

FFY 2015 UC CalFresh Annual Report Results

**AMADOR, CALAVERAS, EL DORADO & TUOLUMNE COUNTIES
(Amador Cluster/UCCE Central Sierra)**

Section A: SNAP-Ed Narrative Annual Report

1. SNAP-Ed Program Overview

UC CalFresh 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

A. Executive Summary

The UC Cooperative Extension - Central Sierra (UCCE-CS) UC CalFresh Nutrition Education Program continued robust youth and adult direct education programs, serving over 50 school and community organizations in four rural counties. Indirect education was provided to over 8,000 adults, families, and youth through outreach at school and community events.

Direct and Indirect Approaches

The UC CalFresh Nutrition Education program has a strong youth component that provided nutrition education to over 3600 students at 26 schools (K-12) in the four-county UCCE region. Our youth program combined a monthly, bimonthly or quarterly tasting activity, in-depth classroom lessons, nutrition messages at school events (e.g. science nights, jog-a-thons, Open House, health fairs), garden-enhanced nutrition education lessons, physical activities, and



messages promoted through bulletin boards, Nutrition Corners, and educational reinforcement items. 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. This year the garden-enhanced nutrition curricula *Eating Healthy from Farm to Fork*, *Dig In*, and *The Great Garden Detective Adventure* were introduced to Sierra House Elementary School

in South Lake Tahoe. The lessons are taught in all eighteen (18) K-5 classrooms (510 students) by trained teachers and aides. The youth program has also increased its scope through the addition of two new schools – Jackson Elementary in Amador County and Sonora High School in Tuolumne County.

Extending our messages to the community has continued as we teach adults and preschoolers at agencies and in partnership with over 25 community-based organizations. The UC CalFresh Central Sierra program utilizes adult learning theory and research that highlights the importance of multiple exposures to key health messages. In the rural environment of the Central Sierra, this type of reinforced messaging is particularly important and takes place through augmenting school based curricula with take home materials for parents and community based money and food resource management lessons such as *Plan Shop Save and Cook* for adults. We continue to emphasize the reduction of food insecurity through money and food resource management with the use of *Plan, Save, Shop and Cook* and *Eat Smart, Be Active* with many of our adult audiences. New this year in two counties was the use of these curricula with Independent Living Programs. These clients are young adults, ages 17-21, who have aged-out of the Foster Care system or are in transitional housing while solving legal problems. In FFY15, we served 121 clients with PSSC and *Eating Smart, Being Active* classes at five facilities.

Activities and Partnerships – Comprehensive Approaches

Ongoing comprehensive (policy, systems and environmental change) approaches include: school and community gardens and garden-enhanced nutrition education; attending and participating in Parent Teacher Organization (PTO) and Wellness Committee meetings at schools; assisting in crafting, implementing and monitoring District and School Site Wellness Policies; integrating physical activity with adults, families and youth; using produce from school/community gardens for school and congregate meals; youth empowerment projects and high school FFA students using applied participation theory to guide elementary youth.

New activities and partnerships utilizing comprehensive approaches this year included: Smarter Lunchroom Movement in partnership with school district food service directors and staff with 14 different districts; increasing procurement of “local” foods; piloting the Shaping Healthy Choices program at two schools; and beginning to implement and train staff in the CATCH physical activity programs at two schools, one preschool and one after-school program. Comprehensive approaches and partnerships in the adult education arena include work with Tuolumne County Behavioral Health in direct education, nutrition enhanced gardening activities and snack policies.

B. Programmatic Results

The number of adult and youth clients receiving direct education declined in FFY15 due to staff attrition, vacant positions while hiring, and the time necessary to train new educators. Staffing declined 1.1 FTE for the year due to three positions in transition. Another factor in the decline in the youth served was the September 2015 Butte Fire in Calaveras County. The UC CalFresh team had a Harvest of the Month lesson scheduled at all of the elementary schools for mid-September. With the evacuation of families from their homes and school closures, we were unable to serve the 1700 students.

