

Inland Desert Tips, Tools, & TA

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SUPPORTING FIVE COUNTIES
Imperial | Inyo
San Bernardino
San Diego
Riverside



Inland Desert
TRAINING & RESOURCE CENTER

IN PARTNERSHIP WITH
UC San Diego
SCHOOL OF MEDICINE

Hello Inland Desert Partners,

Thanks for reading Tips, Tools, and TA brought to you by the Inland Desert Training and Resource Center (TRC) serving Imperial, Inyo, Riverside, San Bernardino, and San Diego county health departments and their partners. The goal of this biweekly newsletter is to connect you to upcoming trainings, free resources, and timely news stories to support your local Nutrition Education and Obesity Prevention (NEOP) activities. Enjoy!

News & Updates



It's nearing the end of National Farmers' Market week (August 2 - 8), but there's still time to get out and visit your local market!

If you're considering ways to celebrate, check out the [Farmers Market Coalition](#) and learn about all the ways farmers' markets help stimulate the local economy and improve access to fresh food.

Monthly Inland Desert Technical Assistance Service Area Calls



Trust

Next Webinar is Wednesday, August 19th, 2015, 1-2:30pm

[Register here](#)

Upcoming Trainings



****Rethink Your Drink: Strategies & Tools for Healthy Beverage Policies**

August 10, 2015, 2 - 3:30pm

[Register here](#)

Save the Date!

The **2015 Champion Alliance Workshop** is Coming to an Area Near You

10 a.m. to 3:30 p.m. | Sacramento, San Jose, Fresno, Orange County



For CalFresh information, call 1-877-847-3863. Funded by USDA SNAP-EI, an equal opportunity provider and employer.

Champion Alliance Workshops
August 11, 2015, 10am - 3:30pm
Orange County, CA

[Register here](#)



Public Relations Webinar: Latino Health Awareness Month

August 13, 2015, 11am - 12:30pm

[Register here](#)



****CATCH K-8 School Implementation Training**
August 17, 2015, 8:30am - 4:30pm
San Diego, CA

[Register here](#)



Our Diets and the Water Footprint of Regional Agriculture
August 18, 2015, 2 - 3pm

[Register here](#)



PSE School Wellness Policies
August 20, 2015 - 10:30am - 12pm

[Register here](#)



PSE Change Utilizing Healthy Corner Stores
August 25, 2015, 10:30am - 12pm

[Register here](#)



Developing a Food Bank Nutrition Policy: A Guide to Procure Healthy Foods
September 14 - October 19, 2015

[Register here](#)

***Denotes a training led by the Inland Desert TRC*

Please note that all Nutrition Education and Obesity Prevention (NEOP) funded programs are required to secure approval from their assigned NEOP Project Officer prior to attending any non-NEOP sponsored trainings/workshops/conferences.

In the News

[How Migrant Farmworkers Are Cross-Pollinating Strategies and Winning](#) (Labor Notes)

[US Soda Sales Dropped for the 10th Straight Year in 2014](#) (Fortune)

[California's Drought Changes Habits in the Kitchen](#) (The New York Times)

Successes from the Inland Desert



Spotlight On: Inyo County

Inyo County Health and Prevention wants families to take advantage of the beautiful area in which they live and encourages them to engage in outdoor activities. Inyo County offers free escorted hikes on local trails to families and children all summer long. Group sizes range from 5 to 14 and each hike begins with a warm up exercise. Inyo County has had participation from children and families whom have never been hiking before despite being raised in the beautiful Eastern Sierras and are now embracing hiking as a regular form of physical activity. To learn more about Inyo County's hiking program, please contact [Eryn Clark](#).

Highlighted Resources



Pathways to Healthy Native American Communities

This new report explores the complex historical and contemporary challenges to healthy food access, as well as recommendations to support the work being done in Native communities and with tribal organizations. View the resource [here](#).

The [Center for Science in the Public Interest](#) released a new report, *Temptation at Checkout: The Food Industry's Sneaky Strategy for Selling More*, that looks at how retail marketing manipulates food choices. The report also highlights healthy checkout projects from across the country and provides recommendations for community stakeholders. Read the full report [here](#).



Running a Food Hub Resource

USDA Rural Development is introducing a new technical report series called *Running a Food Hub*. This tool offers new and existing food hubs valuable information on how to plan for success, address challenges, and achieve viability. Read Volume One [here](#).

California Farmer Marketplace Website

The Office of Farm to Fork at the California Department of Food and Agriculture just released a new website tool to help school districts, consumers, food banks, hospitals, and other institutions connect directly with California farmers and ranchers who can support local procurement efforts. Visit the online marketplace at www.cafarmermarketplace.com.



Promising Practices Exchange Follow Up Resources

The presentations from our recent Promising Practices Exchange on healthy food and beverage access are now available on our [resource library](#) under Promising Practices Exchange.

Please note that all Nutrition Education and Obesity Prevention (NEOP) funded programs are required to utilize educational materials from the USDA Approved Materials



Stay Connected

Have a burning question? Need help finding a resource? [Contact us](#) via phone or email to request technical assistance.

