

What's Up? Wednesday

EFNEP and CFHL, UC Staff Check-In

January 20, 2021



Today's Agenda

Dietary Guidelines and Direct Education

Online education reminders

Virtual meetings with youth

Check-in on distance learning content

Work-at-home ergonomics and self-care check-in

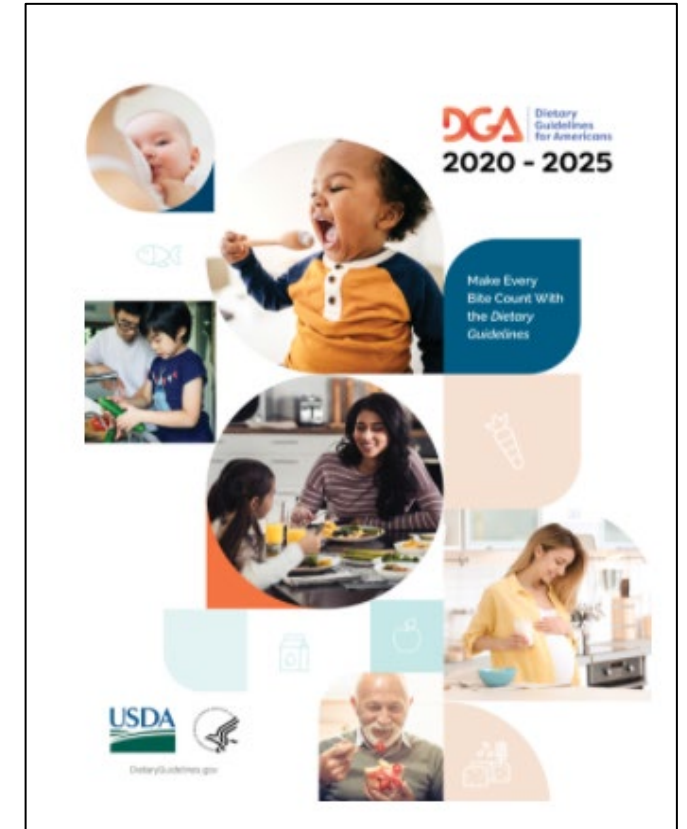
Save-the-date - *What's Up?* Wednesday February 24 • 10-11 AM

Dietary Guidelines and Direct Education

2020-2025 Dietary Guidelines for Americans
released in December

Not expected to impact direct education efforts
Overview and resources available -

<https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>



Online Education Reminders

Please submit extender/volunteer teacher e-mails to access online education materials in Google

EFNEP – to caefnep@ucanr.edu

CFHL, UC – to mamills@ucdavis.edu

YouTube videos – advertising disclaimer in video description

See Google Drive under [How To Guides and Resources](#)

