

# CalFresh Healthy Living, UC Town Hall: Agenda

- SLO/SB Gardening during COVID (00:01:12)
- Highlights From the Field! UCCE Central Sierra (00:26:33)
- Youth Engagement Video Vignettes (00:40:20)
- Quarterly Self-Care (00:46:20)
- Awards (00:56:56)
- State Office Updates
  - New Evaluation Resources (00:59:12)
  - Ordering Updates (01:15:06)
  - CDSS Survey Update (01:19:05)
  - Virtual Forum and Poster Update (01:20:05)



# San Luis Obispo and Santa Barbara County Garden Work During COVID-19

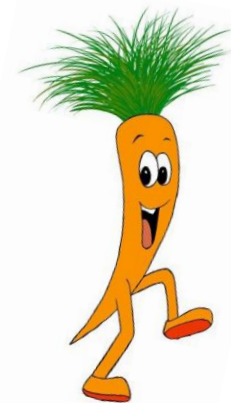
*Abbi Marrs*

*CES II*

*San Luis Obispo/Santa Barbara Counties*

**What was accomplished  
during the summer of  
2020 during the COVID-19  
shutdown?**

Between April through October, 1,077 pounds of fresh, organic produce were harvested from school gardens in Santa Barbara and San Luis Obispo County's and donated back into local communities.





Garden updates were shared weekly through partner school staff and teachers to keep youth connected to what's happening at THEIR school sites.







Youth at schools were able to participate and decide what would grow in the THEIR school gardens by completing a fun survey!



What should Miss Dimond and Miss Abbi plant in your garden this fall? YOU get to decide!

Please choose your top 3 choices.

	
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Carrots
	

**VOTE** 

How was this possible???



# Partnerships!





# BUILD RELATIONSHIPS

Make friends! Be present. Small talk counts.

Principals

Garden  
Heroes

Teacher  
s

Food  
Services

Grounds  
Maintenance

Custodians

Parent  
Volunteers

# Principal and Teacher Buy in!!!

They have power to make a LOT happen and bring in all kinds of support.



You want support from the principal and at least ONE teacher

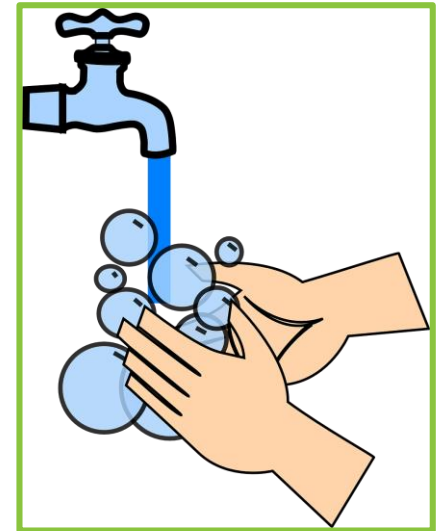
## Know your food safety



Wash your hands and workspace first

Wear clean rubber gloves

Place washed produce into a clean container.

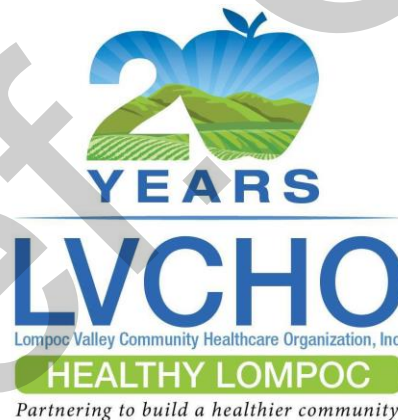


Video link:

<https://www.youtube.com/watch?v=xYLNskliD6U>

# Connect with additional resources to find out where to donate extra produce.

Be actively involved in YOUR community, join organizations with shared interest = Health!



Have fun! Make friends! Don't be afraid to ask! Think of the "big picture" and just GO FOR IT!!



