



Los Angeles County Department of Public Health

Nutrition and Physical Activity Program Newsletter

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News and Updates

Summer EBT

SUN Bucks, also known as Summer EBT (S-EBT), is a new program to help families buy food for their school-aged children during the summer. Families will get \$120 for each eligible child to buy groceries during the summer. Families must use SUN Bucks within 122 days of funds being loaded to their card. Children who get SUN Bucks can still participate in other summer meal programs. SUN Bucks will not affect immigration status.

How do SUN Bucks work?

Eligible families will get SUN Bucks on an S-EBT card mailed to their home. Families do not need to fill out an application. They will receive one new SUN Bucks card for each eligible child and can use SUN Bucks just like a debit card to buy food like fruits, vegetables, meat, whole grains, and dairy at grocery stores, farmers markets, and other places that accept CalFresh EBT benefits.

Use the linked flyers below to share the program and visit [SUN Bucks \(ca.gov\)](https://www.snbucks.ca.gov) to learn more.

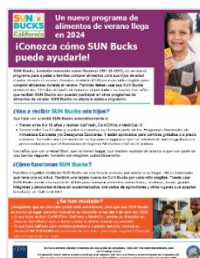


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English Flyer



Spanish Flyer

2024 Annual Data Release



[County Health Rankings & Roadmaps](#) (CHR&R) has released updated data, tools, and resources with their 2024 Annual Data Release. Each county and state snapshot features over 80 measures of health.

Some of the new features CHR&R introduced include:

- ❖ A new, sharper approach to help understand how long and how well people are living in counties across the nation.
- ❖ Visual tools that place counties on a continuum of health across the country.
- ❖ Refined data groupings by race and ethnicity.

Watch a [short video tutorial](#) with step-by-step guide on finding and using county health snapshots. Explore Los Angeles County's data snapshot and find out how it compares to other counties [here](#).

California Food Assistance Program



The state of California currently provides state-funded food benefits to qualified immigrants through the California Food Assistance Program (CFAP). These food benefits are available through the same Electronic Benefit Transfer (EBT) card as CalFresh. In 2022, the Governor and the Legislature passed a budget that includes funding to expand the CFAP. Once the CFAP expands on October 1, 2025, California will be the first state in the nation to provide food benefits to Californians who are **55 years or older, with any immigration status**. With this change, all Californians aged 55 years or older, regardless of their immigration status, will be able to receive a monthly food benefit to help meet their basic needs.

The California Department of Social Services (CDSS) developed a survey to understand how food insecurity affects participants and how the expansion of CFAP may affect their lives. Los Angeles County Department of Social Services (DPSS) is requesting assistance from community partners to distribute this survey to the people you serve, so that we can learn more about their food situations/insecurity and how the CFAP expansion may affect them. The best person to answer this survey is an adult who shops for food or helps prepare meals. This survey is optional. The survey does not ask for any information that links you to your answers. The purpose of this survey is to collect participant stories and share them with stakeholders in CFAP All Stakeholders Webinars, CFAP Advisory Workgroups, CFAP Implementation Newsletters, and/or with CFAP Outreach Contractors.

Participants may complete the survey on-line by clicking here: [CFAP Participant Stories Survey](#).



Campus Food Pantries: Insights From a 2023 Survey

In the fall of 2023, [Swipe Out Hunger](#) conducted a comprehensive survey of 355 college campus pantries in its network to better understand and communicate the overall basic needs landscape in higher education.

This public paper offers insights into the barriers and facilitators that campus food pantries are currently grappling with amid increasing rates of food insecurity among college students and major socioeconomic shifts — from sourcing, distribution, programming, available resources, funding, and more. Check out the report and interactive dashboard [here](#).

Getting to Equity in Obesity Prevention Toolkit



The [Council on Black Health](#) just released a new toolkit focused on including an equity component in the planning and implementation of policy, systems, and environmental change approaches. The toolkit is designed for academic and community-based researchers, public health practitioners, healthcare providers and administrators.

