



ANNOUNCEMENTS

The CalFresh Healthy Living Forum 2023 is almost upon us! In preparation, we have created a list of [workshop session suggestions](#) for you to attend. Please don't feel obligated to attend the sessions we are suggesting. Choose the sessions you feel best relate to your CalFresh Healthy Living work on your campus.

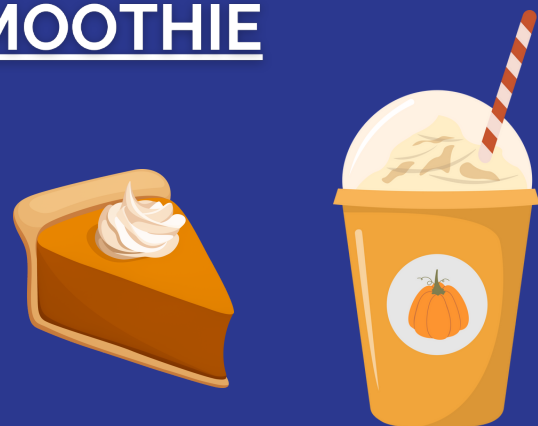
CALFRESH HEALTHY LIVING BRAND HIGHLIGHT

This month we would like to highlight the work of San Francisco State University for their exemplary use of the CalFresh Healthy Living brand guidelines in their most recent nutrition related [social media post](#). For any branding questions or support, please contact Marisela Mendez at mmendez2@csuchico.edu.



PUMPKIN PIE SMOOTHIE

- 1/2 C ice cubes
- 1 tsp vanilla
- 1/4 tsp cinnamon
- 1/2 tsp pumpkin pie spice
- 1/2 C oats, optional
- 1/2 C low-fat milk, or non-dairy alternate
- 1 banana, cut and frozen
- 1/2 C pumpkin puree



1. Measure your ingredients.
2. Place all ingredients into a blender or food processor in the order listed and secure lid.
3. If able, turn the machine on and slowly increase speed to high.
4. Blend for 45 seconds or until desired consistency is reached.
5. Serve with sliced fruit and enjoy!

CAMPUS HIGHLIGHT

Stanislaus State University students had the opportunity to join Basic Needs for a delightful and nutritious experience at a Healthy Snack Day tabling event! The event featured two nourishing on the go snacks: Cuties and Trial mix. With leveraged funds, they were able to provide incentives which included a collection of co-branded CalFresh Healthy Living Healthy Snack Day themed stickers and a reusable strawberry ice pack with their school logo printed on it. As a quick and short activity, students were able to participate by completing the sentence on a Healthy Snack Day pledge card that read “I love to eat healthy snacks like...”. Staff also provided insightful tips on mindful eating and healthy snack alternatives. A total of 85 students shared their healthy snack ideas and had the opportunity to indulge in delicious snacks while prioritizing their health and wellness!



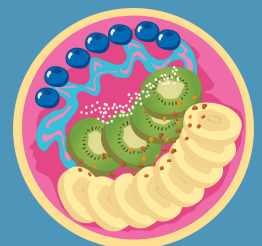
RESOURCES

Looking for simple low and no cost ideas to encourage your students to make healthier choices—both at home and on-the-go?

- Check out the [CalFresh Healthy Living - CDPH Healthy Swaps at Home](#) page. It includes various healthy swaps and tips. This page also provides swaps and tips in regard to water, snacking, and cooking.

This page also includes more resources on these various topics:

- [Water Your Way](#)
- [One-Dish Dinners](#)
- [10 Minute Workouts](#)
- [Easy Yoga Moves](#)



SITE VISITS

On Tuesday, September 5th, TA lead Alyson Wylie met with Liv Watts, the CalFresh Outreach Manager, and Dr. Aydin Nazmi, an associate professor in the Food Science and Nutrition Department and Director of the CalFresh Healthy Living on Campus program at California Polytechnic State University, San Luis Obispo. The day started with a tour of the campus pantry that sits right beside the Health Center cultivated garden. Fresh veggies filled the refrigerator and multiple options of canned foods lined the shelves. There was information for students who wanted to sign up for CalFresh and invitations for other campus events. Upon arrival to the pantry, students are invited to utilize a well-stocked coffee bar to start the day! The culinary lab was the next stop, where the team prepped fresh hummus, veggies, and a pumpkin seed trail mix to celebrate Healthy Snack Day. A table was set up at the entrance of the pantry and students were happy to grab the delicious snacks. The day ended with a tour of their new chef inspired culinary kitchen. Students will thrive in this beautiful new space once it becomes available later this fall 2023.

Here are a few photos from the visit:



SITE VISITS CONTINUED

On Friday, August 11, TA lead, Jessica Medina visited California State University, East Bay. Students from the Peer Ambassadors of Wellness (PAW) program took part in a Planning Healthy Meals workshop where they learned tips and tricks for using MyPlate to create healthy meals while saving time and money. At the end of their workshop, students had the chance to cook their own meal, learn kitchen safety, and knife skills. Jessica had so much fun watching students encourage each other as they flipped their pancake in the pan! She also toured the campus which showcased the many locations where students learn about healthy eating and basic needs resources.

Keep up the great work California State University, East Bay team!

Here are a few photos from the visit:

