

**FFY 2014 UC CalFresh Annual Report Results**

## **AMADOR, CALAVERAS, EL DORADO & TUOLUMNE COUNTIES (CENTRAL SIERRA CLUSTER)**

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### **Section A: SNAP-Ed Narrative Annual Report**

#### **1. SNAP-Ed Program Review**

The UC Cooperative Extension - Central Sierra (UCCE-CS) UC CalFresh program continued ----and built upon----strong youth and adult direct education programs. With the addition of an educator in the South Lake Tahoe area, we served over 5,500 children in the four county cluster representing a 27% increase over FFY13. The adult direct ed programs increased participation by 61% over last year, serving 827 community members. Indirect education was provided to 9970 adults and youth through outreach at school and community events in all four counties.

New programs and opportunities:

- Reach with the garden-enhanced nutrition education (GENE) programs expanded with the addition of a FoodCorps service member. This unique partnership, one of only 14 in California, included Calaveras Unified School District, Gardens to Grow In, UCCE-CS Master Gardeners, UCCE-CE and the UC CalFresh Nutrition Education program. The service member provided direct education to over 500 students in Calaveras County via garden/nutrition lessons, cooking classes and tastings.
  - As part of UCCE/Ag and Natural Resource's "Day of Science" on May 8, 2014, we provided tastings of Orange Juice Spritzer and a *Rethink Your Drink* activity and take-home handouts to over 4100 students in 140 classes.
  - Bijou Elementary School, a two-way immersion Spanish/English school in South Lake Tahoe, formed a parent volunteer Nutrition Committee as a direct result of UC CalFresh work in the classrooms and with the Parent Teacher Organization and school administration. Building on a pilot project with kindergarten classes last fall, we trained 16 parent extenders to teach UC CalFresh nutrition education in all K-2 classes. We continued to work very closely with school Parent/Teacher Organizations (PTO) and Wellness Committees in all four counties. The educators took on roles related to reviewing and revising School Wellness Policies with committees at both the school and district level.
  - A new adult program was established, in partnership with the Tuolumne Food Bank, to conduct semi-annual trainings for their emergency food pantry volunteers.
  - An adult program with Tuolumne County Behavior Health was formalized, to offer bi-weekly nutrition education classes for the clients. Through a partnership with the Amador-Tuolumne Community Action Agency/Tuolumne Food Bank, we distributed emergency food from the food bank to eligible clients.
  - UC CalFresh continues to offer leadership at the Community Meal in Rail Road Flat. We participate in menu planning and provide healthy, low-cost, simple recipes ideas and handouts.
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This year, we partnered with the Calaveras Food Bank to provide an emergency food distribution prior to the dinner each month.

- We collaborated with our new SNAP-Ed funded partners in all four counties to identify gaps in service and prepare coordinated plans of work for FFY15.

Program challenges included: 1) lack of transportation for our rural community members to attend workshops and classes; 2) staff turnover as two staff members resigned during the summer and were not replaced until October 2014; 3) lack of capacity to serve the Western El Dorado County area; and 4) the extensive time commitment to develop four *separate* SNAP-Ed local implementing agency plans of work, severely restricting recruitment and direct teaching efforts by the Program Manager.

## A. Goals and Objectives

### State Level Goals:

- GOAL 1:** Improve the health of families through Family-Centered or Adult/Youth Nutrition Education and Physical Activity grounded in the Dietary Guidelines for Americans
- GOAL 2:** Reduce food insecurity through Money/Food Resource Management, Education and Training for Teens and Adults
- GOAL 3:** Build key University of California Cooperative Extension (UCCE) and Community Partnerships for more comprehensive approaches
- GOAL 4:** Provide Program Evaluation and Education Delivery Skills Training

### **Improve the health of families through Family-Centered or Adult/Youth Nutrition Education and Physical Activity grounded in the Dietary Guidelines for Americans**