Indirect education services rose 50% over FFY14 via tabling at school and community events, handouts, and newsletters to parents/family, articles in the UC CalFresh Nutrition Education e-newsletter and via social media outlets.

<u>Participants</u>	FFY 2013 RESULTS	FFY 2014 RESULTS	FFY 2015 RESULTS
0-4	89	10	104
5-17	4987	5510	3684
TOTAL YOUTH	4987	5520	3788
18-59	432	640	385
60+	81	187	99
TOTAL ADULTS	513	827	484
TOTAL PARTICIPANTS	5500	6347	4272
Indirect Participants	11,835	9770	14,474
TOTAL PARTICIPANTS (including Indirect Participants)	17,335	16,317	18,746

<u>Age</u>	0-4	5-17	18-59	60+	TOTAL
SNAP Recipients	52	1835	192	49	2128
Other Participants	52	1850	193	50	2144
TOTAL	104	3685	385	99	4272

<u>Gender</u>	Female	Male	TOTAL
SNAP Recipients	2093	2179	4272

<u>Race/Ethnicity</u>	Hispanic / Latino	Not Hispanic / Latino	TOTAL
Black or African American		3	3
Asian		3	3
American Indian / Alaskan Native		829	829
Native Hawaiian / Other Pacific Islander		16	16
White	404	464	867
Multiple	50	2503	2553
TOTAL	454	3818	4272

C. Program Highlights and Accomplishments for FFY 2015

a. Program Successes and Accomplishments

➤ Extender Programs - Youth Direct Education

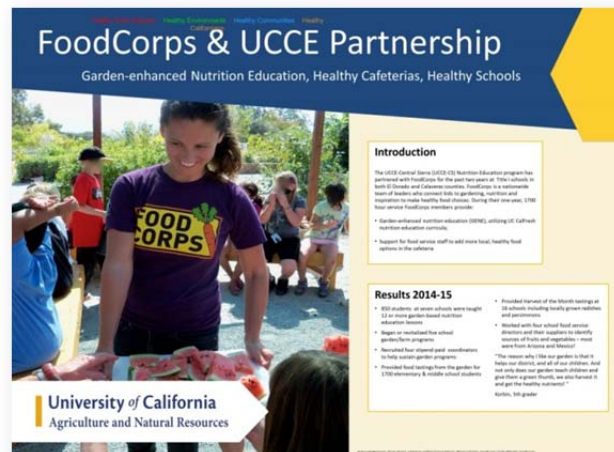
Bijou Elementary School, a two-way Spanish/English immersion magnet school in South Lake Tahoe, formed a parent volunteer Nutrition Committee as a direct result of UC CalFresh work in classrooms, with the Parent Teacher Organization and school administration. We annually train 16-22 parent extenders to teach UC CalFresh nutrition education in the classroom. In FFY15 the program was expanded from K-2 to include 3rd grade classes, as well. This sustainable teaching model allowed the Central Sierra program to reach over 400 students with direct education in all classrooms.



At **Sierra House Elementary School**, a different extender model was adopted to teach UC CalFresh garden-enhanced nutrition education (GENE). With the installation of two garden domes at the school, teachers, administrators, and parents sought a nutrition education program that linked with school gardens and fresh fruits and vegetables. By training 12 classroom teachers and aides, using UC CalFresh approved curriculum (*Eating Healthy from Farm to Fork*, *Dig In*, and *The Great Garden Detective Adventure*), the education program will reach 500 students during the 2015-16 school year. Master Gardener Program of Lake Tahoe volunteers will also be providing technical advice and teach lessons, as needed. The direct education will tie in well with the Smarter Lunchroom Movement (SLM) program that will be utilized in the cafeteria this coming year, adding to the comprehensive delivery of nutrition education.

