



UCCE Yolo

SUCCESSSES

- Provided multiple collaborative statewide trainings and professional development opportunities including:
 - A Taste of Success Cooking Demo videos
 - Happy, Healthy Families Community of Practice webinars
 - ANR Teens-as-Teachers grantee technical assistance support
- 2018 ANR Team Star Award recipient (4-H and UC CalFresh Program Integration through Teens-as-Teachers Cooking Academy Program)



RESULTS

Youth

- Over **250** youth have graduated from UC CalFresh/4-H Cooking Academy
- **95%** of youth are willing to try new foods offered at school after receiving direct nutrition education

Adult

- **91%** of adults who tried a new food are willing to serve the food at home

Organizational

- **Seven** new sites are making a systems change by increasing physical activity through implementation of CATCH

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

Serving Individuals and Communities

- Programming was provided at 52 sites to promote a healthy and active lifestyle.
- Over 150 educators were enrolled as volunteers and trained to deliver research-based interventions through nutrition education or physical activity curricula.

Nutrition and Physical Activity Interventions

- Teachers and after-school extenders were trained and received technical assistance on utilizing University of California classroom curricula and CATCH physical activity boxes. Combining these efforts allows individuals to receive nutrition education and physical activity exposure at multiple settings.
- Enrolled extenders receive nutrition and physical activity lessons in a "kit" format. Sites receive necessary lessons, supplemental experiential materials, or physical activity equipment to extend lessons with students.
- Experiential after-school cooking lessons, in-class food preparation and tastings, along with parent food resource management classes ensure Yolo County residents are ready and able to prepare nutritious foods.
- A focus on locally grown fruits and vegetables ensured the most nutritious, delicious, seasonal, economy spurring foods were used.

Helping to Make Organizational and Environmental Changes

- School Wellness and Food Committees to promote local produce, healthy food and beverage policy adoption, and active students.
- Promotion of walk and bike initiatives to increase physical activity.
- Youth engagement strategies integrated into UC CalFresh program.
- Joint 4-H/ EFNEP/ and UC CalFresh work.
- Coordinated nutrition, chronic disease prevention, and physical activity goals at county, state, and national level.

Serving California Agriculture

- The program collaborates with the Agricultural Commissioner, the Food Bank, the Health Department and others to promote locally grown seasonal produce and to increase consumption of these foods in the home.
- Local produce is being offered to students through guest lessons and classroom taste testings that reinforce Harvest of the Month promotions.

Building Partnerships

- Local school sites: implementing nutrition education lessons
- 4-H: joint after school programming through the Cooking Academy
- Southport Elementary School: Student Nutrition Action Council
- Health Department: collaborating on PSE changes in the community
- Yolo Farm to Fork: helping link school gardens to the classrooms
- ASES programs: Integrating after-school skill-based nutrition education and physical activity
- Healthy Yolo: setting priorities for the county



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A. SNAP-Ed Program Overview

The Yolo County UC CalFresh Nutrition Education Program partners with community agencies, early care and education sites and schools to address the nutrition and physical activity needs within the Spectrum of Prevention Model. Through the Yolo County SNAP-Ed IWP, UC CalFresh is working to address multiple goals and objectives. Goal one within the IWP of increasing consumption of healthy foods and beverages and decreasing consumption of unhealthy foods and beverages, Yolo UC CalFresh continues to administer a systemic nutrition education program directed at children and their families who are SNAP eligible. UCCE Yolo reached 2,491 local residents with approved evidence-based curricula through direct education efforts. UC CalFresh approved curricula and materials support school gardens, *Harvest of the Month* (HOTM) taste-testings, parent education messages, and school health fairs. Through direct and indirect efforts, participants are encouraged to follow USDA Dietary Guidelines for Americans to increase fruit and vegetable consumption and limit foods that provide little to no nutritional benefit.

Looking at goal two and five, increase access to and/or appeal of physical activity opportunities for SNAP-Ed eligible populations, UCCE Yolo provided training to seven after school sites and seven early childhood education centers on *Coordinated Approach to Child Health* (CATCH) physical activity curriculum and boxes. Teacher extenders taught 978 hours of CATCH activities to approximately 800 youth, ages 4-17, during FFY18. The Yolo UC Nutrition Education Program and Local Health Department continue to have a coordinated approach as the UC CalFresh program remains the lead within schools while the Local Health Department leads efforts in other community settings, such as community housing sites, family resource centers, and retail stores. This approach worked well, as each agency has been able to specialize, build relationships, and focus on educator professional development related to their area of expertise. This has also allowed for collaborative multi-level comprehensive programming within SNAP-Ed eligible school sites. According to the SNAP-Ed 2018 Yolo County Profile, 36% percent of children/teens, 2-17, are sedentary two or more hours on a typical day before and after school weekday. Continued cohesive messaging using the Physical Activity Guidelines for Americans will continue to guide approaches as we move into FFY19.

The third objective, improved food resource management and food security, is achieved by the on-going direct education of adults using *Plan, Shop, Save and Cook* curriculum. This is one of two curricula we offer to adults, which teaches food resource management skills. UC CalFresh Nutrition Program educators delivered direct education to 87 adult residents focusing on meal planning, reading food labels, unit pricing, healthy mealtime routines, and reducing added sugar in food and beverages. Additionally, hands-on cooking classes are provided to SNAP eligible youth. By increasing their skills in preparing low-cost foods at home, they are less likely to be food insecure. Experiencing meal preparation for a group influences child efficacy and lays a foundation for continued food resource management. In its fourth year, UCCE Yolo continues to address the need for skill-based classes in after school programs. Our Cooking Academy partners with 4-H to teach upper elementary children how to prepare nutritious foods while gaining essential life skills. This is a systems approach undertaken to integrate both programs and address food security issues related to a lack of skills and knowledge by the consumer.

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	469	498	330	637	967
5-17 years	720	717	233	1204	1437
18-59 years	84	3	82	5	87
60 years or older					
Total	1273	1218	645	1846	2491

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	488	1169
	Non-Hispanic/Latino	156	604
Race (select one or more)	American Indian or Alaska Native	3	3
	Asian	24	89
	Black or African American	13	53
	Native Hawaiian or Other Pacific Islander	1	6
	White	192	442
Total		644	1773

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	
		Sessions (in minutes)	Number of Sessions
1. Single Session	5	0-30	0
		31-60	5
		61-90	0
		91-120	0
		Over 120	0
2. Series of 2 to 4 sessions	20	0-30	9
		31-60	48
		61-90	0
		91-120	0
		Over 120	4
3. Series of 5 to 9 sessions	12	0-30	44
		31-60	23
		61-90	10
		91-120	14
		Over 120	0
4. Series of 10 or more sessions	94	0-30	3487
		31-60	1218
		61-90	554
		91-120	547
		Over 120	1

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

List of Settings	# of Sites with DE reported	# of Sites/Org with PSE Activity (any stage)
Afterschool programs (includes before school programs)	12	7
Early care and education	30	8
Schools (preschools, K-12, elementary, middle, and high)	10	1