The UC Cooperative Extension - Central Sierra (UCCE-CS) UC CalFresh program has a strong youth component that provided nutrition education to over 5,500 children in the four county cluster. Our youth program combined a monthly or bimonthly tasting activity, in-depth classroom lessons, nutrition messages at school events (e.g. Science Nights, jog-a-thons, walk-to-school events, Open House), garden-enhanced nutrition education lessons, messages promoted through bulletin boards, cafeteria signage and educational reinforcement items. This year we continued to focus on building the link from school to home and community through involvement in: Parent Teacher Organization (PTO) meetings, training extenders, school and district Wellness Committees, school gardens and newsletters and take-home materials.

Our reach with garden-enhanced nutrition education (GENE) extended in FFY14 with the addition of a FoodCorps service member. This unique partnership, one of only 14 in California, included Calaveras Unified School District, Gardens to Grow In, UCCE-CS Master Gardeners, UCCE-CE and the UC CalFresh Nutrition Education program. Garden-enhanced nutrition education was provided to over 500 students in Calaveras County via garden/nutrition lessons, cooking classes and tastings.

Extending our messages to the community has continued as we teach adults at agencies, Family Resource Centers and in partnership with community-based organizations. By reinforcing messages at school, at home and within the community we support research

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that indicates multiple exposures to health messages significantly improves change in behavior.

**Build key University of California Cooperative Extension (UCCE) and Community Partnerships for more comprehensive approaches.**

We have continued to build on our successful community partnerships with the activation of three County Nutrition Action Plan (CNAP) groups in our four-county area: Tuolumne, Calaveras/Amador (bi-county) and El Dorado County. The aim of each CNAP is to coordinate and leverage nutrition messages, education, and services in order to maximize resources and outcomes. Long time partners participating in the CNAPs includes: public health departments; food banks; WIC; Head Start; First Five; county offices of education and county Health and Human Services Departments. New collaborative partners in the CNAPs are community resource centers and additional community-based organizations. Through these CNAP partnerships, we are identifying unmet community needs, coordinating nutrition education messages and activities.

We are organizing our nutrition education efforts with five additional SNAP-Ed funded partners: Tuolumne, Calaveras and Amador Public Health, Catholic Charities of Stockton and the Vision Coalition of El Dorado Hills. By coordinating our efforts in pinpointing unmet needs and developing plans of work, we hope to serve communities in a more comprehensive manner.

Other successful partnerships include CA-4-Health, which placed 21 hydration stations in Calaveras County schools, and the FoodCorp program, who along with the UCCE Master Gardener program and other local partners, provided garden-enhanced nutrition education at area schools.

**Program evaluation and education delivery skills training**

In an effort to improve our evaluation data collection, we continue to emphasize the importance of utilizing UC CalFresh evaluation tools at classes and workshops. We have increased our rate of return of Intent to Change forms to 60%, which provide valuable information about our participants' readiness to change.

Staff received delivery skills training at the August 2014 El Dorado County CNAP meeting (Re-think Your Drink); Smarter Lunchroom Movement Regional Training; UC CalFresh & EFNEP Skills Based Training Institute; Childhood Obesity Conference; UC CalFresh Statewide Conference and through Town Hall curriculum webinars.

**B. Programmatic Results**

In FFY14 we increased youth direct education by 27% and doubled the number of senior adults (60+) participating via additional workshops and classes in South Lake Tahoe. Our total direct education participation increased by 15% over FFY13. Although we did not reach our adult direct education goal, we did increase our participation by 61% over FFY13.

