

SUCCESSSES

In FFY 2018, Imperial County UC CalFresh Nutrition Education Program:

- reached 4,769 participants
- provided nutrition education at over 36 delivery sites including:
 - DREC Youth
 - Public Schools
 - ICOE Pre-Schools Federal/State
 - Migrant Head Starts
 - Pacific Southwest
 - Fairs/Newspaper Articles
 - ESL Adult classes



RESULTS

Youth

- 51% of youth are willing to ask for the food tasted at home.

Adult

- 81% of participating adults showed an improvement in 1 or more nutrition practices.

Organizational

"[UC CalFresh] has always gone above and beyond to exceed our expectations. In the past couple of years, so much value has been added to our school and the services we provide. Thanks!"

- Ms. Summer Heraz

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

The UC CalFresh Nutrition Education Program in Imperial County partners with community agencies and school districts to address the nutrition and physical activity needs of the community through experiential, evidence based nutrition education, physical activity, and policy, systems, and environmental supports.

Serving Individuals and Communities

The UC CalFresh provides our community with nutrition and physical activity education for the entire family.

- The program coordinates with school boards, principals and teachers to provide classroom nutrition education that meets the common core state standards reaching 4,332 students
- The adult program nutrition education is coordinated with various agencies/partners throughout Imperial County reaching 390 adults.
- The program had 20 sites with one or more healthy change adopted reaching 4,561 participants.

Providing Education

- UC CalFresh focuses on encouraging behavioral changes that educate on and help to prevent the affects of obesity, diabetes, heart conditions and other nutrition related diseases and disorders.
- The **Youth Program** provides no-cost evidence based curriculum, support and resources to TK-12th grade teachers in low-income schools to deliver in their classrooms. Training and technical assistance for CATCH Physical Education.
- The **Adult Program** provides no-cost evidence based nutrition education to UC CalFresh eligible and other low-income individuals and families in collaboration with local partners.

Helping to Make Organizational and Environmental Changes

UC CalFresh offers a comprehensive approach to overall health and well-being. We provide technical assistance on Smarter Lunchrooms Movement (SLM), Coordinated Approach to Child Health (CATCH) physical activity, enriching School Wellness Policies, Gardening and promoting youth voice/youth choice through Youth-Led Participatory Action Research (YPAR).

Serving California Agriculture

Connecting youth and adults nutrition education to school/community gardens, providing hands on experience learning and growing their own fruits and veggies. Connecting youth to Imperial Farmers through visits to the Desert Research and Extension Center (DREC) where a hands-on experience in harvesting produce is obtained.

Building Partnerships

- Public School Districts-extending nutrition program with teachers
- Public Health Department- COPA Leadership, ECE and School Wellness, County Nutrition Action Plan
- Youth/Adult Partnership- YPAR group at Meadows Union School and CHS.
- ICOE Pre-Schools-Coordinate and train teachers on nutrition and gardens.
- DREC- offers hands on agriculture at the farm.
- ESL Adult Classes- Meal Planning, using food labels saving money and cooking a meal, and food tasting.
- Pacific Southwest apartments-offer nutrition classes and community garden support.

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A. SNAP-Ed Program Overview

The Imperial County UC CalFresh Nutrition Education Program continued to expand its Policy, System, and Environmental (PSE) change efforts in FFY 2018, to build and expand comprehensive nutrition education programs within Imperial County. The program has expanded its youth engagement efforts and has two Youth-Led Participatory Action Research (YPAR) groups. Other school-based interventions that have expanded included Coordinated Approach To Child Health Physical Education (CATCH PE), Playground Stencil Projects, and the Smarter Lunchrooms Movement (SLM). We continue our collaboration with UC Farm Smart at the Desert Research and Extension Center (DREC) providing direct education reaching 2,691 SNAP-Ed eligible youth. In FFY 2018, UC CalFresh fortified our partnership with Local Implementing Agencies (LIA) including Imperial County Department of Public Health, and Catholic Charities. Our LIA's provide collaborative support to one another and connect regularly to review our progress towards meeting our IWP goals and on program implementation. We have successfully collaborated with LIA's on several community events.

i. Progress in Achieving Overarching Goals:

Objective 1, UCCE will provide training and technical assistance to three school districts on implementation of strategies to support one healthy change per site to increase access to fruits and vegetables, healthy beverages, and/or opportunities for active play. We have made great progress in our Integrated Work Plan this fiscal year by taking a more comprehensive approach to building healthier environments within our county. Through our work in FFY 2018, went from 7 sites to 15 sites Preschool-12th grade with PSE changes.

Objective 2, UCCE will identify a minimum of five early childcare centers to provide training and technical assistance on the implementation and/or enforcement of wellness strategies to support at least one healthy change per site to increase access to fruits and vegetables, healthy beverages, opportunities for active play, and establish or maintain school gardens. In FFY 2018, UC CalFresh had difficulty intervening at ECE sites due to a change in leadership and immunization policy. Through this challenge, we still reached 243 participants through PSE changes. In the summer, UC CalFresh Supervisor coordinated a meeting with ICOE ECE stakeholders to resolve the issue. This led to a new partnership and a training at 7 ICOE ECE sites in Go Glow Grow and CATCH PE. These sites will be delivering Go Glow Grow through the extender model, CATCH PE and will be receiving technical assistance for their gardens at each site from UC CalFresh in FFY 2019.