C. Program Highlights and Accomplishments for FFY 2018

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

Direct and Indirect Education

Yolo UC CalFresh Nutrition Education Program utilizes a '**kit based approach**' for our youth direct education to teachers throughout the county, where all of the lesson preparation is completed by UC CalFresh educators for the teacher. UCCE educators also provide training and technical assistance on the use of these kits when meeting with extenders. By preparing classroom materials at the local UCCE office, we reduce the burden on teachers, increase fidelity to the lesson, increase customer service and perceptions of program ease, and provide on-going training opportunities with extenders. To address the need for training and technical assistance, Yolo UC CalFresh works through teachers to deliver high quality materials. On-going training and technical assistance with extenders, every 4-8 weeks, ensures they are comfortable with the resources, and are receiving what they need for successful implementation. Linking these materials to Policy, Systems, and Environmental work (school wellness policies, youth-directed smarter lunchrooms and 4-H projects, farm to school, school and community gardens, walkable schools and healthy retail) builds a strong foundation for changing individual behaviors, social norms, and school policies. Yolo UC CalFresh continues to be a collaborative partner with the Woodland Joint School district wellness policy ensuring direct education through nutrition and physical education curricula are included.

Yolo UC CalFresh started a Student Nutrition Action Council (SNAC) at a local elementary school with plans to begin work in the area of Smarter Lunchrooms Movement activities. This work will be a youth project and will dovetail with after-school 4-H Cooking Academy graduates. Since this project is youth-led, timeline of Smarter Lunchrooms Movement activities implementation will depend on time commitment and availability of those involved. Additionally, Yolo UC CalFresh plans to collaborate with Dairy Council to receive training and technical assistance on Smarter Lunchrooms Movement resources and best practices. This will allow Yolo UC CalFresh Program to meet the needs of the food service director within specific SNAP-Ed eligible school sites who are already implementing direct education using UC CalFresh curricula.

The Local Health Department and Yolo Farm to Fork continue to be the lead contacts for garden-based education classes. A community garden housed at the Health Department building targets Yolo County residents and children and is a resource for collaborating organizations and nearby elementary schools. Yolo UC CalFresh maintains collaborative efforts with the Master Gardener program to ensure schools receive education and resources as requested for in-class or after-school program activities. The Ag Commissioner continues to work on increasing the quantity of locally grown produce served in schools throughout the county. To address physical activity, the Local Health Department worked on making schools more walkable and bikeable through a Safe Routes to School grant. Unfortunately, this grant ended during the FFY18 fiscal year, but efforts will be put forth to encourage and engage residents in daily physical activity through direct and indirect education. The Local Health Department is also prioritizing healthy retail and promotion of youth oral health. Our Advisor is in communication with the LIA about their oral health campaign, and there is discussion around how to synergize the messaging around SSB reduction, bottle feeding guidelines, and water consumption. We will be coordinating efforts in preschools throughout the county around this campaign and messaging.

Our **preschool program** continues to be our strongest intervention. Many extenders provide weekly nutrition education to their students year round using the UC *Happy Healthy Me* Nutrition Education Preschool Kits and curriculum. Lessons are literacy-centered, around a specific storybook, with supporting activities addressing key kindergarten readiness standards. We further encourage and support this comprehensive and broad education with indirect education to those further out on the socio-ecological model (teachers and parents), such as newsletters. The newsletters are tailored to meet the needs of extenders addressing continuing education, school-site meals, and nutrition and physical activity motivation. Materials are provided in English and Spanish, as many sites have teachers and students who only speak Spanish. UC CalFresh bilingual educators provide training and translation during parent classes to reinforce messages in the home. The majority of parent classes are delivered

at preschool settings, which allow for increased knowledge of parents to support what the student is learning in school through the experiential nutrition education materials. This supports comprehensive programming as many strategies are used to reach the student and parent with direct and indirect education including taste-testings of harvest of the month produce, food bank resources, and other local resources. Gardening resources such as seeds, loaned gardening equipment (gloves, hand rake, spade, etc.), CATCH curriculum and equipment allows for added PSE programming in the early childhood education domain as well. CATCH resources and curriculum cards were provided to four new preschool sites this fiscal year to incorporate structured and unstructured physical activities with the goal of increasing moderate to vigorous activities within the indoor and outdoor space.

Bilingual nutrition, food resource management and child feeding classes are provided to some teen groups and for all adult groups. Classes were taught to parents at eligible school sites in both English and Spanish. Extenders received a quarterly newsletter supporting positive dietary behavior changes consistent with the Dietary Guidelines. One page of this newsletter is a parent handout in English and Spanish that can be photocopied and sent home with students. The topics presented within the newsletter focus on obesity correlates (screen time, sleep, physical activity, consumption of fruits and vegetables, etc.) along with healthy child feeding habits (based on Ellen Satter's Division of Responsibility) and creative ways to get children moving through fun activities. Parents are receptive and enjoy receiving newsletters that directly address questions or issues they currently are experiencing with their own children.

Policy Change

UCCE Yolo has continued to work on policy change efforts with a long-standing early childhood education site *Alphabet Soup Child Care*, who is in the preparation stage, looking at the Spectrum of Prevention, of adopting a healthy beverage and food policy when packing snacks and lunches to bring to school. UC CalFresh educators are working to assist the director in developing and implementing this policy. In order to support this policy change at this school site, students were also provided with direct education using evidence-based curriculum and a bilingual Spanish/English newsletter to take home which focused on packing a 5-star lunch containing all of the MyPlate food groups along with food safety information. Yolo UC CalFresh educators continue to collaborate with school administration to provide trainings and technical assistance to teacher/extenders and parents to ensure comprehensive programming is achieved at this site.

UCCE Yolo continues to be a partner with the **Woodland Joint Unified School District Wellness Committee**. The group's primary focus is in improvement of dietary behaviors of the youth attending the schools. This aligns well with our program goals. UCCE Yolo continues to support the efforts by including important nutrition updates and healthy food tips within the newsletters that are sent to extenders. Yolo UC CalFresh Advisor is currently participating in a committee to review the district Wellness Policy. Additional healthy components, such as school start times and oral health may be included, in addition to the nutrition and physical activity components that are mandated.

By participating in the Yolo **County Health Improvement Plan** (CHIP) Chronic Disease Prevention subcommittee, UCCE and UC CalFresh had a voice in the broad goals and tracking of the county health priorities. This helps to ensure that all agencies are striving towards the same objectives. These objectives include: increasing consumption of fruits and vegetables; decreasing consumption of fast food; decreasing consumption of sugar-sweetened beverages; and increasing the level of physical activity of residents.

The Advisor attends monthly **County Healthy Council** meetings with the County Medical Director, local hospital representatives, health-related organization leaders, and stakeholders, to discuss emerging and on-going health-related concerns. Monthly agendas include a range of topics, some that dovetail with UC CalFresh objectives, such as the tracking of chronic-disease prevention efforts.

