

Blog Tutorial

University of California
Agriculture and Natural Resources ANR Portal

Edit Your Directory Info
Emily Harris
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[Edit Directory Info](#)

Portal Tools
[Edit Your Portal](#)
[Mailing Lists](#)
[My ANR Publications](#)
[Log Out of Portal](#)

My Links
[Admin Links](#)
[Adobe Connect](#)
[Affirmative Action Website](#)
[ANR Building Directory](#)
[Branding Toolkit](#)
[Career Tracks](#)
[Communication Services & IT](#)
[County Contact List](#)
[Employee Website](#)
[Lynda.com Learning](#)
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[Repository](#)
[Taxonomy & Personnel System](#)
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[Web Reports](#)
Add/Edit Links

Internal Notification System

UC CalFresh Fresno County


Tasty Tips- National Salad Month
Hot weather makes cold dishes essential. What better way to cool off than with a healthy, nutrient...

The Adult Transition Program
The Adult Transition Program (ATP) is part of Fresno Unified School Districts Special Education...

"We Grow Food in Fresno County!"
Did you know that cotton is a food crop?! I didn't, but Mrs. Anderson's TK class at Rowell...

[Manage My Feed](#)

ANR Repository

 Master Gardener
[View in Repository](#)

Fresno County	
Blogs	
ANR Blogs	New Blog
UC CalFresh Fresno County	Edit
Blogroll	View Blogs

SiteBuilder 3.0

Welcome	New Site
Fresno County UC CalFresh Manual	Edit
Madera County	Edit
Nutrition and Physical Activity Resources	Edit
Nutrition Education Programs	Edit
Nutrition, Family and Consumer Sciences	Edit

Office Network Information
Fresno Remote Desktop

IT Help **HR Help**

Search ANR People

[Unit Contacts](#) | [Advanced Searching](#)

Online Training and Release Forms
[Release Forms](#)

Universal Review System
[Login to URS](#)

Open Systems (Click name to submit proposal)

- [2015-16 Hansen Request for Proposals](#)
- [DREC 2016-2017 CALL FOR RESEARCH PROPOSALS](#)
- [KEARNEY REC Call for Research Project Proposals 2015-2016](#)
- [LREC 2016-17 Call for Proposals](#)
- [SOUTH COAST REC CALL FOR RESEARCH PROPOSALS 2016-2017](#)

Adobe Connect *Login to Adobe Connect

*Connect Profile	*View my Meetings
Adobe Connect Help	New Meeting

* - These links may take a few seconds to load.
Comments or questions please contact Bryon Noel

Collaborative Tools 3.0

- [UC CENTER MARIPOSA RESERVATION CALENDAR \(FREE\)](#)
- [UC CENTER RM 230A NO LONGER AVAILABLE](#)
- [UCCE FRESNO CONF RM 24 CALENDAR](#)
- [UCCE FRESNO EQUIPMENT CHECKOUT](#)
- [UCCE FRESNO MINI CONF RM 3 CALENDAR](#)

Create New Group | Access System

Surveys
[Login to Surveys](#)
[Marketing Coordinator Event Coverage](#)

1. Log into your [ANR Portal](#).

2. Under blogs, click UC CalFresh Fresno County



- Home
- Profile
- Subscribe
- Log Out
- Create/Edit Post**
- Administration

Subscribe to:
[RSS](#)

Blogs I Read

ANR Blogs

Search:

[GO!](#)

Post Archive

Tag List

- MyPlate (24)
- Nutrition Corner (18)
- Adult Education (13)
- Fresno Unified (13)
- Rowell (12)
- Physical Activity (11)
- Intern Reflections Series (9)
- Nutrition Education (9)
- UCCE (9)
- Youth Nutrition (9)
- Adult Nutrition (8)
- OrganWise Guys (8)
- PSSC (8)
- Tasting Time (7)

Tasty Tips- National Salad Month

Author: Emily Harris

Published on: May 9, 2016

Hot weather makes cold dishes essential. What better way to cool off than with a healthy, nutrient packed salad. Let's rethink salads in this edition of Tasty Tips and find creative ways to make salads an interesting part of your week.

- **Bulk up your salad.**

Salads don't have to only include lettuce and salad dressing. Use the chart below to add protein, veggies and more to make your salad a filling meal.



Try out these salad combinations:

Spinach, Carrots, Avocado, Turkey and Oil & Vinegar

3. Click either Create/Edit post on the side bar or Add Post at the top bar.

UC CalFresh Fresno County

Nutrition Education news and happenings in California's Central Valley

Agriculture and Natural Resources, University of California

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[Add Post](#)

[Edit Posts](#)

Start a Post

Enter a title for your post.

Title for your post:



Recent Posts

Tasty Tips- National Salad Month
May 9, 2016

The Adult Transition Program
May 6, 2016

"We Grow Food in Fresno County!"
May 3, 2016

Recent Comments

Yolanda S. Lopez: Nora Lopez presented up to date...

Gretchen: Looks great!

Shelby MacNab: Hi Martin, Information about...

Martin: I have recently relocated to...

Top Tags

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4. Brainstorm a creative name for your blog. This can be changed at a later time.

Dashboard
View Blog
Posts
Add Post
Edit Posts

Edit Post

Post Title
Smarter Lunchrooms

Authors / Contributors / Contacts
• Author - Emily Harris
Edit Authors, Contributors, or Contacts
 Show Author Photo
 Hide ALL Author Information

Publish my post **after review**

Text

Font Sizes - Formats -

Words: 0

Adding Files
Attach Files | Choose File | No file chosen | Save File
No Files Attached

Add Tags
Enter each tag with a comma

Twitter Handle
The Twitter handle associated with this blog is currently @uocalfreshfc. Twitter handles added to blogs or posts will be part of the Twitter sharing link in the the "Share" section on the upper right of the blog post page.

Add Location
Enter County, City, or Full Address
Add a location to this post.

Notification
Do you want to receive an e-mail when someone responds?

5. Type or copy and paste blog content into the text box.

(I suggest you save on a Word document, then copy and paste in case there is a glitch.)

6. Choose picture files from your computer and insert into your post. If you do not insert them into your post they will appear at the end.

7. Tags are great ways to categorize posts on our blog. Search through existing tags before creating a new one.

(Tags can be found on the left menu of the [main blog page](#).)

8. Click Save and Review to see what your blog will look like when published.

Hi, Welcome Emily Harris | [Add Post](#) | [View Blog](#) | [My Blogs](#) | [ANR Portal](#) | [Logout](#)

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MON, MAY 9 2016 16:28:45 Welcome Emily Harris

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- OrganWise Guys (6)
- PSSC (6)
- Tasting Time (7)
- FUSD (6)
- Healthy Recipes (6)
- Centennial (5)
- Healthy Lifestyle (5)
- Master Gardeners (5)
- Tasty Tips (5)

Review Your Post

Please review your post below. If you'd like to make any changes to your post, click **Edit Post** at the bottom of the page. You may edit your post as many times as you'd like prior to posting, so take your time and make it right.

Smarter Lunchrooms

Author: Emily Harris
Published on: May 9, 2016
Comments: 0

Recent Posts

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9. When you are satisfied with how your blog sounds and looks, hit Make Post Live. Don't panic! Your blog won't be live just yet. The Marketing Coordinator or a Supervisor will review your post before scheduling it to be published.