Virtual Meetings with Youth – Zoom How-to's

Participants use first name only – enable rename option

Remind youth to rename with their actual first names 😊

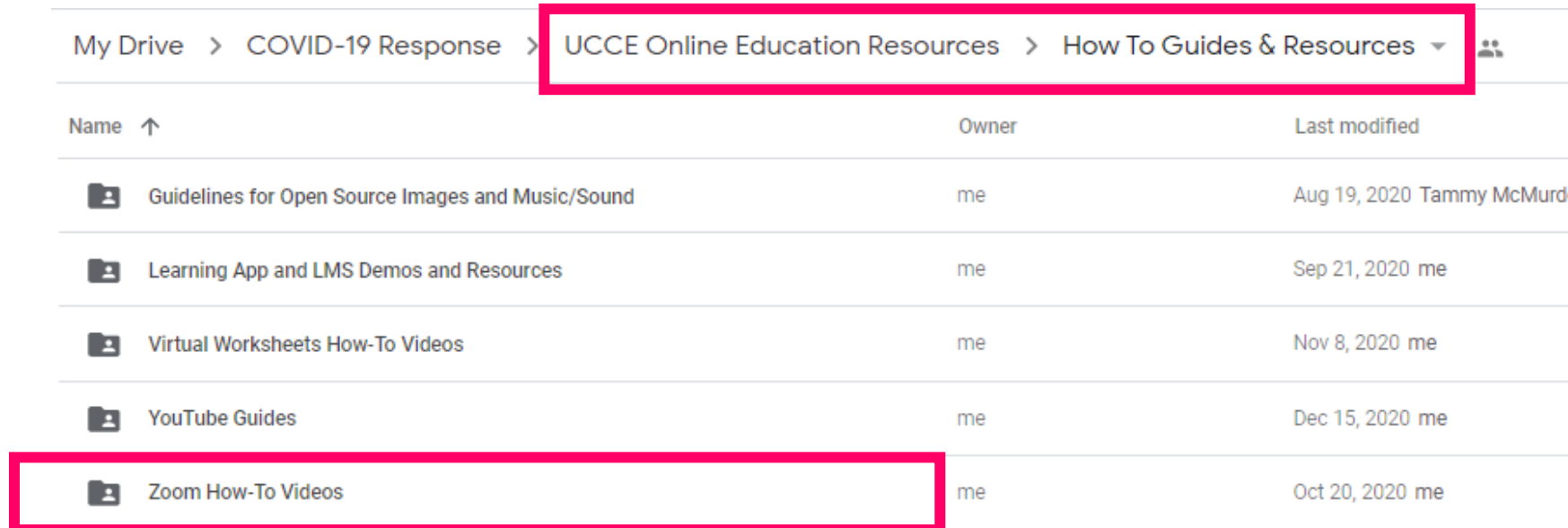
Disable private chat for participants

Disable screen sharing for participants






Zoom Web portal → Settings → In Meeting (Basic)

Virtual Meetings with Youth – Zoom How-to's

Zoom 'how-to' videos: including security and privacy



The screenshot shows a Google Drive folder hierarchy. The path is: My Drive > COVID-19 Response > UCCE Online Education Resources > How To Guides & Resources. The folder 'Zoom How-To Videos' is highlighted with a red box. Below the breadcrumb is a table of files and folders.

Name ↑	Owner	Last modified
 Guidelines for Open Source Images and Music/Sound	me	Aug 19, 2020 Tammy McMurdo
 Learning App and LMS Demos and Resources	me	Sep 21, 2020 me
 Virtual Worksheets How-To Videos	me	Nov 8, 2020 me
 YouTube Guides	me	Dec 15, 2020 me
 Zoom How-To Videos	me	Oct 20, 2020 me

