



# UCCE Fresno and Madera

## SUCCESSSES

“This class has been very helpful to me and my family. Many of the healthy choices we thought we were making were not as healthy. In this class I have learned to read nutrition labels so it has made our lives so much better being able to see what is really healthy. We also had a lot of concerns about being healthy might be too expensive but in this class, we learned how to save money and be healthy by learning to use weekly flyers, coupons, and learning price per ounce.”

– Adult Class Participant

“I feel this is a great opportunity for our students to start making good food choices and thinking about food and exercise.”

-Teacher



## RESULTS

### Youth

100% of teachers in Madera agreed that more students can identify healthy choices, after nutrition education was delivered

### Adult

88% of participating adults showed an improvement in one or more food resource areas

### Organizational

UC CalFresh staff trained 59 California Teaching Fellows afterschool staff to deliver CATCH and helped increase nutrition and physical activity education, at 16 Madera Unified afterschool program school sites, reaching 1,895 youth.

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*Fresno and Madera counties are among the top producing agricultural counties in California and the nation. Yet, both counties have some of the highest rates of poverty, food insecurity, and hunger, particularly among children. The UC CalFresh Nutrition Education Program in Fresno and Madera in cooperative effort, partners with community agencies to address the nutrition and physical activity needs of the community through experiential, evidence based nutrition and physical education, and policy, systems and environmental supports.*

### Serving Individuals and Communities

- 17,802 participants were reached with direct nutrition education
- 12,184 participants were reached through policy, systems and environmental strategies
- 35 total sites implemented a policy, systems or environmental change
- 16 afterschool sites were supported in the implementation of structured physical activity
- 2 school districts were supported in the implementation of a district-wide policy

### Providing Education

- The UC CalFresh program provides series-based adult nutrition and physical activity education to teach them how to make healthy lifestyle choices for their families. These skills help families to eat well and be physically active, despite limited resources. Youth curricula teaches children how to identify healthy foods, increase physical activity and apply what they have learned to make healthy choices at school and home.

### Helping to Make Organizational and Environmental Changes

- UC CalFresh utilizes a variety of Policy, Systems and Environmental (PSE) strategies to enhance and support the delivery of direct nutrition education. Strategies include the Smarter Lunchrooms Movement, school and community gardens, school wellness policy and structured physical activity.

### Serving California Agriculture

- UC CalFresh teaches families to make the connection between nutrition and agriculture, helping to develop the skills needed to grow healthy food. UCCE Master Gardeners enhance program curricula with support for our garden-based nutrition education at schools and community sites.

### Building Partnerships

- UC CalFresh is committed to providing comprehensive approaches to address the nutrition and physical activity needs of Fresno and Madera County families. This year UC CalFresh collaborated with 82 community partners. Partnerships are key to influencing community-wide changes, and multi-sector partnerships benefit the community and accomplish overarching goals.



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## A. SNAP-Ed Program Overview

Fresno and Madera Counties are among the top producing agricultural counties in California and the nation. However, both counties have some of the highest rates of poverty, food insecurity and hunger, particularly among children. In 2016, the US Census Bureau 5-year estimate showed Fresno (25.5%) and Madera (20.4%) counties reported higher poverty rates than the state rate of 14.4%. Moreover, the Fresno (37%) and Madera (49%) rates for children (all ages) below the federal poverty level were also higher than the California rate of 30.9%. The California Department of Public Health (CDPH), Supplemental Nutrition Assistance Program Education (SNAP-Ed) 2018 County Profile for Fresno County indicated that 26% of children are food insecure, compared to the state rate of 19% and 14% among individuals of all ages. In Madera, 24% of children are food insecure, compared to the state rate of 19% and 11% among individuals of all ages. The need to provide children with food is more evident in the county rates for students eligible for free or reduced school meal program with Fresno County at 74% and Madera County at 79%, both higher than the state rate of 60%. The UC CalFresh Nutrition Education Program (NEP) in Fresno and Madera counties partners with community agencies to address the nutrition and physical activity needs of the community through experiential, evidence-based nutrition education and policy, systems and environmental supports.

Over the last year, the Fresno and Madera County cluster continued to expand its delivery of comprehensive programming through direct nutrition education delivery, integration of Policy, Systems and Environmental (PSE) supports, and partnership building and collaboration. UC CalFresh provided training to teacher extenders to deliver youth direct and indirect nutrition and physical activity education in combination with UC CalFresh educators, to achieve state goal 1 and 2. This education included bi-monthly Tasting Time food demonstrations to introduce and expose students to new, affordable, healthy foods at school. Nutrition educators also provided adult (including seniors) direct and indirect nutrition education, including food resource management and physical activity education, accomplishing state goals 1-3. UC CalFresh staff also identified and implemented policy, system and environmental support to sites. This helped the program achieve state goal objectives 4 and 5, through efforts that include Smarter Lunchrooms Movement (SLM), support for the implementation of district-wide school wellness policy, structured physical activity integration, and school and community gardens. Partnership building and collaboration have also taken a stronger focus. Using established relationships with non-SNAP-Ed partners and building new ones, the UC CalFresh program worked to strengthen its collaborative impact in both counties. The 2018 fiscal year was a successful one for the UC CalFresh Fresno and Madera County cluster due to its continued delivery of nutrition education, and the expansion of comprehensive programming.

### i. Progress in Achieving Overarching Goals:

In addition to achieving state goals, the UC CalFresh program accomplished objectives respective to each county Integrated Work Plan (IWP). With direct and indirect nutrition education delivery to youth and adults (including seniors) as a program staple, both Fresno and Madera Counties set objectives around these approaches. Youth direct education (DE) and indirect nutrition education (IE) included extender nutrition lessons, UC CalFresh educator lessons bi-monthly Tasting Time food tastings, and interactive displays at school sites and community events. UC CalFresh in Fresno and Madera both have annual objectives for youth direct education, #4 (2c), in Fresno with a reach of 14,482 which fell under its goal of 19,000. However, it's important to note that Fresno increased its PSE reach by 9,495 this fiscal year. In Madera, objective #1 (2a) was exceeded with a reach of 2,091 youth at 14 Madera Unified School District (MUSD) schools exceeding its goal of 2 additional schools. Fresno county did not meet its annual objective of for youth indirect education, #4 (2d) of 2,250, with an undetermined reach due to the change in the definition of what counts as IE and how the data is aggregated in PEARS. In Madera, UC CalFresh met youth indirect objective, #2 (2b), by providing indirect outreach activities to 5 MUSD schools.

Adult direct education included workshop and series-based lessons, food recipe demonstrations and indirect education included interactive displays at school events for parents, community sites and events. UC CalFresh in Fresno fell short of meeting the annual objective for adult direct nutrition education, #1 (2d) with a reach of 974 in Fresno, under its goal of 1,835, due to focusing on identifying and implementing PSE strategies. Fresno also fell short in meeting indirect adult education objective, #1 (2e) of 19,500 with an actual reach of 11,666, also due to the change in the definition of what counts as IE and how the data is aggregated. Madera met its annual objective for adult direct education, #4 (2a, 2b and 2c), with a reach of 255, exceeding its goal of 185. Additionally, UC CalFresh set annual program objectives around PSE changes to expand the programs comprehensive approach. PSE objectives included providing community and school sites with support and resources to identify, develop and implement School Wellness Policies (SWP), gardens, Smarter Lunchrooms Movement (SLM) and structured physical activity. The annual objectives reached through PSE activities include, #1 (2b), with the on-going implementation of a garden as a PSE at a community site and #4 (2a & 2b), with the school district adopting a farm-to-school policy change and 9 additional FUSD schools implementing SLM and #1 (2d & 2e), with 1 school implementing SLM, and 1 school coordinating and participating in a Safe Routes to School program in Madera.

Partnerships and integration of services with both SNAP-Ed Local Implementing Agency (LIA) partners and non-SNAP-Ed community partners have also become a key goal within the work plan. UC CalFresh collaborated with Madera and Fresno County Local Health Departments to establish and build coalitions and providing trainings aimed at building capacity. These activities focused on aligning and leveraging SNAP-Ed resources to achieve the greatest impact. Together, the partnerships achieved collaborative objectives through #1 (2a), #2 (2b), #4 (2a & 2b) in Fresno and #1 (2c) in Madera. Additionally, UC CalFresh cooperated with local community agencies and networks to ensure alignment of mutual goals and efforts. Those partners include: school districts (Nutrition Services, PE and School Wellness departments), schools/universities (Head Starts, CDC's, K-12th and Fresno State), community non-profits, and other community networks (Dairy Council of California, Alliance for a Healthier Generation, Housing Authority, Jobs Training agencies, Bringing Broken Neighborhoods Back to Life, Rescue the Children and Fresno Food Security Network).

**ii. Describe Projects Implemented During the Reporting Year by Identified Primary Approach**

During this last reporting period, UC CalFresh has continued to deliver ongoing direct and indirect nutrition education to low-income youth and adults (including seniors) through direct delivery and extender methods. These interventions were built upon this year through greater collaboration with county and community partners. Indirect methods include parent newsletters, nutrition corners in classrooms and cafeterias, social media marketing and the Physical Activity Resource website. UC CalFresh continued its partnership with school districts and the Dairy Council of California (DCC), in the implementation of the Smarter Lunchrooms Movement (SLM), at 12 school sites in Fresno and Madera in FFY 2018. This included nine elementary schools in Fresno and one Middle school in Madera. Additionally, two Child Development Centers maintained their implementation of Smarter Meal Times in Firebaugh and Huron.

