

## SUCCESSSES

Placer and Nevada Counties UC CalFresh Nutrition Education Program is making a vital impact in our communities, providing the most vulnerable populations with the information they need to make healthier, wiser food choices in:

- ✦ 9 elementary schools
- ✦ 122 teachers
- ✦ 20 preschools
- ✦ Variety of adult workshops
- ✦ 3 Family Fun Health Fairs
- ✦ 1 Student Nutrition Action Council (SNAC)
- ✦ 2 school gardens



## RESULTS

### Youth

- ✦ Cooking Academy students said, "It was fun learning how to cook healthy foods that taste good."

### Adult

- ✦ "These workshops have taught me how to cook more healthy and save time and money"

### Organizational

- ✦ Partnerships with teachers and principals ensure a comprehensive program in participating schools.

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*The UC CalFresh Let's Eat Healthy! Program educates adults and youth in Placer and Nevada counties on the importance of healthy food choices and physical activity to promote lifelong health. Currently over 25% of youth in Placer and Nevada counties are overweight. More than 28% of students in Placer county and 41% of students in Nevada county are eligible for free or reduced lunch.*

### Serving Individuals and Communities

- ✦ Two hands-on nutrition lessons using research-based curricula were taught in 122 classrooms at qualifying elementary schools. Modeling of these lessons allow teachers to continue the education. Lesson topics are grade specific and include: My Amazing Body, Making Healthy Choices, Nutrients We Need and MyPlate.
- ✦ To address food insecurity, adults received information on eating healthy on a budget, reading food labels and meal planning. Seventy seven percent of adults said the next time they buy food, they will plan meals before going to the store.
- ✦ Over 200 adults in qualifying locations received nutrition education through the Plan, Shop, Save & Cook series as well as one-time workshops.

### Providing Education

Children and adults receive important nutritional messages through hands-on classes, produce tastings, fun activities and cooking demonstrations. Our comprehensive program is enhanced through gardening, cooking classes and Zumba activities.

### Helping to Make Organizational and Environmental Changes

UC CalFresh conducts morning Zumba at three elementary schools. Students take advantage of the Breakfast Program and participate in physical activity. Teachers note this combination helps students start the school day ready to listen and learn.

### Serving California Agriculture

UC CalFresh oversaw the gardens in two schools in Placer County. Students had an opportunity to be involved from planting through harvesting, applying their nutrition and healthy lifestyle knowledge.

Tomatoes and cucumbers from the Rock Creek garden were brought to the Food Service Manager and prepared and served on the salad bar.

### Building Partnerships

UC CalFresh partners with:

- ✦ UC 4-H Youth Development Program
- ✦ UC Master Gardener Program
- ✦ Placer & Nevada County Schools
- ✦ Department of Social Services
- ✦ Placer & Nevada County Public Health
- ✦ Placer County Office of Education
- ✦ Auburn Interfaith Food Closet
- ✦ KidzKount
- ✦ Placer & Nevada County CNAPs



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**A. SNAP-Ed Program Overview**

**i. Progress in Achieving Overarching Goals:**

Goal 1: Increase consumption of Healthy Foods and Beverages and Decrease Consumption of Unhealthy Foods and Beverages.

Goal 2: Increase Physical Activity

Goal 3: Increase Food Resource Management

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

Goal 1: Increase consumption of Healthy Foods and Beverages and Decrease Consumption of Unhealthy Foods and Beverages.