****Update Zoom Desktop Client regularly**

Check-In: Distance Learning Content

Lesson PowerPoint slides for virtual classes

Lesson Videos

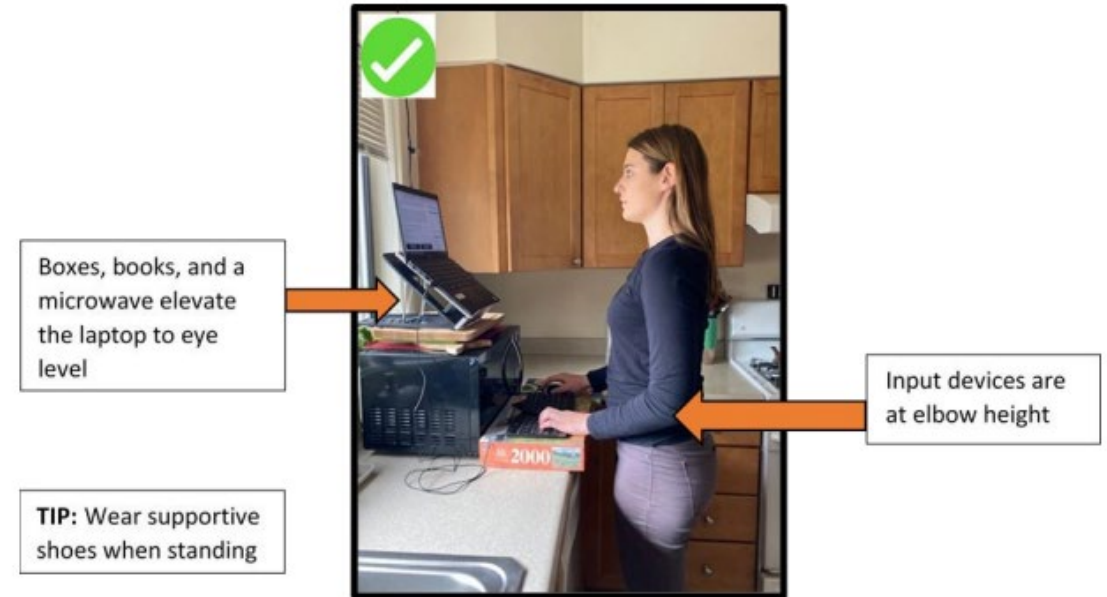
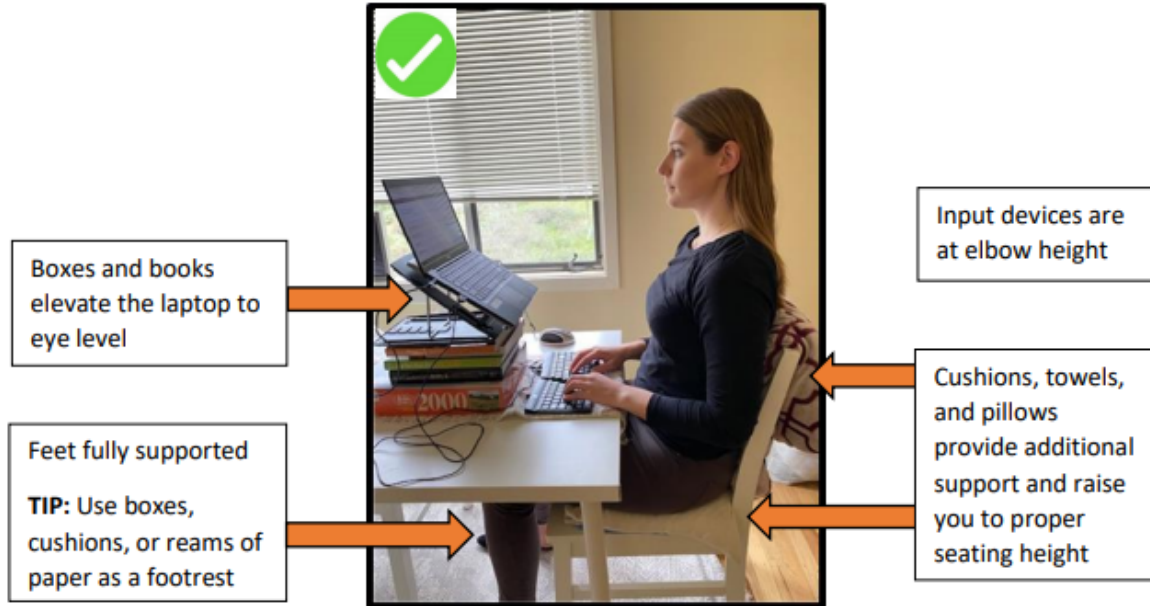
Fillable pdf worksheets

Virtual worksheets – Google Slides, Google Forms



Work-at-Home/Ergonomics Check-In

Using a table or counter with your equipment at the right height for you will place the least amount of strain on your body. Risk of injury decreases, and you can work longer and more efficiently.