UC CalFresh began new and continued previous projects in supporting and providing technical assistance to three schools and one community site in building and maintaining their gardens. One garden at a Madera Unified elementary school was identified and built due to the teacher's participation and implementation of the Shaping Healthy Choices Program (SHCP). Opportunities for collaboration with UC ANR Master Gardeners were also identified and established in both Fresno and Madera Counties. UC CalFresh also continued its partnership with Madera Unified School District (MUSD) and actively served on the District Wellness Committee supporting implementation of the district wellness policy. This partnership led to additional sustainable direct nutrition education at 12 school sites and the adoption of structured physical activity, CATCH, at 16 afterschool sites, for UC CalFresh in support of the District's Carol M. White Physical Education Program Grant (PEP Grant). Furthermore, UC CalFresh's partnership with Community Action Partnership, Madera County (CAPMC) expanded this fiscal year, which resulted in a systems change through the adoption of UC CalFresh's Happy Healthy Me as the agency-wide curriculum. In addition, UC CalFresh continued to strengthen its collaborative partnership with Fresno Unified, while partnering with Fresno Economic Opportunities Commission

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(EOC) and California State University, Fresno (Fresno State) on the Fresh Grub initiative. The Fresh Grub partnership involved a variety of partners, stakeholders and the school community in their approach to accomplish a district level adoption of local procurement policy for the school lunch, breakfast and snack program.

**B. Summary Results from the Program Evaluation and Reporting System (PEARS)**

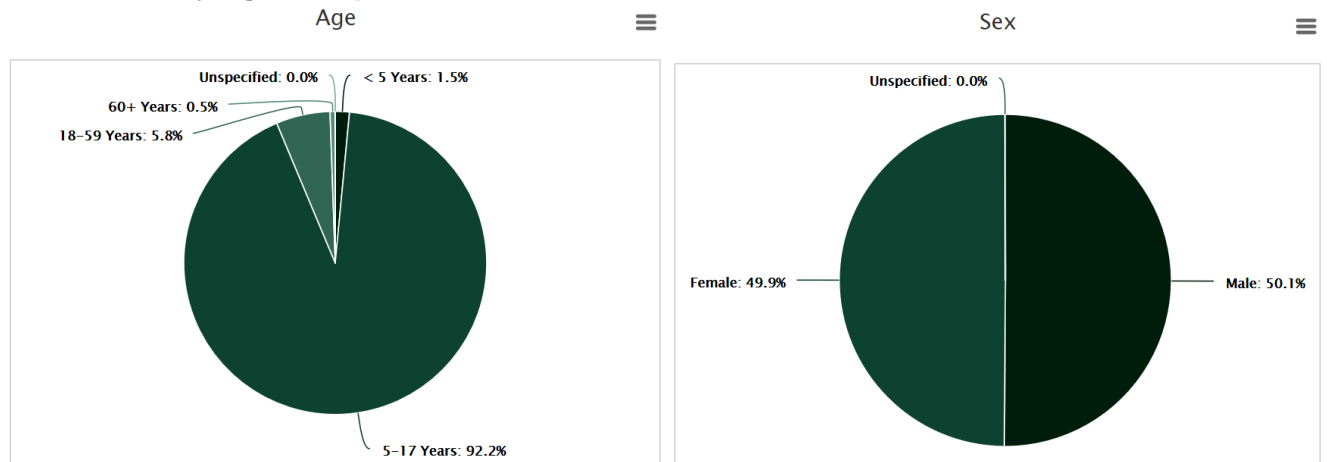
**i. SNAP-Ed Direct Education Participants FFY 2018**

**Number of Direct Education Participants (unduplicated) by Age Group and Sex**

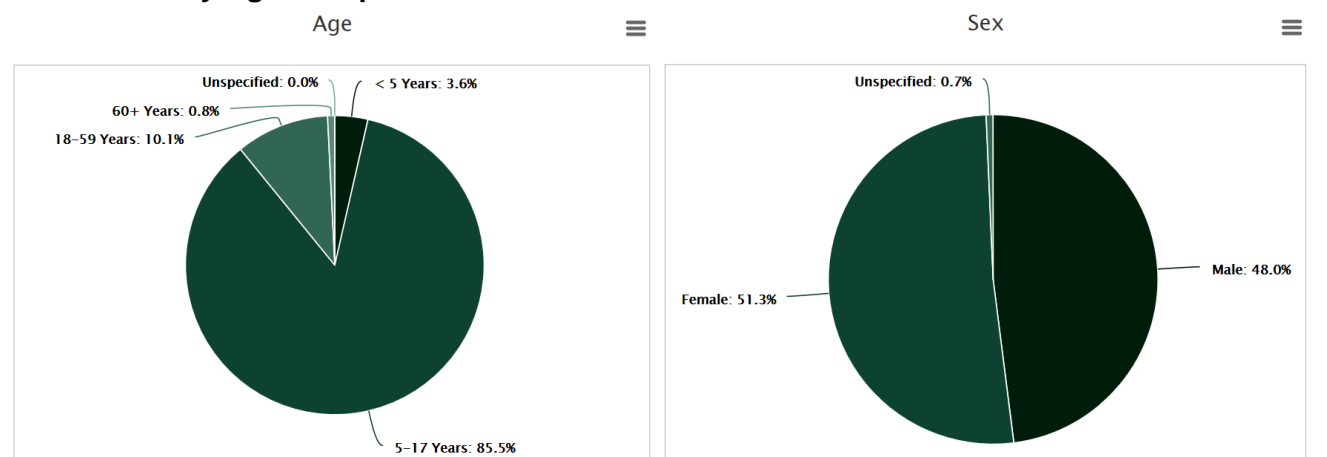
**Fresno/Madera Cluster**

Age	Female	Male	Actual Count	Estimated Count	Total
Less than 5 years	168	142	0	317	317
5-17 years	7,900	8,349	5	16,251	16,256
18-59 years	797	324	1,021	106	1,127
60 years or older	44	55	101	1	102
<b>Total</b>	<b>8,909</b>	<b>8,870</b>	<b>1,127</b>	<b>16,675</b>	<b>17,802</b>

**Fresno County Age Group and Sex**



**Madera County Age Group and Sex**

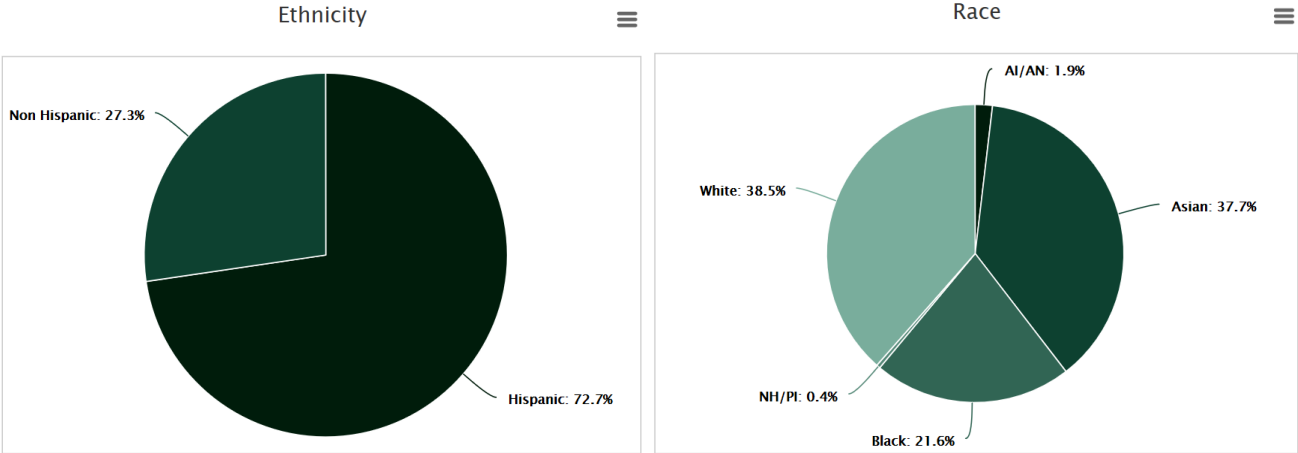


# Number of Direct Education Participants (unduplicated) by Ethnicity and Race

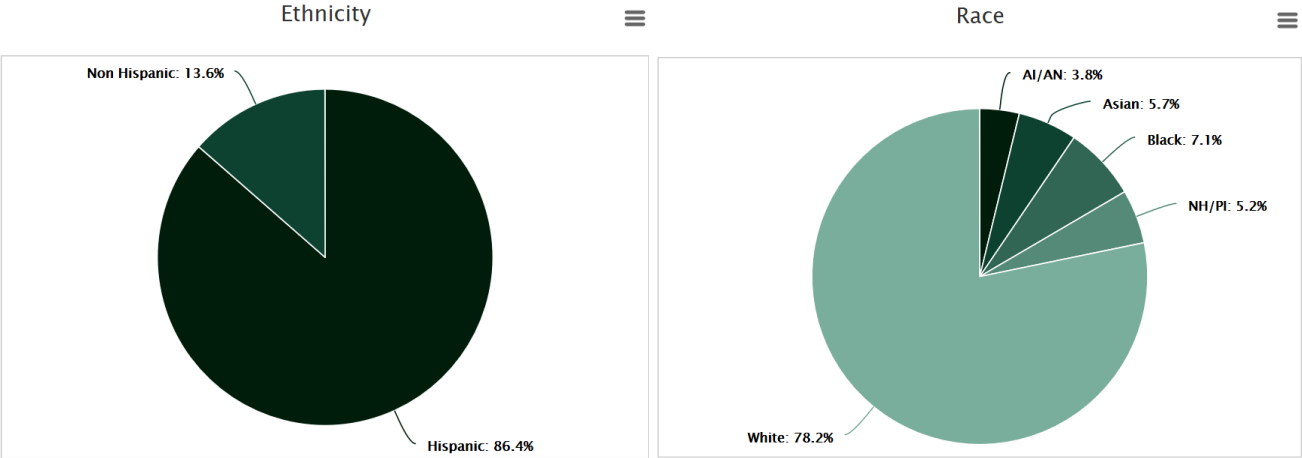
## Fresno/Madera Cluster

		Actual Count of SNAP-Ed Participants	Estimated Count of SNAP-Ed Participants
Ethnicity	Hispanic/Latino	773	11,940
	Non-Hispanic/Latino	335	4,013
Race	American Indian or Alaska Native	80	15
	Asian	70	1,435
	Black or African American	126	757
	Native Hawaiian or Other Pacific Islander	15	31
	White	787	1,170
Total		1,108	15,953

