



## ANNOUNCEMENTS

- CalFresh Healthy Living 2023 Forum will be held on October 23rd to 25th at the Hyatt Regency Orange County in Garden Grove. Please start thinking about who on your team would like to go and plan accordingly.
- The Forum will consist of Pre-Forum workshops that will require registration in advance. The remaining two days of the Forum will include training sessions, networking opportunities, and plenary speakers.

Agenda you may use to assist with travel arrangements:

- Pre-Forum - October 23, 2023. Registration begins at 12pm. Workshops: 1pm-4pm
- October 24, 2023 - Registration begins at 7am. Forum: 8:30am-5pm
- October 25, 2023 - Forum: 8am-3pm

We will continue sharing Forum planning details and information, including registration and session information as it becomes available. If you have any questions, please reach out to your TA lead.

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CFHL All Campus Meeting this summer! Join us Tuesday, June 27th at 11am-12:30pm

- Calendar invite with zoom link coming soon.
- Veteran campuses will get a chance to meet the 4 new campuses that joined the CFHL on campus project and vice versa. We'll also be discussing the Leah's Pantry for colleges pilot findings!

## HIGHLIGHT

CalFresh Healthy Living at California State University, Northridge (CSUN) utilizes an online platform called YouCanBook.Me to schedule workshops! The platform allows you to have a sharable online page where interested individuals can request a workshop. CSUN has found success in sharing the booking platform with faculty. Since rolling it out in late February, the team has been able to schedule 5 in-class presentations with over 120 participants. All requests are linked to a calendar where you as the program administrator can control the time slots available for workshops.



## UPCOMING EVENTS AND TRAININGS

- Leah's Pantry Food Smarts for College Students Training - March 23, 2023 - Click [here](#) for the recording
- ReThink Your Drink Day! - Wednesday, May 10th - Sign up [here](#) for updates
- [Leah's Pantry Nutrition Pantry Program for Implementers](#) - Thursdays, May 11th, May 25th, & June 8th @10am-2pm - Register [Here](#)
- CalFresh Healthy Living 2023 Forum - October 23-25 at the Hyatt Regency Orange County in Garden Grove
- CFHL All Campus Meeting - Tuesday, June 27th @11am - 12:30pm - Mark your Calendars!

## QUICK PICKLED CUCUMBERS

- 1 cucumber
- 1 red bell pepper
- 1/3 C vinegar
- 2 Tbsp sugar
- 1/4 C water
- 1 tsp salt
  
- Wash and dry the cucumber and bell pepper. Slice finely.
- Add the cucumber & bell pepper slices to a bowl and toss to combine.
- In a medium saucepan, add vinegar, sugar, water, and salt.
- Heat gently over medium-low heat, stirring until the sugar and salt dissolve.
- Pour the liquid mixture over the veggies in the bowl. Set aside to marinate for at least 15 minutes, then enjoy!

## RESOURCE SHARING

### Save the Food California EcoChallenge:

- This is an exciting PSE resource designed to raise awareness about the problem of food waste and provide tips, tricks, and strategies to reduce food waste.
- View the [Introduction to Leah's Pantry's PSEs recorded webinar](#) to learn more.

### Leah's Pantry Food Smarts for College Students Training Recap:

If you missed the training we hosted with Leah's Pantry on Thursday, March 23, 2023 - [Here](#) is the recording of the training!

Please share this training with any CFHL implementors on your team.

- This training is an add on to the existing Food Smarts Facilitator training. All CFHL implementors must be trained in both.
- CSU campuses on this project have been approved to begin piloting the LP Food Smarts for colleges curriculum after April 1st. Specifically, campuses are to pilot Lesson 4: Lunch on the Go, Lesson 6: Easy Dishes with Meat, and Lesson 8: Healthy Meal Planning and Prepping.
- Food Smarts for colleges curriculum - [Here](#)
- Please note: Recipes in this curriculum can be swapped out for other SNAP-Ed approved recipes. Powerpoint presentations can also be made for these lessons if campuses decide to do so.

# RESOURCE SHARING

ReThink Your Drink Day and Healthy Snack Day will be just around the corner in no time! If your team is still brainstorming some event ideas, here are a few you might like to consider:

- Social Media Messaging -
  - Beverage Swap (Smoothie vs. Soda)
  - Snack Swap (Popcorn vs. Chips)
  - This or That Beverage Choices (Sweet, Tangy, Herbal)
  - This or That Snack Choices (Spicy, Salty, Sweet, Savory)
  - Go live and interview students around campus about their favorite healthy beverage and/or snack. Pass out handouts as well.
- Interactive Tabling Events -
  - Cross-promotion with CFO (CalFresh application screening)
- Classroom presentations -
  - Team up with a professor on campus
  - Make it a direct ed. single session by presenting for more than 20 min
- Partnerships -
  - Basic Needs
  - Food Pantry
  - Dining Services



# CAMPUS UPDATE

We are very excited to welcome four new campuses to this project!

Please welcome: Stanislaus State University, Cal Poly Pomona, San Francisco State University, and CSU Channel Islands. We now have 13 CSU campuses implementing CalFresh Healthy Living!

Congratulations everyone!

We are now halfway through the year, and we are looking great for our classes!

Our goal for FFY 2023 was 72 single-session classes (8 per campus) and 27 series-based classes (3 classes per campus). Between 10/1/2022 and March 30, 2023, our nine original campuses collectively taught 51 single session classes and 25 series-based classes. We are on track to exceed our goals.

Keep up the good work everyone!

Thanks to campuses that have completed series-based classes using the original FoodSmarts. Although, it looks like we have almost met our goal, we still need all campuses to complete the pilot of the new FoodSmarts for Colleges curriculum.

Single Session Progress:



Series-Based Progress:



Funded by USDA SNAP, an equal opportunity provider and employer. Visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) for healthy tips.

Center for Healthy Communities, Chico