System Change

Increased participation in after-school programs using CATCH (Coordinated Approach to Child Health) during FFY18 has allowed for expansion of PSE efforts within SNAP eligible sites. Teacher extenders are finding the activities to be easily integrated into after-school program settings as they desire

curriculum and resources that provide aerobic movement activities. Increased participation has allowed for further systems change with more students who reached the recommended amount of daily physical activity. UCCE Yolo continues to advocate for participation from more after-school programs who will utilize physical activity resources as a way to meet benchmark goals outlined in the Physical Activity Guidelines for Americans. UCCE Yolo has additionally increased early childhood education centers who utilize CATCH resources in FFY18 from one site to eight. This resource advocates and encourages fun and innovative movement activities that are new for the teachers and students.

Our **4-H/ UC CalFresh Cooking Academy** has taken additional steps forward. Cooking Academy graduates are continuing to be part of the teens-as-teachers component with an inaugural Student Nutrition Action Council (SNAC). In its first year, the council took on a health project at their school to educate other students, parents and administrators around reducing sugar-sweetened beverages. We continue to seek teen leaders to support this work. Feedback continues to be positive, and we conducted a full evaluation on its efficacy (results were presented at the ANR Strategic Initiative Conference and an updated UC Delivers article has been submitted). Cooking Academy leaders report a stronger ability to work as a team member, teach others, and share their opinions with adults. Teen leaders also reported having enjoyed seeing the new cohort be able to develop cooking skills and have fun while cooking. A recent publication from the Journal of Nutrition Education and Behavior (May 2018, Volume 50, Issue 5, Pages 494-500) revealed that “developing adequate cooking skills by emerging adulthood may have long-term benefits for nutrition over a decade later.” This article continues to prove and push our program into continuing to implement this skills-based academy to create positive behavior change around food preparation and consumption.

4-H and UC CalFresh received a teens-as-teachers (TAT) mini grant during the FFY17 fiscal year. The TAT model provides middle school youth extended learning opportunities to shadow college interns and UC CalFresh staff during lessons, progressively moving into teaching their peers how to successfully complete healthy recipes and hands on nutrition education activities. 4-H provided ongoing technical assistance, documentation, and training in youth leadership, while UC-CalFresh implemented the program and trained university interns and middle school youth to safely and confidently teach each lesson. Grant funds allowed for further collaboration and integration between 4-H and UC CalFresh. 4-H promotion within the Cooking Academy program increased as a result of the grant and collaboration between programs continues to remain strong. Grant funds allowed Yolo UC CalFresh program to purchase cooking equipment to enhance safety while cooking, nutrition reinforcement items for teen leaders, and assisted with the inaugural Student Nutrition Action Council’s (SNAC) first school event. Further details on the event are below.

During FFY18 into FFY19, both programs are, and will be, providing lead technical assistance to new TAT grantees. This is a collaborative effort with UC CalFresh, 4-H and ANR. These efforts were acknowledged by UCANR with a Staff Recognition and Team award.

Environmental Change

To improve the environment, we continue to strive towards a **strong collaboration with local partners**. Collaboration also aligned with the Yolo integrated work plan goal for FFY18. Yolo County UC CalFresh works with 50+ partners. Through the community nutrition action plan (CNAP), partner agencies determined that increased fruit and vegetable intake was a key goal, along with ‘Building a Better Lunch’, during the 3-year integrated work plan (FFY17-FFY19). Each agency builds capacity for their unique skills, and trust has been built as we work together to achieve common goals and



Youth leaders teach cooking skills to upper elementary students through UC CalFresh/ 4-H Cooking Academy at Southport.

build a comprehensive approach to environmental change. We rely on one another to fill a specific link in the circle of the Social Ecological Model. For example, the Advisor met with Yolo Farm to Fork, who has funding specific to the development of school gardens. A plan was set in place so that Yolo Farm to Fork would be referred to sites that had an interest in starting a garden. Yolo County UC CalFresh would provide the garden-based, direct education component, through approved curricula, utilizing staff and interns, to assist with implementing lessons, tastings, and technical assistance. Local school-wellness committee meetings with district School Food Service Directors allowed for on-going dialogue about these approaches, and better integration of local produce into the lunchrooms. As the Food Service Directors worked to acquire local produce to offer in the cafeteria, UC CalFresh highlighted the local produce in taste testing's and classroom activities. The Health Department and Master Gardeners offered expertise on garden maintenance through complimentary community garden education classes. The food bank provides take-home bags of fresh, in-season produce at schools so families are exposed to the same novel foods, and food security is improved. The Farm Bureau and 4-H coordinate an annual countywide Farm Connection Day for 3,000 plus schoolchildren that provides a day of hands-on agricultural education further reinforcing healthful messaging. The Family Resource Center receives funding from First 5 to coordinate activities and classes for the parents of our eligible children, such as how to preserve garden produce, taught by UCCE Master Food Preservers. Through collaboration with a multitude of partners, school sites are receiving multi-level comprehensive programming to improve their diets and levels of physical activity.

ii. Program Successes and Major Achievements

1. Expanding Youth Engagement Opportunities through Comprehensive Programming: Creating an Inaugural Student Nutrition Advisory Council

In an effort to create an extended learning opportunity for our Cooking Academy Student Leaders, Yolo County began its inaugural Student Nutrition Advisory Council (SNAC Club) at Southport K-8 Elementary in FFY18.

All four SNAC Club members, grades 5-6, were Student Leaders (peer teachers utilizing the Teens-as-Teachers approach) for our afterschool Cooking Academy program during the 2017-2018 school year. While teaching Cooking Academy to younger peers, these four youth showed exemplary leadership skills and expressed an interest in teaching more students in their elementary campus beyond Cooking Academy.

Southport's SNAC Club formed in March of 2018 and met weekly through May 2018. Meetings were held afterschool for one hour to work on a nutrition education project to present at the school's annual PTO "Color Run" Fundraiser/Community Fair.

SNAC Club members worked directly with UC CalFresh staff to create and lead an interactive nutrition education activity at the Community Fair. These youth played an active role in deciding which nutrition topic to teach their peers, ultimately voicing that most students needed to be informed on how to make healthier beverage choices. They helped design, assemble, and facilitate an educational poster and activity, teaching students and parents how to "Rethink Their Drinks!". SNAC members taught participants how to read nutrition facts labels and how to sort beverages with the naturally occurring sugars from sugar-sweetened beverages with added sugars. The activity was a huge success, reaching over 100 K-8 students, parents, and administrators. SNAC members took great ownership over this project and were extremely honored to be able to lead the activity/lesson. Their parents were amazed as well!

After the Community Fair, SNAC members desired to keep the project going by promoting CDPH's first annual 'Rethink Your Drink Day' of Action, which would occur two weeks later. They worked with UC CalFresh staff to post flyers throughout campus and cafeteria, and helped deliver campaign messages in the daily announcements.

Looking forward to the 2018-2019 school year, this SNAC Club is eager to begin its next project working with food service staff to bring Smarter Lunchroom and related PSE changes to the cafeteria! This youth participatory action research model will integrate the best-known approaches of youth leadership and engagement with environmental needs assessments and facilitated change. It is a collaborative project with support from the Yolo County 4-H Youth Development Program.



SNAC members hosting 'ReThink Your Drink' table at Southport "Jog-a-Thon" event.