## Fresno County Ethnicity and Race



## Madera County Ethnicity and Race





ii. **SNAP-Ed Direct Education Delivery by Programming Format**

**Direct Education - Characterizing Education Session Format, Delivery, Time**

**Fresno/Madera Cluster**

Format	A. Number of Programs Delivered	B. Time Range		C. Number of Sessions Delivered Using Interactive Media
		Sessions (in minutes)	Number of Sessions	
1. Single Session	49	0-30	16	0
		31-60	10	
		61-90	9	
		91-120	5	
		Over 120	9	
2. Series of 2 to 4 sessions	172	0-30	322	0
		31-60	34	
		61-90	91	
		91-120	0	
		Over 120	75	
3. Series of 5 to 9 sessions	143	0-30	679	0
		31-60	155	
		61-90	107	
		91-120	0	
		Over 120	0	
4. Series of 10 or more sessions	453	0-30	13289	0
		31-60	1733	
		61-90	93	
		91-120	43	
		Over 120	32	

iii. **SNAP-Ed Delivery by Site Setting**

**Fresno County**

Settings	Fresno	
	81	15
	# of DE Settings	# of PSE Settings
Adult education, job training, TANF, and veteran services sites	7	
Community centers	4	
Early care and education	3	2
Emergency shelters and temporary housing sites	1	
Faith / places of worship	1	
Family resource centers	2	
Group living arrangements/residential treatment centers	1	1
Health care clinics and hospitals	1	
Individual homes or public housing sites		1
Schools (preschools, K-12, elementary, middle, and high)	61	11

**Madera County**

Settings	Madera	
	36	21
	# of DE Settings	# of PSE Settings
Adult education, job training, TANF, and veteran services sites	8	
Afterschool programs (includes before school programs)	5	16
Early care and education	7	1
Family resource centers	1	
Individual homes or public housing sites	2	
Parks and Open Spaces	1	
Schools (preschools, K-12, elementary, middle, and high)	12	4

**C. Program Highlights and Accomplishments for FFY 2018**

**i. Ongoing and New Projects that were Operational During the Reporting Year Identified by Primary Approach**

The UC CalFresh program made significant progress in achieving the objectives outlined in the three-year IWP for both counties. As written in the IWP, direct nutrition education continued as the main comprehensive programming intervention in FFY 2018 and was delivered to 14,482 youth and 974 adults in Fresno, and 2,091 youth and 255 adults in Madera. The Fresno and Madera County cluster consistently delivered youth direct and indirect nutrition, and physical activity education through extender nutrition lessons, nutrition staff enhancement lessons, bi-monthly Tasting Time food tastings and interactive nutrition education displays at school sites and community events. Extenders received regular training, which allowed for consistent training across school districts, thus reinforcing fidelity of nutrition education delivery to the goals and design of the curricula and link to the Dietary Guidelines for Americans. Adult direct education included workshops and series-based lessons, food recipe demonstrations, physical activity education, and indirect education included interactive displays at schools, school events, community sites and events.

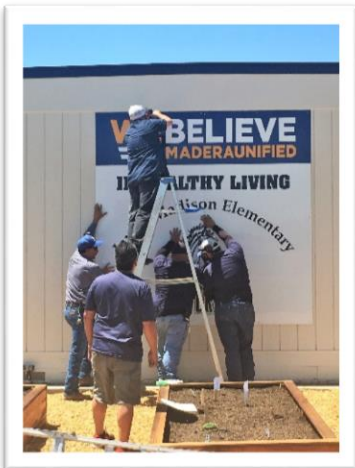
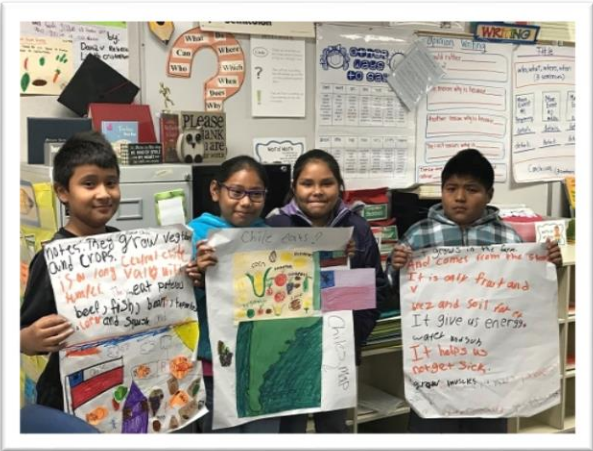
**Policy, Systems and Environmental Changes**

This fiscal year UC CalFresh was successful in its expansion of continued and new PSE efforts, providing school and community sites with support and resources for implementation. Ongoing PSE projects included school and community gardens, Shaping Healthy Choices (SHCP) implementation, School Wellness Policies (SWP), Walk to School events, Smarter Lunchrooms Movement (SLM), district-wide adoption of UC CalFresh curriculum and CATCH. UC CalFresh implemented a total of 35 PSE changes at 15 school sites reaching 9,949 students, 16 afterschool sites reaching 1,895, 3 early care and education sites reaching 260 children and 1 residential treatment center community site, reaching 80 participants. Combined these efforts resulted in a PSE reach of 12,184 at 35 sites.

**Gardens (Shaping Healthy Choices)**

In Madera, UC CalFresh supported and provided technical assistance in the building of a new garden at an elementary school as an environmental change, which exceeded the planned objectives in the IWP. In FFY 2018, UC CalFresh Madera County began serving Madison Elementary School with the SHCP. Champion teacher Roxanne Schallberger voluntarily reached out to UC CalFresh in FFY 2017 and expressed the need and interest in bringing SHCP to her classroom and school. During this past fiscal year, Mrs. Schallberger began SHCP in her classroom with support and resources from UC CalFresh, which led to her applying for and receiving the Lowe’s Garden Grant of \$5,000. With funding, a community-wide effort to build and sustain a school garden at Madison Elementary emerged. Efforts to build and get the garden started included Madera Unified School District (MUSD), Madison’s Principal

and staff provided the space and painted the districts' logo and motto on a building wall next to the garden. Even the school's maintenance staff offered their time and effort to install a handwashing station and the irrigation for the garden. Students from another local school, Ripperdan Community Day School, contributed to the project by building the wooden garden beds and benches for the garden. Once in place, students in Mrs. Schallberger's class and other Madison students filled garden beds with soil and planted their first harvest from the "We Believe in Healthy Living," Madison Mavericks garden.





## Smarter Lunchrooms Movement

In the third year of the SLM implementation in Fresno and first year in Madera, UC CalFresh focused efforts on improving the school meal environments at nine Fresno Unified Elementary Schools and one Madera Unified Middle School. In FFY 2018, UC CalFresh Fresno accomplished its IWP objective that at least 5 additional schools would make at least 1 environmental change. Madera also accomplished its IWP objective that at least 1 MUSD participating school will report successful implementation of SLM. UC CalFresh provided all schools with technical assistance to school food service operators to implement the Smarter Lunchrooms Movement strategies. UC CalFresh took a district level approach to identify SLM school sites and set up initial recruitment meetings with principles, school food service operators and their area supervisors to explain the principles, implementation processes, establish goals and describe the technical assistance that would be provided to their site throughout the school year.

Lunchrooms were assessed during the training by UC CalFresh staff, using the SLM scorecard and technical assistance was then provided in the implementation of SLM, UC CalFresh identified bare walls and spaces that were ideal for a nutrition corner to highlight and promote healthy foods and snacks. Milk carts, commercial refrigerators, and windows found along student lunch lines offered opportunities to place new Smarter Lunchroom decals and posters. The interventions chosen by these schools varied by site, however the most popular included improved layout or display of meal foods/beverages to encourage healthier selections and initiated or improved point-of-purchase, decision, and/or distribution prompts. Using menu boards, the food service staff were able to highlight the meal of the day using creative and descriptive words attracting student's attention and curiosity to try the foods offered along the lunch line. A second scorecard was completed at schools to track progress in the lunchroom environmental improvements within the same school year. UC CalFresh plans to continue to provide technical assistance on SLM to these sites in addition to new elementary school sites being served with direct and indirect education, possibly expanding into new school districts in FFY 2019. Through the adoption of these additional SLM strategies at mealtimes, nutrition messaging will be reinforced through environmental changes.