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<u>Participants</u>	FFY 2012 RESULTS	FFY 2013 RESULTS	FFY 2014 GOALS	FFY 2014 RESULTS	% to FFY 2014 GOALS
<b>YOUTH</b>					
0-4	65	89	174	10	6%
5-17	5314	4987	4171	5510	132%
<b>TOTAL YOUTH</b>	<b>5379</b>	<b>4987</b>	<b>4345</b>	<b>5520</b>	<b>127%</b>

<b>ADULTS</b>					
18-59	241	432	1199	640	53%
60+	52	81	37	187	505%
<b>TOTAL ADULTS</b>	<b>293</b>	<b>513</b>	<b>1236</b>	<b>827</b>	<b>68%</b>

<b>TOTAL PARTICIPANTS</b>	<b>5672</b>	<b>5500</b>	<b>5581</b>	<b>6347</b>	<b>115%</b>
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<b>Indirect Participants</b>	5826	11,835		9770	
<b>TOTAL PARTICIPANTS (including Indirect Participants)</b>	<b>11,498</b>	<b>17,335</b>		<b>16,317</b>	

<u>Age</u>	0-4	5-17	18-59	60+	TOTAL
SNAP Recipients	6	3300	262	29	3597
Other Participants	4	2210	378	158	2750
<b>TOTAL</b>	<b>10</b>	<b>5510</b>	<b>640</b>	<b>187</b>	<b>6347</b>

<u>Gender</u>	Female	Male	TOTAL
SNAP Recipients	1778	1820	3597
Other Participants	1454	1296	2750
<b>TOTAL</b>	<b>3230</b>	<b>3115</b>	<b>6347</b>

<u>Race/Ethnicity</u>	Hispanic / Latino	Not Hispanic / Latino	TOTAL
Black or African American	381	132	513
Asian	10	131	142
American Indian / Alaskan Native	5	75	80
Native Hawaiian / Other Pacific Islander	3	28	30
White	784	4520	5303
Multiple	136	142	278
<b>TOTAL</b>	<b>1319</b>	<b>5038</b>	<b>6347</b>

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## C. Program Highlights and Accomplishments for FFY 2014

### a. Program Successes and Accomplishments

#### Youth and School Accomplishments:

We are engaged with our eligible schools on many levels --- tasting activities, in-depth classroom lessons, school events, garden-enhanced nutrition education lessons, cafeteria, committees and with administration. One of the key elements of the program is our tasting activities. In Calaveras and Amador counties, we use “Harvest of the Month” material for a monthly or every other month school-wide tasting. As a FFY14 goal, we increased our focus on presenting new foods that students had not tasted before. Utilizing the Teacher Tasting Tool (TTT), we successfully met the statewide SMART objective that 40% or fewer of the students tasted the item before in three of our four counties: Calaveras (38%), Amador (38%) and Tuolumne (14%). Tastings included jicama, edamame, chard, kohlrabi, orange juice spritzer, brown rice, pumpkin, pomegranates, pistachios and black beans. El Dorado County did not meet the objective with 60%. In reviewing the responses, it was noted that beans and jicama were offered as tastings in a Latino community school, leading to the high number of students that may have already been familiar with the foods. In FFY15, we will add additional new foods to the tasting offerings to continue to expose students to as many new foods as possible. Tasting activities are a fun and effective tool to raise awareness about nutrient content of foods, while encouraging students to try new foods.

In order for behavior to change students must be the conduit for nutrition information from school to home. The TTT question “How many of you are willing to ask for this food at home?” is one our most significant indicators with respect to Policy, Systems and Environment. In FFY14, three of our four counties had more than 60% of the students responded positively to this question. Our tasting activities include a take-home parent newsletter with serving suggestions and recipes to reinforce the message with the entire family. When students share their school tasting activities, many parents are willing to offer the food at home. We continue to look for opportunities to involve the entire family in our education activities and believe that this type of intervention can be the most influential.

One our most popular tastings was Orange Juice Spritzer, which was offered to over 4100 students in 140 classes as part of UCCE/Ag and Natural Resource’s “Day of Science” on May 8, 2014. We provided the supplies to make and taste Orange Juice Spritzers, fact sheets on amounts of sugar in common beverages and sugar packets for the students to guess the number of teaspoons of sugar in various sugar-sweetened beverages. The activity included a family newsletter reinforcing the messages and the OJ Spritzer recipe. Responses from teachers included: “It was a fun, easy to implement lesson. Kids were amazed at the amount of sugar in the soda”; “students demonstrated an understanding that they can choose healthier drinks than soda, like water and milk, and that sugary drinks cause cavities.”