➤ FoodCorps and UCCE Nutrition Education Partnership

Our reach with GENE expanded in FFY15 via our partnership with FoodCorps. Two FoodCorps service members were trained as extenders and taught 850 students at seven elementary schools in Calaveras and El Dorado counties. All classes received instruction in at least 10 GENE lessons, which



included UC CalFresh approved curricula *Nutrition to Grow On*, *TWIGS* and *The Great Garden Detective Adventure*. FoodCorps service members also worked on local food procurement with cafeteria staff.

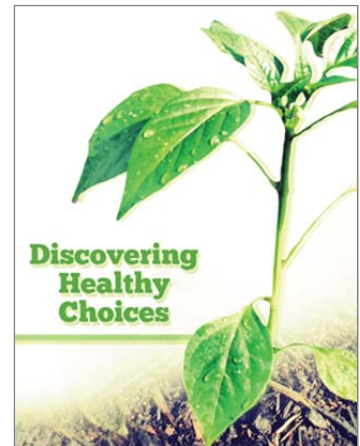
➤ **Boys & Girls Clubs – Structured Physical Activity Program**

University of California Cooperative Extension – Central Sierra (UCCE-CS) is collaborating with two Boys and Girls Clubs in El Dorado County to provide physical activity resources and training utilizing the CATCH program. UCCE-CS identified a need to provide service to this sector as outlined in the SNAP-Ed Strategies & Interventions: An Obesity Prevention Toolkit for States “encourage partnerships with community organizations (YMCA, Boys and Girls Clubs) to bring more structured and unstructured physical activities into the environment”. UCCE-CS will be expanding our interventions with these clubs in South Lake Tahoe and Georgetown with garden-based nutrition education in 2015-16.

b. Policy, Systems and Environmental (PSE) Strategies

New in FFY15:

- **Shaping Health Choices Program** – staff in two counties have been trained and will be piloting this comprehensive program in two classes during the school year. This inquiry-based program integrates activities within four overlapping components (nutrition education, family and community partnerships, food available on campus and school wellness policies), all working together to sustain positive healthy outcomes. This program was developed with the Common Core educational standards in mind, therefore making it attractive to teachers and school administrators.



- **Tuolumne County Behavior Health**

Individual Education and Food Security:

UC CalFresh offers bi-weekly nutrition education classes for adult clients at Tuolumne County Behavior Health. Through a partnership with the Amador-Tuolumne Community Action Agency/Tuolumne Food Bank, emergency food is distributed from the food bank by the educator to the eligible clients at each session. Whenever possible food tastings, cooking demonstrations, recipes, and nutritional messages are tied to the food items that they receive at the sessions.

Interpersonal and Organizational Change:

Garden and healthy eating connections --- the Tuolumne County Nutrition Educator reported: “Yesterday at Behavioral Health’s Eating Healthy class we were able to go look at the garden that they have started there. We were then able to harvest a head of lettuce that we used for our healthy recipe out of one of our cookbooks. This recipe includes brown rice, pineapple, chicken, and snow peas, which were served in a lettuce leaf. It is great when we can come together and teach clients how to grow it and prepare it into a healthy meal.”

"I planted this and now I am picking it to eat it."
"I never thought to use lettuce as a taco shell."
"This lettuce tastes better than any I have had from the store."

-Participants, Tuolumne County Behavioral Health Class 7/22/15



Additional Organizational Change:

Nutrition Educator Gretchen Birtwhistle reported, "Yesterday at Behavioral Health, I noticed that the snacks they had out for their clients were apples and bags of baby carrots. This is a huge step and I was so happy to see this!" We continue to work at the client-run snack bar to improve how healthy foods are displayed (using Smarter Lunchroom Movement "nudges") and increase the availability of healthy food options.

Ongoing PSE Strategies:

• **Expanding Programs: School Garden Sustainability, Food Access & Security**

In addition to direct and indirect nutrition education and physical activity at our sites...