Throughout the year, UC CalFresh staff received ongoing Technical Assistance to enhance youth leadership and engagement strategies from the Public Health Institute Center for Wellness and Nutrition, through the UC CalFresh Youth Engagement Cohort Model.

2. Multi-County, Multi-Year Collaborative Project for Special Education Curriculum

Individuals with disabilities face multifactorial challenges regarding their health and nutrition; eating healthy may be more difficult and thus exacerbate thereby controlling their weight and be physically active is also more difficult. This may be due to a lack of healthy food choices, difficulty with chewing or swallowing food, the taste or texture of foods, medications may contribute to weight gain, weight loss, and changes in appetite. Physical limitations may reduce a person's ability to exercise, and pain coupled with a lack of: energy, accessible environments, and resources make it more difficult to participate in physical activity. Currently, California has 754,337 special education students currently enrolled in its public schools.

The needs assessment results identified a need for health-related nutrition, obesity prevention and treatment programs to be integrated into special education/special day classrooms. To address this need, a pilot project is being designed which will include the implementation of a comprehensive health curriculum and resources aimed at increasing access to nutrition education, gardening opportunities, and locally sourced healthful foods. Funding is being sought and a committee will be established to design a curriculum that will aim to accommodate the various learning challenges that exist within the special needs population.

This program will be piloted during the 2018-2019 school year to evaluate its effectiveness and develop a best practice guide. The pilot project will be offered to the special education teachers that were initially recruited to complete the needs assessment. The project mission is to enhance the quality of life of individuals with special needs through research, education, and extension. The hope is to eventually have this curriculum added to the list of SNAP-Ed approved curricula used by all SNAP-Ed funded programs throughout the state.

The most important goal of this curriculum is to help learners become enthusiastic about nutrition, cooking, gardening and physical activity and to make sure that all students, including children and adults with a disability, have equal opportunities to lead a healthy lifestyle that includes regular physical activity and good nutrition. Activities in this curriculum will educate and engage learners in food preparation, food safety, nutrition, gardening and physical activity concepts that will contribute to their lifelong health and wellness.

Many special education and special day classrooms have students with varying disabilities and for that reason, activities throughout this curriculum will be labeled as either {AB} for high functioning or {CD} low functioning.

This curriculum is pulling together multiple UC CalFresh programs. Yolo UC CalFresh Program Nutrition Educator, Angela Asch, will be drafting Lesson 10 for the Special Education curriculum that will be piloted in FFY19. Advisor Chelsea Slattery in Butte County is spearheading this project.

3. Community of Practice Group for Healthy, Happy Families (UC CalFresh/ EFNEP)

The Happy, Healthy Families Intervention Community of Practice (CoP) continues to hold quarterly calls on the topic of child feeding for educators statewide in both the UC CalFresh and EFNEP programs. The intent of the CoP is to educate and engage educators to maintain consistent and accurate messaging to the public. The CoP affords its members the opportunity to help each other, share information, and build relationships that enable them to learn from one another. Each call includes segments called:

- “In the Classroom”: Models for Promoting and Implementing Child Feeding Lessons
- “Questions from the Field”: Follow-up to the questions asked by educators in the field
- “Research You May Have Missed”: updates on the latest research in child development and child feeding
- “Additional Resources”: key information for educators to take and use in the community.

The CoP leads are UCCE Specialists Drs. Lenna Ontai and Karina Diaz-Rios, who provide research updates and background on the importance of healthy routines with young children, as well as Statewide Training Coordinator Rebecca Lyn Brock, and Community Education Specialist from Yolo County, Angela Asch. Angela Asch presents the segment, “In the Classroom,” best practices for delivering the lessons from the Healthy Happy Families curriculum. The CoP started in FFY16 and continues to be impactful and insightful for educators who deal with child feeding and parenting questions while teaching direct education classes and workshops.

4. Yolo UC CalFresh Nutrition Education Program Receives ANR STAR Award – Spring 2018

The UC CalFresh and 4-H Programs were nominated and received a 2018 STAR Award for successful program integration through Cooking Academy. The Nutrition and 4-H Programs are exceptionally effective in the way they deliver a comprehensive, culturally diverse, experiential Cooking Academy. Yolo County provided a statewide “Teens-as-Teachers” training on using the “Teens as Teachers” (TAT) model to enhance UC/4-H youth engagement strategies, programming, collaboration, reach, and sustainability at the annual SNAP-Ed forum. The training included how to partner with 4-H in implementing a Cooking Academy along with lesson recipe demonstrations and nutrition messaging. The Nutrition and 4-H team not only desire to integrate Cooking Academy within their own community, but want to share it statewide. This training will allow other programs to successfully adopt a Cooking Academy so that more children learn food preparation skills with the goal of changing behaviors. The Cooking Academy program has really taken Yolo County to another level with program collaboration. During Beamer Elementary Summer Cooking Academy Cohort, 4-H educator, Delynda Edridge, focused on and taught cooking participants about a featured produce item through



ANR Star Award Recipients from left to right: Delynda Eldridge (4-H), Angela Asch, Christie Hedrick, Marcel Horowitz (PI), Ruth Chun Reyes, Mayra Diaz, and Lisa Gonzales

garden education. The students were so enthusiastic and interested to learn where their food comes from and the specific qualities and characteristics of certain fruits or vegetables. What an amazing experience for the students who were able to see their food from seed to plate. This approach has been presented by the advisor, Marcel Horowitz, at the National Childhood Obesity Conference, the UC Davis Nutrition Updates Statewide Training, the National 4-H Western Region Leaders Forum, and the UC ANR Strategic Initiative Conference. A UC Delivers article is currently under review, a poster has been submitted to the statewide SNAP-Ed Forum, and a full journal article is in the making.

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)	8
Government program/agency (Federal, State, local, etc.)	1
Schools (preschools, K-12, elementary, middle, and high)	19
Schools (colleges and universities)	2
Agricultural Organizations (Includes farmers markets)	2
Food Banks/Food Pantries	1

Top Partnership Accomplishments and Lessons Learned

1. **Southport Elementary School**-Southport Elementary continues to collaborate on multi-level comprehensive programming. Teachers are utilizing UC CalFresh approved curricula during classroom instruction time and receiving taste-testing or guest lessons throughout the year. Students in 5th & 6th grade after-school program have the opportunity to be part of a Cooking Academy Cohort. Southport has been consistently providing resources and personnel to successfully implement cooking academy multiple times per year. Students who show strong leadership skills have come back as leaders to help teach the next Cooking Academy Cohort. A strong partnership with administration has allowed for increased programming during FFY18 through a Student Nutrition Action Council. The council hosted a Rethink Your Drink table at a school event providing indirect education to parents, teachers, and fellow students. This partnership has really created many opportunities and avenues for multi-level approaches to create change in that community. There are plans for a video vignette show casing Cooking Academy leaders and UCCE Yolo staff through Brown Miller Communications. We look forward to what this may entail. Lessons learned through this partnership is the reminder that comprehensive programming takes a lot of staff and school personnel time. Cooking Academy, SNAC and direct education reaches the student at multiple levels and requires strategic planning and preparation on behalf of UCCE Staff. This reminder only reinforces the importance of strategic program team planning and cohesiveness to have a successful, fully functioning nutrition and physical activity education program.
2. Yolo County has just formed a **Health-in-All Policies committee**. It has received encouraging support from the County Board of Supervisors. UCCE representation on this committee ensures that physical activity and nutrition will be considered in new county-related policies and laws. This group is in its first stages, but during the first meeting it was determined that the first step should be the review of government-related policies. Second tier implementation will include local agencies, such as hospitals. Efforts are being modeled after lessons learned by Monterey County and a review of the materials provided by California Endowment are being considered. This will have far-reaching implications for the residents of Yolo County for decades to come.