# Any Questions?



designed by freepik

# Staying Connected: Highlights from the Field

Central Sierra- El Dorado, Amador, Calaveras & Tuolumne counties



**WHAT:** Virtual DE, IE, & growth in partnerships

**WHEN:** Late Summer 2020 through Fall 2020

**WHERE:** Central Sierra- El Dorado, Amador, Calaveras, & Tuolumne counties

# Virtual Direct Ed in the Central Sierra

**PROMOTING SCHOOL WELLNESS**  
**SUPPORTING ONLINE LEARNING**

**NUTRITION EDUCATION**

**Live! virtual sessions**  
A nutrition educator will teach students about being healthy and staying active.

- Pre-recorded video lesson
- A worksheet to complete at home
- A healthy recipe idea to make at home
- Live virtual classes led by a nutrition educator!

**HARVEST OF THE MONTH**

**Monthly virtual event**  
Students learn about seasonal fruits and vegetables.

- A video link explains history, nutrients, recipes and how to grow the fruit or vegetable.
- Activity sheets and newsletters, provided each month to learn more!

**PHYSICAL ACTIVITY**

**Live! virtual sessions**  
A nutrition educator will lead students through age-appropriate physical activities.

- Little to no equipment needed.
- Each session ranges between 20-30 minutes in length.
- Pre-recorded resources available.

**SIGN ME UP!**

We are here to support your classroom. Please contact us with any questions or to sign-up for a virtual school wellness opportunity.

In community,  
Name  
CFHL UCCE Nutrition Educator

EMAIL: [XXX@UCANR.EDU](mailto:XXX@UCANR.EDU)

**NUTRITION FOR ADULTS**

**GETCALFRESH.ORG**

**APPLY FOR CALFRESH**

**EATFRESH.ORG MINI COURSE**

**SELF-PACED VIRTUAL COURSE REFERRAL CODE: UC9**

**UCCE CONNECTS TO YOU!**

**INSTRUCTOR-LED VIRTUAL COURSE**

**CONTACT:**  
**[CMPADILLA@UCANR.EDU](mailto:CMPADILLA@UCANR.EDU)**

**1. Preparation:** Staff training over summer months. Reconnected with sites as they prepared for the coming year

**2. Promotion:** Informational flyers on programming and resources available through CFHL, UC

**3. Delivery:** Tailored programming based on site needs

**4. Virtual Direct Ed:** SUMP, PSSC, HHF, EatFresh.org Mini Course, TAT



# Virtual Harvest of the Month- Indirect Ed

Entire school districts

**Creciendo con Nutrición**

**CONTENIDO**

- Introducción al Brocoli
- ¿Lo Que Está En Temporada?
- Recetas de Brocoli

**Palabra del Día**

**¿Lo Que Está En Temporada?**

- El Brocoli es un vegetal que pertenece a la familia de las crucíferas. Es un vegetal muy saludable que contiene muchos nutrientes.
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## Crown Jewel of Nutrition

Broccoli is sometimes called the "Crown Jewel of Nutrition" because it has so many nutrients in it.

2:36

**HOTM Broccoli**

### BROCCOLI SALAD

Ingredients: 1 cup of broccoli (chopped), 1/2 cup of carrots (chopped), 1/2 cup of raisins, 1/2 cup of walnuts (chopped), 1/2 cup of dried cranberries, 1/2 cup of dried apricots (chopped), 1/2 cup of dried cherries (chopped), 1/2 cup of dried blueberries (chopped), 1/2 cup of dried raspberries (chopped), 1/2 cup of dried blackberries (chopped), 1/2 cup of dried strawberries (chopped), 1/2 cup of dried kiwi fruit (chopped), 1/2 cup of dried mango (chopped), 1/2 cup of dried pineapple (chopped), 1/2 cup of dried papaya (chopped), 1/2 cup of dried guava (chopped), 1/2 cup of dried passion fruit (chopped), 1/2 cup of dried dragon fruit (chopped), 1/2 cup of dried lychee (chopped), 1/2 cup of dried jackfruit (chopped), 1/2 cup of dried cashew (chopped), 1/2 cup of dried almond (chopped), 1/2 cup of dried pecan (chopped), 1/2 cup of dried walnut (chopped), 1/2 cup of dried hazelnut (chopped), 1/2 cup of dried pistachio (chopped), 1/2 cup of dried macadamia (chopped), 1/2 cup of dried Brazil nut (chopped), 1/2 cup of dried cashew (chopped), 1/2 cup of dried almond (chopped), 1/2 cup of dried pecan (chopped), 1/2 cup of dried walnut (chopped), 1/2 cup of dried hazelnut (chopped), 1/2 cup of dried pistachio (chopped), 1/2 cup of dried macadamia (chopped), 1/2 cup of dried Brazil nut (chopped).

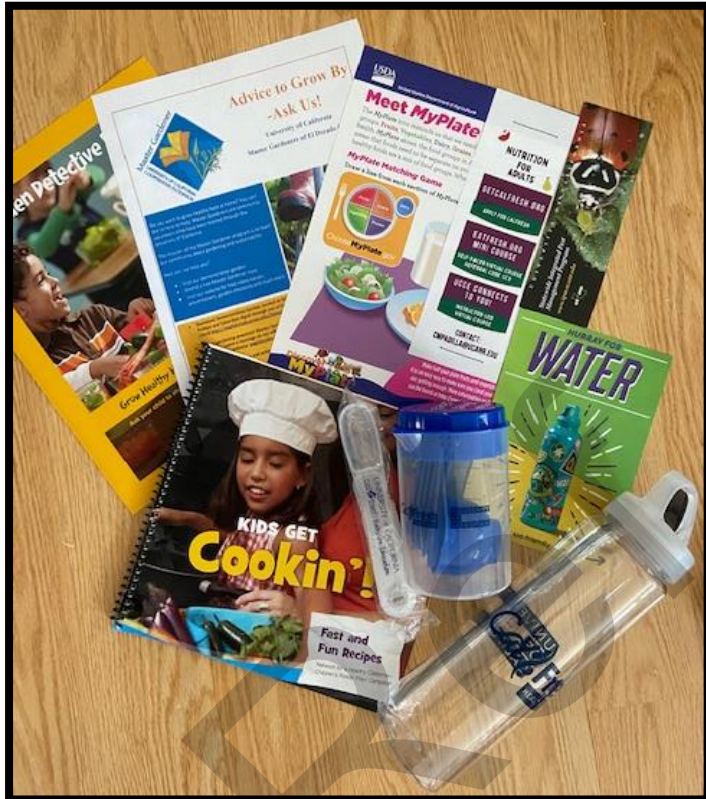
Nutrition facts and more  
Serving size: 1 cup - Servings: 8  
Calories: 200 Total fat: 15 g Saturated fat: 2 g Carbohydrates: 25 g Protein: 8 g Fiber: 4 g Sodium: 170 mg

South Lake Tahoe newsletters

Amador newsletters

Central Sierra YouTube Channel

# Contactless Kits- Indirect Ed



El Dorado West Slope, contents in each nutrition kit.



220 students received kits!

All ten teachers at GT School of Innovation received a nutrition kit.

# Contactless Kits



30 Family  
Garden  
Kits

El Dorado West Slope, SOL Community Farmers Market (weekly)

# Contactless Kits

2,875 families reached

## Calaveras County Contactless Kids Day

### Grab and go Kits Gardens in Every Home

- Grab and go Kits
- 2,875 families reached
- Partnership with Calaveras Unified School District, CalFresh Healthy Living, UCCE, Public Health and Calaveras Master Gardeners and local hardware stores
- Raised garden beds



# Contactless Kids Day at the Market



## Tuolumne County

- Annual event
- \$ 1,000 donation for veggie bucks so kids can purchase their own
- Kids received \$4-\$6 to spend at the market
- In partnership with:
  - Public Health- pumpkins
  - MG's- seed and soil