- During FFY 2018, UC CalFresh Nutrition Educators presented nutrition lessons in 106 elementary and 20 preschool classrooms, which served as a training for teachers in addition to education for students. At most schools, every teacher participates in the UC CalFresh program, meaning students receive lessons from kindergarten through 5th grade.
  - Tastings were conducted at all eight participating elementary schools. In four of the schools, students sampled watermelon radishes from a local farm in Grass Valley. Students at Cirby Elementary tried daikon radishes that 5<sup>th</sup> graders planted in the school garden. Rock Creek students ate sweet potato soup made with sweet potatoes grown in their garden. Kaseberg's SNAC conducted a sweet potato tasting at the Kaseberg Family Fun Health Fair.
  - In collaboration with Sierra Harvest, a nonprofit organization, UC CalFresh Nutrition Educators conducted monthly produce tastings along with nutrition education in each classroom at Bell Hill Academy, as well as with the 5th grade classrooms at Lyman Gilmore Middle School.
  - This past year, all second and third graders at Rock Creek came to the garden for weekly lessons. At Cirby Elementary School all students come to the garden for lessons. Students planted pumpkins in the Spring resulting in enough pumpkins for all TK, Kindergarten, First, Second and Third graders to harvest in the fall.
  - UC CalFresh and Placer County 4-H trained teens from Lincoln High School to facilitate Cooking Academy with 4<sup>th</sup> and 5<sup>th</sup> graders from Sheridan Elementary After School Program. Over the course of the six-week series, youth learned food safety practices, cooking skills, and nutrition information. The teens and students cooked and tasted a new recipe every week. Students were given a copy of each recipe and encouraged to make the dish with their families.
  - The Student Nutrition Action Council (SNAC) at Kaseberg continued into the 2017-2018 school year. In the fall 5<sup>th</sup> graders taught each classroom about pumpkins and left a pumpkin donated by a local farm. During meetings, they created two nutrition games for second graders, and encouraged primary grades to eat fruits and vegetables in the lunchroom.
  - Monthly tastings continue to be offered at Auburn Interfaith Food Closet. Recipients learn about healthy meals they can make with the food they are receiving. The UC CalFresh Nutrition Educator creates monthly nutrition display boards as a way of educating on nutrition topics such as "Whole Grains", "MyPlate" and "Food Safety".
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Goal 2: Increase Physical Activity

- Coordinated Approach to Child Health (CATCH) was implemented in-school and afterschool at multiple sites, as well as at a preschool. At Bell Hill Academy we piloted a “Tweens as Teachers” model, with 4th graders facilitating activities for younger youth.
- Our UC CalFresh Nutrition Educator who is a certified Zumba instructor taught Zumba at two elementary schools and will be adding a third after word traveled around schools. Zumba was also included in the adult education program to compliment the nutrition education parents were receiving at Woodbridge Elementary.

Goal 3: Increase Food Resource Management

- Direct Education with adults was conducted in two ways:
  - Series-based workshops using the Plan, Shop, Save and Cook curriculum. Placer School for Adults in collaboration with Auburn CalWorks invited us to partner. Classes were taught twice a month. Workshops were also taught to parents at Cirby, Kaseberg and Woodbridge Elementary Schools.
  - One-time stand-alone workshops cover topics such as Rethink your Drink, Make Half Your Plate Fruits and Veggies, Be Active Every Day, Whole Grains, and Budgeting.

**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	275	252	527	0	527
5-17 years	1397	1510	52	2855	2907
18-59 years	122	36	158	0	158
60 years or older	36	9	45	0	45
<b>Total</b>	<b>1830</b>	<b>1807</b>	<b>782</b>	<b>2855</b>	<b>3637</b>

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

		Actual Count of SNAP-Ed Participants	Estimated Count of SNAP-Ed Participants
<b>Ethnicity</b>	<b>Hispanic/Latino</b>	306	1254
	<b>Non-Hispanic/Latino</b>	283	1435
<b>Race (select one or more)</b>	<b>American Indian or Alaska Native</b>	14	2
	<b>Asian</b>	41	26
	<b>Black or African American</b>	31	0
	<b>Native Hawaiian or Other Pacific Islander</b>	15	0
	<b>White</b>	402	1180
<b>Total</b>		<b>589</b>	<b>2689</b>

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
<b>1. Single Session</b>	11	<input type="checkbox"/> 0-30	0
		<input checked="" type="checkbox"/> 31-60	1
		<input checked="" type="checkbox"/> 61-90	1
		<input checked="" type="checkbox"/> 91-120	2
		<input checked="" type="checkbox"/> Over 120	7
<b>2. Series of 2 to 4 Sessions</b>	18	<input type="checkbox"/> 0-30	0
		<input checked="" type="checkbox"/> 31-60	2
		<input checked="" type="checkbox"/> 61-90	15
		<input checked="" type="checkbox"/> 91-120	2
		<input checked="" type="checkbox"/> Over 120	24
<b>3. Series of 5 to 9 Sessions</b>	2	<input type="checkbox"/> 0-30	0
		<input checked="" type="checkbox"/> 31-60	5
		<input checked="" type="checkbox"/> 61-90	6
		<input type="checkbox"/> 91-120	0
		<input type="checkbox"/> Over 120	0
<b>4. Series of 10 or More</b>	144	<input checked="" type="checkbox"/> 0-30	11033
		<input checked="" type="checkbox"/> 31-60	3830
		<input checked="" type="checkbox"/> 61-90	67
		<input checked="" type="checkbox"/> 91-120	11
		<input checked="" type="checkbox"/> Over 120	22

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

<b>Settings</b>	Nevada		
	5	5	5
	Sites by Setting and Intervention		
	Total Sites	# of sites with DE	# of Sites with PSE
Early care and education	2	2	
Schools (preschools, K-12, elementary, middle, and high)	3	3	5
Grand Total	5	5	5

<b>Settings</b>	Placer		
	22	20	5
	Sites by Setting and Intervention		
	Total Sites	# of sites with DE	# of Sites with PSE
Adult education, job training, TANF, and veteran services sites	3	3	
Early care and education	6	6	
Faith / places of worship	1		
Group living arrangements/residential treatment centers	2	1	
Schools (preschools, K-12, elementary, middle, and high)	10	10	5
Grand Total	22	20	5

## C. Program Highlights and Accomplishments for FFY 2018

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

Healthy students are better learners. They are better on all levels of academic achievement. While nutrition education can teach children what it means to be healthy and what foods they should eat, a comprehensive, coordinated strategy is needed to achieve the greatest benefits. Areas to be included in a comprehensive approach include nutrition and physical activity education and promotion, family and community partnerships, and foods available on the school campus. UC CalFresh in Placer and Nevada Counties started out providing direct education and nutrition curriculum to all participating teachers. While this is still the core focus, we have evolved into a much more comprehensive program. UC CalFresh staff have been able to apply their “specialty” skills to support Smarter Lunchrooms Movement, physical activity, cooking, and garden-enhanced nutrition education.

Direct Education Approach:

- During FFY 2018 UC CalFresh Nutrition Educators presented nutrition lessons in 106 elementary and 20 preschool classrooms. These lessons educate students while serving as a training for teachers. Nutrition Educators presented a nutrition lesson from evidence-based curricula at the beginning and end of the school year in each participating classroom. Teachers delivered remaining lessons throughout the school year. At most schools, every teacher participates in the UC CalFresh program, meaning students receive lessons from kindergarten through 5th grade that build upon each other. This model has been utilized for our direct education for the past 17 years.
- CATCH was implemented by one first and one second grade teacher at Rock Creek Elementary School this past school year and during the summer school session. CATCH was also being implemented at two after school sites - Bell Hill Academy and Woodbridge Elementary. At Bell Hill Academy we piloted a “Tweens as Teachers” model. Fourth graders facilitated the CATCH activities with the younger students. During the summer, two Nutrition Educators taught CATCH lessons in the Cirby Elementary After School Program. When the new school year began, the After School Program continued to incorporate CATCH into their program. CATCH Early Childhood Education (ECE) was piloted with Rock Creek State Preschool. This was a huge success and the pilot will be expanding in the coming school year.
- Our UC CalFresh Nutrition Educator who is a certified Zumba instructor taught Zumba weekly during morning breakfast at Cirby Elementary School. She also worked with students at Kaseberg Elementary every other Friday. When the principal at Auburn Elementary heard about the activity he asked if his school could participate in the coming school year. Of course we said yes! Our Nutrition Educator will be coming out every other Friday morning. Zumba was also included in the adult education program to compliment the nutrition education parents were receiving at Woodbridge Elementary.

Indirect Education Approach:

- Produce tastings are a way to expose students to new fruits and vegetables and encourage them to eat more foods from these food groups. In addition to our once a year tastings at all participating schools, we collaborated with Sierra Harvest, a nonprofit organization whose mission is to educate, inspire and connect Nevada county families to fresh, local, seasonal food. They provided produce for a monthly tasting at 20 schools in Nevada County. At Bell Hill Academy, UC CalFresh Nutrition Educators conducted the tastings in each classroom, also providing nutrition education during the tastings. Additionally, tastings and education were conducted in 5th grade classrooms at Lyman Gilmore Middle School.
  - Newsletters and parent letters is a way to bring the nutrition information from the classroom to parents. When nutrition educators teach the first nutrition lesson they supply handouts to go home with students. These handouts range from letters explaining what the students are learning to suggestions for activities families can do together to reinforce nutrition concepts. These letters/family time handouts are included with each lesson for teachers to copy and send home as
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they complete the lessons in class. Teachers receive newsletters three times during the school year. These include nutrition information, activities to do with their students, as well as information to share with parents.