3. Yolo County is the first in the nation to pass a tax on cannabis that explicitly states that funds will go towards early childhood and youth development efforts. This is a major accomplishment. The UCCE Advisor is part of the **Cannabis Tax Committee** to determine the use of these funds. Possible allocations include First 5 preschool programs (which could use UC CalFresh materials), funding for school counselors, funding for after-school programs (which could use UC CalFresh materials), health education classes (including nutrition and PA), and other services to be determined. Lessons learned from other tax initiatives have set the tone for expenditures. Funding will be collected for two years before any payments are made out of the account to ensure a balanced budget and prioritization of funding.

Multi-Sector Partnerships and Coalitions

We are one of two agencies with SNAP-Ed funding in Yolo County. We have bi-monthly CNAP coalition meetings at the Local Health Department to discuss current projects and programs with other non-SNAP-Ed funded nutrition programs in the community and to ensure collaboration. At quarterly meetings, there is a program who is highlighted and spends some time sharing their goals and objectives. Partners share current events, concerns, etc. Outside of the scheduled CNAP meetings, SNAP-Ed funded partners meet two to three times a year or more as needed. We have provided/shared joint trainings to the LHD and UCCE nutrition educators on nutrition topics. We are in constant communication regarding site needs, and act as one entity to the community when requests are made. When requests for events come in, we communicate to be sure there is no duplication. Articles and events from partner agencies are included in our UC CalFresh newsletters and Facebook posts.

LHD and UCCE coordinate to ensure representation at other local meetings. Current established meetings with partners include:

- County Goals- The Advisor serves on the Healthy Yolo Action Team and County Health Improvement Plan (this has ensured that local nutrition goals are consistent with Dietary Guidelines and UC CalFresh messaging). The Department of Health is the lead in our community.
 - Food Security- The Advisor serves on the Board of Supervisors Food Security Task Force (This has helped to ensure that UCCE is seen as the go-to for nutrition education). The Food Bank is the lead in our community.
 - School Wellness- The Advisor serves on the Woodland Joint Unified School District Wellness Committee (this will help to ensure greater access to education by the students). The Food Service Director and a principal are the lead in our community.
 - Educational Policy- Advisors and staff attend Yolo Department of Education meetings as appropriate to ensure up-to-date school policies are met and to align our in-class education with current needs.
 - School Gardens- We support the educational component of school gardens. We provide materials and training and technical assistance to teachers. The Yolo Farm to Fork Organization has funding for starting and maintaining the gardens. We work collaboratively, referring sites to them when interested. We provide letters of support to outside agencies, and link materials to their projects. Yolo Farm to Fork is the lead in our community.
 - Bikeability- While Davis is seen as one of the most bikeable communities in America, other County towns face challenges. We support and collaborate on the development and promotion of more accessible bike paths. The Woodland Bike League is the lead in our community.
 - Walkability- The number of students who walked to school is low. As such, we promote and support the work of those in our area. Our educational materials and program activities promote walking to school. We use social media to support active transportation to school. Our partners at the Local Health Departments are the lead in our community.
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- Health-The County of Yolo has a Healthy Yolo Committee that aims to connect all health related concepts. The advisor serves on this committee. Connections and information sharing allows for greater promotion of goals that impact the children and families we serve.
- Food Preservation-A Master Food Preserver (MFP) coordinator was hired in Yolo County UCCE. Once they graduated their first class of volunteers, we attended a half-day training to better understand the MFP program. These insights led to collaborations in the local Family Resource Centers to impact food security. The Advisor will meet regularly with the coordinator, per her request, to inform the best nutritional practices.
- Woodland Tree Foundation serves as the center of improving the urban canopy in Woodland. More greenery is beneficial to levels of physical activity, as residents are more likely to walk in beautiful, natural settings. It also lowers crime, improves air quality and raises property values (which generate more funding for schools). The Advisor supports and coordinates local efforts through this agency.

Additionally, the Advisor serves on the following state and national committees or groups:

- Sierra Health Foundation Health Leadership Program Alumni Association. This provides networking and professional development opportunities with colleagues in the greater Sacramento Region.
- California 4-H Healthy Living Leadership Team. This helps to find commonalities amongst UCCE programs.
- UCCE EFNEP/UC CalFresh Curriculum Committee. This helps to inform the state on current needs, issues, and emerging trends.
- California 4-H Association. This helps to network with existing 4-H programs and how they can be coordinated with UC CalFresh.
- Cooperative Extension Western Region Evaluation Group. This has provided resource and information on current techniques in program evaluation.
- National Extension Healthy Communities Community of Practice. This has been information on the Healthy People 2020 objectives and the addition of Social Determinants of Health as a priority area.
- UC Project Board-this internal working group is updating the reporting system for the state and national funders. The Advisor is serving on this group and providing guidance on the inclusion of UC CalFresh needs.

iv. Major Setbacks and/or Challenges

PEARS Training and Data Entry

New to SNAP-Ed programs, data reporting through PEARS was an unforeseen financial and time barrier for the Yolo UCCE Nutrition Program. Three program staff took the lead on PEARS entry. Those staff members were part of all PEARS trainings (in-person and web) and data input for FFY18. Many hours were spent navigating the PEARS system, reviewing training materials, FAQ's, and other resources from the state office. Combined, over 40 hours were spent just on trainings and web/phone calls around PEARS entry. Once the Yolo team felt comfortable and competent to begin accurately entering data, during FFY18, 150 + hours were spent by educators entering required data into the system (this calculates out to approximately \$7,094 in salary expenditures for this task). The majority of the time was spent on entering program sessions for ECE and after-school sites who utilize the curriculum multiple times per week. Functions within the online PEARS system did not promote productivity and ease of entry thus creating a large workload for UCCE Nutrition educators. Due to the time commitment to accurately enter all PEARS related data, other program projects and presence in school sites were heavily reduced. With this information, it is promising to hear that the UC CalFresh state office is taking initiative to lead a workgroup around entering ECE program sessions in a less time-consuming way. Continued efforts by the state office to collaborate with PEARS administration is critical to ensure educator time is primarily spent working towards improving the health of the residents for which the program serves.

v. Program Needs Not Addressed and Why

Our community is ripe for change. There are so many projects we could undertake, that our staff meetings are inevitably a discussion on priorities. We heavily rely on partners to take responsibility for other areas of healthy behavior change, and focus on what we can do well. We try not to spread ourselves out too thin, which will not make lasting changes. While we would love to see nutrition education in every eligible classroom, we do not have the staffing capacity or budget to do this. As such, Yolo UC CalFresh has continued to let classes go with attrition so that we can focus more on PSE strategies. This approach has decreased youth direct education numbers but increases additional levels of programming within a single school site. As the Integrated Work Plan requirements are now changing for the Local Health Departments and they are required to work in the school setting, we will be collaborating and strategizing on ways to continue serving schools through direct education and PSE approaches.