The toolkit is based on the [Getting to Equity in Obesity Prevention Framework](#) published in 2019 for planning and evaluating equity-focused PSE change approaches that support:

- ❖ Food acquisition and healthy eating
- ❖ Active living and meeting physical activity guidelines
- ❖ Prevention and management of obesity and related health risks

Explore the new toolkit [here](#).

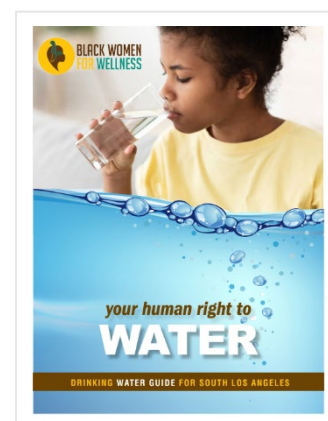
Drinking Water Guide for South Los Angeles

[Black Women for Wellness'](#) Environmental Justice team has released a comprehensive water guide aimed at addressing water equity in South Los Angeles. The guide is broken down into two general sections:

Section 1 - This section presents a high-level overview of the systems and structures impeding water equity nationally and locally, illuminates the connection between reproductive justice and water, and digs into how climate change is very connected to our water. This section is intended to provide context and history to the issues you may be facing at home.

Section 2 - This section focuses on what you, personally, can do if you have water concerns.

Learn about the connection between water and reproductive justice, where tap water in Los Angeles originates, and how climate change is connected to water sources. Download the resource [here](#).





Recipe of the Month

Simple Stuffed Peppers

Serves: 4 **Serving Size:** ¼ of recipe

Ingredients:

- ❖ 1 cup brown rice, uncooked
- ❖ 1 can black beans, low sodium (15 ounces)
- ❖ 4 bell peppers (any color)
- ❖ 1 cup cheddar cheese, shredded (reduced fat)
- ❖ 1 tomato, sliced
- ❖ 1 cup salsa
- ❖ salt (to taste, optional)

Instructions:

1. Wash hands with soap and water.
2. Preheat the oven to 400 °F.
3. Cook brown rice according to package directions.
4. Wash the peppers under running water.
5. Cut the tops off the peppers and spoon out the seeds.
6. Drain and rinse the black beans.
7. Combine the beans, rice, salsa, and salt (optional).
8. Spoon about 3 tablespoons of the mixture into the bottom of each pepper.
9. Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
10. Repeat steps 8 and 9 to fill the pepper completely, but do not top with cheese.
11. Bake peppers for 30 minutes.
12. Top each pepper with 2 tablespoons of cheese and continue baking for 15 minutes more.



Nutrition Facts Per Serving: 388 calories, 631 mg of sodium, 63 g carbohydrates, 13 g fiber, 20 g protein, 7 g total fat.

Find [this recipe](#) and other healthy recipes at [MyPlate Kitchen](#).



Webinars

How to Start a High Impact Food Rescue

April 25/11:00 am

Join Jen England, Food Rescue Hero's Vice President of External Affairs, to learn more on the topic of food waste and food recovery, and how you can start your own food rescue operations to meet the growing needs in your community related to food insecurity. Register [here](#).

Physical Activity, Planetary Health, and Equity: Building Synergies to Maximize Impact

April 30/10:00 am

Many of the known solutions to the physical inactivity pandemic operate across sectors relevant to the United Nations Sustainable Development Goals and can help improve global health equity. This presentation hosted by Michael & Susan Dell Center for Healthy Living will provide an overview of the contribution of physical activity promotion strategies towards advancing human and planetary health, while promoting social justice and equity. Register [here](#).

Advancing Equitable Access to Improved Nutrition: Evidence and Policy

April 30/10:00 am

Join the CHOICES Community of Practice for a discussion of both evidence and policy implications for population-wide strategies to promote equitable access to improved nutrition, particularly among children. Register [here](#).