- In El Dorado and Calaveras County, UC CalFresh has worked hard to design **sustainable models** to support the school garden/nutrition ed programs. One model that is working well includes: 1) year one: nutrition educator teaching in classrooms/garden; 2) year two: build curriculum supply kits and identify a mechanism to enlist extenders (parents, Master Gardener Program volunteers, teachers); 3) year three: train extenders, monitor program and prepare to move to the another school;
- **Youth engagement** programs including: cooking classes, tastings and recording "likes", "not sure", "don't care for" at snack break at Toyon Middle School; FFA at Calaveras High School selling community-support agriculture (CSA) boxes produced at the student-run farm; applied participation by FFA students teaching younger students gardening/nutrition; students and staff designed and coordinated installation of a school garden for Golden Sierra Junior and High School in anticipation of a garden/nutrition elective class in 2015-16.
- **Food access and security:**
Implemented our first locally grown Harvest of the Month tasting with 850 radishes for 1700 elementary school students
<http://www.cafarmtoschool.org/the-crimson-giant-step-forward/#more-68479>; surveyed cafeteria food suppliers at one school district to determine a baseline as to how much fresh foods are purchased regionally (results - most fruits and vegetables are from Arizona and Mexico!);



FoodCorps Service Members, UC Cooperative Extension, students and teachers, and community members rallied together to provide fresh fruits and vegetables for those effected by the Butte Fire in Calaveras County in September. Volunteers gathered fresh vegetables from school gardens and arranged for the produce to be delivered to the different campsites, Food Banks, and distribution centers where evacuees were located. Many people who evacuated their homes lost all of their food due to extensive power outages. Those that lost homes were thankful to secure fresh foods while staying with friends, camping or setting up new living quarters.

<https://drive.google.com/file/d/0B028Q0MI0EspOE1GVnpueVRzc2c/view?pli=1>

- **School Wellness Policies**

This year the UC CalFresh UCCE-Central Sierra staff continued to work very closely with school Parent/Teacher Organizations (PTO), administrators, and Wellness Committees. The educators took on roles related to reviewing and revising school wellness policies and assisted with implementation at the site level. In South Lake Tahoe, a district Wellness Committee has been revitalized and will be working with food service to implement SLM and get UC CalFresh nutrition curricula adopted district-wide. 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, and home --- before the school culture can be changed to embrace nutritious foods and physical activity.

- **Building Comprehensive Programs, Despite Frequent Administrative Changes at Schools**

Curtis Creek Elementary School in Tuolumne County is a perfect site to highlight the diligence of the nutrition educators in building truly comprehensive programs, despite high administrative turnover at schools.

- 2010-2013 - provided direct education in the science classroom K-3 for 14 classes; added indirect education at the Jog-a-thon and Science Night; attended PTO and Sport Boosters meetings to assist in crafting healthy food policies;
- Fall 2014 - school site Wellness Committee formed, with UC CalFresh Nutrition Educator as an active participant;
- Spring 2015 - changes implemented: 1) at Movie Night, the PTO offered flavored water and mandarin oranges and increased sales over prior years; 2) the band teacher and booster club will only allow healthy beverages and snacks at fundraisers;
- Fall 2015 - the PTO members and teachers have requested assistance from the nutrition educator to create a “healthy snacks for classrooms” list to distribute to parents; Smarter Lunchroom Movement pre-assessment completed at the cafeteria and staff has been trained; teachers have been trained on the CATCH program and they are extending the program as part of the K-2 physical education.

All this in has been completed in five years ---- with four (4) different superintendents!

- c. **Physical Activity Related Programming**

We have trained teachers/staff and are implementing the CATCH physical activity program at four sites:

- Head Start/State Preschool (50 preschoolers) – South Lake Tahoe
- Curtis Creek Elementary School K-2 PE (150 total students) – Tuolumne County
- Boys & Girls Club Afterschool Program K-8 (200 youth) - South Lake Tahoe

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- Sierra House Elementary School K-5 with PE instructor (500 students) – South Lake Tahoe

Nutrition educators also routinely add physical activity during nutrition lessons. We plan to expand all of these efforts over the next three years.

