ways to plan, shop, and cook to get the most out of their food
- Share achievements and track progress
- Earn points and win prizes

If you're interested in collaborating with Leah's Pantry and piloting EcoChallenge on your campus, click [here](#) to fill out the interest form.

We are aware some campuses are interested in participating in this initiative and possibly becoming a pilot implementer. Because of this, we plan on further exploring this initiative at our Quarterly All Campus meeting. Please join us if you can!

CAMPUS UPDATE

Our quarterly All-Campus meeting has been scheduled for Friday, Dec 2nd 10am-11:30am. Please respond to the calendar invite, if you haven't already. We hope you are able to join us for the All-Campus meeting. This meeting will be an opportunity to share and learn from each other.

Here is a list of what we plan to discuss: (A formal agenda will be shared soon)

- Update about FoodSmarts adaptations and development of a curriculum workgroup
- Planning your PSE strategy for FFY 2023
- Planning for Culturally appropriate lessons and recipes
- Successes and Challenges

This is a reminder to all CFHL team members (new and existing) to complete your **Civil Rights training** for FFY 2023. The Civil Rights training is now being hosted by Leah's Pantry. In order to access the training, you must first create an account. You will then find the training in the course catalog and add it to your account to complete.

However, if you already have a Leah's Pantry account, you might not be able to access the Civil Rights training. If that is the case, please notify your TA lead and they will contact Leah's Pantry to add the training to your account.

