



Happy New Year

ANNOUNCEMENTS

- Welcome back! Thank you for submitting your quarterly reports. We will share progress once our cumulative report is complete.
- **Save the Dates!** Center for Science in the Public Interest is hosting a series of virtual workshops focused on organizing for a healthier and sustainable beverage environment on college and university campuses. This series is intended for university students, faculty, and staff and advocates for health, sustainability, and food justice. If interested in attending, click [here](#) to register for the workshops!
- **Workshop #1** - Pouring Rights 101: Friday, Jan 27th @11am-12:30pm PST
- **Workshop #2** - Stand Up to Big Soda: Friday, Feb 3rd @11am-12:30pm PST
- **Workshop #3** - Reimagine Your Campus Beverage Environment: Friday, Feb 10th @11am-2pm PST

HIGHLIGHT

In October 2022, CSU Long Beach held its first Master Chef competition. CFHL Trainer and MS in Nutritional Science student, Ruffo Morales, led the planning and execution of the event. Three finalists were selected to compete in the competition using budget friendly and easy to prepare dishes. A variety of vegetables and staple ingredients were available, with a twist of providing tofu as the protein. Contestants were given 50 minutes to show off their cooking and food presentation skills. Final dishes were an Indian inspired vegan tofu sandwich, vegan ramen, and couscous. Judges rated the dishes based on presentation, oral description, taste, texture, and creativity. They look forward to hosting another on in the near future.



TORN SALAD

- 4 leaves lettuce
- 1 C spinach
- ½ C cherry tomatoes
- ½ C cheddar cheese, shredded
- 2 Tbsp honey mustard dressing
- 3 Tbsp nonfat plain yogurt
- 3 Tbsp mustard
- 3 Tbsp honey
- Salt and pepper to taste
- Wash and dry the lettuce and spinach.
- Tear spinach and lettuce into bite sized pieces and place into a large bowl.
- Combine yogurt, mustard, honey, salt and pepper in a small bowl.
- Add tomatoes and cheese to the bowl containing the lettuce and spinach.
- Top with 2 tablespoons of the honey mustard dressing just before serving.
- Serve and enjoy!

UPCOMING EVENTS AND TRAININGS

- All your training needs can now be found on [Leah's Pantry new training platform](#).
- If you already have an account on this platform, you might have some trouble accessing certain trainings. If that is the case, please contact Leah's Pantry on this email: cfhlstatewidetraining@leahspantry.org, and they will add any training you need to your account.
- If you don't already have an account, please make one and all your training needs should be available on your account.
- [Leah's Pantry Training Calendar 2023](#) -> Take a look and register for any trainings you need.

RESOURCE SHARING

PSE Menu

- If you haven't already done so, please review this list of PSE options and choose a PSE you would like to integrate on your college campus. Once you have chosen your PSE, please notify your TA lead of your choice by the end of January, 2023.

Onboarding Documents

Looking for a resource to help your campus streamline the CFHL onboarding process for staff and student assistants?

- [Staff onboarding document](#)
- [Student Assistant onboarding document](#)

Please download the documents before making any edits. Thank you!



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Center for Healthy Communities, Chico