Physical activity and CATCH can really make a difference! Gretchen Birtwhistle, UC CalFresh Nutrition Educator in Tuolumne County shared a success story:

“I was teaching two 3rd grade classes, so about 45 kids. We were out on the playground blacktop and they were excited to see that I was there when they came out for PE. Yet, as soon as some of the kids saw the jump ropes, they were not thrilled. This is an active bunch and that is one of the reasons I love doing PE with them because they need the physical activity. Some of the boys were not happy and ready to “check out” and not listen. I talked to them and the reason was they didn’t know how to jump rope. They had never even held a jump rope. They were so certain they were going to fail they didn’t want to try. Using the CATCH PE flash fitness cards and doing one skill at a time, these boys were jumping rope successfully in less than 10 min. I wish I could carry a picture of their smiles around. They were so happy by the end of the lesson!”

*I don't want to stop jumping now that I've learned. I love jumping rope!
-3rd grade boy, Curtis Creek Elementary School*

d. Setbacks and Challenges

- Staff turnover was by far the greatest challenge in FFY15. The number of clients we were able to service declined due to staff attrition, vacant positions while hiring and the time necessary to train new educators. Staffing declined 1.1 FTE for the year due to three positions in transition.
- As PSE opportunities are cultivated and expand, there is the constant challenge of balancing the direct education reach and the time it takes to work in the PSE arenas. As a team, we all agree that the use of PSE interventions and strategies are hugely important in our communities and we truly love the work. The UCCE-CS NFCS Advisor and UC CalFresh Program Manager continue to work to balance the workload for staff and are considering changes in geographic placement of one or more positions in FFY16.
- Because of the rural nature of our four counties, transportation for our clients to training venues can be limited. We continue to try to identify means-tested sites/agencies to host workshops in these rural communities. Some sites, where we know our clientele live (e.g. trailer park 30 miles from town) are not qualified as we only have one qualified census tract within our region.
- The time commitment to develop four *separate* SNAP-Education local implementing agency plans of work, severely restricted the on-the-ground efforts of the Program Manager. 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. Very few of these activities were fully implemented over the past two years as work plan development, meetings, and daily communication with partners has been a major time constraint. The three-year work plans for FFY17-19 should help with this challenge.

e. 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 have income eligibility documentation. We only have one qualified census tract within our combined four-county area; therefore, we often use means-tested sites as primary workshop venues. We will continue to work with the faith-based community, congregate meal sites, and emergency food distribution sites to add service locations.

We will continue to work with LIA partners in all four counties to ensure that all sites are receiving service. I anticipate that we will discover that our LIA partners are unable to serve all of their FFY16 sites identified in each county Targeting Summary. We will coordinate with our partners to serve these sites, as capacity allows.

f. Trainings

f.1 Staff Participated in Trainings:

- **Harvest of the Month, HEAL Collective;** expand use of HOM to new audiences; Valerie Vasile, Madison Jones, Hector Ochoa and Wendy West attended; January 20, 2015
- **UC CalFresh and EPNEP Supervisor’s Training;** develop and support supervisory skills and tools; Wendy West attended; February 25-26, 2015
- **Local Implementing Agency (LIA) Statewide Forum;** develop FFY16 work plan and learn interventions and new strategies; Wendy West and Valerie Vasile attended; March 17-18, 2015
- **SafeServ;** certification on safe food handling practices; Hector Ochoa, Natalie Alfaro-Perez and Madison Jones attended March 26, 2015
- **Bookclub “From Telling to Teaching”** by Joye A. Norris; expand techniques for effectively teaching adults; all staff participated and discussed at Q2 staff meeting
- **California Farm to School Conference;** attend workshops on school gardens, working with food service, local food procurement; Hector Ochoa and Wendy West attended May 4-6, 2015
- **California Obesity Conference;** training in RE-AIM evaluation methods and tools; Wendy West attended June 28-30, 2015
- **CATCH Physical Activity** trainings:
 - Early Childhood, Wendy West and Natalie Alfaro-Perez attended June 11, 2015
 - Grades K-5, Gretchen Birtwhistle (PA Lead – three days) and Hector Ochoa (one day) August 24-26, 2015
- **Shaping Healthy Choices curriculum training;** train to be part of the pilot 2015-16; Wendy West, Hector Ochoa, Emily Metzger, Monica Drazba, Gretchen Birtwhistle attended SHC #1 August 20-21 and SHC #2 September 22-24, 2015
- **El Dorado County CNAP Trainings:**
 - “Recruiting Champions” by Kayla Aquion Irving – Health Education Council; Wendy West attended on January 23, 2015
 - “Features of the EatFresh.org Website” Erin Franey – Leah’s Pantry; Wendy West attended on May 15, 2015