School Food Innovator Series: Partner with Local Farmers

May 1/1:30 pm

Join the Center for Ecoliteracy and the Community Alliance with Family Farmers for an upcoming School Food Innovator Series: Partner with Local Farmers. Learn strategies for building relationships with local farmers, navigating bidding rules and regulations, and sourcing more California-grown fruits and vegetables for your students. Register [here](#).

The Importance of SNAP for Children Prenatal-to-Three Webinar

May 2/9:00 am

The Supplemental Nutrition Assistance Program (SNAP) is a critical program for the health and well-being of people of all ages, especially children prenatal-to-three (PN-3). Receiving SNAP benefits is associated with improved birth outcomes, reduced childhood food insecurity, and improved child health. On this webinar, we'll hear why SNAP is such an important PN-3 program and learn lessons from a state campaign that expanded access to SNAP. Register [here](#).

Addressing Food Insecurity and Other Social Needs: Tips for Using Human Centered Design and Clinical Intervention to Help Families

May 15/8:00 am

The American Academy of Pediatrics, Share Our Strength- No Kid Hungry, Children's Hospital Association, and Food Research & Action Center have created a five-part webinar series that dives deeper into how pediatricians and other healthcare professionals can promote food security at the clinical, community, state, and national level. The series includes presentations from experts, a lived experience panel, an open discussion around WIC data sharing with USDA, and a presentation from USDA's Dr. Caree Cotwright. Register for this webinar and other webinars in this series [here](#).

Nourishing Minds: Exploring Child Nutrition Policy in School Food Systems

May 22/11:00 am

Delve into the landscape of child nutrition policy in school food systems with Emily Broad-Leib from Harvard Law School, Food & Policy Clinic. This webinar hosted by Chef Ann Foundation will examine the impact of current policies, related challenges, and strategies to enhance child nutrition in schools.

Register [here](#).

From Waste to Plate: Strategies for Reducing Food Waste in School Food Programs

July 8/10:00 am

Explore innovative strategies and best practices for minimizing food waste in school food programs, from procurement to meal service and beyond. This webinar hosted by Chef Ann Foundation will discuss the environmental, economic, and social impacts of food waste in schools and share actionable solutions for waste reduction. Register [here](#).



Funding Opportunities

The GusNIP – Nutrition Incentive Program

Close Date: May 14, 2024

The GusNIP Nutrition Incentive Program presents the opportunity to bring together stakeholders from various parts of the food and healthcare systems to foster understanding of how they might improve the health and nutrition status of participating households. The National Institute of Food and Agriculture (NIFA) requests applications for the GusNIP Nutrition Incentive Program to support and evaluate projects intended to increase the purchase of fruits and vegetables by providing incentives at the point of purchase among income eligible consumers participating in the USDA Supplemental Nutrition Assistance Program (SNAP) in all 50 States. Learn more [here](#).

CBO Small Grant to Support LA Food Rx Collaborative

Close Date: May 15, 2024

In partnership with the Los Angeles County Department of Public Health (DPH) and Department of Health Services (DHS), the University of California, Los Angeles (UCLA) DECIPHeR Alliance has released a small grant award for community-based organizations to support the LA Food Rx Collaborative. Applications are open to community organizations who can deploy staff members to high need DHS and DPH clinics to support produce distribution events across Los Angeles County. Learn more [here](#).

Community Level Innovations for Improving Health Outcomes

Close Date: May 15, 2024

The Office of Minority Health is soliciting applications for projects to demonstrate that community-level innovations that reduce barriers related to social determinants of health can increase use of preventive health services and make progress toward Leading Health Indicator targets. Learn more [here](#).

Food Justice for Kids Prize by Newman's Own Foundation

Close Date: June 11, 2024

Is your organization working towards food justice for kids in the United States? If so, this is your chance to receive up to \$100,000 in grant funding over the next 2 years and deepen your impact. The Newman's Own Foundation is seeking applications from organizations working in two priority program areas: (1) Indigenous Food Justice and (2) Nutrition Education and School Food. Learn more [here](#).