This year we continued to work very closely with school Parent/Teacher Organizations (PTO) and Wellness Committees. The educators took on roles related to reviewing and revising school wellness policies at the school and district level. Calaveras Unified School District adopted a wellness policy ([www.calaveras.k12.ca.us/bp/policy/5000series/BP5030.pdf](http://www.calaveras.k12.ca.us/bp/policy/5000series/BP5030.pdf)) in October 2013. The nutrition educator continues to be a key member of the Calaveras school district Wellness Committee that is currently working on an outreach and implementation plan for the new policy. We were also successful in forming a parent volunteer Nutrition

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Committee at Bijou school as a direct result of previous work in the classroom and with the PTO and school administration. Building on a pilot project with kindergarten classes last fall, sixteen committee members have been trained to teach UC CalFresh nutrition education in all K-2 classes. Engaging all “influencers” is critical to making change in our schools and communities. How to adopt healthy choices needs to be discussed on many different levels --- classroom, school board, parent organizations, staff meetings, home --- before the school culture can be changed to embrace nutritious foods and physical activity.

UCCE-CS was successful in securing a FoodCorps service member, who extended garden-enhanced nutrition education to over 500 K-8 students in Calaveras County. This unique partnership, one of only 12 in California, included Calaveras Unified School District, Gardens to Grow In, UCCE-CS Master Gardeners, UCCE-CE and the UC CalFresh Nutrition Education program. Each of the students was involved with 10 or more garden-based nutrition education (GENE) lessons and tastings in garden and outdoor classroom settings. The GENE program also assisted in creation of one new garden at San Andreas Elementary and with the continued maintenance of gardens at five elementary and high schools. Several of the schools organized school-based Farmers Market that increased access in the community to healthy fruits and vegetables. The FoodCorp service member also organized two after school garden clubs and a first-ever Summer Garden Camp at our target schools. The addition of the FoodCorp service member grew our school garden outreach significantly. The program was so successful in FFY14 that UCCE-CS was offered a second service member in the region --- we now have two of only 14 FoodCorp service members in California!

**Adult Program Accomplishments:**

Our ongoing adult education programs work with agencies that serve our target population, Cal-Works, CalFresh offices, county Health and Human Service Departments, nonprofit community based organizations such as food banks, homeless shelters, Centers for Non-Violence, Head Start parent groups, recovery centers and Family Resource Centers. At these sites, we offer both stand-alone and series workshops that are tailored to the needs of the clients and agencies. We have improved our average contacts with clients to almost two direct education contacts, up from only one contact in FFY13. We will continue to promote our series-based workshops to increase multiple contacts with our adult clientele.

Two new, highly successful adult programs have been added in 2013-2014. The first, with Tuolumne County Behavioral Health, offers bi-weekly nutrition education classes for the clients. Through a partnership with the Amador-Tuolumne Community Action Agency/Tuolumne Food Bank, we distribute emergency food from the food bank to the eligible clients each session. Whenever possible food tastings, cooking demonstrations, recipes and nutritional messages are tied to the food items that they receive at the sessions.