*Before and after Signage: McCardle Elementary*



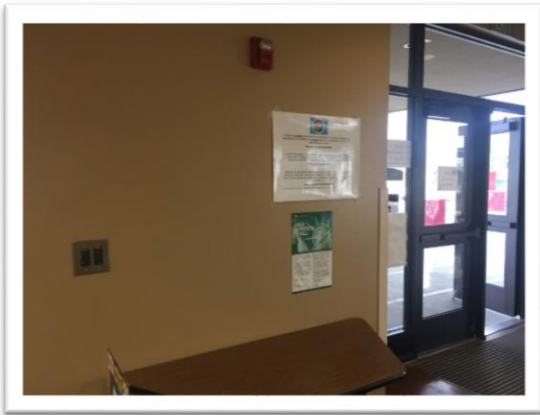
*Before and After Poster and Decals: Lowell Elementary*



*Before and After Menu Board: Robinson Elementary*



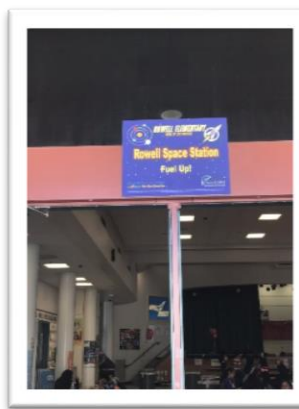
*Before and After Nutrition Corner: Vang Pao Elementary*



*Before and after Milk Box: Robinson Elementary*



## Rowell's Student Engagement



*"Participating in the cafeteria relaunching this year was really exciting. I remember as a student helping serve food and enjoying eating lunch in the cafeteria. When my principal at Rowell Elementary asked if my Spirit Club would take on the challenge of rebranding the cafeteria, I could not refuse. It was going to be a fun way to make a common area for all students more welcoming and enjoyable. But what made it even more exciting was how excited the students in my Spirit Club were. They truly had ownership in picking the name, logo, and renaming the lunch menu to fit our theme. Also, when we had our grand opening and poster designing day during lunch recess; students were involved and had sense of school pride. Students at Rowell Elementary enjoy the place where they eat lunch every day and are excited to try all the healthy food choices being served." -Erica Alarcon 2<sup>nd</sup> Grade Teacher and Spirit Club Leader*

### **School Wellness Policy**

#### *FUSD Fresh Grub Initiative*

UC CalFresh's contribution and participation in the Fresh Grub initiative helped exceed the IWP objective that at least 5 participating schools or districts would implement at least one school wellness policy or make at least one environmental or policy change at the site. In fiscal year 2018, Fresno Unified partnered with the Fresno Economic Opportunities Commission (EOC), UC CalFresh and the Office of Community and Economic Development at California State University, Fresno, to develop and implement Fresh Grub, a farm-to-school initiative connecting local food and farm products to school cafeterias and students in FUSD. Fresh Grub promoted local fruits and vegetables that could be incorporated into school menus and taste test of a fresh vegetable was the strategy used to introduce this local item to students to increase its acceptability and consumption. As a result, the partnership was successful in the adoption and implementation of a Farm-to-School Procurement Policy within the District's Food Services Department. FUSD will now increase local food procurement, include small and medium sized vendors within a 200-mile distance and asks vendors to engage in the educational experience of students in the food procurement process.







## MUSD School Wellness Committee

In FFY 2018, UC CalFresh Madera County continued to support the MUSD School Wellness Committee through its participation and support of the implementation of the Carol M. White Physical Education Program (PEP) Grant. This work met the IWP objective to actively participate as committee members and to support MUSD Wellness Committee with School Wellness Policy implementation.

### Systems Change

In FFY17, UC CalFresh Madera County began partnering with Community Action Partnership Madera County (CAPMC), to provide nutrition and physical activity education to Head Start sites. Nutrition programming began at 5 migrant sites with youth and adult direct education and 3 regional sites were served with adult direct education. Both youth and adult education were so well received that CAPMC adopted the Happy, Healthy Me curriculum as the agency's state required nutrition curriculum for FFY 2019. The curriculum will be delivered by 7 at 5 sites, for all 4 to 6-year old's, reaching 70 Head Start students. UC CalFresh planned and provided a Happy Healthy Me curriculum training to all CAPMC teachers during their pre-summer session all staff training.



### Structured Physical Activity

During FFY2018, the Madera UC CalFresh program also accomplished its IWP objective to provide one additional training to support MUSD participating Physical Education (P.E.) teachers in teaching nutrition and physical activity education from USDA approved curricula. UC CalFresh partnered with the MUSD P.E. Department, to support their implementation of the PEP Grant and to increase nutrition and physical activity education during the afterschool program. UC CalFresh held 2 CATCH trainings for Afterschool Program staff from 16 UC CalFresh elementary schools. As a result, 59 afterschool program staff delivered CATCH curriculum reaching approximately 1,895 students.





## ii. Program Successes and Major Achievements

During FFY 2018, the UC CalFresh programs in Fresno and Madera Counties focused their efforts on expanding comprehensive programming at active sites, strengthening and leveraging partnerships with funded and non-funded partners and increasing PSE implementation. PSE expansion in Madera County, including SLM, school gardens, and CATCH, were identified last year as possible opportunities for implementation in FFY18. Each of these opportunities (with the exception of the Madison SHCP garden), were a direct result of UC CalFresh's district-level partnership building and continued participation in the MUSD Wellness Committee. Fresno also continued its district level partnership with FUSD Food Service Department, to support and provide Smarter Lunchrooms technical assistance. During this collaboration, UC CalFresh was identified as a nutrition education, taste test, evaluation and school relationship resource for the Fresh Grub Initiative resulting in a policy change.

In addition to PSE expansion, UC CalFresh has maintained a great working relationship with Dairy Council in both Fresno and Madera County in its on-going SLM technical assistance. UC CalFresh also continued to strengthen its internal collaboration with UC Cooperative Extension Master Gardeners, for existing gardens as well as new ones like the Madison SHCP garden. A process for regularly scheduled Master Gardner education at garden sites was identified this year and there are plans to implement it next fiscal year.

Building on work from last fiscal year, UC CalFresh and Fresno County Department of Public Health (FCDPH), the UC CalFresh State Office, and the Fresno County Superintendent of Schools, Department of Safe & Health Kids (FCSS), collaborated to explore, pilot and conduct an evaluation of an intervention implemented by both agencies. This joint project was motivated by state-and county-level interest in fostering collaborative work in targeted communities. It provided the LIA partners the opportunity to identify alignment of respective programs, build a system for shared measurement and to create an opportunity to identify and demonstrate outcomes across agencies. The LIA partners identified the Smarter Lunchrooms Movement as the focus of the joint evaluation effort due to the use of the same SLM scorecard evaluation tool.

This collaboration on the joint evaluation has helped to deepen the partners' relationships, which also benefits future collaboration, and maximizes resources for program efficiency and sustainability. Each agency brought complimentary roles to the partnership, including UC CalFresh's experience implementing SLM over the years. The evaluation of this joint effort provided findings and recommendations for the collaborative partnership as well as the implementation of SLM emerged to further strengthen the collaborative work of the partnership to: 1) create clarity around the mission of the collaborative, 2) continue to strengthen and deepen partner relationships, 3) take the time to build relationships with key school/district stakeholders, 4) continue to create learning opportunities through trainings and peer learning and 5) engage youth in SLM. The partner's plan to take the recommendations from this evaluation and work towards implementing the identified strategies to their SLM work and produce joint evaluation results in the future.

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### iii. Partnerships and Coalitions

Key partnerships in Fresno and Madera counties include, both SNAP-Ed funded, and non-SNAP-Ed funded partners.

- Fresno Food Security Network (FFSN) - UC CalFresh attends meetings and actively participates in the FFSN partnership. This collaborative networking group was formed in FFY 2017, due to the food insecurity rates and need in Fresno and consists of a wide variety of mostly non-SNAP-ED funded agencies serving the most in need populations. The goal of this group is to bring community partners and agencies together to address the food insecurity issue by aligning resources.
  - Fresno Unified School District (FUSD) School Wellness Policy Collaborative with Nutrition Services (NS) - Over the last few of years, the partnership with FUSD Food Services (FS), expanded to support planning and implementation of the Smarter Lunchrooms Movement (SLM) at FUSD school lunchrooms in collaboration with Dairy Council. In FFY 2018, UC CalFresh and the FUSD FS department maintained open communication with monthly meetings and a cooperative relationship to set up, recruit and establish SLM at 8 elementary school sites. Additionally, UC CalFresh partnered with FUSD FS, Fresno Economic Opportunities Commission and Fresno State on the Fresh Grub Initiative.
  - Central Unified School District CUSD Wellness Committee Fresno County- UC CalFresh continued its partnership with non-SNAP-Ed funded partner CUSD in FFY 2018 serving on the Wellness Committee. UC CalFresh attended meetings and worked with MUSD to identify schools in need of support or collaboration on the Health and Wellness Policy.
  - Live Well Madera County (LWMC) - UC CalFresh attends meetings and actively participates in the LWMC partnership. This collaborative networking group was formed in FFY 2018, to align and evaluate the impact of the health and wellness prevention work being done in Madera County.
  - MUSD Wellness Committee Madera County- UC CalFresh continued its partnership with non-SNAP-Ed funded partner MUSD in FFY 2018 serving on the Wellness Committee. UC CalFresh attended quarterly meetings and helped implement the MUSD Health and Wellness Policy. UC CalFresh provided resources and guidance on the implementation of direct nutrition education and structured physical activity for the District Physical Education Program Grant. Delivery of direct nutrition education along with PSE interventions and helping schools implement the district health and wellness policy has also continued.
  - Regional Partnership on Childhood Obesity Prevention (RPCOP) - UC CalFresh attends meetings and actively participates in the RPCOP partnership. This collaborative networking group was formed in FFY 2017, to align the Childhood Obesity prevention work being done in the central valley (Madera, Fresno and Kings Counties). The goal and work of this partnership has been to develop an agenda guideline as a resource to help other agencies navigate and partner on interventions/projects.
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**Partnerships – Receive No Direct SNAP-Ed Funding but are Involved in SNAP-Ed Programs  
Fresno/Madera Cluster**