Attended  
by 200  
families

# Central Sierra Program Staff



**Lauren Borges**  
Calaveras County



**Wylie Skillman**  
Tuolumne County



**Cristina Luquin**  
South Lake Tahoe



**Alejandra Giron**  
South Lake Tahoe



**Katy Munniks**  
Calaveras County



**Andriana Lewis**  
Amador County



**Carmela Padilla**  
El Dorado (West)



# Youth Engagement Video Vignettes

## Eco-Garden Club Research Project

A Youth-Led Participatory Action Research (YPAR) Project at Calexico High School  
Calexico, Imperial County, California



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Agriculture and Natural Resources

Project H2O is a Youth-Led Participatory Action Research (YPAR) Project at John Swett High School in Crockett, CA.

Supported by CalFresh Healthy Living, University of California and the University of California Agriculture & Natural Resources 4-H Youth Development Program.



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## Cooking Academy

A Project with the Students of Southport Elementary School  
West Sacramento, Yolo County, California



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Agriculture and Natural Resources

## HHAK's Food Waste Project

A Project by the Students of Meadows Union K-1 Elementary School  
El Centro, Imperial County, California



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# Self-Care

## A Look at Stress

59% of adults surveyed said they could have used more emotional support than they received in the past year.

### American Psychological Association “Stress in America”

Average Reported Stress Level = **4.9**

Average Reported Stress Level by Generation:

Gen Z adults (18-22 years) = **5.8**

Gen Xers (41-54 years) = **5.5**

Millenials (23-40 years) = **5.4**

Boomers (55-73 years) = **4.2**

Older adults (74+ years) = **3.0**

American Psychological Association (2019).  
Stress in America: Stress and Current  
Events. Stress in America™ Survey



# Stress and Breathing Techniques



Varvogli, L., & Darviri, C. (2011). Stress management techniques: Evidence-based procedures that reduce stress and promote health. *Health Science Journal*, 5(2).

Perciavalle, V., Blandini, M., Fecarotta, P., Buscemi, A., Di Corrado, D., Bertolo, L., Fichera, F., & Coco, M. (2017). The role of deep breathing on stress. *Neurological Sciences*, 38, 451-458. <https://doi.org/10.1007/s10072-016-2790-8>