PSE Approach:

- Research shows that school gardens support student inquiry, connection to the natural world, and engage students in the process of formulating meaningful questions. Students involved with school gardens generally take pleasure in learning and show positive attitudes towards education. UC CalFresh has been involved in the Rock Creek school garden since 2006, linking classroom-based nutrition education to the garden. Efforts to engage youth in garden-based education linked to nutrition education have continued at Rock Creek and Cirby, with potential other opportunities in FFY19. In collaboration with the Master Gardener Program, youth learned about composting and the role worms play in the garden and their impact on soil nutrition that transfers to nutrition in the produce grown. At Cirby Elementary, a donor provided UC CalFresh with garden stepping stones. These stepping stones were painted by students to highlight healthy eating and active living themes, and a hopscotch was placed in the garden. Through this stenciled stepping stones project, students at Cirby make deeper connections to the food they grow, physical activity, and how to keep their bodies healthy.
- The Student Nutrition Action Council (SNAC) at Kaseberg Elementary was created at the start of the 2016-2017 school year. This was a voluntary group of 4<sup>th</sup> and 5<sup>th</sup> graders who wanted to help make Kaseberg a healthier school. In 2017-2018, 5<sup>th</sup> graders continued this mission. SNAC met twice a month before school. They worked diligently to create two nutrition board games. In the spring each group presented their game to a second grade class and taught them how to play the game. Dressed in vegetable costumes, the students talked to the primary grades during lunch time; encouraging students to take and eat fruits and vegetables from the salad bar.



*Third grade students at Cirby Elementary created stepping stones for their school garden.*



*A Rock Creek second grader watches the UC CalFresh Educator harvest Romanesco from the school garden.*

## ii. Program Successes and Major Achievements

### Teens as Teachers Cooking Academy

In a collaborative effort between UC CalFresh and Placer County 4-H, teens from Lincoln High School facilitated a Cooking Academy for 4<sup>th</sup> and 5<sup>th</sup> graders from the Sheridan Elementary After School Program. Over the course of the series, Sheridan youth learned food safety, cooking skills and nutrition information. Under the guidance of the teens, they prepared and tasted a new recipe each week. Projects that highlight teens in teacher roles are beneficial for both kids and teens.

- *Great for Kids...* Teenagers can be extremely effective teachers of young children. Children respond well to teen teachers and teens can be positive role models.
- *Great for Teens...* Attitudes toward teachers and school, self-confidence, and sense of accomplishment can all improve. Engaging in the meaningful and positive activity helps teens avoid issues such as alienation from families, schools and communities and involvement in risk-taking activities.

Sheridan Elementary After School Program consists of 51 students from kindergarten through 5<sup>th</sup> grade. All thirteen 4<sup>th</sup> and 5<sup>th</sup> graders participated in Cooking Academy. When asked what their favorite part of Cooking Academy was youth participants replied: eating, learning how to cook, chopping food, work sheets, meeting new high school students, and learning how to make healthy foods. Fourth graders were interested in participating in the coming year as 5<sup>th</sup> graders and taking on the role of mentor/teacher to the incoming 4<sup>th</sup> graders.

When meeting with the teens at the end of Cooking Academy, the teens noted that they really liked working and teaching the elementary-aged youth. One teen stated, "I haven't cooked very much. I learned how to chop vegetables and liked some of the new food I tried. I wouldn't have eaten some of the foods if I wasn't working with younger kids and needing to be a good role model to them." When asked what they got out of the experience, both teens felt they learned to be more patient and learned new cooking skills. The teens liked that the younger youth looked up to them.