<b>Partner Title</b>	<b>A. Number of Partners You Work with This Reporting Year</b>	<b>B. Intervention Type(s) With Partner's Involvement (DE, SM, and/or PSE)</b>
Schools (preschools, K-12, elementary, middle, and high)	56	DE, PSE, SM
Early care and education facilities (includes child care centers and day care homes as well as Head Start, preschool, and pre-kindergarten programs)	8	DE, PSE
Foundations/philanthropy organizations/nonprofits	4	DE, PSE, SM
Government program/agency (Federal, State, local, etc.)	3	DE, PSE
Labor/workforce development groups	3	DE
Schools (colleges and universities)	3	DE
Hospitals/healthcare organizations (includes health insurance companies)	2	DE
Other ( <i>please specify</i> ):	2	DE, PSE
Faith-based groups	1	DE, PSE

**iv. Major Setbacks and/or Challenges**

In FFY 2018, the UC CalFresh Fresno and Madera cluster made many positive advances. The program continued to face staff turnover and the Nutrition, Family and Consumer Sciences (NFCS) Advisor position remains vacant. Progress was made in hiring new staff to replace vacancies created by previous turnover and promotions with a focus on filling supervisory positions as quickly as possible. As new staff came on board and settled into new positions, the program found it challenging to fill the remaining vacant educator positions due to the unexpected departure from a Supervisor and three Coordinators in the same year. Management quickly requested approval to recruit and fill the Supervisor position and coordinator positions allowed for promotion of educators. The supervisor position was filled within three months, internally by an experienced staff member, and a new successful recruitment of coordinators and educators brought the team closer to being fully staffed by the end of the fiscal year.

The NFCS Advisor position continued vacant and proved to be a challenge to fill. Though this continues to hinder the program's potential, the UC Cooperative Extension County Director, the UC CalFresh State Office and Program Manager worked closely to continue successful, uninterrupted operation of the program. Recruitment for this position is in the plans for UCCE and UC CalFresh.

**v. Program Needs Not Addressed and Why**

The unmet needs in FFY 2018 were few and mostly centered around the lack of an NFCS Advisor, requests that do not align with our program guidelines, slow progress to fill staff vacancies and the large scope of need in Fresno and Madera Counties. The vacancy of the Advisor position has had an impact on the program's ability to assess the needs and evaluate its impact on the communities it serves. Once filled and underway, UC CalFresh hopes to have the opportunity to better address the needs, as well as strengthen its presence in both Fresno and Madera Counties.

In Madera, an effort to serve the Community Action Partnership Madera County sites was met within the Migrant sites in the city but we continue to be unable to provide for the regional sites in rural Madera. Regional sites are in the foothills of Madera County and still presented a challenge to the program because of their distance and the time commitment that they required from our limited staff dedicated to Madera at the time. UC CalFresh plans to expand programming in Madera as additional staff are added to work in the area and will serve this and other community requests in the future.



The additional unmet needs UC CalFresh was unable to address had to do with requests for community events or classes/interventions that our program does not provide, such as worksite wellness, single event indirect education as a primary intervention, which is now a secondary intervention and requires DE or PSE or did not involve SNAP-Ed eligible populations/sites. In such cases, an effort to refer requests to community partners was made by UC CalFresh to ensure they did not go unanswered. Furthermore, the large volume of requests received by our program in both counties due to the vastness of the landscape and limited staff make it difficult to meet every request. Our program made every effort to meet as many requests as possible within our capability however, impacted schedules and shortage in staff available due to vacancies and current workloads made it impossible to meet every request.

**vi. Trainings**

- a. Dawson Elementary Teacher Training 10/3/17 & 11/28/18
    - i. Provided one on one SNAP-Ed curriculum, taste testing and NARF training to elementary teachers.
    - ii. 8 teachers trained
  - b. Coalinga CDC Teacher Training 10/5/17
    - i. Provided one on one SNAP-Ed curriculum, taste testing and NARF training to elementary teachers.
    - ii. 6 teachers trained
  - c. Ayer Elementary garden training 10/6/17, 10/20/17 & 02/13/18
    - i. Staff provided training to teachers and parents about gardening, harvesting and nutrition.
    - ii. 6 teachers, 6 parents and 1 home school liaison trained.
  - d. Ayer Elementary Teacher Training 10/16/17, 11/8/17 & 2/17/18
    - i. Provided one on one SNAP-Ed curriculum and taste testing training to elementary teachers.
    - ii. 6 teachers trained
  - e. Huron Elementary Teacher Training 10/18/17 & 10/25/17
    - i. Provided one on one SNAP-Ed curriculum, taste testing and NARF training to elementary teachers.
    - ii. 9 teachers trained
  - f. Sunset Elementary Teacher Training 10/24/17
    - i. Provided one on one SNAP-Ed curriculum, taste testing and NARF training to elementary teachers.
    - ii. 7 teachers trained
  - g. Huron CDC Teacher Training 10/25/17
    - i. Provided one on one SNAP-Ed curriculum, taste testing and NARF training to elementary teachers.
    - ii. 2 teachers trained
  - h. Bishop Elementary Teacher Training 10/25/17 & 11/28/17
    - i. Provided one on one SNAP-Ed curriculum, taste testing and NARF training to elementary teachers.
    - ii. 14 teachers trained
  - i. Coordinated Approach to Child Health (CATCH) Training- 11/15/2017
    - i. Staff provided training to Madera Unified Afterschool Program site lead staff on CATCH (K- 8<sup>th</sup> Grade).
    - ii. 20 after school program site leads trained
-

- j. Master Education Extender Team (MEET) Orientation/Training – 01/27/18
    - i. Staff provided a MEET Volunteer training on UCANR, UCCE, UC CalFresh, basic nutrition
    - ii. 31 volunteers trained
  - k. Coordinated Approach to Child Health (CATCH) Training 3/10/18
    - i. Provided training to Madera Unified Afterschool Program staff on CATCH (K- 8<sup>th</sup> Grade).
    - ii. 39 after school classroom staff were trained.
  - l. Storey Elementary Training 1/17/18 & 3/22/18
    - i. Provided one on one SNAP-Ed curriculum and taste testing training to elementary teachers.
    - ii. 4 teachers were trained
  - m. Systems Approach for Healthy Communities 6/21/18 & 7/19/18
    - iii. Program supervisors and Manager provided staff trainings on the CDPH Systems Approach, encouraged by the State Office and CDPH for PSE.
    - iv. 15 staff trained
  - n. Program Evaluation and Reporting System (PEARS) Training 7/5/18, 7/10/18 & 9/24/18
    - i. Fiscal Manager/PEARS provided UC CalFresh staff with a PEARS entry training.
    - ii. 15 UC CalFresh staff trained
  - o. Constant Contact Training- 5/1/18
    - i. Training Hosted by Chris to UC CalFresh staff on how to use Constant Contact.
    - ii. 3 staff trained
  - p. Happy Healthy Me Curriculum Training - 5/7/18
    - i. Staff Trained Madera Head Start on how to teach Happy Healthy Me Curriculum.
    - ii. 7 teachers trained
  - q. Eating Smart Being Active Training for UC CalFresh staff 6/14/18, 7/12/18 & 7/26/18
    - i. Adult program leads provided UC CalFresh staff training on updated ESBA curriculum lessons 1-9.
    - ii. 12 UC CalFresh Fresno/Madera staff trained
- vii. Conference Presentations and Posters, Publications**

In FFY 2018, the UC CalFresh program in Fresno and Madera counties presented a poster titled, “Smarter Lunchrooms Movement: A District-Wide Approach,” and focused on the success of the programs partnership with Fresno Unified on the first year of SLM implementation. This poster was presented by Program Manager, Karina Macias, Supervisor, Kristi Schultz-Sharp and Program Coordinator, Evelyn Morales, at both the 2018 SNAP-Ed LIA conference and then at the 2018 UC ANR Statewide Conference.

In addition, UC CalFresh Program Manager, Karina Macias was interviewed by local ABC 30, Action News, during the Fresh Grub, tasting event at Calwa Elementary in February 2018. Coverage of this event promoted the Fresh Grub initiative, the fresh fruit tasting and education provided by UC CalFresh and the impact of student and parent feedback on the FUSD school meal program fresh fruit and vegetable procurement. The coverage of the event and interview can be found at <https://abc30.com/education/fresh-grub-has-kids-tasting-different-fruits-and-vegetables/3157215/>.

The continued growth and collaboration of UC CalFresh and Fresno Unified was also featured in an article titled, “UC Extension Partners with District for Healthier Students,” written by, Program Manager, Karina Macias, in the Fresno Unified Building Futures Newspaper this fiscal year. This article promoted the UC Cooperative Extension, UC CalFresh and the partnership with the Food Services Department over the past few years as well as the recent Fresh Grub initiative and can be found at: <https://www.fresnounified.org/news/Pages/building-futures.aspx>.