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- **ANR Joint Strategic Initiative Conference**; workshops on Translating Research to Policy, Strategic Social Media, Reaching Diverse Audiences; Wendy West attended October 5-7, 2015

f.2 Staff Provided Trainings:

- **Motherlode Farm to School Network Gathering**; led roundtable discussions with network members on Smarter Lunchroom Program and UC CalFresh Nutrition Education curriculum; Wendy West facilitated and Madison Jones attended; offered once on April 25, 2015 – four hours to 30 attendees.
- **Tuolumne County Smarter Lunchroom Movement Program** training in conjunction with the Tuolumne Office of Education; utilize SLM to increase food sales and offer healthier foods; Offered once on August 14, 2015 for five hours with 15 Food Service Directors and Staff attending.
- **CATCH training** for nine (9) teachers at Curtis Creek Elementary by Gretchen Birtwhistle, PA Lead UCCE-CS September 2015; will use CATCH with rotating stations format during PE class time.

g. Conference Presentations & Publications

- *School Gardens Feed Families After Butte Fire* – Calaveras Enterprise
<https://drive.google.com/file/d/0B028Q0MI0EspOE1GVnpueVRzc2c/view?pli=1>
- *School Gardens Feed Fire Impacted Families* – Union Democrat
<http://www.uniondemocrat.com/News/Local-News/School-gardens-feed-fire-impacted-families>
- Local produce for Harvest of the Month - *The Giant Crimson Step Forward*:
<http://www.cafarmtoschool.org/the-crimson-giant-step-forward/#more-68479>
California Farm to School Network blog

h. Use of Marketing Materials, Websites, Facebook, Blogs, etc.

- Distributed UC CalFresh County Profile FFY14 to sixty two (62) CNAP members and promoted on the UCCE-CS website:
http://cecentralsierra.ucanr.edu/Nutrition_Family_and_Consumer_Science/Annual_Reports/
- UC CalFresh Nutrition Education e-newsletter distributed monthly to over 600 contacts
- UCCE-Central Sierra Facebook page: five posts

i. Partnership Activities & Collaboration

Community Nutrition Action Plans/Partners:

We have continued to build on our successful community partnerships as active participants in three County Nutrition Action Plan (CNAP) groups. The CNAPs cover 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; county Health and Human Services, including both Public Health and Social Services and community health clinics. Through these CNAP partnerships, we are identifying unmet community needs and coordinating nutrition education messages and activities to serve our communities in a more comprehensive manner.

El Dorado County:

The CNAP meets every other month to work on plan priorities, hear updates, and receive training. We have worked with our SNAP-Ed partners 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:

The CNAP meets quarterly to update members on current nutrition education activities. The Public 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 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 in one school district. In both counties, the program supervisors and nutrition educators meet quarterly to outline monthly nutrition education themes. By coordinating the nutrition messages, we hope to reinforce learning via multiple pathways and educational modes, maximizing the collective impact in our community. UCCE-CS Nutrition, Family, and Consumer Science Advisor, Kara Lang will co-chair this partnership beginning in 2016. Additional leadership and facilitation will help to reinvigorate this group and identify priorities.