We have not started work in the Smarter Lunchroom Movement area due to a focus on other efforts, such as the robust Cooking Academy (CA) Program (the CA program has driven our program more into the area of youth engagement and leadership). Additionally, the Dairy Council previously indicated they would take the lead on these efforts in our county, so we deferred to them on this matter. Students at Southport elementary school in West Sacramento are showing a high level of interest in leadership through Cooking Academy and most recently, the Student Nutrition Action Council (SNAC) that has formed. Youth leaders who are part of the SNAC club will be looking at Smarter Lunchroom (SLM) components as part of a Youth Participatory Action Research project. Through these youth-guided efforts, we should begin to explore how they can make a change in the school using SLM behavioral economics techniques. Unfortunately, this is another programmatic area that requires a lot of educator time in order to properly train, prepare, and implement SLM. When new projects are taken on, others have to be dropped to ensure we are able to deliver the highest quality program.

We see a need for educating young children on social-emotional health. There is a void in this area. Children who are unable to manage their emotions may turn to food as comfort, which increases childhood obesity. Impulse control is learned during early childhood, and is a major obstacle to healthful eating throughout the lifespan. Additionally, loneliness, isolation, frustration, stress, and other negative emotions increase the risk of overeating, especially energy dense, nutrient poor foods. Materials related to mindful eating for all ages would be beneficial.

We would like to include yoga into our after-school programs, but are struggling to find a way to do that with the current requirements of using the 4-H Yoga curriculum.

Weight management curriculum for adults would be beneficial, as the majority of the adults in Yolo County are overweight. Our general nutrition curriculum advice does not adequately address issues such as compulsive eating, energy density, identification of ultra-processed foods, portion control techniques, microbiome regulation, and physical activity behavior change strategies.

After school sites do not have the necessary physical activity resources to engage students daily in moderate to vigorous physical activity. UCCE Yolo has discussed the possibility of loaning out a substantial amount of materials for each site to keep throughout the year (such as PA equipment). Funding is the current barrier to addressing this need and may be of interest to pursue with future SNAC or youth engagement projects in FFY19.

vi. Trainings

a. Direct Education Training

Our program services approximately 150 teacher extenders throughout the county. Training and technical assistance is provided in-person. To increase curriculum fidelity, we prepare classroom materials at our site and train teachers how to implement them. Ongoing training increases customer service and perception of program ease. Many hours are spent ensuring extenders are comfortable and knowledgeable about resources and curricula lessons provided. This ensures

students are receiving the lesson goals and objectives as outlined in the curricula while also maintaining fidelity.

In addition to training teachers, we work with partner agencies to increase understanding of current nutrition research, our program philosophies and materials, and PSE strategies. This is not done as formal training, but as ongoing collaborations and discussions.

b. Yolo UC CalFresh Team Meetings and Trainings

Internally, we meet formally as an entire team once a month to provide ongoing professional development in order to stay abreast of best practices. Additionally, we have informal discussions and meetings as needed that include program updates communicated through the UC CalFresh State Office or CDSS. During Yolo UC CalFresh team meetings, educators also share about current community and school site updates (teacher/site events, successes or lessons learned, etc.). These meetings typically last 2-3 hours.

Readings, articles, informal discussions, and webinars are part of the weekly performance expectations. We share this responsibility, and rely on each individual's subject matter expertise to share what is pertinent to everyone. Each educator selects individual trainings and conferences to complement and strengthen their expertise, and reports to the group. Training and conference updates are usually woven into the monthly to bi-monthly meetings.

c. Systems Approach For Healthy Communities Team Training

During FFY18, all Yolo UC CalFresh community education specialists, supervisor, and advisor participated in the University of Minnesota Systems Approach for Healthy Communities online module course to learn about both the Social Ecological Model and Spectrum of Prevention frameworks. With the addition of two new educators in the last two years, this class provided a solid foundation of policy, system and environmental change definitions and understanding. The Yolo UC CalFresh team met as a team to go through the course discussion and application questions then looked at how it directly applies or could be applied to our program or future work.

d. Advancing Food Preparation Skills and Cultural Recipe Knowledge Through Experiential Cooking Classes

Yolo UC CalFresh educators received food preparation skill development through hands-on cooking classes that were provided through local vendors. Staff chose classes that best represent the cultural food preferences of the community we serve. Recipes or special cooking techniques were brought back and shared with the rest of the team during a meeting. All recipes are provided electronically for educators to review and use as needed.

e. Community of Practice Group for Healthy, Happy Families Quarterly Web-Based Statewide Training (UC CalFresh/ EFNEP)

The Happy, Healthy Families Intervention Community of Practice (CoP) continues to hold quarterly calls on the topic of child-feeding for educators statewide in both the UC CalFresh and EFNEP programs. The intent of the CoP is to educate and engage educators to maintain consistent and accurate messaging to the public. The CoP affords its members the opportunity to help each other, share information, and build relationships that enable them to learn from one another. Each call includes segments called:

- "In the Classroom": Models for Promoting and Implementing Child Feeding Lessons
- "Questions from the Field": Follow-up to the questions asked by educators in the field
- "Research You May Have Missed": updates on the latest research in child development and child feeding
- "Additional Resources": key information for educators to take and use in the community.

The CoP leads are UCCE Specialists Drs. Lenna Ontai and Karina Diaz-Rios, who provide research updates and background on the importance of healthy routines with young children, as

well as Statewide Training Coordinator Rebecca Lyn Brock, and Community Education Specialist from Yolo County, Angela Asch. Angela Asch presents the segment, "In the Classroom," best practices for delivering the lessons from the Healthy Happy Families curriculum. The CoP started in FFY16 and continues to be impactful and insightful for educators who deal with child feeding and parenting questions while teaching direct education classes and workshops.

vii. Conference Presentations and Posters, Publications

Publications

Horowitz, M Asch, A (on-going) Yolo Nutrition Education Program Facebook Page

Role: Submit articles, supervise posts.

Horowitz, M Hedrick, C (2018) UP4it Level One Activity Book. UC ANR Publication 21650.

Asch, Angela, (2018) Cooking Academy Educator Guide: An Afterschool Experiential Cooking and Nutrition Intervention.

Townsend, M., Horowitz, M. & Shilts, M. (May 2018). EatFit: A middle school curriculum that challenges adolescents to improve their eating and fitness choices. Version 5.

Horowitz, M., Shilts, M., Townsend, M. (May 2018). EatFit Student Workbook.

Prevedel, S, Nelson, C, Buys, D, Cronk, L, Duffy, V, Garden-Robinson, J, Horowitz, M, McGee, B, Reicks, M, Remley, D, Warren, T (June 2018). Cooperative Extension as a partner in creating healthy communities: An environmental scan. Journal of Human Sciences and Extension. 5(2) 26-36.