“Just a quick note to say Thank You for Monday!! The first class was a HUGE success and people are still talking about it! I had at least 3 people come up to me later that day to talk about how wonderful it was and how they are happy to have some help and guidance when it comes to nutrition. I know that other staff were approached by other clients as well so there was a very positive vibe happening all around the center. ~ *email from Tuolumne County Behavioral Health Program Supervisor.*

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The second new adult program is also in partnership with the Tuolumne Food Bank. The area nutrition educator has conducted the first of two semi-annual trainings for the organization's emergency food pantry volunteers. Each week the food pantry volunteers come to the main food bank to choose foods to take to the food pantries for distribution in remote areas of the county. In the past, pantry volunteers have not chosen the most nutritious foods and beverages, as they perceived that "clients won't take the healthy foods". Experience has shown that emergency food recipients will take the healthy foods if they are available. The trainings for the volunteers include information on reading labels, the value of increasing whole grain and fruit and vegetable consumption and reducing sugar-sweetened beverage consumption. Cooking demonstrations, tastings, educational reinforcement items and recipes are including the trainings.

As part of the ongoing adult education program in South Lake Tahoe twenty (20) adults graduated from a series lead in Spanish in February 2014. These participants are taking steps to live healthier lifestyles by making small changes --- four graduates of the class sent photos of their healthy plates!

Beef stew with lots of added vegetables and rice  
~ from participant, South Lake Tahoe series



Eggs with nopales (cactus), strawberries and whole wheat toast  
Huevos con nopales fresas y pan tostado ~ from participant, South Lake Tahoe

#### **Community Program Accomplishments:**

Our Calaveras nutrition educator continues to offer leadership at the Rail Road Flat Community Meal offered at our target elementary school in one of our poorest communities. We participate in menu planning and provide healthy, low-cost, simple recipes ideas. We provide handouts on menu planning and food budgeting. At the dinner, we provide infused water for tasting and provide material on reducing sweetened beverage consumption. This year, we partnered with the Calaveras Food Bank to provide an emergency food distribution prior to the dinner each month.

"Last night I attended the Parent Volunteer Recognition event at the Calaveras Unified School District (CUSD) School Board meeting. Each parent group from the schools had five minutes to talk about their group's activity. Rail Road Flat parent group stated that they worked closely with Valerie from UCCE to help make sure their fundraising and recognition

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activities were healthy. They said they turned to you for advice on food and beverage choices and nonfood rewards.” ~ from D. Smith – UCCE Advisor March 4, 2014

The Rail Road Flat Community Meal program allows us to reinforce, amplify and maximize obesity prevention and nutrition messages along multiple paths within the Social-Ecological Model:

- Local students – garden-enhanced nutrition education at the school garden, provide food from the school garden for the meal;
- Families – handouts from school, nutrition and PA information at the meal;
- Organizations – Friends of Rail Road Flat volunteers who organize the monthly meal and are now choosing healthier menu items;
- Community – working to change the culture of health for the entire community

**b. Setbacks and Challenges**

Transportation in these rural communities remains at the top of the list of challenges for our clientele. All four counties are extremely rural with narrow, winding two lane roads between communities. Public transportation is very limited or nonexistent. We will continue to explore hosting workshops in the communities, collaborating with faith-based organizations that serve as emergency food pantries and with ongoing community programs through county social service agencies.

Staff turnover was a challenge to this year’s program as two staff members resigned in June and August to pursue other opportunities. We lost teaching opportunities during the hiring and training process, although the Program Manager taught classes as time allowed.

The time required for the Program Manager to develop four *separate* SNAP-Ed local implementing agency work plans was a setback for the FFY14 program. We had anticipated that the Program Manager would aid the county-based staff in recruitment efforts, as well as teaching in the classroom and with the adult population. Neither activity was fully implemented as work plan development, meetings and daily communication with partners was a major time constraint.

**c. Requests and Program Needs Not Addressed and Why**

We receive many requests from the senior population for nutrition education but continue to be unable to fully serve this sector, as senior centers often do not meet income eligibility requirements. We will continue to work with the faith-based community and emergency food distribution sites to identify locations that may qualify for our services.

