



ANNOUNCEMENTS

Friendly Reminders:



- The CalFresh Healthy Living 2023 Forum will be held on October 23-25 at the Hyatt Regency Orange County in Garden Grove. We recommend you book your hotel rooms now as rooms are filling up quick!
- Need to order any CalFresh Healthy Living materials for your campus? Fill out this order form and get your supplies for the upcoming school year. We will complete the orders for you and have it sent to you!

Mark your calendars! Instead of participating in a pre-forum session during the CalFresh Healthy Living 2023 Forum, we thought we would do a pre-forum field trip! California State University, Long Beach has graciously offered to host us on Monday, October 23rd from 1pm-4pm. We will be touring their food pantry, basic needs office, grow beach garden, and observing/participating in a cooking workshop hosted in their beach kitchen!

- For all the details and to RSVP to this event, click here!
- If you have any questions regarding this event, please reach out to your TA lead.

CALFRESH HEALTHY LIVING BRAND HIGHLIGHT

This month we would like to highlight the work of California State University, Northridge for their exemplary use of the CalFresh Healthy Living Brand Guidelines in their most recent Harvest of the Month social media post. For any branding questions or support, please contact your TA lead.

Reminder:

- The two approved fonts for CalFresh Healthy Living are Arial and Raleway. Please only use those.

Blueberry Banana Smoothie



Ingredients

- 1 Banana
- 1 cup Blueberries
- 1/2 cup Milk, Unsweetened
- 1 tablespoon Honey
- 1 tablespoon Lime Juice
- 1/4 teaspoon Almond Extract
- 1 cup Ice

Directions

- Add banana, blueberries, milk, honey, lime juice, almond extract, and ice to blender and blend.
- Enjoy!

Serves: 1














UPCOMING EVENTS AND TRAININGS

- CFHL All Campus Meeting - Tuesday, June 27th @11am - 12:30pm - Calendar invite has been sent!
 - [Agenda](#)
 - Campuses are being asked to spend 3-5 minutes presenting their PSE and sharing their progress.
 - Visuals are welcome but not mandatory.
- CFHL Food Smarts Facilitator training - Please let your TA lead know if any staff members on your team need access to this training ASAP

SUMMER FRUIT SALAD

- 4 oranges
 - 1 C strawberries
 - 1 C pomegranate seeds
 - 1 C mint
 - 1/4 C sunflower seeds (raw), unsalted
1. Peel and slice oranges.
 2. Slice strawberries
 3. Cut open pomegranate and remove seeds
 4. Chop mint into small pieces
 5. In a large bowl, add oranges, strawberries, pomegranate seeds, mind, sunflower seeds
 6. Toss until well combined.
 7. Serve and enjoy!

CAMPUS HIGHLIGHT

California State University Dominguez Hills (CSUDH) is known for its diverse student population and commitment to addressing food challenges among students through its Basic Needs initiative. With a significant percentage of Hispanic Latino, Black African American, Asian, and White students, CSUDH recognizes the importance of providing support for underrepresented groups. Giselle Corral, the Food Access Coordinator, plays a crucial role in engaging students through food demos and lessons on Healthy Meal Planning & Prepping. By collaborating with various departments and organizations, procuring local produce, and incorporating hands-on activities, Giselle fosters student engagement and promotes healthy living on campus. Despite challenges such as technical difficulties, her inclusive teaching style and emphasis on student participation contribute to the program's success in supporting students' basic needs and well-being at CSUDH.

For more details on how their implementation of the Leah's Pantry Food Smarts for Colleges Pilot lessons went, click [here](#).



PROJECT UPDATE

In preparation of the CalFresh Healthy Living Forum this year, our team has submitted two presenter applications:

1. In partnership with Leah's Pantry, highlighting the Food Smarts for Colleges curriculum
2. Focusing on our campuses and their PSE efforts as well as providing network opportunities with Local Health Departments (LHD) and other CalFresh Healthy Living funded projects across the state

We have also submitted an application to facilitate a networking table to further connect CalFresh Healthy Living funded programs with the 13 college campuses on this contract. We hope to be approved for all three applications soon. We will update you all as soon as we hear more.

SITE VISITS

As most of you know, our team is in the process of completing site visits at each individual campus on this contract. Our goal is to visit most campuses by the end of September 2023.

TA lead Alyson Wylie and fiscal lead Connor Franklin completed their first site visit at California State University, Sacramento last Wednesday, June 14. They visited the CFO and CFHL offices, the campus food pantry, and observed a Leah's Pantry Food Smarts for Colleges Pilot lesson.

Here are a few photos from their time there:



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Center for Healthy Communities, Chico