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

- UC CalFresh Nutrition Education Program provided direct education to adults at SNAP-Ed approved sites throughout the Imperial County reaching 390 adults. Utilizing the Plan, Shop, Save, and Cook curriculum for 4-week series-based classes with taste test demonstrations. Single sessions focused on Intent to Change workshops focusing on Lower-Fat Milk, Food Groups, Unit Prices, Vegetables and Sweet Beverages. This has been an ongoing approach for several years.
- Youth direct education lessons were primarily delivered through the extender model. These lessons were series-based nutrition, garden, and physical activity education utilizing SNAP-Ed approved curriculum. In the summer of 2018, UC CalFresh Imperial County developed a new partnership with ICOE. All ICOE Preschools will be utilizing Go Glow Grow within each of their ECE Sites. Our youth program reached 4,300 in FFY 2018.
- Indirect education efforts were achieved through local school health fairs in collaborations with Imperial County First Five Commission along with other agency health fairs. New this year we provided indirect education at local schools in the classroom to create new relationships with the schools in hopes of expanding our extender program. These health fairs have grown to become

engaging family events. UC CalFresh also provides indirect education through social media. Our indirect education reached 1,824 participants.

- Through the expansion of our PSE work UC CalFresh focused on SLM, YPAR, CATCH PE, School Wellness Policy, and Gardens. This fiscal year we had 20 sites with PSE changes adopted reaching 4,561 participants.
 - 5 elementary schools and 3 preschools reaching 62 teacher extenders trained in CATCH PE.
 - UC CalFresh supported the reinvigoration of 6 preschool gardens and complimented PSE work with direct nutrition education.
 - Reinvigoration of 3 gardens and Pacific Southwest housing sites and provided technical assistance for two new Pacific Southwest gardens at two different sites.
 - Two Stencil Projects to help promote physical activity at Kids R Us Preschool and a Youth-Led project at Meadows Elementary School.
- Our youth engagement efforts have expanded in FFY 2018; we now have two Youth-Led Participatory Action Research Projects. These two projects are reaching youth from 5th-12th grade and have delivered PSE change. One of the YPAR groups implemented a stencil project in February of 2018. A new addition to our program is our Teens as Teachers Program in partnership with 4-H. UC CalFresh is utilizing key partnerships to engage young people in teaching the 4-H Cooking Academy to low-income youth.

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

Age	Female	Male	Actual Count	Estimated Count	Total
Less than 5 years	22	25	47	0	47
5-17 years	2,263	2,069	2,716	1,616	4,332
18-59 years	202	26	230	0	230
60 years or older	125	35	160	0	160
Total	2,612	2,155	3,153	1,616	4,769

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

		Actual Count of SNAP-Ed Participants	Estimated Count of SNAP-Ed Participants
Ethnicity	Hispanic/Latino	2,852	1,465
	Non-Hispanic/Latino	290	90
Race	American Indian or Alaska Native	54	0
	Asian	2	0
	Black or African American	9	0
	Native Hawaiian or Other Pacific Islander	3	0
	White	304	69
Total		3,142	1,555

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

Direct Education - Characterizing Education Session Format, Delivery, Time

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	66	0-30	9	0
		31-60	43	
		61-90	0	
		91-120	14	
		Over 120	0	
2. Series of 2 to 4 sessions	21	0-30	3	0
		31-60	74	
		61-90	0	
		91-120	3	
		Over 120	0	
3. Series of 5 to 9 sessions	3	0-30	0	0
		31-60	11	
		61-90	4	
		91-120	2	
		Over 120	0	
4. Series of 10 or more sessions	54	0-30	5229	0
		31-60	591	
		61-90	38	
		91-120	0	
		Over 120	0	

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

Settings	Imperial	
	29	20
	# of DE Settings	# of PSE Settings
Community centers	1	
Early care and education	1	6
Extension Offices	1	
Faith / places of worship	1	
Family resource centers	2	
Individual homes or public housing sites	10	
Other neighborhood settings where people "live" or live nearby		5
Other places people go to "learn"	2	
Schools (preschools, K-12, elementary, middle, and high)	11	9

C. Program Highlights and Accomplishments for FFY 2018

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

Adult Direct Education: Our single session workshops in FFY 2018 were in collaboration with Imperial County Office of Education (ICOE) Early Care and Education and Riverside County Office of Education (RCOE) Migrant Head Start, which targeted parents of attending preschoolers. The curriculum we utilized 'Eat Smart and Be Active' for Intent to Change workshops focusing on Lower-Fat Milk, Food Groups, Unit Prices, Vegetables and Sweet Beverages. Our series-based classes are ongoing with the Plan, Shop, Save, and Cook curriculum at the Pacific Southwest Public Housing sites. The series-based classes offer SNAP-Ed eligible adults a chance to learn new techniques about making healthier choices. We partner with Pacific Southwest Public Housing to coordinate nutrition education, youth nutrition/summer activities and community gardens. Each presentation in the series has a taste test demonstration. The tastings consist of culturally appropriate food at a reasonable price and utilizing ingredients most common in their households. A participant stated, "I learned to make food healthier and new recipes that are very healthy. The change I made was to eat salad like the one that Martha showed us at least once per day." In partnership with Pacific Southwest Housing, we have accomplished our goal of enhancing our nutrition education efforts with 5 community gardens. Through our adult direct education efforts, UC CalFresh Imperial County reached 390 participants.

