



ANNOUNCEMENTS

The next CalFresh Healthy Living All Campus meeting will be scheduled on Friday, December 1st, 2023, from 10am-11:30am. Calendar invite has been sent.

There is a new USDA funder statement that went into effect on October 1, 2023. This means all CalFresh Healthy Living printed, and digital media must include the new funder statement. Materials with the old funder statement or old branding should not be distributed.

Old Funder Statement:

The California Department of Public Health, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers.

New Funder Statement:

This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program-- SNAP. This institution is an equal opportunity provider.

Short Version (for social media):

This material was funded by USDA SNAP. This institution is an equal opportunity provider.

You can also use the following [link](#) to access the new funder statement in different languages. If you have any branding questions or need ideas on how to integrate the new short version of the funder statement in your social media posts, please reach out to your TA lead and Marisela Mendez (mmendez2@csuchico.edu) for support.

RESOURCES

Leah's Pantry has created new posters depicting the benefits of canned and frozen foods. Download them [here](#) and share them as a resource to your students.

Making Wise Choices

Benefits of Canned and Frozen Foods

Frozen and canned fruits and vegetables can be just as nutritious as grocery store produce!

- Fruits and vegetables lose nutritional value as they are transported from the farm to your table
- Canned and frozen produce are picked and preserved at peak freshness, so their nutrients are well preserved

Great tips!

- Rinse canned items before using to reduce sodium content
- Look out for low or reduced sodium cans
- Choose fruit canned in water or juice instead of sugar or syrup

Easy to use!

- Keep canned and frozen produce on hand, it's easy to add more veg and fruits to our diet when we have them in the pantry or freezer
- Add frozen vegetables to soups, pastas and stir fry
- Steam, roast or air-fry, for quick side dishes



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Making Wise Choices

Benefits of Canned Foods

Canned foods can be just as nutritious as fresh and frozen foods, because canning preserves many nutrients.

Fruits and veggies used for canning are picked at peak freshness!



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KEEP CANNED * FROZEN VEG ON HAND



PUMPKIN HUMMUS



- 1-15 oz can chickpeas
- 1/3 C tahini
- 1 C pumpkin puree
- 1/8 tsp salt
- 1/4 C olive oil
- 2 cloves garlic
- 1/4 C lemon juice
- 1 tsp pumpkin seeds
- 1 tsp parsley

1. Drain and rinse chickpeas
2. Stir tahini very well
3. Measure out all ingredients
4. In a blender or food processor, add chickpeas, tahini, puree, salt, olive oil, garlic, and lemon juice.
5. Blend until smooth.
6. If too thick, add water slowly and continue to blend until desired consistency.
7. Transfer hummus to a serving bowl.
8. Garnish with pumpkin seeds and parsley.
9. Serve with whole grain pita bread, pretzels, or fresh veggies.
10. Enjoy!

SITE VISITS

On Tuesday, September 12th, Technical Assistance (TA) lead Alyson Wylie and Program Manager (PM) Marisela Mendez visited the CalFresh Healthy Living on Campus team at California State University, Dominguez Hills. They met with Giselle Corral, who is the CalFresh Healthy Living on Campus Coordinator and Morgan Kirk, who is the Associate Director of Toro CARE and Basic Needs. The day started with a visit to their Healthy Snack Day tabling event. It was hosted during the University's weekly Farmers Market. It was there that they were able to meet a few CalFresh Healthy Living on Campus student assistants and food pantry student assistants. After the event ended, they received a tour of the CalFresh Healthy Living on Campus office and campus food pantry. The food pantry was a spacious room with a glass pane wall and entry that made the pantry look welcoming and accessible. They also visited the housing building Giselle sometimes hosts single and series lessons. The room they use in the housing building has lots of available seating with a large white board and projector. There is also a fully equipped kitchen connected to the room for food demonstrations and tastings. Lastly, they also had the opportunity to visit the student union and student store.

Here are a few photos from the visit:



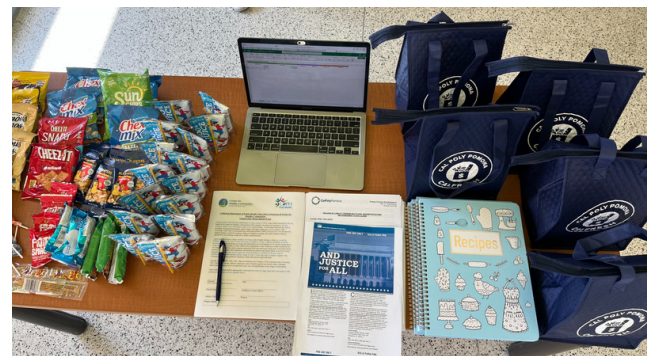
SITE VISITS CONTINUED

On Wednesday, September 13th, Technical Assistance (TA) lead Alyson Wylie and Program Manager (PM) Marisela Mendez visited the CalFresh Healthy Living on Campus team at California State Polytechnic University, Pomona. They started their day at the Student Services building and met with Jamie Tierrablanca who is the CalFresh Healthy Living on campus pilot project coordinator at Cal Poly Pomona (CPP). They took a tour of the campus, traveling by golf cart, and stopped at various locations. Some of those locations being the campus library, the Japanese garden, the Bronco bookstore, and the campus food pantry.

The food pantry consisted of an office where students can check-in at the food pantry and pick up their orders. Instead of students stopping by to shop, they online shop at their own leisure and pick up their neatly packed products at a time of their choosing. This organized system allows students to take care of their needs in a timely manner in between their busy schedules.

They also got the opportunity to visit one of the multipurpose rooms the CPP team uses for hosting nutrition lessons. This room is located in a populated area where students regularly traffic. One side of the room is made up of glass pane garage style doors that open up if you choose to, which helps to create an open and welcoming atmosphere. The room is also connected to a small kitchenette. They concluded their visit at one of the housing buildings to observe CalFresh Healthy Living student staff Venicia Santana facilitate a Food Smarts for colleges lesson. The team utilized the spacious kitchen to host their lesson and conduct their food demonstration. They offered tastings to the 8 students that attended and provided them with giveaways after they provided proof of completion for the class evaluation. The giveaways were purchased with leveraged funds. It was great to see the students engaged and having fun as they learned something new.

Here are a few photos from the visit:



SITE VISITS CONTINUED

On Wednesday, September 20th, Program Manager (PM) Marisela Mendez visited the CalFresh Healthy Living on Campus team at California State University, Northridge (CSUN) to observe their Healthy Snack Day event. This event was a cross collaborative effort between CalFresh Healthy Living on Campus, CalFresh Outreach, and the Pop-up Food Pantry. As students lined up to receive their food pantry items that consisted of fresh fruits and vegetables, they were given Healthy Snack Day resources such as recipe cards and an origami snack finder handout. The Healthy Snack Day table was situated right beside the line so every student would need to pass by in order to pick up their food pantry items. As they passed by, CalFresh Healthy Living student assistant, Casandra De Jesus, and CalFresh Healthy Living intern, Brenda Trejo, shared snack recipes that correlated with the food items students were receiving from the Pop-up pantry and invited them to a Food Smarts for Adults single session virtual lesson that was scheduled for the next day. The students were very responsive to the resources handed to them and conversed with Casandra and Brenda as they waited in line.

Marisela also had the opportunity to sit down and connect with Christel Bowen who is the project coordinator and Karla who is the fiscal reporter of the CalFresh Healthy Living on campus pilot project at CSUN.

Here are a few photos from the visit:



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

Center for Healthy Communities, Chico