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<p><b>Bob Nelson</b> Superintendent</p> <p><b>Ruth F. Quinto</b> Deputy Superintendent/Chief Financial Officer</p> <p><b>Kim Mecum</b> Chief Academic Officer</p> <p><b>Miguel Arias</b> Chief Information Officer</p> <p><b>Paul Idsvoog</b> Chief Human Resources/Labor Relations Officer</p> <p><b>Kurt Madden</b> Chief Technology Officer</p> <p><b>Karin Temple</b> Chief Operations Officer</p> <p style="background-color: red; color: white; text-align: center;"><b>BUILDING FUTURES</b></p> <p><b>Jessica Baird</b> Public Information Officer</p> <p><b>Tony Bernard</b> Media Technician</p> <p><b>Michael De La Cerda</b> Supervisor Media Services</p> <p><b>Anne Ellis</b> Community Relations Officer</p> <p><b>Amy Idsvoog</b> Communications Analyst</p> <p><b>Keith Rybaczyk</b> Media Production Specialist</p> <p><b>Xee Yang</b> Manager III</p> <p><small>Building Futures is a monthly publication of Fresno Unified School District prepared by the Communications Office. To place an ad, contact (559) 457-3733 or email Communications@FresnoUnified.org.</small></p>	<p><b>Message from Karina Macias, Nutrition Program Manager at UC CalFresh</b> <b>UC Extension Partners with District for Healthier Students</b></p> <p>The University of California has 10 campuses of higher learning across California and includes Cooperative Extension offices in every county, including one here in Fresno County.</p>  <p style="text-align: center;"><small>Karina Macias Nutrition Program Manager UC CalFresh</small></p> <p>UC Cooperative Extension was established more than 100 years ago when members of the U.S. Congress realized that scientific advancements weren't making their way to the people of the country, but were rather stashed in ivory towers of higher education. Cooperative Extension was created to bring agricultural science to the country's farmers, plus information that would make the lives of families and young people better.</p> <p>In Fresno County, one of UC Cooperative Extension's roles is providing nutrition education to families and young</p> <p>people through a program called UC CalFresh. Over the past several years, the Fresno County UC CalFresh Nutrition Education Program has partnered with Fresno Unified Food Services on projects centered around youth nutrition education. We've provided nutrition lessons to fourth-graders on field trips to the district Nutrition Center, where they toured the facility and learned where their school meals come from and why eating healthy is important.</p> <p>UC CalFresh has also partnered with Fresno Unified Food Services and Dairy Council of California for the Smarter Lunchrooms Movement, in which our certified technical assistance providers helped schools change the school lunchroom environment at 16 middle schools and 10 elementary schools. These technical assistance providers used strategies to encourage students to eat healthy food offered in their school lunchroom. Example strategies include signs promoting healthy foods using catchy and fun names, renaming the lunchroom to a café and displaying foods like fruits in clear bowls.</p> <p>Recently, UC CalFresh worked with the</p> <p>district's Food Services, Fresno Economic Opportunities Commission, Fresno State and USDA to bring the "Fresh Grub" campaign to Fresno Unified students. Fresh Grub seeks to connect students with fresh, locally grown foods. We held a Fresh Grub farmers meet and greet in February with Fresno Unified's Food Services Department to give farmers a chance to identify new food selling opportunities and ensure that kids have access to quality food grown in their own communities.</p> <p>We also coordinated a taste test of fresh locally grown jicama with students and their parents at Calwa Elementary School. The feedback collected from this tasting will be used to decide whether to offer this food on Fresno Unified school lunch menus.</p> <p>UC CalFresh focuses on educating youth and their parents on nutrition, physical activity, and exposing students to a variety of healthy foods through bi-monthly taste testing inside classrooms. We promote lifelong healthy eating habits that impact the long-term health of students and their parents.</p>
<p><small>Non-Discrimination Policy: Fresno Unified School District does not harass, intimidate or discriminate on the basis of race, color, national origin, ancestry, age, creed, religion, political affiliation, gender, gender identity or expression or genetic information, mental or physical disability, sex, sexual orientation, parental or marital status, military veteran status or any other basis protected by law or regulation, in its educational program(s) or employment (BP 0410). For the full policy and a list of compliance officers, go to <a href="http://www.fresnounified.org">www.fresnounified.org</a>.</small></p>	
<p><a href="http://www.FresnoUnified.org">www.FresnoUnified.org</a></p>	<p><b>PREPARING CAREER READY GRADUATES</b></p>
<p>Page 3</p>	

Additionally, the UC ANR Healthy Communities Blog featured multiple articles on the Fresno and Madera UC CalFresh program activities this year. In an article titled, "Walk or Ride a Bike to School to Start the Day with Physical Activity," which highlighted the first walk to school event held at Virginia Lee Rose Elementary School in Madera. The article captured UC CalFresh's partnership with the elementary school to hold this event and encourage families and students to walk to school and can be found at: <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=25357>.

The 2017 UC Delivers article titled, "UC CalFresh Helps Transform Challenge into Change," on Rescue the Children, was followed up with an additional UC ANR Healthy Communities Blog article titled, "UC Nutrition Education Program Supports Women's Growth with Garden Lessons." This article along with a live Facebook stream featured the on-going work and success with the garden and can be seen at: <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=26949>. This story not only helped illustrate the program's success, it also highlighted the program on a national stage when the article was acknowledged by the USDA. The USDA SNAP-Ed Connection also highlighted the UC Delivers article on its website shortly after it was published by ANR and can be viewed on the following link: <https://snaped.fns.usda.gov/success-stories/uc-calfresh-fresno-helps-transform-challenge-change>.

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

UC CalFresh utilizes several websites and social media tools including Constant Contact, Facebook, Twitter, Instagram, YouTube, and a UC CalFresh blog to promote activities and share successes. UC CalFresh also uses these accounts to provide programmatic information and instructional resources to teachers. Cross promotion often occurs through sharing content from USDA accounts as well as local CNAP county and community partner's social media accounts. Blog Posts, links to additional websites and social media accounts are listed in Appendix A.

UC ANR- UCCE- UC CalFresh Nutrition Education Program Website:

- <http://ucanr.edu/sites/fresnonutrition/>
- Nutrition and Physical Activity Resources Website: <http://ucanr.edu/sites/resourcedirectory/>
- Facebook: <https://www.facebook.com/uccalfreshfmc/>
- Twitter: <https://twitter.com/uccalfreshfmc>
- Instagram: <https://www.instagram.com/uccalfreshfmc/>

- YouTube: [https://www.youtube.com/channel/UCrw1AEQk7B6H8GPH9j\\_bozQ](https://www.youtube.com/channel/UCrw1AEQk7B6H8GPH9j_bozQ) Pinterest: <https://www.pinterest.com/uccalfresh/>
- Constant Contact: E-newsletters
- UC CalFresh Blog link: <http://ucanr.edu/blogs/UCCalFreshFresno/>

**ix. Awards Received**

In FFY 2018, a few UC CalFresh staff were recognized with UC ANR On the SPOT Awards by the County Director and UC CalFresh Management. The SPOT Award is given to ANR employees for above and beyond performance in their positions, which these employees were especially deserving of for their individual efforts. Evelyn Morales was awarded for her work on the Fresh Grub tasting event. This project was not in her normal scope of work and took a lot of extra planning and flexibility. Evelyn did this with a positive attitude and the success of the event demonstrated her ability to organize and execute a school-wide tasting. Kristi Schultz-Sharp was also recognized for the additional work and effort she put into the Fresh Grub partnership from a supervisory point and providing guidance and oversight to Evelyn. It was a labor-intensive project that required hours of planning, communication and regular meetings which Kristi attended them all finding ways to work it into her workload. She was positive and open-minded to try something new for our program that resulted in media exposure for our program, a major policy change supported by our program work and not to mention the relationship building with local partners.

Other SPOT Awards were awarded to Hannah Lee and Karina Macias. Hannah was awarded for going above and beyond in her relationship building and the support she provided to one of her assigned school sites, Ayer Elementary. Hannah identified PSE opportunities and put forth the effort to successfully support Ayer in the revitalization of their school garden. She demonstrated effective communication and guidance with the school, arranged trainings and engaged parents and the school administration in the process which resulted in a successful revitalization, a second separate small serenity garden and parent engagement. Karina Macias was also recognized with a SPOT for her well organized, planning and execution of the UC CalFresh team office move at the end of this fiscal year. She received regular communication and direction from the County Director to ensure a smooth, resource managed move of the entire team. Karina communicated a clear, organized process to the team, planned, organized and troubleshoot time-intensive logistical details with building management over a 3-month period on top of her impacted work load. This effort resulted in time management during the move that helped costs come in under budget for the MCP, as well as the option for a more productive work environment and additional storage options for the UC CalFresh Team.

In addition to the SPOT Awards, two staff were awarded with the UC ANR STAR Award. Evelyn Morales was awarded for regularly exceeding her work goals and expectations while demonstrating leadership to her teammates. Evelyn's contributions to the UC CalFresh went above and beyond her general job duties always keeping a positive outlook and trying to find solutions when challenges arose with projects. She possessed a reputation of excellence and professionalism and was sought after by her colleagues for her input, also serving as a role model on our team. Karina Macias was also recognized with a STAR Award for her active participation and contributions at the organizational level in UC ANR's Staff Assembly Council. She assisted the council in the statewide recruitment of SA Ambassadors and helped plan, co-present and host the first UC ANR Staff Assembly Ambassador's in-person meeting. Karina also helped plan the Staff Assembly event at the 2018 UC ANR Statewide Conference, which was a great success and helped engage staff from across the state.