# Let's Practice!

4-7-8

# Reflection Activity

Mind

Body

Emotions

Career

Relation-  
ships

Finances

Environ-  
ment

Fun



# CONGRATULATIONS!

**UCCE Tulare-King Nutrition Education Team**

**2nd Place Western Region SNAP-ED/EFNEP  
Award**

**Mary Blackburn, Health & Nutrition Advisor-  
Alameda County**

**NEAFCS Hall of Fame Award**

**CalFresh Healthy Living, UCCE Alameda County  
3rd Place Regional Community Partnership  
Award**



# State Office Updates



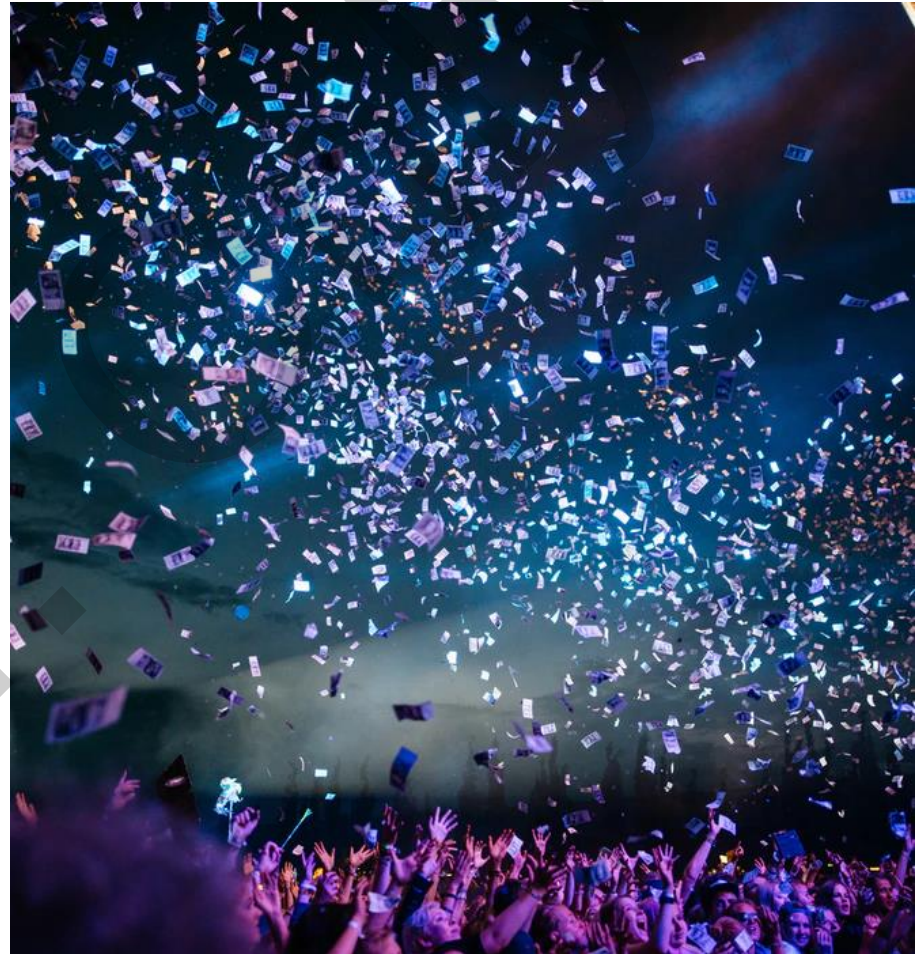
California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org).

# PEARS and Reporting Updates

- **FFY2020 PEARs reporting**
- **New Adult Distance Learning Guidance**
- **PEARS Office hours – Tues October 27<sup>th</sup>**

# PEARS – FFY2020 reporting completed!!

- 3,312 Program Activities
- 407 PSE Activities
- 566 Indirect Activities
- 824 Partners – 793 non-funded
- 40 Coalitions
- 44 Success Stories

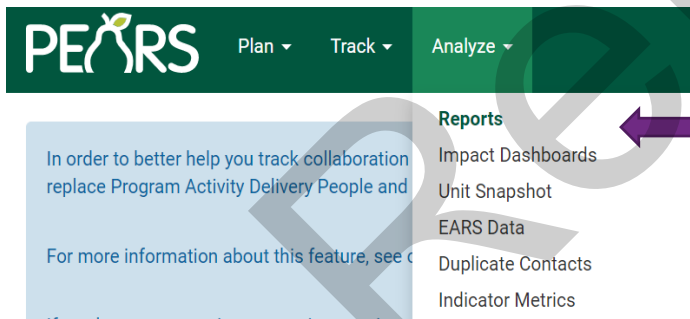


# State Office to provide PEARS Summary data

FFY 2020 Annual  
Report Timeline &  
Information



<https://uccalfresh.ucdavis.edu/>



**November 6, 2020**

- **Summary Data Available from State Office** | Posted to BOX on a rolling basis. Counties will receive an email when data is available.

**December 1, 2020**

- **Draft FFY20 Annual Report documents due to State Office** | submit through BOX Annual Report Folder



# Adult Distance Learning Guidance

NEW

## CFHL, UC WEBSITE - PEARS PROGRAM ACTIVITIES PAGE

### • **Demographics**

- Adult Demographics
  - Collection Methods
  - How to Collect
- Demographic Data Cards
  - Necessary information
- Tracking Participants
- Example scenario using the PEARS Demographic Card

### • **Recruitment**

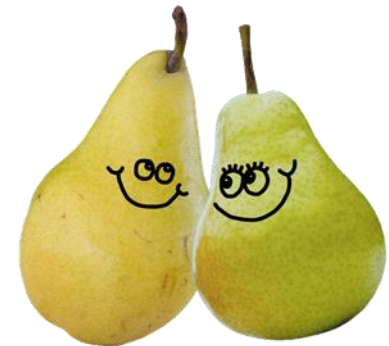
- Recruiting | SNAP-Ed Distance Learning (DL)
- Table | Site settings and Recruiting methods