The western section of El Dorado County continues to be an underserved area, especially at the qualified schools. Our new local, SNAP-Ed funded partner, may meet some of these needs. However, with a rural, isolated population of over 3,100 eligible students, it is unlikely that all service requests can be met with the current staffing. The LIA partner, Vision Coalition of El Dorado Hills has been unable to provide significant classroom education to date, as they are new to nutrition education and “ramp-up” time has been significant. El Dorado County could benefit with the addition of a second UC CalFresh nutrition educator to cover the Western Slope, if our local partner is unable to provide adequate direct education to students in FFY15.

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**d. Conference Presentations & Publications**

- Smith D, Martinez K, Vasile V. Parent engagement: it takes a village. UC CalFresh Tour de California Statewide Conference Poster Session. 2014 January.
- Birtwhistle G, Smith D. Swipe computer games and quizzes. UC CalFresh Tour de California Statewide Conference Share Session. 2014 January.
- News Coverage - Community Meal/School Garden/Nutrition Education: "Rail Road Flat School raises money for its arts and agriculture programs" – Ledger Dispatch <http://www.ledger-dispatch.com/news/rail-road-flat-school-raises-money-for-its-arts-and-agriculture-programs>
- Newsletter – August 2014 Tuolumne County Behavioral Health: "Fun, Healthy Eating – a Big Thank You!" <https://www.facebook.com/tuolumnebehavioralhealth>

**e. Use of Marketing Materials, Websites, Facebook, Blogs, etc.**

- UC Cooperative Extension – Central Sierra Annual Report: [http://cecentralsierra.ucanr.edu/UCCECS\\_Annual\\_Reports](http://cecentralsierra.ucanr.edu/UCCECS_Annual_Reports)
- Facebook Postings – UC Cooperative Extension Central Sierra Page <https://www.facebook.com/pages/UC-Cooperative-Extension-Central-Sierra/184875634903001?fref=ts>
- YouTube "Put Me On Your Plate" at [https://www.youtube.com/watch?v=055\\_zLc86Js](https://www.youtube.com/watch?v=055_zLc86Js)

**f. Trainings**

- Rethink Your Drink – El Dorado County CNAP Meeting; Wendy West
- Smarter Lunchroom Movement Regional Training; Wendy West, Valerie Vasile
- UC CalFresh & EFNEP Skills Based Training Institute; All Educators
- Go, Glow, Grow – UC CalFresh Town Hall Webinar; All Educators
- Plan, Save, Shop and Cook – UC CalFresh Town Hall Webinar; All Educators
- Hunger Attack Curriculum – Webinar; All Educators
- Tour de California – UC CalFresh/EFNEP Statewide Conference; All Educators
- Childhood Obesity Conference; Valerie Vasile
- "Nutrition Made Clear" DVD course – All Educators

**g. Collaboration**

We are actively involved with three County Nutrition Action Plan (CNAP) groups in our four-county area: Tuolumne, Calaveras/Amador (bi-county) and El Dorado County.

El Dorado County Collaborations:

The CNAP meets every other month to work on the CNAP and strategic plan, hear updates and receive training. We have worked with our SNAP-Ed partner to reduce duplication by dividing our areas of work geographically --- the Vision Coalition of El Dorado Hills is working primarily in the western sections of El Dorado County and we continue to work in the South Lake Tahoe area.

Amador/Calaveras County Collaborations:

The CNAP meets quarterly to update members on current nutrition education activities. The Health Departments in each of the counties are our SNAP-Ed funded partners. We have identified specific areas of work based on unmet needs in the communities. For example, the Amador Department of Public Health is doing indirect education at the food bank

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distribution sites, while we continue our direct education efforts collaborating with area schools and agencies to reach both youth and adults. In Calaveras County, the Public Health Department is providing direct education at the food distribution sites and alternative high schools in the county.

**Tuolumne County Collaboration:**

The CNAP meets quarterly to move activities in the plan forward and update members on current education work. The Tuolumne County Department of Public Health (TPH) is our SNAP-Ed funded partner. We identified the need for additional nutrition education for clients at the food bank and pantries, WIC and at low-income apartment complexes (physical activity education), and the TPH is teaching at those locations. Our nutrition educators continues to teach at schools, county Health and Human Services agencies, adult volunteers at the food pantries and at the low-income housing facilities (nutrition education only).

**h. Awards Received**

N/A

**i. Overall Assessment**

The program in the four-county Central Sierra region is a strong and unique program that provides nutrition education in a variety of settings that meet the needs of our target rural population. We are seeing significant progress in change and improved behavior not only through our education activities but also through our policy and advocacy work. Our communities know the UC CalFresh educators and look to them as experts on nutrition education. We have become an essential part of our school wellness committees and communities agencies turn to us for advice and support on a variety of projects. Although our numbers may not be as large as our colleagues, our impact and reach are equal. We continue to look for ways to offer nutrition education that is meaningful and enjoyable. We look for creative ways to help our families make change that is realistic and sustainable. We are making a difference in our communities!

**2. SNAP-Ed Administrative Expenditures**

Please refer to the State-Level portion of the FFY 2014 Annual Report for information regarding SNAP-Ed Administrative Expenditures.

**3. Annual Report Summary for Evaluations**

Please refer to the State-Level portion of the FFY 2014 Annual Report for a list of curriculum, SMART Objectives and evaluation tools.

**A. Key Evaluation Outcomes**

**Youth Programs**

Teacher Observation Tool – The SMART objective for “identify healthy food choices” was met in all four counties and “willing to try new foods” was met in Tuolumne, Calaveras and Amador counties and almost met in El Dorado County with 69%. These findings lead us to continue our efforts in offering new foods at tasting to emphasize the variety of foods that should be eaten by students. We will focus on supporting teachers and parent with information on providing

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healthier food choices at school parties and as snacks in FFY14, in an effort to increase consumption in these areas.

*“To have this program where actual curriculum is taught & new food is served is extremely valuable!” ~ teacher, Tuolumne County*

*“The taste tests have been extremely useful to get the kids to try new things. Parents even comment that their kids will eat veggies at home if they have tasted them at school!” ~ teacher, Calaveras County*

Taste Testing Tool – Tuolumne, Calaveras and Amador counties (representing 85% of our total youth responding) met the SMART objective for “...tasted this food before?” by providing new foods that less than 40% of the students had tasted. Regarding the question “...willing to ask for this food at home?” three of our four counties had more than 60% respond positively, which represents 72% of our total youth responses. Total responses were 7,485 students participating in 317 classroom-tasting activities.

*“One child was so excited he said he’d rather have pomegranate than cupcakes, he couldn’t wait to tell his mom!” ~ teacher, Amador County*

*“The kids really enjoyed the jicama and couldn’t wait to buy some at the grocery store.” ~ teacher, Amador County*

### **Adult Programs**

Evaluation for the adult program was primarily through Intent to Change (ITC). As the majority of our community members only attend an average of two sessions, the ITC is the most effective tool that provides any valuable information. We collected 995 ITC (more than double of the number as last year) from 827 participants. The total number of ITC collected could include more than one ITC per person, as participants may fill out a form for each class attended. Highlights of the intent to change results included: 63% said they would increase their fruit consumption during the week following the lesson; 61% indicated that they would be more physically active for a least 30 minutes during the following week and 76% said that during the following week they planned to choose a smaller amount of food or beverages. This form is not ideal for measuring impact but it does provide valuable information about our participants’ readiness to change. Comments from our participants included:

*...“more aware of protein & dairy. Moderation is key and the need to adjust my intake...”*

*..“learning more ideas for increasing physical activity & making healthy food choices; also learning what to eat before and after workouts/activity”*

*“I think it will help tremendously in our future meals. I’m really excited about being more aware of reading labels.”*

*..“si me ayudo. para estar mas mejor y mi familia darle mejor alimento” (yes it helped me to be better and to provide my family better food)*

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In evaluating the Plan, Save, Shop and Cook (PSSC) program using the Food Behavior Checklist the SMART objective for “How often do you compare prices before you buy food?” was exceeded with 35% of participants changing their behavior over the course of the series. Even though our PSSC evaluation set is small (n=26), this does give us an indicator of our success and which messages to highlight more extensively in the future.

#### **4. Planned Improvements & Policy, Systems & Environmental (PSE) Approaches**

##### **A. Planned Improvements**

This year we will be adding a bilingual educator to serve our Spanish-speaking populations in Amador and Calaveras counties. We plan to continue increasing our reach to the adult populations via new partnerships with agencies and community-based organizations, including identifying faith-based organization locations that qualify for nutrition education service. We will focus on providing series based workshops at our low-income apartments on a more consistent and frequent schedule to improve our percentage of participants who attend two or more sessions. With the establishment of our LIA relationships and the completion of our first collaborative work plans, I anticipate that the program manager will be available to assist with recruiting and direct teaching across the four-county area.

##### **B. Addressing the Policy, Systems & Environment (PSE) Approaches**

###### **School Environment**

- We will meet with school administrators and staff, UCCE Master Gardeners and community leaders to assess and discuss the creation and support needs of school gardens in all four counties. We will promote intersections between school gardens and classroom curriculum, in conjunction with UCCE Master Gardeners and two FoodCorp members serving in Calaveras and El Dorado counties. We are making great strides in getting nutrition education to be a part of the routine school day and incorporated into multiple subject areas.
- FoodCorp service members will also be working on procurement of local and regional foods for the school cafeterias at Northside, Georgetown and Camino Elementary Schools in El Dorado County and with the Calaveras Unified School District. Partners include local farmers, school food service staff and administration, advocates with the El Dorado County Chamber Ag Council and other stakeholders in the communities.
- The program manager will co-coordinate the newly formed Mother Lode Regional Farm to School Network, bringing stakeholders together twice a year across the four-county region. The group will identify needs in the school garden community, training and local food procurement opportunities for the school meal programs.
- We will be utilizing the Smarter Lunchrooms Movement to implement food service best practices and strategies to increase healthy food access and consumption. Several of our schools and nutrition educator has already begun cafeteria assessments.
- We will continue our involvement with PTOs and school administrators in updating and implementing school Wellness Policies.

###### **Community Environment**

- CNAP partners have committed to the research, adaptation and promotion of *Guidelines for Healthy Meetings* use by agency as part of their office policies.
  - The community garden at the Family Resource Center in South Lake Tahoe, located next door to Bijou Elementary School will be completed this fall. This will open avenues for
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parents and students to become engaged in healthy lifestyle activities. We anticipate utilizing UC CalFresh garden and family-centered curriculum at the new site in spring 2015. We have found school and community gardens to be one of the most effective tools to engaging the entire school and extending our reach not only to parents but also to the community.

- Fruits and vegetables from the school garden at the Rail Road Flat Elementary harvest are used in the Community Dinner that is offered at no cost to everyone in the community. Nutrition education provided by UC CalFresh and emergency food supplies provided by the food bank are available at each of the monthly dinners.

#### **Sectors of Influence**

- The Lake Tahoe Sustainability Collaborative was formed to increase the environmental, economic, and community health of the region. The Human, Health and Social Wellbeing working group aims to improve the health of local residents and visitors through sustainable activities including recreation, education and nutrition in order to provide a higher quality of life for individuals. Our nutrition education program is well represented and acts as a key player in assisting with group activities to serve the low-income populations in the South Lake Tahoe area including the WeCan! nutrition and physical activity promotion program.
- The aim of each of the three CNAPs that we are involved with is to coordinate and leverage nutrition messages, education, and services. Through these CNAP partnerships, we integrate comprehensive strategies that collectively influence lifelong healthy eating and active living in our communities.

#### **5. EARS Feedback**

Please refer to the State-Level portion of the FFY 2014 Annual Report for information regarding EARS Feedback.

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