Youth Direct Education: Dogwood Elementary School has been utilizing UC CalFresh Nutrition Curriculum Go, Glow, Grow, My Amazing Body, Good for Me and You, It's My Choice to Eat Right Be Active. There are 28 teacher extenders reaching 547 youth. The direct education at Dogwood has been ongoing for several years. Through this partnership, Dogwood teachers and UC CalFresh have created an event called a "Health Fair." One example of the "Health Fair" consists of each third-grade teacher delivering a lesson (lesson 1-lesson 3) from Good for Me and You. The teachers then rotate their classes, so each student gets to participate in three lessons that day. Pine Elementary School has had ongoing nutrition education for several years. 10 teachers are enrolled and deliver UC CalFresh nutrition curriculum reaching 152 youth. A diligent effort has taken place in FFY2018 to expand our teacher extender program to new sites. We are now taking steps to expand our direct education through extenders at Finely Elementary School, Calexico High School, Jefferson Elementary School, Phil Swing Elementary School, DeAnza Elementary School, and through Teens as Teachers. Our goal is to establish relationships in each of the listed schools to then gradually increase their participation in the UC CalFresh Program. Although we had difficulty targeting ICOE Preschools most of FFY 2018, the newly established partnership with ICOE stakeholders provides an avenue for program sustainability in FFY 2019 and beyond. This fiscal year our Youth Direct Education reached 4,379 participants.

Indirect Education: Our partnership with First Five Commission Health Fairs has been on going. These events are held on yearly basis at various of our eligible schools. They are community events that have fun activities, and raffles that bring families together. Our focus when participating in health fairs is on MyPlate, Rethink Your Drink, Lower-Fat Milk, Food Groups, Vegetables, and Sweet Beverages. We really try to engage participants in fun conversation and utilize visuals to demonstrate or teach. This year we have also been participating in Walk-to- Schools and provide a "Rethink your Drink" resource table with infused water for the walkers. In FFY 2018, we were able to collaborate with the Safe Routes to School Program from our LHD. At Dogwood Elementary School, we provide technical assistance to the food service director and assist them with a "Harvest of The Month Breakfast/Lunch Menu" and on the back of the menu there is fun activity for the youth. Another indirect education method is the parent letters (also known as family time) from the various curriculum that we send home with the students. These letters inform and educate the parents on what we are teaching in the classroom. Another approach we took this year was going to many of our newly targeted schools and providing indirect education in the classroom, discussing Rethink Your Drink, and MyPlate. We used indirect education to spark buy-in from new schools and to introduce the UC CalFresh Program; we also used this approach at school "Career Days". We have also been increasing our participation via social media and sharing our highlights with the community.

Policy, Systems, and Environmental Change: UC CalFresh Imperial County has been adamantly pushing forward with PSE implementation with partner agencies. The PSE focus has been utilizing CATCH PE, SLM, YPAR, School Wellness Policy Technical Assistance, and Gardening. In FFY 2018, UC CalFresh Imperial County had 20 sites with at least one PSE change reaching 4,561 participants. Our PSE efforts lead into our comprehensive program implementation.

Comprehensive Program Implementation: In 2018, UC CalFresh has continued to prioritize connecting our nutrition education and policy, systems, and environmental change efforts at targeted sites to build comprehensive nutrition programs throughout the county.

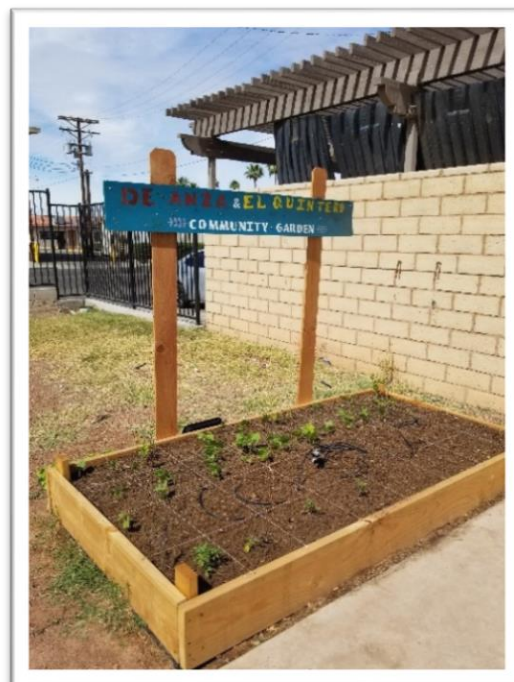
- Meadows Elementary School is our model comprehensive program in Imperial County. We are providing technical assistance to the Food Service Director on developing the school wellness committee; this will then lead to updating the School Wellness Policy, ongoing collaboration with the After-School Garden program, and the continued Youth-Led Participatory Action Research Project. The pilot project engaged youth in advocating for policy, systems, and environmental changes within their school. This group has grown from 10 to now 14 young people. In FFY 2018, they chose to research food waste in their school. They successfully developed a PowerPoint presentation with embedded video that led to a new share table at their school. This successful project led to a great relationship between UC CalFresh and Meadows Union School. This project continues to be the staple that has really connected us with the school community, giving us the platform to take a comprehensive approach. In FFY 2018 Meadows has implemented a YPAR Stencil Project, YPAR Food Waste Study, CATCH PE, Smarter Lunchrooms Movement, Nutrition Education, and Garden.
- As mentioned above (Youth Direct Education) Dogwood elementary has been providing nutrition education for several years and in FFY 2018, we expanded our efforts in order build a more comprehensive program. All 28 teacher extenders from Dogwood Elementary School were trained in CATCH PE and in FFY 2018, we added the Smarter Lunchrooms Movement.
- Our partnership with ICOE Early Care and Education Program will lead to a district wide comprehensive approach reaching 9 sites. The preliminary Go Glow Grow Training and CATCH PE ECE took place toward the end of FFY 2018. This will lead to the entire ICOE ECE Federal Head Start programs to be delivering Go Glow Grow, Spark/CATCH PE and gardening with their students.
- Calexico High School is new to our site list and is the first high school we are working with. Our new CES2 had established relationships at the high school and initiated a Garden Club years ago. Now the Eco Garden Club has joined forces with UC CalFresh and a YPAR group was established. The group is researching food access and want to “Grow Access to Nutrition.” We have also partnered up with Calexico High Schools Culinary Arts class to deliver the 4-H Cooking Academy using the Teens as Teachers model. They will be teaching the experiential learning cooking academy to 6th Dool Elementary School students. We have also partnered up with the “Careers with Children” class utilizing the Teens as Teachers model. They will be delivering Go Glow Grow, garden technical assistance and CATCH PE ECE at UC CalFresh approved sites. These relationships have been made and the direct education delivery will take place October 2018.