## D. Key Evaluation Outcomes

Information was collected from participants to evaluate changes in nutrition knowledge, behaviors and perception as a result of their participation in the UC CalFresh program. Program participants consist of a diverse population within the SNAP-Ed eligible population including youth ages 4-17, adults ages 18-60+, male and female, Hispanic and or non-Hispanic ethnicity, in English and Spanish languages. In addition to participant data, UC CalFresh Fresno/Madera collected quantitative and qualitative teacher and student evaluations including SHCP pre/post nutrition knowledge and SHC<sup>2</sup> assessments.

### Youth Program Evaluation Outcomes

- *Teacher Observation Tool (TOT)*

A total of 97 classes were surveyed representing 2,309 students in Fresno and 20 classes were surveyed representing 587 students in Madera participating in the UC CalFresh Nutrition Education program. Results also showed ≥ 96% of Fresno teachers and 100% of Madera teachers agreed or strongly agreed that compared to the beginning of the school year, more students can now identify healthy food choices. Additionally, ≥ 91% of Fresno teachers and 90% of Madera teachers reported that compared to the beginning of the school year, more students are willing to try new foods offered at school. This outcome helps achieve the goal of impacting the health of the students and their families through improved nutrition. There remains a need for additional opportunities for students to participate in food demonstrations to increase their exposure to healthy foods. In FFY 2019, UC CalFresh plans to support and promote foods being offered by the Fresh Fruit and Vegetable Program (FFVP) highlighting the foods and providing students education about the fresh food being tasted school-wide during their snack time (recess).

- *Teacher Tasting Tool (TTT)*

Of the 1,162 classes evaluated representing 25,397 students in Fresno and 76 classes evaluated representing 1,980 students in Madera, exposed to healthy food tastings, 69% of Fresno and 58% of Madera elementary students were willing to eat the food at school again. Of the foods tried, 39% of students in Fresno and 36% of students in Madera reported that they had tasted the food before, which meets the state SMART objective of 40% or less. This outcome helps demonstrate the achievement of the goal to impact the health of the students and their families through knowledge, exposure and improved nutrition.

- *Shaping Healthy Choices (SHCP)*

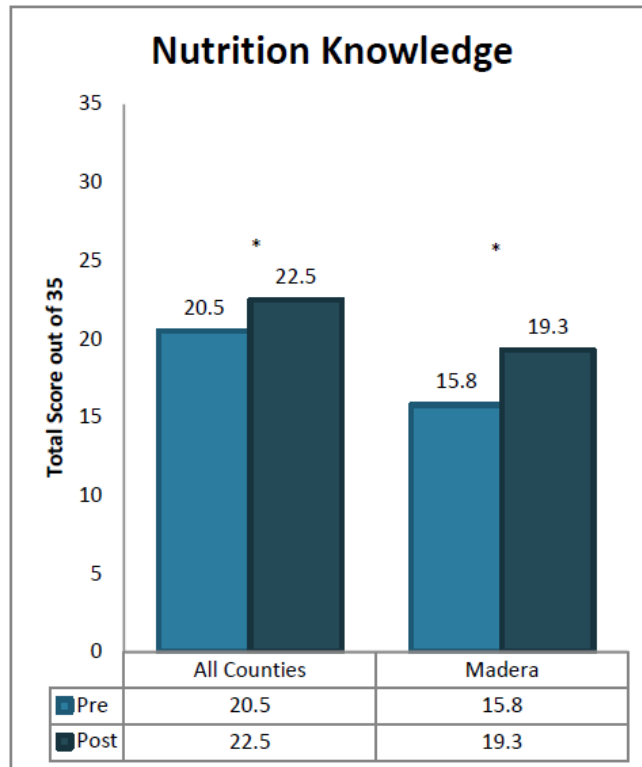
The Shaping Healthy Choices Program was implemented for the first year, at one school in Madera County. Fourth grade students, in Roxanne Schallberger's class, at James Madison Elementary School, in Madera Unified received direct nutrition education, which included inquiry-based, garden-enhanced nutrition education from the Discovering Healthy Choices (DHC), as well as cooking demonstrations from Cooking up Healthy Choices (CUHC). Lesson observations were used to calculate fidelity to the curricula UC CalFresh program staff or the teacher conducted lesson observations and rated delivery of the curriculum sessions including: opening questions, procedure (experiencing), sharing, processing and generalizing, and concept discovery. These were each rated on a three-point scale and percent fidelity was calculated for each session and overall for the module based on the observations (one observation per one lesson in each module). Fidelity to the DHC and CUHC curricula is shown in Table 1. Overall, when fidelity data were collected, the fidelity averaged 96.3% and incomplete fidelity data was collected for a small proportion observation. This was attributed to the teachers' incomplete assessment.

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**Table 1: Average reported curriculum fidelity**

Module (number of observations)	Opening Questions %	Procedure (Experiencing) %	Sharing, Processing, & Generalizing %	Concept Identification %	Overall %
<b>Discovering Healthy Choices</b>					
<b>Module 4</b> (2)	100	100	100	100	100
<b>Module 5</b> (2)	100	100	No data	No data	87.5
<b>Module 6</b> (2)	100	No data	No data	100	100
<b>Module 7</b> (2)	100	75	75	100	83.3
<b>Cooking Up Healthy Choices</b>					
<b>Module 3</b> (1)	100	100	100	100	100
<b>Module 4</b> (1)	100	No data	No data	No data	100
<b>Module 5</b> (1)	100	100	No data	No data	100
<b>All Modules</b>	100	92.8	90.0	100	96.3

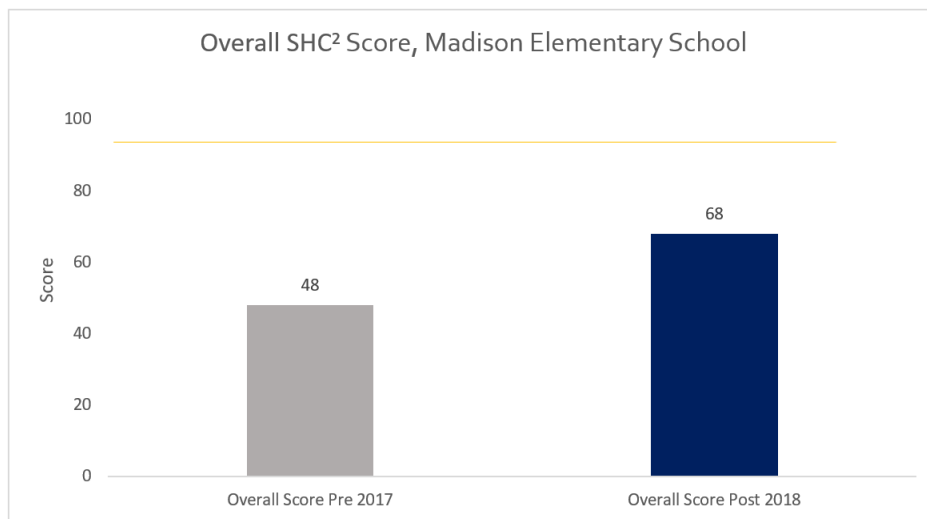
The nutrition knowledge of one classroom was assessed with pre and post-implementation using a 35-item questionnaire, through an independent samples t-test. A total of 29 students completed a pre-assessment and 27 completed a post assessment. The graph below, shows a statistically significant increase in nutrition knowledge observed from pre-implementation ( $15.8 \pm 3.7$ ) to post implementation ( $19.3 \pm 4.2$ ;  $p=0.002$ ) (Figure 1).



**Figure 1. Differences in nutrition knowledge pre and post-implementation.**

The implementation in Madera resulted in a statistically significant increase in nutrition knowledge of over 20%. Fidelity exceeded the 80% threshold that had previously been associated with success of the program. However, data were missing for some module components and the importance of collecting complete data will be emphasized in the future to enable analysis of implementation of the program.

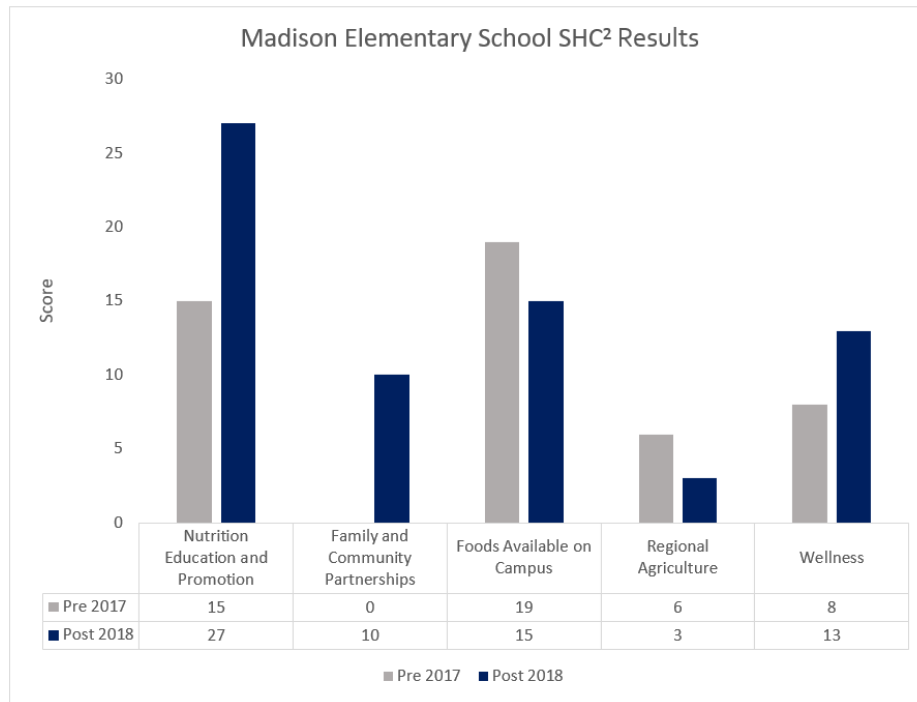
Using the SHCP, SHC<sup>2</sup> questionnaire, Madison’s school environment and other health and wellness activities were evaluated to identify the school site strengths and areas in need of improvement, to measure wellness policy implementation, community engagement and use the data to evaluate the effectiveness of a health program intervention. The SHC<sup>2</sup> is in a rubric format and was scored from zero (nothing currently in place) to three (this school site exceeds criteria). In the graphs below, Madison Elementary, showed an increase in their overall score, from pre (48) to post (68) scores.