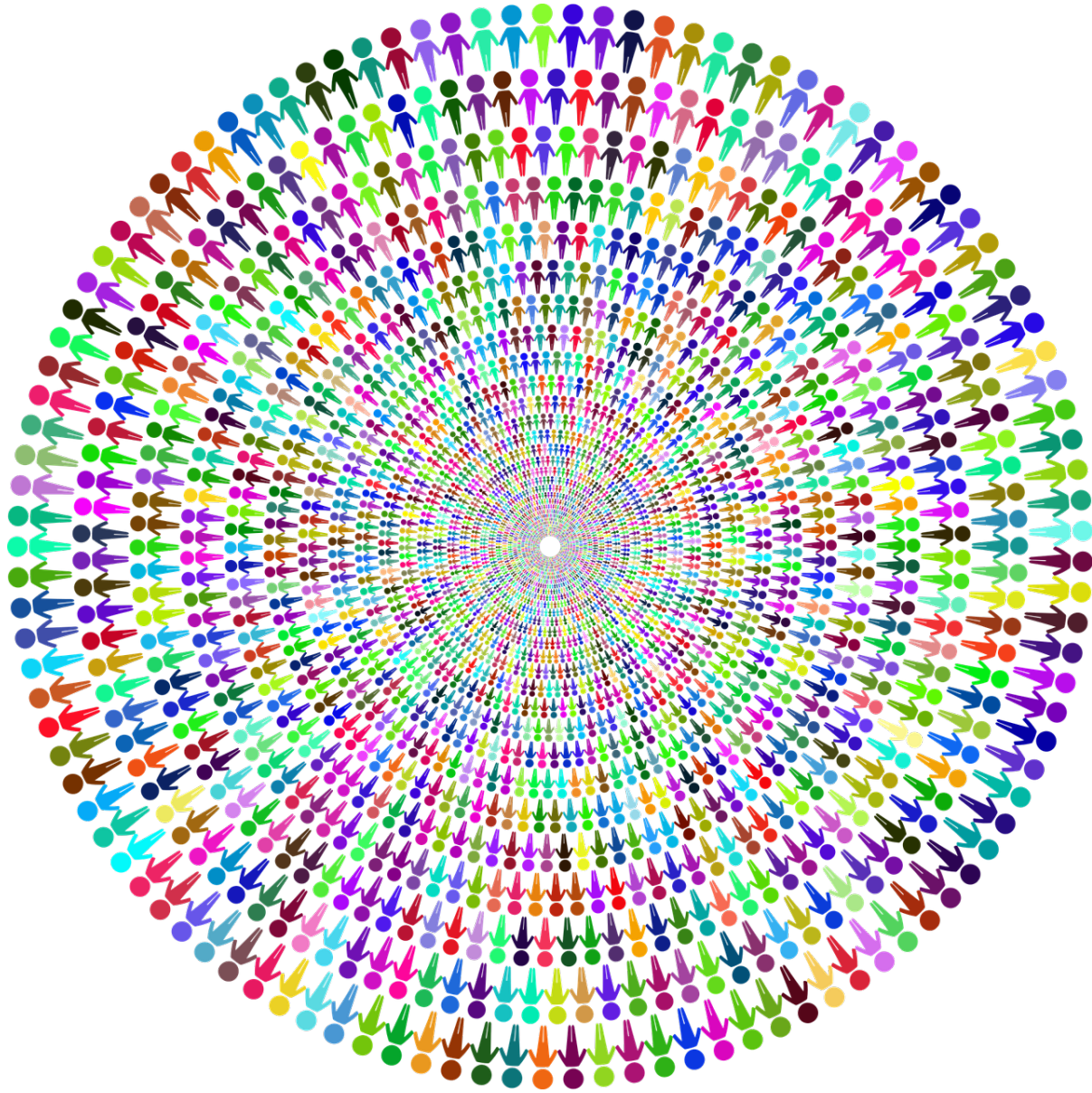


https://ucanr.edu/sites/Professional_Development/files/322065.pdf

Self-Care Check-In

http://safety.ucanr.edu/Programs/emergency/Current_Health_Alerts/Wellness_and_mental_health/

<https://hr.ucdavis.edu/departments/worklife-wellness/wellness-resources>



*We're in
this
together!*