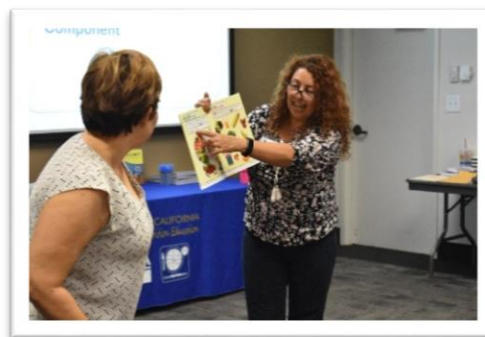
Calexico Eco Garden Club

ii. Program Successes and Major Achievements

Youth-Led Participatory Action Research (YPAR) Pilot Project: UC CalFresh Imperial County has been leading the Youth Engagement Initiative with a successful YPAR project at Meadows Elementary School. Going into the second year the Helping Hands Active Knights (HHAK) got to paint their playground for movement! HHAK asked administration for a Stencil Project during FFY 2017 and implemented the project in FFY 2018. During the YPAR process in 2018, the group then shifted their research towards how much food was being wasted during lunchtime at Meadows. Once they decided on addressing the food waste issue, the UC CalFresh State Office and the Public Health Institute Center for Wellness and Nutrition trained HHAK. During the training HHAK got to design, their food waste study and set the plan for the project. After collecting and analyzing the data, HHAK developed a PowerPoint Presentation that showcased embedded video of HHAK members presenting their findings. At the end of FFY 2018, the share table they requested was approved and they will soon be creating a banner to put over the new share table. Along with the efforts another YPAR project has been initiated at Calexico High School, this group of young people are looking at impacting their local environment by “Growing Access to Nutrition”. UC CalFresh Imperial County will continue to use YPAR to engage young people in research that will impact change in their local community.



Community Gardens for Low-income Residents: UC CalFresh and Pacific Southwest (PSW) Community Development Corporation have been on going partners for several years. The partnership started through adult direct nutrition education and has slowly expanded to deliver PSE interventions to create healthier communities. In FFY 2017, Pacific Southwest and UC CalFresh partnered on 3 gardens to enhance direction nutrition education. In FFY 2018, UC CalFresh provided 5 PSW site managers with a garden training. The garden training consisted of a Garden basics training from UC CalFresh, garden kickoff with senior residents planting in the garden, and a UC CalFresh Taste Testing to introduce residents to the possibilities of what can be done with their fresh produce. After the training Pacific Southwest purchased all materials necessary to build 2 new gardens at two new sites, increasing the total community gardens from 3 to 5. In addition, we have also partnered and provided technical assistance in their youth summer program. The partnership has expanded to 4-H, PSW has provided space for 4-H camps and we will be looking to connecting PSW with 4-H curriculum to provide an evidence-based approach to their Summer activities.



Go Glow Grow Training

Nutrition Education, Physical Activity, and Garden

Sustainability: A major setback for our program led too success in FFY 2018. UC CalFresh staff were met with the setback of new leadership with a partner agency and were not able to gain access to some

ECE school sites due to their immunization policy. UC CalFresh kept the partnership alive by providing garden technical assistance through FFY 2018. In the summer of 2018, UC CalFresh Imperial County met with all key stakeholders and presented on UC CalFresh resources. This led to a new partnership and the training of all ICOE ECE sites in Go Glow Grow and CATCH PE. Eight sites will be delivering Go Glow Grow, CATCH PE, and gardening through teacher extenders in FFY 2019. This new partnership with ICOE stakeholders provides a platform for nutrition education, gardening, and physical activity sustainability in the future.



CATCH PE ECE “Parade Around!”

4-H Cooking Academy: In the Summer of FFY 2018, Imperial County 4-H received the Cooking Academy grant from the 4-H Youth Development State Office. This collaboration led to Summer Cooking Academy where we got to Pilot our efforts that would take place in FFY 2019. This partnership will increase the capacity of the Calexico High School Culinary Arts program. UC CalFresh and 4-H will train CHS advanced culinary arts Students to deliver the 4-H Cooking Academy to Dool Elementary Schools 6th grade class. This partnership enhances a program that had already been established by CHS and Dool Elementary School. Prior to the collaboration CHS Culinary Arts provided a cooking demonstration to the Dool Elementary 6th Grade. The 4-H Cooking Academy will turn the program into a Teens-as-Teachers model and deliver evidence base experiential learning. This provides low-income youth with a 4-H leadership and experiential learning experience.

iii. Partnerships and Coalitions

SNAP-Ed Partnerships:

Imperial County UC CalFresh has fostered our relationship with our SNAP-Ed partners (Catholic Charities, and Local Health Department), and coordinated our efforts to accomplish our goals and objectives of the integrated work plan. Imperial County LIAs meet regularly to share and coordinate our activities as they relate to our projected work plan via Zoom Conference calling. We have a supportive collaboration and work together throughout the year. We feel very fortunate to have a strong collective partnership with both LIAs. We are proud to say that our partnership with Imperial County Department of Public Health has been ongoing for over 19 years.

Non-SNAP-Ed Funded Partnerships/Local Collaboratives:

UC Desert Research and Extension Center: UC Farm Smart Program

UC CalFresh Imperial County and UC Farm Smart have continued their efforts, bringing nutrition and agriculture education to Imperial County youth. UC Farm Smart has an established program that reaches 2,700 SNAP-Ed eligible youth and provides direct nutrition education with the TWIGS curriculum. The program consists of a three-hour day of fun games where they get to learn about agriculture, nutrition, and gardening. The students get to take a fun hayride out to the “You Pick! Produce Plot” where they can experience harvesting vegetables and get to take them home with their families. At the end of FFY 2018 UC Farm Smart and UC CalFresh have decided to join efforts on bringing a one-day event to local ICOE ECE providers and parents of youth 0-5 years old. With the first annual “Farm to Preschool Festival” funded by the First Five Commission.

Imperial County 4-H Youth Development Program

UC CalFresh Imperial County and Imperial County 4-H have been collaborating on events on a yearly basis. UC CalFresh had the opportunity to continue assisting with the fourth annual 4-H Sustainable You! Summer Camp. UC CalFresh trained youth leaders to implement physical activity breaks and CATCH PE. It was a great opportunity for UC CalFresh staff to learn and develop a perspective of engaging youth in leadership activities. For the second year, both programs collaborated on a week-long Summer Cooking Academy that was utilized to pilot a new collaborative program that will be developed in FFY 2019. UC CalFresh will be leading the Teens as Teachers: 4-H Cooking Academy in

collaboration with Imperial County 4-H and Calexico High Schools Advanced Culinary Arts Program. 4-H Youth Development State Office was able to provide funding for local 4-H programs to implement the Teens as Teachers: 4-H Cooking Academy.

County Nutrition Action Plan (CNAP):

UC CalFresh staff participate in our CNAP, which works on community-wide nutrition and obesity prevention efforts. CNAP focused on enhancing community events with physical activity. Through CNAP, we expanded our efforts in FFY 2018 and delivered a MyPlate 5K. The event was organized with support from multiple SNAP-Ed funded partners including UC CalFresh, Catholic Charities, and Imperial County Public Health Department Nutrition Education Obesity Prevention (NEOP) program. Non-SNAP-Ed partners included El Centro Regional Medical Center, Child Obesity Prevention Alliance (COPA), Calexico Chamber of Commerce, Calexico Recreation Department, Studio Fit, Calexico Farmers Market, Caliber Screen Printing, and the Blue Knights Motorcycle Club. This even had over 500 attendees and got local media coverage. After this successful event, the Heffernan Memorial Health Care District fully funded and led an additional even a month later with technical assistance from CNAP.

Early Child Care/Education and School Wellness Workgroup:

UC CalFresh staff are members of the Early Care/Education and School Wellness workgroup. Other members of the workgroup include Imperial County First Five Commission, and Women, Infants, and Children (WIC). This workgroup encourages and supports policy, system, and environmental change efforts. The workgroup conducted two workshops for early childcare center staff from around the Imperial County. UC CalFresh provided technical assistance on gardening in the early childcare setting.

COPA (Childhood Obesity Prevention Alliance) Leadership Workgroup:

UC CalFresh staff are members of COPA with approximately 30 members at this time. COPA meets on a quarterly basis and is used as a forum to discuss child obesity issues, best practices related to child obesity prevention and treatment. We have local speakers on various topics such as water safety in the valley, social media marketing, local Farmers Markets, stenciling projects, and member presentations. As part of these presentations, we discuss what can be done as a group to pass this information to the community.

Meadows Elementary School:

Our partnership with the school district has flourished. Providing technical assistance on developing a wellness committee, a successful Youth-Led Participatory Action Research Project, and providing technical assistance for their after-school garden. This ongoing work led to the training of all teachers in CATCH PE, implementation of the Smarter Lunchrooms Movement, nutrition education, 3rd grade sensory garden, a YPAR led Stencil Project, and food waste study. The Meadows Elementary School District acknowledged UC CalFresh at the board meeting with a certificate of appreciation.



Helping Hands Active Knights



Dogwood Elementary School:

Dogwood Elementary School and UC CalFresh have had an ongoing partnership for several years and that continued through FFY 2018. This partnership has led to comprehensive nutrition education efforts that are still in progress. Currently Dogwood Elementary School has direct nutrition education, CATCH PE, school wellness policy technical assistance and SLM. The administration is currently looking into purchasing the CATCH Online PE resource to further develop their physical activity program.

Partnerships – Receive No Direct SNAP-Ed Funding but are Involved in SNAP-Ed Programs

Partner Title	A. Number of Partners You Work With This Reporting Year
Early care and education facilities (includes child care centers and day care homes as well as Head Start, preschool, and pre-kindergarten programs)	1
Faith-based groups	1
Foundations/philanthropy organizations/nonprofits	7
Parks and recreation centers	1
Schools (preschools, K-12, elementary, middle, and high)	16
UC Farm Smart, UC 4-H Youth Development Program	2

iv. Major Setbacks and/or Challenges

- A major challenge this fiscal year was the transition from our retiring supervisor and new supervisor. Through this time, we were understaffed and were in the process for hiring two new positions. This challenge continued from the end of FFY 2017 and in the beginning of FFY 2018. The two new staff were hired in mid-November FFY 2018, This was a challenge due to training the new staff and limited time for our staff to engage stakeholders due to Thanksgiving break and Christmas break. We overcame this obstacle and created relationships that will help us get off to a fast start in FFY 2019.

- There is a challenge for sites maintaining gardens over the summer due to the high temperatures reaching 110-120 degrees Fahrenheit. This ongoing problem faces our community.
- Another challenge this fiscal year was the change in leadership at ICOE Early Care and Education sites. With new leadership in place, we were not allowed to engage with our sites due to a new immunization records policy. This limited our direct nutrition education with 3-5-year-olds. The UC CalFresh Supervisor reached out to ICOE leaders and resolved this issue over the summer. Since then a new partnership has been established.
- A continued setback this year was the addition of a mandatory ruling that all staff, parents and volunteers need to have an updated immunization record on file at each early childcare site before they can work in the classroom with the children. This ruling has prevented parents and families from attending and assisting with the garden kickoffs. At past kickoffs, we have always had 15 or more adults/parents help their children with the planting process. Many parents are unable to get their immunization records. At this time, we have no solution but ICOE is working to see if they can assist in any way. In FFY 2019 we will be hosting garden kick-offs after school, so the parents can participate.

v. Program Needs Not Addressed and Why

The Imperial County has a high need for Nutrition Education and Physical Activity promotion/interventions. We have many sites on our list and are understaffed to address the need. Our sites are spread over 7 cities and many of these sites are underserved and in need. When we reach out to schools, they are willing to participate but being understaffed is an issue. The UC CalFresh State Office could support Imperial County by adding one additional staff (CES 1).

vi. Trainings

Training	Purpose	Partners	Participants
CATCH Physical Activity 1.5 hour	Train teachers on utilizing CATCH PE resource.	Meadows Elementary School	6 Teachers
CATCH Physical Activity 1.5 hour	Train teacher on utilizing CATCH PE Resource	Meadows Elementary School	14 Teachers
CATCH Physical Activity 2 hour	Train teachers on utilizing CATCH PE resource	Finely Elementary School	23 Teachers
CATCH Physical Activity 1.5 hour	Train teachers on utilizing CATCH PE resource	Pine Elementary School	10 Teachers
CATCH Physical Activity 1 hour	Train teachers on utilizing CATCH PE resource	Jefferson Elementary School	4 Teachers
Smarter Lunch Rooms Training 1 hour	Train food service staff on SLM strategies.	Bill Young, and Freemont Elementary	8 Food Service Staff
Go Glow Grow, and CATCH PE Training 2 hour	Train ICOE extenders in Go Glow Grow and CATCH PE.	ICOE ECE Sites	45 Preschool Teachers
UC CalFresh Program	Understanding UC CalFresh as a possible career opportunity and how it can contribute to community health.	AmeriCorps	39 Members

vii. Conference Presentations and Posters, Publications

Conference Presentations:

Conference/Training	Presentation/Document Name	Date Presented
SNAP-Ed Pre-Forum Round Table	Getting the word out- Interesting ways to promote your SNAP-Ed Classes	1/9/2018
SNAP-Ed Pre-Forum	Youth Engagement Strategies, Tools and Resources	1/9/2018
BOOST Conference	Empowering Youth as Leaders	5/3/2018
Youth-Engagement Training	Calexico High School YPAR	7/11/2018

Case Studies:

UC CalFresh Moving from Serving to Engaging Youth

UC CalFresh Imperial County YPAR group the Helping Hands Active Knights were highlighted in this case study. This report was designed to highlight the YPAR process and inspire other SNAP-Ed programs to adopt similar approaches for authentically engaging young people in policy, systems and environmental change strategies focused on nutrition, wellness, food access and physical activity.

UC Delivers: UC CalFresh Imperial County Empowering Youth as Leaders

<http://ucanr.edu/delivers/?impact=1067&a=0>

Community Event News Coverage

Calexico Farmers Market MyPlate 5K- As a part of CNAF UC CalFresh and other agencies partnered to bring the MyPlate 5k to Calexico Farmers Market on 2/10/2018.

<http://www.kyma.com/news/hundreds-run-to-promote-healthy-eating/699757685>

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

The Imperial County UC CalFresh Program continued to promote USDA messaging and highlight program success to engage more community members using Facebook, and Instagram. UC CalFresh also used the County Profile to showcase what the UC CalFresh Program offers to the community.

Type	Account/Use	Notes
Facebook	www.facebook.com/uccalfreshimperial/	72 followers
Instagram	@uccalfreshimperial	168 followers

ix. Awards Received

- UC ANR Spot Award! to UC CalFresh Supervisor, Paul Tabarez
Paul was awarded for receiving his master's degree while working full time and becoming a SNAP-Ed CATCH Master Trainer.
 - UC ANR Spot Award! to UC CalFresh CES2, Christopher Wong
Chris was awarded for his hard work and dedication to UC CalFresh in his first six months reaching over 1,000 participants in indirect, direct education, and PSE's.
 - UC ANR Spot Award! to UC CalFresh CES2, Elena Lopez
Elena was awarded for her expertise with computers. She was able to fix a \$1,500.00 laptop in a few minutes that the County Director was going to dispose of.
-

D. Key Evaluation Outcomes

Adult Program:

Plan, Shop, Save, and Cook:

Behavior	Plan Meals	Compare Prices	Shop with Grocery List	Use MyPlate to Make Food Choices	Use Nutrition Facts Label	All 5 Behaviors (plan, prices, shop, think, facts)	Do Not Run Out of Food as Often (more food secure)
Smart Objective	≥40% Will Increase Frequency	≥25% Will Increase Frequency	≥40% Will Increase Frequency	≥30% Will Increase Frequency	≥50% Will Increase Frequency	Increase at least 1 of 5 behaviors	≥30% Will report greater food security
% Improved Behavior	41%	51%	41%	34%	54%	81%	45%

UC CalFresh taught 228 CalFresh recipients on the 4 week series-based classes utilizing Plan, Shop, Save, and Cook curriculum and the Pre and Post-test evaluation tool developed for this curriculum. Participant characteristics are ages 18-60, 211 Hispanic, 11 Non-Hispanic, 194 speaking Spanish and 35 speaking English. When comparing pre and post evaluation data, the following behavioral changes relating to planning meals and food shopping practices between the first and last session were noted:

- a 41% increase in planning meals ahead of time,
- a 51% improvement in comparing prices while food shopping,
- a 41% improvement on shopping using a grocery list,

When looking at changes in food selection practices between the first and last lesson, the following was noted:

- a 34% improvement in thinking about healthy food choices when deciding to feed their families and
- a 54% increase in using the “Nutrition Facts” panel to make food choices more often, and
- an 81% improvement on using all 5 behaviors (plan, prices, shop, think, facts) before making food choices

The last question focused on food security and there was a 45% improvement between the first and last session of participants not running out of food at the end of the month.

For single session workshops, the “Eating Smart and Being Active” curriculum with the Intent to Change evaluation tool. We completed five different Intent to Change presentations. Each presentation was 45 minutes in length. The first Presentation centered on the food groups and the overall “My Plate.” There were 51 participants between the ages of 18 and 60 or older. The ethnicity was 98% Hispanic or Latino and 2% other. Of the 51 SNAP-Ed respondents, 14% reported not eating foods from all five food groups each day in the past week. From the Intent to Change evaluation, of the 7 respondents who had not eaten foods from all five food groups each day, 100% reported they will eat foods from all five food groups each day **more often** within the next week. This shows that this group was consuming a good amount of the five food groups previously to joining the class but more than 50% said they would be consuming these foods more often.

- **Comments Include:** “I eat more healthy and eat less and changed the milks.”
 - **Comments include:** “It will help me be more healthy.”
-

ITC QUESTIONS	NO		YES	
	n	%	n	%
1. During the past week, did you eat foods from all 5 food groups each day? (n=51)	7	14%	44	86%
	More often		Same as before	
	n	%	n	%
2. Within the next week, how often will you eat foods from all 5 food groups each day? (n=51)	27	53%	24	47%
	Improvement		No Improvement	
	n	%	n	%
Of those who said "No" to Question 1, who intends to improve? (n=7)	7	--	0	--

The second presentation focused on Lower-Fat Milk options with the Intent to Change evaluation tool. 50 participants between the ages of 18 and 60 or over attended this presentation. The ethnicity of this group was 88% Hispanic or Latino and 12% other. Of the 50 SNAP-Ed respondents, 48% reported not eating or drinking lower-fat milk products at least two time a day in the past week. From the Intent to

Change evaluation, of the 24 respondents who had not consumed lower-fat milk products at least two times a day, 92% reported they would eat or drink lower-fat milk products more often within the next week. These numbers show a significant change and shows the participants are receptive to the nutrition education given and want to make a positive lifestyle change.

- **Comments Include:** "The class helped me learn the portions of food and choose better milk."

ITC QUESTIONS	NO		YES	
	n	%	n	%
1. During the past week, did you eat or drink lower-fat milk products at least 2 times a day? (n=50)	24	48%	26	52%
	More often		Same as before	
	n	%	n	%
2. Within the next week, how often will you eat or drink lower-fat milk products? (n=50)	37	74%	13	26%
	Improvement		No Improvement	
	n	%	n	%
Of those who said "No" to Question 1, who intends to improve? (n=24)	22	92%	2	8%

The third presentation focused on Vegetables from the Intent to Change evaluation tool. 78 participants between the ages of 18 and 59 attended this presentation. The ethnicity of this group was 87% Hispanic or Latino and 13% other. Of the 78 SNAP-Ed respondents, 28% reported not eating more than one kind of vegetable each day in the past week. From the Intent to change evaluation, of the 18 respondents who had not eaten more than one kind of vegetable each day, 82% reported they would choose more than one vegetable each day more often within the next week. Even though this is a small class, we see a significant change and shows the participants are receptive to the nutrition education given and want to make a positive lifestyle change.

- **Comments Include:** "I will eat more vegetables."

ITC QUESTIONS	NO		YES	
	n	%	n	%
1. During the past week, did you eat more than 1 kind of vegetable each day? (n=78)	22	28%	56	72%
	More often		Same as before	
	n	%	n	%
2. Within the next week, how often will you eat more than 1 kind of vegetable each day? (n=78)	37	47%	41	53%
	Improvement		No Improvement	
	n	%	n	%
Of those who said "No" to Question 1, who intends to improve? (n=22)	18	82%	4	18%

Adult Taste Testing Summary:

The Adult Taste Testing Tool results include 633 Participants between the ages of 18 and 60 or over. The total number of Tasting was 50. The taste testing's were on different days and included: Please see the bulleted list below for the results of the Taste Testing Tool.

- 10% of the participants had tried this food before
- 98% of the participants tried the food today
- 98% of the participants are willing to try the food again
- 98% of the participants are willing to serve this food at home to their family
- These results are positive and show a great willingness from the participants to try these foods and continue consuming these recipes.

Youth Program:

- The Youth Taste Testing Tool results include 339 students from 20 classes.in Imperial County. The taste testing's were on different days and included: From the fruits and Vegetable group, A raw fruit and vegetable tasting of sweet pepper, blueberries, sugar snap peas, spinach, cherry tomato and dried apricots. From the grains group, we used a whole grain tortilla chip with the avocado. All the youth taste testings were utilized with evidence based nutrition education curriculum. We mostly used what was recommended by the curriculum in use and will use these results to improve our youth taste testings in the future. Please see the chart below for the results of the Taste Testing Tool.
 - **Comments on Avocado Lime Include:** "It was delicious!" "The best food I ever had!" "I like it's smell, texture and how it tasted!"

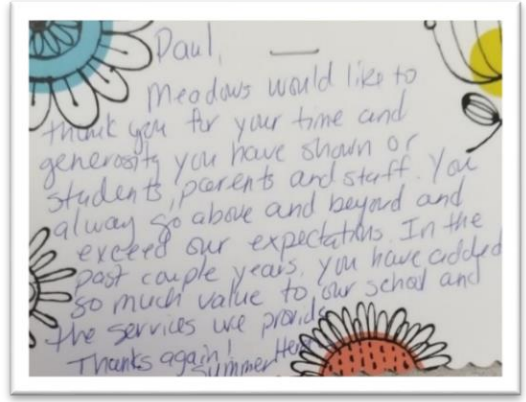
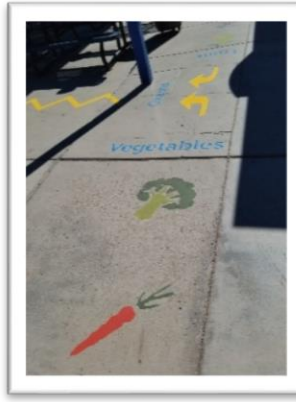
Questions	SMART Objective	County Results	Met SMART Objective
Before today's class, how many of you have tasted this food before?	40% or less	37%	Yes
How many students ate (or tasted) the food today?	No SMART Objective	80%	N/A
How many of you are willing to eat the food at school again?	More than 75%	58%	No
How many of you are willing to ask for this food at home?	More than 60%	51%	No
Before today's class, how many of you have tasted this food recipe/form before?	No SMART Objective	55%	N/A

Policy, Systems, and Environmental Change

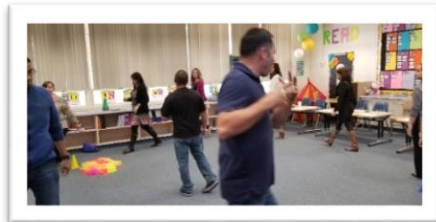
UC CalFresh Imperial County has increased its policy, systems, and environmental change interventions in effort to establish comprehensive nutrition education programs throughout the county. This increased effort is to further support our nutrition education efforts. PSE interventions can help lead sustainable outcomes for our local communities. Our reach from FFY 2017 was 1,724 and has now went up to 4,561.



Meadows Stencil Project



Meadows Principal Testimonial



*Finely Elementary School
"Hit the Track!"*



Pacific Southwest Community Gardens



DeAnza Magnet Special Day Class Garden



Kids R Us Stencil Project

PSE SITES AND REACH

Table 2: Number of PSE Sites by Setting for *All Stages of Implementation*

	Schools (preschools, K-12, elementary, middle, and high)	Early care and education	Public housing
	PSE Sites	PSE Sites	PSE Sites
Imperial (County)	9	6	5

Table 3: Number of PSE Sites and Reach by Setting for *Implementation and Maintenance Stages*

	Schools (preschools, K-12, elementary, middle, and high)		Early care and education		Public housing	
	PSE Sites	Reach	PSE Sites	Reach	PSE Sites	Reach
Imperial (County)	9	3,471	6	243	5	847

*Summary statistics include only those PSEs in the implementation and maintenance stages.

E. Overall Assessment

UC CalFresh Imperial County is on the rise and is creating new relationships at a rapid pace. We have 3 staff in new positions but that has not slowed our progress. As we move to creating comprehensive sustainable programming, our numbers have dropped. This in no way speaks to the impact that the UC CalFresh Program is having on the Imperial County. Relationships and connection to the county are at an all-time high. We have a motivated group of staff members that are passionate about creating change within our local community. We truly love what we do, and it shows in the quality of the work that has been done in FFY 2018. UC CalFresh Imperial County will steadily progress and lead efforts to create collective community impact in Imperial County.

F. SNAP-Ed Planned Improvements

UC CalFresh Imperial County plans to condense our site list to build quality programs. We want to prioritize our connection/relationships with community partners and schools. In FFY 2019, we want to increase our evaluation efforts locally to continually improve our program. FFY 2018 was a year of relationship building and learning for our new staff. We want to build off the relationships we have made and expand our comprehensive program implementation. The most difficult part of our work is building sustainable outcomes, but we will strive to build true sustainable programs. The district wide approach that flourished from relationship building in FFY 2018 will be the next step to our collaborative approach to sustainable programming in FFY 2019.