\* Yellow line indicates a score of 108. Sites scoring 108 or higher are meeting or exceeding minimum standards in most areas.

### SHC<sup>2</sup> Components Breakdown

SHC <sup>2</sup> Section	Total Change from 2017 to 2018	Areas with the Greatest Improvements
<b>Nutrition Education and Promotion</b>	+12	Question 1 Question 8 Question 15
Question 1: Nutrition education is provided in the classroom. Question 8: The school site has access to a nutrition education specialist for consultation regarding nutrition related programs. Question 15: This school offers opportunities for students to participate in PA before and after the school day.		
<b>Family and Community Partnerships</b>	+10	Question 9
Question 9: Outside-of-school programs (i.e. after school or summer) support health and nutrition efforts through promoting and providing healthy food choices and PA.		
<b>Foods Available on the School Campus</b>	-4	
<b>Regional Agriculture</b>	-3	
<b>Wellness</b>	+5	



It is important to note that there are many factors that can influence a change in score for a SHC<sup>2</sup>. For example, if the school site was already satisfying lot of the categories, there may not be a large change in score from year to year. In addition, any questions marked with “not applicable” or “not sure” were assigned a score of zero. This may cause the score for the site to be lower. The accuracy of the SHC<sup>2</sup> is also highly dependent on who fills out the document. In this case the pre and post SHC<sup>2</sup> questionnaire were completed by the same teacher.

Both figures above show that there was exemplary work and an increase in the areas of, nutrition education and promotion, family and community partnerships and wellness components reported by the SHC<sup>2</sup>. However, the components of foods available on campus and regional agriculture showed to be an area where there is room for improvement due to a decrease and is also believed to be due to some questions being marked with “not applicable or not sure” which were assigned a score of zero. In the future, additional stakeholders will be invited to complete the SHC<sup>2</sup> questionnaire to provide a more well-rounded assessment of the schools’ environment and areas of improvement.

### **Adult Program Evaluation Outcome**

- *Food Behavior Checklist*

The Food Behavior Checklist evaluation tool measures pre-and-post differences in the frequency of participants’ food behaviors. This tool is utilized to evaluate curricula including Eating Smart, Being Active and the Eat Smart, Live Strong curriculum for senior citizens. Of the 103 participants, approximately 20% to 50% of adults reported improving their behaviors related to the UC CalFresh SMART Objectives. These include:

- 29% increased their frequency of eating more than one kind of fruit each day.
- 28% increased their frequency of eating more than one kind of vegetable each day.
- 30% increased their frequency of using the “nutrition facts” on the food label to choose foods.
- 20% increased their food security (greater food security)



- *Intent to Change*

The Intent to Change evaluation tool measures participants' intent to make changes in their food behaviors. This tool is utilized to evaluate curricula including Eat Healthy, Be Active Workshops, My Healthy Plate Workshop, and Plan, Shop, Save and Cook. Of the 1,713 participants evaluated in Fresno and 480 participants evaluated in Madera, the following intended data was collected:

- 77% of participants in Fresno and 92% of participants in Madera reported they intend to eat foods from all five food groups, each day more often, within the next week.
- 68% of participants in Fresno and 74% of participants in Madera, reported they will use the "Nutrition Facts" on the food label to choose foods, the next time they go shopping.
- 58% of participants in Fresno reported they will eat fast foods, less often, within the next week.
- 65% of participants in Fresno reported they will eat whole grains or whole grain products, more often, within the next week.
- 45% of participants in Fresno reported they will eat or drink lower-fat milk products, more often, within the next week.
- 47% of participants in Fresno reported they will choose a smaller amount of food or beverages, more often, within the next week.
- 75% of participants in Fresno reported they will drink a sweetened beverage, less often the next week.
- 85% of participants in Fresno and 93% of participants in Madera reported they will choose more than one vegetable each day, more often, within the next week.
- 63% of participants in Fresno and 90% of participants in Madera reported they will make a list before going to the store the next time they buy food.

- *Plan, Shop, Save and Cook*

The Plan, Shop, Save and Cook evaluation tool measures the frequency of improvement in participants' food resource management behaviors, such as planning meals, comparing prices, shopping with a list, thinking about healthy food choices, using the 'Nutrition Facts' label and becoming more food secure. Of the 35 adult series graduates surveyed in Fresno County and 10 in Madera, 88% (Fresno) and 90% (Madera) showed an increase in at least one of five food resource management areas. In addition, 50% (Madera) reported they will plan meals more frequently, 41% (Fresno) and 50% (Madera) will compare prices more frequently, 40% (Fresno) will shop with a list more frequently, 50% (Madera) will use the Nutrition Facts Label more frequently and 32% (Fresno) reported that they do not run out of food as often (more food secure). This shift in reported behaviors demonstrates the effectiveness of UC CalFresh's efforts to provide education that helps SNAP-Ed eligible adults develop and increase food resource management skills when choosing foods for their family.

*"I love this program and training! I have changed many of the unhealthy food choices that I was making for my family. THANK YOU!" -Plan, Shop, Save and Cook Adult Participant*

- *Interactive "Mini" Workshops and Tabling*

Interactive nutrition education stations give UC CalFresh the opportunity to extend the lessons provided to students in the classroom and adult classes to parents, guardians, and other community members. Mini workshop lessons come from SNAP-Ed approved curriculum, topics include: Milk is for Me, which focuses on choosing lower-fat dairy foods and choosing water for hydration, 5 Ways to Save which provides tools to stretch limited food dollars; and My Healthy Plate, which focuses on choosing healthy foods from MyPlate.

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## **Policy, Systems and Environmental Changes Evaluation Outcomes**

- *Smarter Lunchrooms Movement Scorecard Data*

*UC CalFresh Fresno/Madera conducted SLM cafeteria assessments at 10 schools- 1 in Madera and 9 in Fresno. UC CalFresh staff completed 2 or more assessments at eight of the ten school sites. Total scores increased by an average of 3.5 points from pre to post. Assessment scores ranged from a low of 25 to a high of 36 points using the new 60-point SLM scorecard.*

### **E. Overall Assessment**

Overall, the UC CalFresh Fresno and Madera County cluster continued to make significant improvements and had a successful year further integrating PSE changes. The program's transition from direct education to a comprehensive program and growth in Madera County have demonstrated the cluster's success. While Fresno did not meet its direct education goals, Madera met its direct nutrition and physical activity education delivery, goals. Both counties were successful in the integration of PSE supports expanding efforts in that area and its partnership building and collaboration. Additionally, the program learned from the challenges in FFY 2017 and improved upon them this fiscal year. It also adjusted and continued to use the school/district community territories strategy in identifying PSE opportunities within the communities the program serves. This strategy was widely accepted by staff and directly contributed to the program's success in serving our sites comprehensively. Management structure and Leadership Teams have also continued to contribute to our large teams' collaboration, sharing of ideas, creativity and organized effort to produce results, despite staff and supervisor turn over. Lastly, the program plans to continue to focus on recruiting and hiring new staff with diverse skills and academic backgrounds as it has helped diversify our programs resources for a more comprehensive approach.

### **F. SNAP-Ed Planned Improvements**

In order to maximize effectiveness, the UC CalFresh Fresno and Madera cluster plans to continue to strategize and problem solve. Continued program improvement is key for our program and we have learned to brainstorm as a team while also seeking guidance from our UC CalFresh State Office and UC ANR Leadership. As our management team has readjusted through the constant change, we have learned to be proactive and move quickly to fill any staff or supervisory positions that become vacant. Additionally, we look forward to participating in the process of filling the NFCS Advisor position.

The unforeseen challenges posed in FFY 2017 to SLM district-wide implementation prompted the program to set up monthly meetings with the Food Services Department to plan for the FFY 2018 implementation and proved to be successful. Therefore, UC CalFresh will continue these FUSD SLM meetings to in FFY2019 to increase SLM elementary school implementation.

The UC CalFresh program looks forward to the full implementation of comprehensive programming in both Counties. Due to the large scale of direct education programming established in FUSD, the UC CalFresh took a gradual approach in FFY2018. In FFY 2019, coordinators and educators will be re-assigned to school community territories and will identify and only enroll the most supportive schools of comprehensive programming. These schools will be required to adopt extender model for direct education delivery and will implement at least one PSE. UC CalFresh staff will only provide the first and last direct education lessons in classrooms to focus on comprehensive programming, with teachers teaching throughout the year (using curriculum kits) to maintain curriculum fidelity.

Finally, with partnerships and collaboration taking a greater focus in programming and proving to be most impactful, the Fresno/Madera cluster plans to continue to explore ways to collaborate internally with other UC Cooperative Extension programs. Collaboration with Master Gardeners to provide on-going garden education at school and community sites will continue and additional opportunities to grow that cooperative relationship will be explored. In addition, UC CalFresh hopes to explore opportunities to collaborate with 4H on possible youth development and engagement in nutrition education and PSE work.

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