Understanding Nutrition:
A Primer on Programs and Policies in California

2nd Edition
October 2011

published by
California Center for Research on Women and Families
www.ccrwf.org
October 2011

Dear California Leaders:

Welcome to the updated edition of Understanding Nutrition: A Primer on Programs and Policies in California. Now an online resource, this primer – consisting of 19 modules – aims to orient policymakers, advocates, program directors, parents and students to the federal and state agencies, programs, and laws established to address nutrition-related issues. By offering a resource that allows leaders to educate themselves about this often intricate infrastructure, we hope this primer advances thoughtful discussion and public policy.

Click on the links below to access the primer’s modules, organized in four sections:

The Role of Government
- The Federal System
- The State System
- Key Federal and State Legislation

Statistical Profiles
- Overweight and Obesity
- Food Insecurity
- Physical Activity
- Diet

Public Nutrition and Food Assistance Programs in California
- CalFresh
- WIC
- School-Based Child Nutrition Programs
- Summer Nutrition Programs
- Child and Adult Care Food Program (CACFP)
- Nutrition Services for Older Americans
- Food Distribution Program on Indian Reservations (FDPIR)
- The Emergency Food Assistance Program (TEFAP)

Key Issues
- California Obesity Prevention Plan
- Health in All Policies
- Untapped Federal Resources
- Sugar-Sweetened Beverages

The primer was produced by a team of incomparable experts.

We appreciate the work of Diane Reed, who researched and wrote the four statistical profiles, and Patrice Chamberlain, who updated the three modules in The Role of Government. Many thanks also to our partners at California Food Policy Advocates, most notably Tia Shimada and Ken Hecht, who did extensive research and writing to produce the eight modules on public nutrition and food assistance programs.

Throughout, we were guided by the expertise and commitment of our Nutrition Advisory Council (see sidebar). And finally, we thank the California Network for a Healthy California, based at the California Department of Health, and the United States Department of Agriculture for their support of our work.

In a publication with numerous authors and contributors, there undoubtedly will be errors and omissions, for which CCRWF takes full responsibility. Please send your thoughts and comments about this primer to ccrwf@ccrwf.org.

Sincerely,

Kate Karpilow
Executive Director
California Center for Research on Women and Families
About CCRWF
The California Center for Research on Women and Families (CCRWF) provides information, facilitation, analysis and policy options to help leaders improve the lives of women, families and children in our state and nation. Home to the California Working Families Policy Project, CCRWF also produces a series of primers to assist practitioners and policy leaders in advancing their basic knowledge of complex social services systems. For additional information, please go to www.ccrwf.org. CCRWF is a program of the Public Health Institute (www.phi.org).

About this Primer
Understanding Nutrition: A Primer on Programs and Policies in California (2nd edition) is one in a series of policy primers published by CCRWF, and updates the original publication released in 2004. Understanding Nutrition provides a basic orientation to nutrition, food assistance, and physical activity programs, with a special focus on those serving low-income Californians. The primer also summarizes key public policies and provides statistical profiles. California Food Policy Advocates (www.cfpa.net) partnered with CCRWF to update the eight program modules in this revised primer.

Recommended Citation

For Additional Copies
Copies of this primer can be downloaded from the CCRWF website at www.ccrwf.org. Permission to copy is granted.

Support for this Primer
This material was produced with support from the California Department of Public Health’s Network for a Healthy California with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.