



ANNOUNCEMENTS

Friendly Reminders:

- Finalize your PSE concept by the end of January. Your TA lead will connect with you and frame your concept to a PSE approved strategy.
 - Examples of approved PSE strategies:
 - Access to Healthy Food
 - Behavioral Economics
 - Access to Physical Activity Opportunities
 - Active Transportation
- CFHL CDPH Web Storefront has been updated. Please place an order using our [order form](#) if you are in need of any CFHL material.
 - There are new posters and recipe cards available:
 - Posters -
 - ReThink Your Drink: How much sugar is in your drink?
 - ReThink Your Drink: Choose health. Drink water 12x16
 - And Justice for all En/Sp
 - Recipe Cards -
 - Creole Green Beans
 - Easy Turkey Skillet Dinner
 - ReThink Your Drink: Mango Smoothie
 - ReThink Your Drink: Strawberry Pineapple Lemonade
 - ReThink Your Drink: Cucumber Mint Breeze
 - ReThink Your Drink: Kiwi Berry Blend (English)
 - ReThink Your Drink: Kiwi Berry Blend (Spanish)



RESOURCES

- [CFHL Brand Guidelines Checklist](#) has been updated and now includes a breakdown of the new FFY24 funder statement protocol.
- Nutrition Security Article:
 - [Position of the Society for Nutrition Education and Behavior: Food and Nutrition Insecurity Among College Students](#)

UPCOMING EVENTS AND TRAININGS

- Q1 (10/1-12/31) CFHL Program Report Due: January 1
 - Submit [Direct Ed ATF](#) and [Indirect Ed ATF](#)
 - Submit [Quarterly Narrative](#)
- Q2 (1/1-3/31) CFHL Program Report Due: April 1
- Q3 (4/1-6/30) CFHL Program Report Due: July 1
- Q4 (7/1-9/30) CFHL Program Report Due: October 1

JANUARY RECIPE RECOMMENDATIONS

- [CFHL January EatFresh Recipe Flyers](#)

This recipe flyer follows the CalFresh Healthy Living brand guidelines, and all recipes included are from [EatFresh.org](#). Feel free to download and share with your students on campus.

PROJECT UPDATE

Congratulations to Dr. Virginia Gray from CSU Long Beach for her research paper publication in the Journal of the Academy of Nutrition and Dietetics: [SNAP-Ed Programming for College Students Experiencing Food Insecurity: A Qualitative Process-Focused Evaluation](#)

Scope of Work Goal Numbers for FFY24:	
Single Session:	8
Series Sessions (3-6 classes):	1
Harvest of the Month:	4
Days of Action: Healthy Snack Day & Rethink Your Drink Day	2



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