

### SUCCESSSES

- ✦ In FFY 2018 Kern County UC CalFresh reached over 4000 participants
- ✦ In FFY 2018 Kern County UC CalFresh delivered food resource management education and parent feeding classes to the following sites:
  - Public schools
  - Family resource centers
  - Early care and education centers
  - Public housing sites



### RESULTS

#### Knowledge Change:

- ✦ 85% reported learning to use resources to make money go further
- ✦ 79% reported being more knowledgeable about easy ways to save money on food

#### Participants shared:

- ✦ "I learned a lot in this class, and how to save my money."
- ✦ "I learned to use coupons, make smaller meals and use community resources."

### IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

#### County Statement:

*UC CalFresh helps alleviate pressing economic and health concerns faced by Kern County residents by teaching adults the skills they need to manage their resources more wisely, thereby improving their ability to purchase healthy food.*

#### Serving Individuals and Communities

- Kern County's 2018 median household income was 26.4% less than the state median household income.
- Kern county food insecurity rate was 13%.
- 32% of Kern County adults are obese.
- Kern's 24% physical inactivity rate was higher than California's (18%).

#### Providing Education

- Making Every Dollar Count classes teach participants:
  - Goal setting and how to make sound choices
  - How to stretch personal and community resources
  - Strategies to save money on food
- Plan, Shop, Save & Cook classes teach participants:
  - Meal planning using MyPlate guidelines
  - Techniques to save money on food
  - How to understand food labels
- Healthy, Happy Families classes teach participants:
  - Positive parenting skills that teach healthy eating habits
  - Beginning healthy habits early and healthy routines
  - To try new foods

#### Helping to Make Organizational and Environmental Changes

- Implementing and supporting parent walking clubs at elementary and middle schools.
- Providing support for playground stencil projects at early childcare centers.

#### Building Partnerships

- Bakersfield City School District
  - Community Action Partnership of Kern
  - Kern County Department of Human Services
  - Kern High School District
  - Dignity Community Wellness
- A total of 18 staff were trained in Plan, Shop, Save and Cook Extender trainings provided by Kern County UC CalFresh.



1031 S. Mt. Vernon Ave., Bakersfield CA 93307  
Hawau E. Bojuwon – Phone (661) 868-6200, Email: [hebojuwon@ucanr.edu](mailto:hebojuwon@ucanr.edu)

## A. SNAP-Ed Program Overview

### i. Progress in Achieving Overarching Goals:

Listed below are approaches implemented by the Kern County UC CalFresh Program in support of the Kern County FFY 2017-2019 Integrated Work Plan (IWP):

**Three-Year SNAP-Ed Local Objective #1:** By September 30, 2019, five SNAP-Ed eligible sites will develop wellness policies and procedures at senior centers, churches, and schools including making health site changes to improve the nutrition, physical activity, and/or screen time environment for participants:

1a – By September 30, 2018, SNAP-Ed funded partner activities will reach 2,700 SNAP-Ed eligible individuals with direct education and 24,600 SNAP-Ed eligible individuals with indirect education.

FFY 2018 the Kern County program reached 1,859 SNAP-Ed eligible individuals with direct education via Making Every Dollar Count (MEDC), Plan, Shop, Save and Cook (PSSC), and Healthy Happy Families (HHF) workshops and series-based classes. Indirect education was also provided to 2304 SNAP-Ed eligible individuals at 14 sites for FFY 2018.

1c – By September 30, 2018, LIAs and SNAP-Ed Partners will work to implement changes including making healthy site changes at county/ city parks (at least two new sites) to support physical activity by hosting walking clubs and community forums.

LIA partner, Local Health Department (LHD) hosted walking clubs at county/city parks in FFY 2018. Kern County UC CalFresh supported this objective by implementing walking clubs with parents at College Heights Elementary, Bakersfield High, Wayside Elementary, and Emerson Middle schools.

**Three-Year SNAP-Ed Local Objective #3:** By September 30, 2019, 20 low resource schools will make changes to school wellness policies, physical environment, and official faculty to support improved nutrition and physical activity behaviors among students, parents, and teachers.

PSE Strategy(ies) that supported the Three-Year SNAP-Ed local objective above:

Kern County UC CalFresh implemented a walking club at four schools during FFY 2018: College Heights Elementary, Bakersfield High, Wayside Elementary, and Emerson Middle schools.