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Remley, D, Buys, D, Cronk, L, Duffy, V, Garden-Robinson, J, Horowitz, M, McGee, B, Nelson, C, Prevedel, S, Reicks, M, Warren, T (June 2018). The role of Cooperative Extension in Chronic Disease Prevention and Management: Perspectives from professionals in the field. Journal of Human Sciences and Extension. 5(2) 15-25.

https://docs.wixstatic.com/ugd/c8fe6e_567ae964e7d94a3c87bde251d78fec0c.pdf

Horowitz, M. (March 2018). Healthy Living 4-H Project Sheets. HEALTH: CPR, First Aid & Safety, HEALTH: Fitness, HEALTH: Foods and Nutrition, HEALTH: Health

Worker, S., Iaccopuuci, A., Bird, M. & Horowitz, M. (March 2018). Promoting Positive Youth Development through Meaningful Contribution: A Qualitative Study of Teenagers-as-Teachers Programs. Journal of Adolescent Research.

Horowitz, M. Hedrick, C. & Gonzalez, L. (**quarterly publication**). Fuel Their Minds Elementary Age Newsletter.

Horowitz, M., Hedrick, C. & Diaz, M. (**quarterly publication**). Fuel Their Minds Early Childhood Age Newsletter.

Horowitz, M., Asch, A., Hedrick, C. (**quarterly publication**). Fuel Their Minds Bilingual Parent Newsletter.

Horowitz, M, Iaccopucci, A, Brian, K, Espinoza, K (April 2018). Healthy Camp Checklist.

Horowitz, M., Kaiser, L. & Nicoli, A. (Jan 2018). Healthy Children Healthy Families. USDA SNAP-Ed Connection Success Story.

Presentations

Lisa Gonzales	January 2018	UC CalFresh & 4-H Cooking Academy TAT presentation	SNAP-Ed LIA Pre-Forum Session
Marcel Horowitz	April 2018	Healthy Camp Checklist	UC Camping Conference, Santa Cruz, CA
Marcel Horowitz	April 2018	Mindfulness at Camp	UC Camping Conference, Santa Cruz CA
Worker, S, Iaccopucci, A, Bird, M, Horowitz, M.	April 2018	Promoting Positive Youth Development through Teenagers-as-Teachers Programs Poster.	UC ANR Strategic Initiative Conference Poster
Iaccopucci, A., Worker, S., Horowitz, M. & Bird, M.	April 2018	Sociopolitical Context and Agency in Adolescence. Speaking on the topic of Exploring What Teens Describe as Their Contributions in Teenagers-as-Teachers Programs.	American Educational Research Association. Conference Poster.
Horowitz, M. , Brian, K, Horowitz, E	March 2018	Creative Cooking projects. Integrating 4-H and SNAP-Ed programs.	4-H Western Region Leaders Forum
Iaccopucci, A, Lewis, K, Horowitz, M, Asch, A, Gonzales, L, Eldridge, D, Bishop, T, Murrey, S, Easlea, W, Carp, M, Rodriguez, E, Weaver, S, Brian, K, Carter, R, Kane, S, Gillespie, J, Daminani-Fontana, C	April 2018	Teens as teachers: A statewide collaborative project between UC 4-H, UC CalFresh, and EFNEP.	UC ANR Strategic Initiative Conference Poster
Horowitz, M, Asch, A	April 2018	The impact of cooking in UC CalFresh / 4-H Afterschool programs	UC ANR Strategic Initiative Conference Poster
Horowitz, M, Espinoza, D, Brian, K, Iaccopucci, A.	April 2018	Healthy Living as a Foundation for Success.	UC ANR Strategic Initiative Conference Poster
Horowitz, M, Asch, A	February 2018	The impact of cooking in UC CalFresh / 4-H Afterschool programs.	UC Davis Nutrition Updates Training
Remley, D., Buys, D.R., Horowitz, M., Prevadel, S., Reicks, M., Cronk, L., Duffy, V., Garden-Robinson, J., McGee, B., Nelson, C., and Warren, T.	October 2017	Extension's Role in Chronic Disease Prevention and Management In the Next 100 Years: A View from Agents/ Educators, Faculty/ Specialists, and Administrators.	National Extension Association for Family and Consumer Sciences Conference

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

The Yolo program has the following tailored marketing materials:

- Facebook page (150 + local residents currently following the site): Weekly notes are posted about nutrition information, upcoming local events with partner agencies, or tips for working with youth. <https://www.facebook.com/UCCENutritionEducationProgramYoloCounty>
- Quarterly Elementary and Preschool Newsletters (direct or electronically mailed to 31 preschool, 4 elementary, 2 middle school, 3 high school, and 12 after-school program sites (including on school campus and community housing sites participating in program). Newsletters include articles highlighting partner events, recipes, current nutrition or PA information and research, and highlights of activities and materials we can offer sites.
- Quarterly Parent Newsletters (reach is estimated based on student count for site): a focus on implementation strategies for home, such as how to cook with children or create active indoor games.
- UCCE website for nutrition provides an overview of the UC CalFresh program for interested sites. http://cecapitolcorridor.ucanr.edu/UC_Nutrition_Programs/. Site reached 166 individuals using commercial market data.
- Started an Instagram account (currently 140+ following) to increase program presence in local community. Posts include pictures of Cooking Academy chefs, teen leaders, and program staff at local events or cooking classes. <https://www.instagram.com/uccalfreshyolo/>
- Yolo County CNAP group collaboratively decided to include the hashtag #healthyyolo when posting community events to ensure cohesive messaging to Yolo residents.

ix. Awards Received

University of California STAR Award-Presented to UC CalFresh Yolo Nutrition Team – 6/2018

D. Key Evaluation Outcomes

Adult Program (Taste Testing Tool)

To ensure the greatest impact, the Yolo UC CalFresh program targets parents of students served through our direct education program. We focus our educational efforts on food resource management skills (using Plan, Shop, Save and Cook) and child feeding skills (using Healthy, Happy Families). In this way, we hope to impact our integrated work plan FFY17-19 objectives for the program, 1) Food access through food resource management direct education, 2) increasing healthy beverages, and 3) increased fruit and vegetable preferences/consumption.

Of the 87 adults participating in our program, 68 adults completed a Taste Testing Tool evaluation (a rate of 78%). According to the Yolo Food Bank, unfamiliar foods are constantly being thrown out, passed over, or wasted by participants. To address this, we showcased new foods and how they could be prepared. An assessment was conducted with parents as to which foods are difficult or problematic to utilize at home. Beets were a food that parents expressed lack of cooking knowledge on, so UC CalFresh educators prepared roasted beets with other root vegetables and also through pureeing beets into soup. Another food of concern for parents was squash varieties. They received an opportunity through a direct education class to try both butternut and spaghetti squash. The squash was prepared in-season and harvest of the month messaging was utilized. After the demonstrations, 91% were willing to try again and 89% were willing to serve the foods to their families. We will continue to tie our demonstrations into locally grown, freely available produce that is currently being discarded or wasted. This approach will help with personal nutrition, household finances, food security, self-efficacy, acculturation, and food waste.