Teens as Teachers Cooking Academy has strengthened the partnership between 4-H and UC CalFresh, and fostered the relationship with Sheridan Elementary School. Our plan is to continue the Teens as Teachers Cooking Academy collaboration in the coming school year. This session will be "Tweens" as Teachers with 5<sup>th</sup> graders mentoring the new 4<sup>th</sup> grade students.



*Sheridan Elementary students participating in TAT Cooking Academy chop vegetables and prepare Stir it Up Stir Fry.*



## **Breakfast and Zumba**

Three years ago, we were asked to participate in Cirby Elementary's "Walk to School Day". When the students arrived at school they went to the cafeteria for breakfast. While there, they were able to participate in Zumba led by one of our Nutrition Educators who is Zumba certified. It was such a success we decided to make it a weekly event. Over the next two years Zumba and Breakfast became a part of the Wednesday morning routine at Cirby Elementary School. Last year, the principal at Kaseberg Elementary heard about this and asked if we could facilitate Zumba and Breakfast at his school. Again, this program was well received. A couple of teachers even participated when they could. During the summer we met with the new principal at Auburn Elementary to explain our comprehensive Nutrition Education Program including school gardens, physical activity, and cooking academy. He was pleased to learn that all of his students were receiving nutrition education. When he heard about Zumba he asked, "How can we bring Zumba and Breakfast to our school?" Because of scheduling, Zumba starts before the time students enter campus. Students got signed permission slips to come to the multipurpose room and join in Zumba before breakfast. The principal is there every session and has encouraged not only students but all school staff to participate.

## **Tweens as Teachers CATCH**

We have been successful implementing CATCH in our After School Programs. At Bell Hill Academy, a group of 4<sup>th</sup> graders took it upon themselves to lead some of the activities with the other students in the After School Program. UC CalFresh used this as an opportunity to organize a CATCH Kids Group. We worked with these students, teaching them the CATCH activities as well as providing leadership training. We went out periodically throughout the school year to observe sessions in action as well as providing new activities and materials. At the end of the school year the CATCH Kids Leaders received certificates. We plan to continue this model in the coming school year. In the coming year we will be working with the 5<sup>th</sup> graders in the After School Program at Lyman Gilmore Middle School. Our hope is to recruit last year's CATCH Kid leaders who are now attending Lyman Gilmore, to assist as we introduce the program at this school.



### **iii. Partnerships and Coalitions**

UC CalFresh partnered with Nevada County Public Health to facilitate Screen Free Week, April 30<sup>th</sup> – May 6<sup>th</sup>. Together we created kits for students at Bell Hill Academy and Ready Springs Elementary to take home and share with their families. These kits included: parent letter explaining Screen Free Week, calendar of activities families could do together during the week and a pledge card. Information on the week was posted on Facebook as well as newspaper articles in the local papers. Information was also shared through newsletters to elementary and preschool teachers. Community partners also got involved – the library hosted an event one night, Sierra Harvest, Sierra Nevada Children's Services and NEO (News, Events and Opportunities) led activities. UC CalFresh facilitated a Screen Free kick off with students in Bell Hill After School Program on the first day of Screen Free Week. Students listened to a story, Unplugged Ella Gets Her Family Back, and then brainstormed all the things they could do instead of watching TV or playing on electronics. After completing this activity and signing a pledge card the students had fun playing a Hamster Wheel Game.

We continue to develop our relationship with the Food Service Manager at Rock Creek Elementary School. As the bounty harvested from the school garden increases, so does the opportunity to share with the entire student body. Over time the manager has become more willing to let us provide tastings during lunchtime and was happy to serve garden cucumbers on the salad bar. When asked about

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planting vegetables that she could incorporate into her menu she replied, “If you grow it, I’ll figure out a way to use it.”

After our successful Teens as Teachers Cooking Academy we collaborated with Placer County 4-H Youth Development Program to submit a second proposal for the Teens as Teachers mini grant. We were awarded the grant and are now in the planning stages for implementation in FFY19.

Our core focus continues to be on direct nutrition education. All of our other efforts would not be effective without this piece. Our ongoing success is made possible through solid relationships with teachers and principals.

**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)	7
Faith-based groups	1
Food banks/food pantries	1
Foundations/philanthropy organizations/nonprofits	1
Government program/agency (Federal, State, local, etc.)	2
Schools (preschools, K-12, elementary, middle, and high)	19
Other ( <i>please specify</i> ):	31

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

Our greatest challenge has been getting adults to attend workshops. We have tried different approaches such as becoming a part of Placer School for Adults with little success. We have been working to find ways to entice parents to come to adult workshops at participating elementary and preschools.