Kern County UC CalFresh also implemented Coordinated Approach to Child Health (CATCH) program and Playground Stencils at Glenwood Migrant Head Start, Las Rosas Migrant Head Start, Las Mariposas Head Start sites in FFY 2018.

**Three-Year SNAP-Ed Local Objective #4:** By September 30, 2019, a least 50% of class graduates will improve at least one food resource management (FRM) skill such as grocery shopping with a list, comparing prices, or using the Nutrition Facts label.

1a – By September 2018, at least 45% of MEDC and PSSC graduates will improve in at least one Food Resource Management skill such as grocery shopping with a list, comparing food prices, or using the Nutrition Facts label.

Kern County UC CalFresh achieved this objective, as PSSC graduates reported an 89% improvement in at least one FRM skill. MEDC graduates reported a 79% improvement in knowing easy ways to save money on food, and 85% of MEDC graduates reported that they had made their food last until they had money to buy more.

ii. **Describe Projects Implemented During the Reporting Year by Identified Primary Approach (Specify Approach: Direct, Indirect, Social Marketing, Policy, Systems, or Environmental Change):**

The Kern County UC CalFresh Program completed its ninth year by continuing to provide direct education in the MEDC and PSSC curriculum to adult SNAP-Ed eligible participants. Additional direct education curriculum HHF, was implemented during FFY 2018.

Indirect education, as in past years, was provided at resource fairs and school events serving SNAP-Ed eligible adults. Indirect education was provided to 14 sites throughout Kern County.

Two PSE strategies were implemented FFY 2018. These included implementing walking clubs at College Heights Elementary, Bakersfield High, Wayside Elementary, and Emerson Middle schools, in addition to completing stencil projects at Las Rosas Migrant Head Start and Las Mariposas Head Start centers.

**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	0	0	0	0	0
5-17 years	21	15	36	0	36
18-59 years	1567	222	1768	21	1789
60 years or older	28	6	33	1	34
<b>Total</b>	1616	243	1837	22	1859

**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	1539	20
	Non-Hispanic/Latino	296	2
Race (select one or more)	American Indian or Alaska Native	41	0
	Asian	29	0
	Black or African American	142	1
	Native Hawaiian or Other Pacific Islander	11	0
	White	1639	21
<b>Total</b>		1835	22

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

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

Format	A. Number Delivered	B. Time Range	
		Session (in minutes)	Number of Sessions
1. Single Session	73	<input checked="" type="checkbox"/> 0-30	40
		<input checked="" type="checkbox"/> 31-60	24
		<input type="checkbox"/> 61-90	0
		<input checked="" type="checkbox"/> 91-120	5
		<input checked="" type="checkbox"/> Over 120	4
2. Series of 2 to 4 Sessions	241	<input checked="" type="checkbox"/> 0-30	14
		<input checked="" type="checkbox"/> 31-60	717
		<input type="checkbox"/> 61-90	0
		<input checked="" type="checkbox"/> 91-120	91
		<input checked="" type="checkbox"/> Over 120	4
3. Series of 5 to 9 Sessions	4	<input type="checkbox"/> 0-30	0
		<input checked="" type="checkbox"/> 31-60	18
		<input type="checkbox"/> 61-90	0
		<input checked="" type="checkbox"/> 91-120	3
		<input type="checkbox"/> Over 120	0
4. Series of 10 or More	0	<input type="checkbox"/> 0-30	0
		<input type="checkbox"/> 31-60	0
		<input type="checkbox"/> 61-90	0
		<input type="checkbox"/> 91-120	0
		<input type="checkbox"/> Over 120	0

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

Settings	Kern	
	111	7
	# of DE Settings	# of PSE Settings
Adult education, job training, TANF, and veteran services sites	3	
Community organizations	1	
Early care and education	40	3
Emergency shelters and temporary housing sites	1	
Family resource centers	5	
Individual homes or public housing sites	11	
Libraries	1	
Other places people go to "learn"	3	
Schools (preschools, K-12, elementary, middle, and high)	46	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

Kern County UC CalFresh supported the Kern County IWP objective of reaching 2,700 SNAP-Ed eligible individuals with direct education and 24,600 SNAP-Ed eligible individuals with indirect education by the following approaches:

#### Direct Education:

Kern County UC CalFresh continued its focus on providing adult direct education FFY 2018 via providing MEDC, HHF, and PSSC series-based classes and one-time workshops to SNAP Ed eligible adults in Kern County. Direct education was provided at 46 school sites, one community center, 40 early care and education facility sites, 11 public housing sites, three adult education sites, five family resource centers, and 1 homeless shelter. In addition, 1859 adults were reached throughout the community with direct education.