Tuolumne County:

The CNAP meets quarterly to update members on current educational work, and plan our coordinated activities. The Tuolumne County Department of Public Health (TCPH) 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 TCPH is teaching at those locations. Our UC CalFresh nutrition educators continue 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). In May 2015 Tuolumne County Public Health, Grocery Outlet and other community partners including UCCE, hosted a Healthy Stores Festival.

The Lake Tahoe Sustainability Collaborative:

This is a project of the South Lake Tahoe City Council, 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. The UC CalFresh nutrition education program is well represented and acts as a key player in assisting with group activities. Twice a year the working group hosts a WeCan! nutrition and physical activity promotion program. All four elementary school participate in the four-week program, which includes a food of the week that is in the color group of the week --- e.g. red cabbage for Red Week. Students also receive tokens (feet, broccoli, water droplet, etc.) to add to their chain necklaces, when they complete miles on the track, are “caught} eating green vegetables in the cafeteria, etc. Partners participating in this program are Barton Hospital, UC CalFresh Nutrition Education, parent volunteers including those involved as Master Gardeners of Lake Tahoe.

The Motherlode Farm to School Network:

Vision: A Mother Lode Region where all schools teach about and provide access to healthy, locally grown food, creating future generations of healthy children and economically vibrant farms.

This network, made up of 30 non-government organizations, nonprofits organizations, agencies, schools, community-based organizations and farmers, hosts a gathering each Spring with trainings, mini-workshops, and roundtable discussions. Members are committed to building and promoting farm to school relationships in the Sierra foothills region.

Local Implementing Agency 2016 Forum Advisory Group

This statewide group is made up of local public health staff, UCCE/UC CalFresh staff, (including Wendy West, Program Manager) and other LIAs. The charge of the advisory group is to provide feedback and input on improving the 2016 Statewide LIA Forum --- to make it more relevant, identify training needs, and make the time spent on IWPs efficient and effective.

j. Awards Received – N/A

2. Annual Report Summary for Evaluations

A. Key Evaluation Outcomes

Youth Programs

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. The youth program aims to expose students to healthy foods and increase their willingness to try new healthy foods and encourage children to ask for these foods at home. Tasting activities, as part of standard curriculum (e.g. *My Amazing Body, Happy Healthy Me*) and Harvest of the Month, are an integral part of our youth education program.

The evaluation results with the Teacher Tasting Tool (Youth) underscore the great variety of taste testing opportunities that the Calaveras County program provided. Of 2456 students involved in taste testings, only 27% had tasted the food before the classroom experience. The statewide goal for this question is 40% or less if the students note a familiarity with a food used

for tasting. The foods utilized included quinoa, persimmons, and radishes among the Harvest of the Month tastings.

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 FFY15, 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.

In FFY16, 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. Comments from the teachers include:

"Making a difference with kids AND teachers!"

"The program has helped develop my choices and I share that knowledge with my students."

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 761 ITC from 555 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. Utilizing the "Food Groups" ITC, we found that of those reporting to have not eaten foods from all five food groups the prior week, 71% intended to improve in that area during the coming week. 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:

"me audara para consumer mas granos integrals ya que es una funete de vitaminas importante"/"it will help me eat more whole grains now that (I know) it is a source of important vitamins."

"...these coursed are very important for the community; they are very helpful in having optimal health. These courses are equal to prevention"

"teaching kids about foods/nutrition at home...this helps reinforce what they are learning at school"

"I sit down and plan (a) list with the whole family, getting everyone involved"

In evaluating our adult clientele using the Food Behavior Checklist (FBC), the state SMART objective “how often do you use nutrition facts labels when shopping?” was exceeded with 64% of participants changing their behavior over the course of the series.

Both FBC and *Plan, Save, Shop and Cook* (PSSC) evaluation sets continue to be very small. Many of our adult clients attend our series workshops via Job Club/CalWorks and do not attend the full series, therefore pre- and post- evaluation numbers are limited. A goal for FFY16 is to increase our use of pre- and post-evaluations when utilizing the series-based curriculum for adults.

PSE-related Evaluation Outcomes

- **Smarter Lunchroom Movement (SLM)**

Through collaboration with the Calaveras Unified School District Food Service and CA Dairy Council, SLM Assessment Scorecards were completed at five cafeteria sites. These pre-assessments, conducted prior to implementing the SLM program, revealed an average score of 30 of 100 SLM choices available at the cafeterias. These pre-assessment scores align directly with statewide SLM averages. The district, with the assistance of UC CalFresh/UCCE-CS, is applying for a grant from the CA Department of Social Services to fund supplies and equipment for the implementation of the SLM program in 2015-2016. We will continue to provide technical assistance for this program as it moves forward.

In Tuolumne County SLM training, co-hosted by the Tuolumne County Office of Education, was conducted for 15 food service directors in August. This was a major breakthrough in promoting the SLM program, as there are 12 different districts in this rural county that have been very difficult to connect with. From that training, Sonora High School is planning to implement a variety of SLM elements as they design a full remodel of the cafeteria. Educator Gretchen Birtwhistle has been asked for extensive technical assistance (TA) in planning the new cafeteria, especially in the areas of designing speed lines with fully reimbursable meals, grab and go offerings and improving the environment in the eating area. We will be continuing to provide TA to the high school while following up with the other schools districts to begin assessments and SLM implementation with newly trained directors and staff.

- **School and Community Gardens**

The UCCE-CS UC CalFresh Nutrition Education program is currently serving:

- **thirteen (13) school and community gardens** across our four-county region, representing **14,000 square feet of garden space** used to produce edible crops. Three additional schools have been identified as needing school gardens and programs and will be provided service in FFY16;
- over **2200 people have experienced** learning or eating from, or working in, the gardens;
- nine (9) of the sites have **used food from the garden** to serve in the school cafeteria or for school-wide tastings;
- the UC CalFresh program provided training for 32 teachers and volunteers;
- **curricula used:** *Eating Healthy from Farm to Fork, Dig In!, The Great Garden Detective Adventure, Nutrition to Grow On, TWIGS;*

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- **program partners** include: UCCE Master Gardeners, parent teacher organization, Friend of Rail Road Flat Foundation, FFA, FoodCorps, Gardens to Grow In, Tuolumne County Social Services and the Health Literacy Now program, Bijou Parent Nutrition Committee and Boys & Girls Clubs.



In FFY16, we plan to add three new sites to assist in building school garden and nutrition programs. We have added a new nutrition educator position in Western El Dorado County, where the focus will be teaching garden-enhanced nutrition education.

3. Overall Assessment

The program in the four-county Central Sierra region is a strong, 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!

4. SNAP-ED Planned Improvements

- Increase direct and indirect adult education at congregate meal sites and other means-tested sites
- Assist three school districts and 11 school sites in updating and implementing Wellness Policies
- Work with staff and administration at five new school cafeteria sites with the Smarter Lunchroom Movement program; continue providing TA at current cafeteria sites and complete at least three post-assessments
- Assist two community-based organizations and agencies in developing work place and organizational healthy foods policies
- Increase our media exposure, e-newsletter distribution, stories in the UC CalFresh Weekly Updates, and develop two UC Delivers
- Convert to direct education utilizing an extender model at four school sites with UC CalFresh approved curricula. This will allow educators to move to other qualifying schools with a goal of attaining sustainability of a direct ed extender program in three years
- Increase teaching Farm to Preschool curriculum at two approved sites
- Assist with the development or revitalization of three school garden programs
- Identify two additional youth empowerment opportunities; develop and implement programs
- Maximize the use of evaluation tools to improve documentation of outcomes
- Balance educator workload between direct/indirect ed and PSE programs
- Cultivate professional development and training opportunities for staff to help increase job satisfaction and reduce turnover
- Facilitate installation of one (1) mural and one (1) playground stencil