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

We would benefit by having a translator or a bilingual educator who could accompany our Adult Nutrition Educator to workshops.

In FFY 2017 we were able to successfully implement a recipe kit project using non-SNAP-Ed funding, however that funding was for spring 2017 only, and in order for us to maintain the successes of that project we will need to look for additional funding again as the materials are currently not allowable as SNAP-Ed purchases. This project was successful based on the feedback received from participating parents and families. Parents of youth attending the after school program at Bell Hill Academy enjoyed a tasting of a recipe upon picking their children up. Their children also enjoyed the tasting. After trying the sample, they received the key ingredients and a recipe to prepare what they had sampled at home. Feedback from parents was that they would not have made the recipe if they had not seen their child enjoy it first, because they assumed their child would not like it. Upon collecting data utilizing a retrospective pre/post survey, 40% families who participated in the recipe kit project indicated they always consume more fruits and vegetables after as compared to 29% before the project. More families reported eating dinner together as family at least once per week after participating in the recipe kit project than before they participated. We are currently working to secure non-SNAP-Ed funds to continue the recipe kit project in FFY 2019.

## **vi. Trainings**

UC CalFresh Nutrition Educators conducted CATCH trainings for 4 staff at Rock Creek preschool and Rock Creek Elementary as well as After School 8 staff at Woodbridge and Cirby Elementary Schools. This was accomplished by having one educator lead the students in CATCH activities and another educator explaining the process to staff. A total of 150 participated in these CATCH programs.

The UC CalFresh Program Supervisor and the 4-H Community Education Specialist II provided training for the two teens from Lincoln High School that facilitated our Teens as Teachers Cooking Academy. The training included basic nutrition, food safety, knife skills and youth development as well as learning how to teach the Cooking Academy curriculum. Twelve Sheridan Elementary students participated in the program.

### **Conference Presentations and Posters, Publications**

#### **Presentations:**

- Infusing Your Life with Habits to Boost Productivity. University of California Agriculture and Natural Resources Statewide Conference. Ontario, CA. April 10, 2018.
  - Presented by Kelley Brian, Dorina Espinoza, and Marcel Horowitz
- 4-H Cooking Project Ideas. Western Region 4-H Leaders' Forum. San Diego, CA. March 2-3, 2018.
  - Presented by Kelley Brian and Marcel Horowitz

#### **Posters:**

- Brian, K., Carter, R., Yarwood, C., Fisch, M., Weeks, D., and Campbell, L. (2018). Expanding SNAP-Ed Opportunities through Relationship Building. California Statewide SNAP-Ed LIA Forum. Sacramento, CA.
- Carter, R., and Brian, K. (2018). Comprehensive Programming: Successes at Kaseberg Elementary. California Statewide SNAP-Ed LIA Forum. Sacramento, CA.
- Yarwood, C., Brian, K., and Carter, R. (2018). Empowering Food Closet Clientele to Make Healthy Choices. California Statewide SNAP-Ed LIA Forum. Sacramento, CA.

#### **News Coverage:**

- KCRA covered one of the tastings at Kaseberg Elementary School. This tasting was facilitated by the Student Nutrition Action Council.

#### **Press releases:**

The following press releases were published during FFY18:

- UC CalFresh Teaches Nutrition Workshops though Placer School for Adults – Auburn Journal
- Tips to keep Picnic Food Safe-Auburn Journal
- August is Kids Eat Right Month-Auburn Journal

## **vii. Use of Marketing Materials, Websites, Facebook, Blogs, etc.**

Our website has been revamped and information has been updated.

Our Facebook page is evolving. The emphasis is now on program highlights though we continue to be a resource with evidence based information for our clientele and the public at large. During the reporting period our reach was 14,094.

## **viii. Awards Received**

N/A

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## **D. Key Evaluation Outcomes**

### **Adult Program**

Of those adults who participated in the Plan Shop Save Cook workshops and completed the evaluation:

- 50% will increase their frequency of comparing prices
- 30% will increase their frequency of shopping with a list
- 50% will increase their frequency of using the nutrition facts label

In these categories, Smart Objectives were met.