2024 Prizes for Innovation

Close Date: June 14, 2024

The H2HC Prizes for Innovation identify and highlight innovative food and nutrition work that offers promising, upstream models and replicable, scalable solutions that significantly advance health equity in communities throughout the U.S. H2HC awards two \$100,000 prizes annually, and prize winners are introduced at the H2HC Fall Summit. Learn more [here](#).



What We're Reading

What Healthy People 2030 Objectives Tell Us About the Nation's Nutrition

Health.gov

When it comes to healthy diets, the science says to eat more vegetables and consume less sugar. And that's what the *Dietary Guidelines for Americans* has told us for years. Nutrition is key to health and well-being, but as Healthy People 2030 data indicate, we've got more work to do — especially when you consider that most American diets don't align with the *Dietary Guidelines for Americans*. Read post [here](#).

Effect of Mobile Food Environments on Fast Food Visits

USC Dornsife

A new study by USC researchers in collaboration with researchers at Northeastern University and Massachusetts Institute of Technology suggests a different approach to promoting healthy food choices. Read [here](#).

Get Happy with Fruit & Veggie Habits!

Have A Plant®

Whether you want to lower your blood pressure, improve your blood sugars, or just want to eat and live healthier and happier, Emily Krause, RD, LD has 5 simple tips for you to help you make some new, sustainable habits. Read [here](#).

California 'FRESH Act' Legislation Designed to Better Prepare Incarcerated for Reentry to Society

Davis Vanguard

The “FRESH Act,” introduced by California State Senator Josh Becker (D-Menlo Park) in March is designed to reduce recidivism by allowing and aiding formerly incarcerated individuals to have the opportunity to pre-apply for CalFresh benefits 90 days after their release date, ensuring a smoother reentry into society. Read [here](#).

Oregon Food Bank to Combine Housing, Healthcare, Food Aid

Food Bank News

Oregon Food Bank is co-locating alongside housing and healthcare services, in another example of food banks teaming with non-food service providers to address root causes. Read [here](#).

Promoting Healthier Purchases: Ultraprocessed Food Taxes and Minimally Processed Foods Subsidies for the Low Income

Healthy Eating Research

Findings from a new study suggest that national taxes on unhealthy ultra-processed foods/beverages and targeted subsidies for minimally-processed foods/beverages could promote healthier food choices among low-income households at a relatively low cost for the federal government annually. Read [here](#).

USDA Finalizes Revisions to the WIC Food Package

Center for Science in the Public Interest

The revisions announced this month by the U.S. Department of Agriculture will strengthen WIC food packages to better align with the science-based recommendations of the latest Dietary Guidelines for Americans and the National Academies of Sciences, Engineering and Medicine. Read [here](#).



CalFresh Healthy Living Trainings

Training	Date/Time	Format	Registration
Moving Your Community Impact Article From Draft to Submission	Apr 18/10:00 am	Virtual	Register here
CalFresh Healthy Living Health Equity Report Webinar	Apr 23/11:00 am	Virtual	Register here
Around the Table Facilitator Training	Apr 30; May 7; May 14; May 21/10:00 am	Virtual	Register here
Nutrition Pantry Program for Implementers	May 2; May 16; May 30/10:00 am	Virtual	Register here
Connecting the Dots - Basics Training	May 9; May 23/10:00 am	Virtual	Register here

Visit the [CalFresh Healthy Living Training page](#) (hosted by Leah's Pantry) for the latest training-related information and calendar of all scheduled trainings and events. Please seek approval from your Project Manager and Contract Manager prior to travel.

If you would like to submit content or have any questions or comments about the Nutrition and Physical Activity Program newsletter, please contact Tania Marquez at tmarquez@ph.lacounty.gov.