UC CalFresh provided MEDC and PSSC classes in Kern County reaching a total of 146 and 385 SNAP-Ed individuals respectively. This included a range of 82-83% Hispanic participants and 17-18% non-Hispanic participants.

A collaboration with the Kern County 4-H Program was also implemented FFY 2018 at one MEDC and two PSSC classes held at Kern High School District sites. Kern County 4-H Program Representative, Esther Rodriguez collaborated with the Kern County UC CalFresh Program to provide money management classes to High School youth during parent MEDC and PSSC classes. The youth received "Money Makes Cents" lessons from the 4-H Program Representative, while their parents were concurrently receiving MEDC or PSSC classes. The

collaboration with 4-H was well received by UC CalFresh class participants and provided an opportunity to connect both parents and teens with food resource management information. Parents were also more likely to stay and participate in the UC CalFresh classes, since their children were included. Another collaboration of UC CalFresh with 4-H was the Cooking Academy. UC CalFresh provided PSSC adult programming and 4-H provided the Cooking Academy program with grade 3-6 youth at Richland School District in Shafter. A total of seven youths participated in the program.



*UC CalFresh and 4-H Cooking Academy Program,  
July 26, 2018.*

Direct education was provided to SNAP-Ed eligible adults through a partnership with Dignity Community Wellness, Indian Wells Valley Family Resource Center and Community Action Partnership of Kern (CAPK) FFY 2018. A total of 18 staff, including 14 Early Head Start Home Based Educators received training in the PSSC curriculum by Nutrition Supervisor, Jan Gillespie. The CAPK Educators received training in the first three PSSC lessons: Meal Planning, Food Labels, and Saving Money. The fourth lesson, Cooking a Meal, was provided to participants at Head Start Center locations by UC CalFresh

Educators. The partnership was successful. The plan moving forward will be for CAPK Educators to teach all four PSSC lesson in the upcoming fiscal year.

HHF curriculum was implemented in Kern County. Kern County UC CalFresh Educators provided HHF workshops to SNAP-Ed eligible adults. The HHF lessons, teaching positive parenting skills to promote healthy eating, were well received, with 2474 participants reached overall during FFY 2018. HHF workshops were provided at 32 CAPK Head Start Centers.



*Extender Training June 26, 2018.*

#### Indirect Education:

Indirect education reached 2304 SNAP-Ed eligible adults FFY 2018. The Kern County team participated in 14 events in the community. The Kern County program participated in three community events, nine school resource fair events, one Housing Authority of Kern event, and one faith-based Back-to-School events. The Kern County program provided information on MyPlate, food resource management, Rethink your Drink, as well as providing healthy recipes at the events. Infused water samples were also provided at three of the events.

Social media via UC CalFresh/EFNEP Kern County Facebook continued in FFY 2018. The Facebook page shares information about upcoming UC CalFresh classes, workshops and community events, as well as sharing healthy recipes. As of this report, the Facebook page has received up to 169 followers and 171 “likes”, which showed an increase from 131 followers and 131 “likes” in FFY 2017.

#### Policy, Systems or Environmental Changes:

Kern County UC CalFresh program in FFY 2018 was successful in the implementation of four walking clubs and completion of two stencil projects.

1. Walking clubs July 2018: A total of 28 people were reached.
  - a. College Heights Elementary, Bakersfield High, and Wayside Elementary:  
Class participants, after completion of MEDC classes, EHBA workshops, expressed interest in being part of a walking club to help them achieve their goal of better health.
  - b. Emerson Middle School:  
Motivated parents receiving a PSSC class expressed interest in implementing a walking club to achieve their fitness goals.
2. Kern County UC CalFresh also implemented stencil projects at Las Rosas Migrant Head Start and Las Mariposas Head Start centers in FFY 2018. The painting project took place in July 2018. Participants were interested in increasing physical activity opportunities for their children. Parents were responsible for drawing and painting the stencils. After stencils were done, parents met with the Nutrition Educator to discuss ways they can increase physical activity at home. During the meeting, parents are provided chalk to encourage them to draw hopscotch or other activities at home to play with their children.

#### Implementing Physical Activity Related Programming:

Physical activity (PA) components were added to both PSSC and MEDC curriculums in FFY 2017. The PA segments were short, approximately five to ten minutes in duration. Topics included PA benefits, information regarding PA recommendations, and suggestions and ideas to increase PA. A handout of the *Physical Activity Guidelines for Americans* was provided to class participants. Short stretch breaks and walking activity opportunities were provided during the PA segments. In all, PA components were implemented in five series-based classes FFY 2018. Sites receiving PA components included PSSC classes held at Bakersfield Adult School, Dignity Health Homemaker Program, Leo G. Pauly Elementary, Eissler Elementary, and Harding Elementary. PA components

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were included in MEDC classes at Wayside Elementary. Reports from Kern County UC CalFresh Nutrition Educators about implementing the PA segments were positive. Educators reported that participants enjoyed the segments and commented feeling more alert and enjoying the break from sitting.

## ii. Program Successes and Major Achievements

FFY 2018 program successes:

1. Two policy, systems and environmental changes (PSE) were achieved through the implementation of four walking clubs and two stencil projects FFY 2018:

Walking clubs July 2018: A total of 28 people were reached.

- a. College Heights Elementary, Bakersfield High, and Wayside Elementary:  
Class participants, after completion of MEDC classes, EHBA workshops, expressed interest in being part of a walking club to help them achieve their goal of better health.
- b. Emerson Middle School:  
Motivated parents receiving a PSSC class expressed interest in implementing a walking club to achieve their fitness goals.

Nutrition Educator, Beatriz Rojas, met with the walking clubs to provide information about physical activity benefits and guidelines, as well as provide support with setting physical activity goals and working through challenges. Pedometers were checked out to all walking club members to track their steps. The Presidential Active Lifestyle Award step tracker was used by members to record their progress. A member in each walking club volunteered to be a leader for the club, and a school site liaison at each site provided support, thus improving the probability for group sustainability.

- c. Kern County UC CalFresh implemented stencil projects at Las Rosas Migrant Head Start and Las Mariposas Head Start centers in FFY 2018. The stencil projects at Las Rosas Migrant Head Start and Las Mariposas Head Start centers was another PSE success. This project was a direct result of the center Supervisor Maria Ozuna reported that most of the children at this site were not getting enough physical activity. The project paintings took place on October 27, 2017 and July 2018. The stencils that were used were pond animals and number hopscotch. Fruits and vegetables were incorporated in the hopscotch stencil. The fruits and vegetables were painted freehand. The stencils were being utilized along with Plan, Shop, Save, Cook nutrition education curriculum. Parents learned about the importance of eating healthy and being physically active. Physical activity breaks were included in every Plan, Shop, Save, Cook lesson. Nine parents and one individual from Las Mariposas Head Start were responsible for painting all the stencils. A total of 15 of 33 preschoolers were using the stencils during the time of the post-assessment. For the toddler group, 3 of 7 children were using the stencils. The center supervisor, Maria Ozuna said, "The children really enjoy the hopscotch stencil. They recognize the numbers and the fruits on it. Children are always wanting to show the teachers how hopscotch is played." One of the teachers shared, "I noticed some of my kids are more active now that the stencils are here."

- d. UC CalFresh was providing Direct Education and Stencils at some of the CAP SLO sites. In order to increase our efforts for physical activity and healthy eating, Kern staff thought it would



*Las Mariposas Head Start Center, Stencil Project Painting, October 27, 2017.*

be a great idea to add the CATCH curriculum. Nutrition Supervisor, Jan Gillespie met with Community Action Partnership of San Luis Obispo (CAP SLO) site coordinators, Joyce Hurtado and Guadalupe Sanchez at the beginning of FFY 2018, to discuss the possibility of doing CATCH at their sites. After several follow up meetings, they agreed to have a CATCH training in June. CAP SLO coordinators did not adopt the CATCH nutrition curriculum since they already had a nutrition curriculum in place.

2. The Kern County program made significant progress increasing reach in the community, via both direct and indirect education. As mentioned above, the Kern County UC CalFresh program reached 1,859 direct education participants, and 2304 indirect education participants. Positive improvement in the partnership with community organizations, and CAPK were significant factors in outreach results. Eighteen staff received extender training in the PSSC curriculum and reached over 100 participants in FFY2018. The addition of HHF curriculum to the Kern County program also increased the opportunities to provide direct education to CAPK and CAPKSLO Head Start Centers. A total of 474 participants were reached through the HHF workshops.

**iii. Partnerships and Coalitions**

**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)	42
Foundations/philanthropy organizations/nonprofits	1
Human services organizations	5
Schools (preschools, K-12, elementary, middle, and high)	46
Other ( <i>Family Resource Center, Foster Youth, Library, Non-Profit, and Park</i> ):	18
Total	112

**Key Partnerships within Kern County SNAP Ed programs:**

The relationship between the Kern County UC CalFresh Program and the other two Kern County SNAP-Ed agencies, the Local Health Department (LHD) and Office on Aging and Adult Services (AAA), remains positive. There continues to be an understanding and respect for each programs strengths and abilities. The UC CalFresh Supervisor, Jan Gillespie, traveled to the FFY 2018 SNAP-Ed Forum with the LHD. CNAP Steering Committee meetings were held, progress was made towards increasing opportunities for active coordination between UCCE, LHD and AAA. Currently, Kern County UC CalFresh and the LHD are both working at Jefferson Middle School. UC CalFresh is providing adult education and the LHD is providing PSE in the form of school wellness policies. Kern County UC CalFresh and the LHD also coordinated efforts to hold a mutual meeting with Wonderful College Prep Academy in Delano. UC CalFresh offered to provide adult direct and indirect education and the LHD offered to provide youth with PSE gardening opportunities, at Wonderful Company. There has also been collaboration with Kern County UC CalFresh and the LHD regarding the UC CalFresh stencil project. The KCSOS also provided Kern County UC CalFresh invaluable assistance regarding local paint supply sources.

The Nutrition Family and Consumer Sciences Advisor Hawau Bojuwon established contacts with community members and organizations upon joining University of California Cooperative Extension (UCCE) March 26, 2018. Hawau was asked to serve as a Chair for the Kern County Nutrition Action Plan (CNAP) Steering Committee and Kern County Nutrition Action Plan Collaborative. The advisor works with LHD to guide, facilitate and provide leadership for CNAP Steering Committee and CNAP Collaborative. The advisor will be able to continue collaborative programming that is established with



agencies and community groups (such as Bakersfield Adult School, Community Action Plan of Kern (CAPK), Kern Food Policy Council, Kern County Network for Children and United Way of Kern County. The advisor works with local partners and provides collaborative leadership through the County Nutrition Action Plan (CNAP) required by USDA.

Key partnerships with organizations:

The partnership with the CAPK Head Start Centers and Home Based Extenders continued to grow FFY 2018. Kern County UC CalFresh provided series-based classes or workshops in the PSSC or HHF curriculums to 32 Head Start Centers, reaching 474 CAPK Head Start Center Parents overall. Extender training was provided to 14 CAPK Home Based Program staff.

The Kern County UC CalFresh Program collaboration with the Kern County 4-H Program in FFY 2018 to provide concurrent education with parents and teen youth at Kern High School District Parent Center sites. A UC CalFresh educator provided instruction to parents in either the MEDC or PSSC curriculum, while the 4-H Program Representative concurrently provided instruction in Money Makes Cents with the youth. The collaboration is scheduled to continue in FY 2018, with 4H providing a nutrition class for the youth during PSSC classes.

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

There were no notable barriers/difficulties in implementing the program for FFY 2018.

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

The Kern County program did receive a few requests for youth programming, but since the program is only adult focused, these requests were forwarded to Kern County Expanded Food and Nutrition Education Program or the Local Health Department.

**vi. Trainings**

- Three PSSC extender trainings were provided to Indian Wells Valley Family Resource Center, Dignity Community Wellness, CAPK Early Head Start and Head Start Home-Based Educators: Trainings were given by Nutrition Supervisor, Jan Gillespie on July 20, 25, and 28, 2018. A total of 18 participants were trained.
  - The purpose of the trainings was to extend the reach of the program to home-based participants that would not likely have the resources to attend classes in the community.
  - 14 CAPK Educators received training and extended the PSSC lessons to SNAP-Ed participants
- CATCH training took place on June 1, 2018 at UCCE Kern office. The duration of the training was 9 a.m. - 12 p.m. Tulare County staff provided the CATCH training to our partners from Community Action Partnership of San Luis Obispo (CAP SLO) with support from Kern County staff. There were a total of five Head Starts centers. A total of ten participants that included a teacher and supervisor from each center participated in the training. Upon completion of the training, Nutrition Supervisor, Jan Gillespie provided each site with a CATCH Starter Kit, and a sign out sheet to ensure participants would be responsible for the kits provided. Kern County UC CalFresh staff supported Tulare staff in setting up the activity area and participating in activities.

**vii. Conference Presentations and Posters, Publications**

**N/A**

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

Social media via UC CalFresh/EFNEP Kern County Facebook continued in FFY 2018. The Facebook page shares information about upcoming UC CalFresh classes, workshops and community events, as well as sharing healthy recipes. As of this report, the Facebook page has received up to 169 followers and 171 “likes”, which showed an increase from 131 followers and 131 “likes” in FFY 2017.

UC CalFresh County Profiles are provided to agency and school site contacts during meetings and recruitment opportunities.

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**ix. Awards Received**

N/A

**D. Key Evaluation Outcomes**

Kern County is primarily an adult only program. Summaries of program evaluation outcomes are listed below:

**Making Every Dollar Count (MEDC)**

<b>BEHAVIOR</b>	<b>Knowing Easy Ways to Save Money on Food</b>	<b>Knowing Simple Healthy Meals to Make</b>	<b>Understanding Food Ads</b>	<b>Determined if Using a Coupon is Better than Buying the Store Brand</b>
<b>SMART OBJECTIVE</b>	>50% Will Increase Frequency	>50% Will Increase Frequency	>50% Will Increase Frequency	At Least 50% "Plan To" or Yes
<b>% IMPROVED BEHAVIOR</b>	79%	79%	79%	93%

The MEDC retrospective was the evaluation tool used to obtain impact result. Evaluation results are from a sample of 146 evaluations. 99% of participants evaluated were 18-59 years of age, with 1% of participants 60 years of age or older. The gender breakdown of participants evaluated was 85% female and 15% male. Participant ethnicity was 82% Hispanic Latino and 18% Non-Hispanic Non-Latino. Participant languages spoken were: Spanish (52%) and English (48%).

Participants overwhelmingly exceeded all four Smart Objective goals, FFY 2018 results showed that participants improved by 79% in "knowing easy ways to save money on food," which is 29% over the Smart Objective Goal of 50%. There was a 79% increase in the frequency of participants "knowing simple healthy meals to make," 29% over the Smart Objective Goal of 50%. Participants also showed 93% improvement with regards to having "determined if using a coupon is better than buying the store brand," with 77% of participants reporting having "determined if using a coupon is better than buying the store brand," and 16% reporting planning to "determine if using a coupon is better than buying the store brand." This total impact is 43% over the Smart Objective Goal of at least 50% of participants "planning to" or indicating having accomplished this objective.

All FFY 2018 impact results showed increase of three to nine percentage points of the impacts from FFY 2017. Participants indicated a 70% improvement for FFY 2017 with regard to "knowing simple healthy meals to make", and 76% "understanding food ads,"

Some comments received from MEDC participants about what they learned in the classes:

- "Ahorrar dinero hacienda plan para cosinar saludable/ save money making a plan to cook healthy"
- "Cook at home more with simple/ healthy recipes."
- "Use coupons, make smaller meals, use community resources."
- "Ahorrar mas dinero y poner en practica lo que he aprendido/ Save more money and put what I learned into practice."

Participant satisfaction with the MEDC classes was high, with a total of 96% rating the classes a four (21%) or five (75%) on a scale of one to five, in response to the question "how much has the MEDC program been worth to you?" Some participant responses:

- "Very good program you learn a lot."
  - "Very informative and really good exchanging of information"
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- All very well explained and understood. Very good teacher in their work performance. I hope you come back helped us a lot to Save.

### PLAN SHOP SAVE AND COOK

BEHAVIOR		Plan Meals	Compare Prices	Shop with Grocery List	Use MyPlate to Make Food Choices	Use Nutrition Facts Label
SMART OBJECTIVE		≥40% Will Increase Frequency	≥25% Will Increase Frequency	≥40% Will Increase Frequency	≥30% will increase frequency	≥50% Will Increase Frequency
% IMPROVED BEHAVIOR		40%	45%	52%	39%	61%

The PSSC pre-post survey was the evaluation tool used. Evaluation results are from a sample of 385 completed evaluations. A total of 98% participants were 18-59 years of age, and 2% of participants were 60 years of age or older. The gender breakdown of participants was 93% female and 7% male. Participant ethnicity was 83% Hispanic Latino and 17% Non-Hispanic/Non-Latino. Participant languages included: English (64%) and Spanish (36%). Participants exceeded all of the Smart Objective Goals for FFY 2018. Looking at the five key PSSC behaviors together (i.e. plan, prices, shop, think, facts) the findings indicate that the majority (89%) improved in at least one of the five behaviors. Participants showed a 45% improvement in “comparing unit prices before buying food,” 20% over the Smart Objective Goal of 25%. There was also a 52% improvement in “shop with a grocery list,” 12% over the Smart Objective Goal of 40%. Participants showed an improvement of 67% regarding “use MyPlate to make food choices.

Comparing FFY 2018 impact results with those from FFY 2017, shows significant improvement in four of the Smart Objective categories: “Thinking about healthy food choices” – increased from 31% for FFY 2017 to 39% for FFY 2018, an 8% improvement. “Comparing unit prices” impacts increased from 37% for FFY 2017 to 45% for FFY 2018, showing 8% improvement. “Shopping with a list” impacts also increased from 42% for FFY 2017 to 52% for FFY 2018, a 10% improvement. One impact decreased with regard to impact result during FFY 2017:

The Smart Objective “do not run out of food as often” decreased for FFY 2018, with a 37% improvement for FFY 2017, 1% less than the 36% impact for FFY 2018. There was an increase in the number of PSSC participants reached FFY 2018, 385 participants compared to 379 participants reached for FFY 2017, an increase of 6 participants. Some participant comments in response to changes made because of the PSSC classes:

“Eating all food groups, making a list and grocery shopping more wiser, also portioning food better.”

“Eating more fruits and vegetables, compare prices, and looking at the labels.”

- “Hago mi lista de compras, busco mas verduras, planeo mas mi cena. Busco frutas y verduras de temporada.
- English translation: I make my shopping list, I look for more vegetables, I plan my dinner more. I'm looking for
- seasonal fruits and vegetables.”

## **E. Overall Assessment**

FFY 2018 was a great year for the Kern County UC CalFresh Program. Overall, total reach was 3,003 participants. The increase in overall staffing as well as the addition of the HHF curriculum, allowed the Kern County Program to extend reach to SNAP-Ed eligible pre-school parents at 39 sites. The Extender trainings with community partners also had a positive effect on the FFY 2018 reach, with 18 Educators receiving training. Key community partnerships continued to grow with CAPKSLO Migrant Head Start, BCSD, KHSD, Dignity Health, and Indian Wells Valley Family Resource Center. A new collaboration with the Kern County 4-H Program was also implemented, to the benefit of Richland School District SNAP-Ed parents and family members.

The Kern County Program expanded its focus to include several PSE opportunities in FFY 2018. PSE opportunities in the form of four walking clubs and two playground stencil projects were successfully implemented FFY 2018. In addition to the PSE projects, PA opportunities were enhanced in Kern County UC CalFresh classes due to the implementation of short physical activity breaks provided in direct education classes.

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

Modifications planned for FFY 2019:

1. Work with Kern County SNAP-Ed local implementing agencies to identify county needs that can be addressed collaboratively, thereby increasing positive impact and sustainable changes.
  2. Provide ongoing training to Kern County UC CalFresh Nutrition Educators to enhance PSSC and MEDC evaluation results. Focus on PSSC and MEDC lesson objectives, key messages, and Smart Objective Goals.
  3. Implement at least two walking clubs and one playground stencil project
  4. Provide training and follow through to Kern County UC CalFresh Nutrition Educators to increase the number of PSSC and MEDC classes taught with PA components.
  5. Provide training and follow through to UC CalFresh Educators to increase the number of ITC evaluations administered.
  6. Provide follow through/support to CAPK Extenders to increase reach to home-based participants.
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