These results are based on a sampling of 23 adults; 4 males and 19 females; 8 Hispanic-Latino and 14 Non-Hispanic/Non-Latino.

Three hundred and eight adults attended series or one time workshops. Of those who completed one or more intent to change evaluations the results show:

- Within the next week 68% will eat from 5 food groups each day
- The next time you go shopping 80% will use the Nutrition Facts Label
- The next time you buy food 77% will plan meals before going to the store
- Within the next week 42% will choose a smaller amount of food or beverages
- The next time you shop 82% will compare unit prices before choosing food

When adults were asked how the workshop will help you and your family replies include:

- Introduce more balanced meals that are more healthy
- Prepare meals with more vegetables and fruits
- Helping to plan better and use information to help save money
- With portions and knowing how to read labels and give them healthier foods

### **Youth TTT**

Tastings were conducted in both Placer and Nevada Counties for a total of 184 tastings. 4,041 students participated in trying watermelon radishes, daikon radishes, Asian pears, carrots, mandarin, microgreens, sweet peppers, persimmon, snap peas, and broccoli. Overall, 97% of students tried the produce with more than half saying they would eat the food again at school.

### **PSE's**

We are continuing to maintain the school garden at Cirby Elementary School. All 17 classrooms visit the garden throughout the school year and 4 classrooms visit the garden every Tuesday. Students have an opportunity to plant, weed, harvest and taste fruits and vegetables. The UC CalFresh Nutrition Educator/Garden Coordinator has been using more of the beds in the Rock Creek school garden. This has enabled students to plant more produce and share the harvest with the entire student body. At the beginning of the school year there was an abundance of cucumbers. The Food Service Manager prepped them and included them on the salad bar. They were a hit with the students. When the students know the produce comes from their garden they are much more likely to try it.

CATCH continues to be incorporated into the lesson plans of two teachers at Rock Creek Elementary School. Nutrition Educators came out monthly to teach new CATCH activities and bring new equipment. Teachers continue to implement these CATCH activities throughout the month. This model was also used with the Bell Hill Academy After School Program. However, instead of teachers implementing CATCH, it was the "older" students who led the activities. Because of the success with our "Tweens as Teachers" we will be continuing the program in the coming school year.

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CATCH was also implemented for the first time in two after school programs. During the school year two UC CalFresh Nutrition Educators led CATCH activities at Woodbridge while training teachers to continue activities throughout the school year. This same model was used during the summer session at Cirby Elementary School. We will continue to work in the Cirby After School Program during the 2018-2019 school year.

Using this model, CATCH was piloted with Rock Creek Preschool. The teacher was so happy with the program she shared with the PCOE (Placer County Office of Education) Program Supervisor, ECE. In the coming year CATCH will be piloted at two additional sites.

## **E. Overall Assessment**

The UC CalFresh Program Placer and Nevada Counties continues to provide quality nutrition education using research based curriculum and support teachers' efforts to continue throughout the school year. The program continues to expand its comprehensive approach. Each of our 9 participating schools have at least one of the following elements:

- Morning Zumba
- CATCH
- Garden Education
- Youth Engagement
- Cooking Academy

UC CalFresh has become the agency of choice for schools interested in collaborating in activities that promote a healthy lifestyle.

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

- Relationships with Food Service staff continues to grow. In the coming year we will be supplying more produce to be prepared and served to the Rock Creek students.
  - In collaboration with Roseville City School District Food Service monthly tastings have been scheduled at Kaseberg Elementary. These will be new produce items that will then be served on the salad bar. Other tastings will be an attempt to try new menu items. These tastings will be facilitated by the Student Nutrition Action Council.
  - Through networking and marketing efforts, new agencies have approached us to provide nutrition education for their adult clients. We will be adding 3 new sites in the coming year.
  - CATCH ECE will continue to expand in the coming school year.
  - We were approached by the principal of Alta Vista Charter School, a newly qualifying elementary school. She had heard about our program from the principal at one of our participating schools and asked how to become a part of our program. We will be adding Alta Vista Charter in the 2018-2019 school year.
  - We will be able to implement our Recipe Kits program having secured non SNAP-Ed funds.
-