Youth Program (Taste Testing Tool)

Our direct education program for youth targets all grades, preschool to high school. We use approved curricula with each grade.

Of the 2,491 youth served in FFY 18, 868 completed a TTT (a rate of 35%). Students participating in tasting range from preschool through high school. Yolo County serves predominantly Hispanic and non-Hispanic white residents. Food tastings are interwoven into our classes, support HOTM, Farm to School initiatives and cooking classes. We fully believe what research shows, if you like a food, you will eat it. Food preferences are a tricky science however, and the best way to get children to like a food is repeated exposure, and as food preferences are formed early in life, the earlier this is done the better.

We had students taste many different foods throughout the year. Some foods were far more popular than expected, such as hard-boiled eggs, which a majority of students had tasted before. These foods will be altered in how they are prepared and presented to students as a tasting. Other foods were new to most youth, such as tofu, sunflower seed butter, edamame, and radishes. These foods tested well, with a majority of students reporting they would ask for the food at home.

As a team, we review and refine our approach and offerings each year. In FFY19, UCCE Yolo will continue the incorporation of including a small food preparation step to all direct education taste-testings (such as peeling, measuring, or mixing the food before eating). As preferences are greatly influenced by touch, smell, and familiarizing yourself with a food, food preparation will add another step to our current process to encourage trying new foods. Additionally, students who are involved in the preparation of a food are more likely to eat the food. Finally, if we wish for children to repeat consumption of the item, they need the knowledge on how to prepare it in its most basic form (such as how to actually peel a mandarin. or use a knife to peel and slice a banana for cereal). By leaving the orange in its peel and teaching them how to do this, they are more likely to eat an orange the next time it is served whole as part of school lunch. It also shows them what the food looks like when it is purchased. As a whole banana in its peel appears much differently than thin slices of banana. We are continuing to formulate a list of food preparation tastings to be used countywide. These include preparing dips, slicing, peeling, coring, juicing, spreading, measuring and other simple steps appropriate to the food highlighted for each grade level. UC CalFresh Yolo will strive to provide more opportunities to collect taste testing data on youth who participated in a tasting and/or food preparation activity with the goal of multiple exposures to new foods.

TOT (Teacher Observation Tool)

Yolo UC CalFresh requested extenders to complete observation tools for the 2017-2018 school year. This is a tool new to the Yolo Program. There were a total of 23 TOT evaluations collected and included in analysis for FFY18. Yolo County UC CalFresh reached multiple SMART goals outlined in the TOT Evaluation. For example, 100% of educators agreed or strongly agreed that compared to the beginning of the year, more students now can identify healthy food choices! Additionally, 95% of students are now willing to try new foods compared to the beginning of the school year. Yolo County UC CalFresh Program is reaching its IWP objective to have residents increase fruits and vegetables. This is evident in the TOT evaluation results as it shows increased numbers of students who not only identify healthy food choices but are also willing to try new foods!

PSE

UCCE Yolo expanded reach to a total of seven after-school programs (additional two sites from FFY17) and eight ECE school sites (additional five sites from FFY17) using CATCH. These programs now consistently utilize CATCH as part of their regular implementation schedule. CATCH continues to be a systems change resource and is highly utilized by after-school sites and organizations with an increased participation by ECE sites. With the lack of equipment and physical activity resources on school grounds, after-school and ECE sites are excited about CATCH and the available resources (equipment) offered. Sites are able to practice basic physical activity skills using basketballs, footballs, red playground balls, and softer foam balls. This has been a PSE effort that has steadily increased over the last few years.

UCCE Yolo has continued efforts with a SNAP eligible ECE site that currently receives direct education (through evidence-based preschool curriculum) to adopt a healthy snack/beverage policy. The ECE site is utilizing program resources, including the bilingual parent newsletter, to provide education to parents on packing a 5-star lunch and food safety. Continued collaboration with this site will ensure parents, teachers and youth are involved with policy adoption.

UCCE Yolo continues to increase PSE efforts at SNAP eligible sites through multiple areas. In FFY 18, there were fourteen PSE sites or organizations with adopted changes.

E. Overall Assessment

The Yolo UC CalFresh program continues to provide high quality, customer focused, research-based, innovative interventions for its residents. For example, the UCCE Advisor and staff developed the new UP4it curriculum with UC ANR special project funds, which will be the first curriculum with a primary focus on childhood obesity prevention in UC CalFresh once complete. The Yolo UC CalFresh Program is consistently being asked to be a part of statewide trainings and technical assistance (CoP webinars, 4-H TAT, Cooking Academy, curriculum edits (PSSC), etc.).

By partnering with other agencies, we are able to collaborate and build upon each other's strengths. For example, discussions with the health department led us to adopt all school related activities, letting them focus on community organizations and retail. By having a family-centered approach we can hope to have the biggest impact.

I am proud that the program continues to strive towards integration of best practices. For example, using youth engagement strategies and experiential skill-based learning through cooking academy and SNAC club to foster positive behavior change. UCCE educators are expanding program activities and integrating PSE into direct education sites to provide a comprehensive approach with program resources and staff time. We will continue to integrate, adapt and serve so that we can make Yolo County the healthiest it can be.

F. SNAP-Ed Planned Improvements

- **Begin venture into the Smarter Lunchrooms Movement as a PSE.** We are building a stronger partnership with Dairy Council and 4-H to collaborate on how best to meet the needs of schools in Yolo County. We are looking to begin SLM as part of a student led SNAC initiative. Staff time will be spent on meeting with SNAC youth and gaining momentum behind upcoming nutrition related projects.
 - **Finalize the Cooking Academy evaluation** - Building the evidence base that this strategy is effective will provide the grounding for continued funding and use of youth engagement strategies, cross program collaboration, and skill-based experiential education. A full journal article is planned to report on the findings of this research.
 - **Expand partnerships with other UC ANR programs** - We will continue to work to find ways to synergize efforts between 4-H, UC CalFresh, Master Gardeners, Master Food Preservers, Cal Naturalist, and EFNEP. We will continue to refine and promote cooking academy and the experiential, skill-based model.
 - **Evaluate and Train on UP4it curriculum** - Childhood obesity prevention is a major concern for America. Currently, UC CalFresh does not have a curriculum to address this topic specifically. By finalizing the materials with ANR, we will be able to complete the process for adding the curriculum to the California SNAP-Ed Approved Curricula list and provide a training for statewide staff.
 - **CATCH promotion and utilization** - Strategies to increase accessible physical activity equipment have been an issue in the past. Collaboration with after-school program site coordinators have allowed our program to provide equipment to after school programs and ECE sites on a rotating basis. This increases participation and available resources to children.
 - **Increase the breadth of services to after-school programs** - we have finished packaging and preparing the 4-H Choose Health curriculum that is UC CalFresh approved. We have not used these materials before. We would like to develop a strong 4-H/UC CalFresh partnership in the afterschool programs. Using both 4-H/UC CalFresh approved curriculum is the first step. Educators from both programs will work collaboratively to develop this process. There are plans for sites to begin receiving these materials during the 2018-2019 school year.
-