## PEARS Office Hours | October 27, 2020

Register for the upcoming PEARs Office hours that will cover using the PEARs Surveys link and QR codes, collecting adult demographics using PEARs Surveys and other methods to collect demographics, and tracking participants in a distance learning world

Please see the registration link [HERE](#)

- Real time examples
- Ask questions
- Discuss similar issues in a supportive environment



# Evaluation Updates

- **FFY2020 County/cluster evaluation results**
- **FFY2021 Evaluation Updates**
- **Qualtrics Tip Sheets and office hours Nov**



# Evaluation Results – FFY2020

- County specific survey results will be posted in Box

➡ Your County/Cluster name

➡ EVALUATION

➡ Year End Survey & Assessment Results

- **Already posted**

- Youth Surveys

- EATS pre only and pre/post (if available)
- TOT and PA TOT
- TTT

- Adult Surveys

- ITCs – multiple topics
- Adult TTT

- All other results, shared back **by Oct 30<sup>th</sup>** on rolling basis

# FFY2020 EATS Results and Excel file



## EATS Pre-Survey Findings (School Year 2019-20)

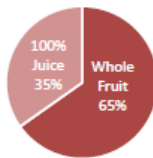
Number of Surveys = 746

### Fruits and Vegetables

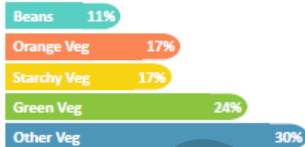
Completed Fruit and Vegetable Questions = 746

Mean Times Ate...(yesterday)	
Fruit and Vegetables	5.53
Fruit	2.32
Vegetables	3.21

#### TYPES OF FRUIT



#### TYPES OF VEGETABLES



#### WHAT DO THESE FINDINGS TELL US?

For the previous day...  
 → Students reported eating vegetables more times than fruit.  
 → Over 1/3 of fruit consumed was in the form of 100% juice.  
 → The most common type of vegetable eaten was "Other" such as tomatoes, peppers, zucchini, cucumbers, etc.

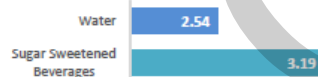
### Sugar Sweetened Beverages and Water

Completed Sugar Sweetened Beverage Questions = 746

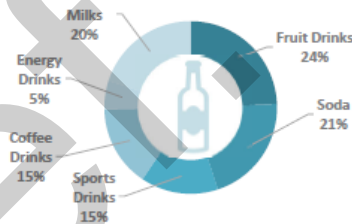
Mean Times Drank...(yesterday)	
Sugar Sweetened Beverages*	3.19
Water	2.54

\*Highlighted yellow if times drinking SSB is greater than water.

#### DRANK WATER OR SUGARY DRINKS?



#### TYPES OF SUGAR SWEETENED BEVERAGES



#### WHAT DO THESE FINDINGS TELL US?

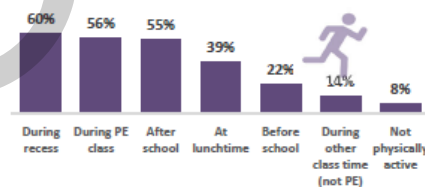
For the previous day...  
 → Students reported drinking Sugar Sweetened Beverages (SSB) more times than water.  
 → The most common types of SSBs consumed were fruit drinks, soda and flavored milks.

### Physical Activity

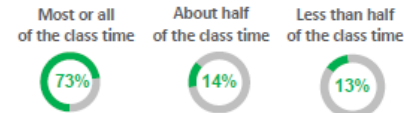
Completed Physical Activity Questions = 745

Mean Physical Activity (last week)	
Days getting 60+ minutes MVPA	4.29
School days with PE	3.31

#### WHEN STUDENTS WERE ACTIVE AT SCHOOL



#### TIME SPENT DOING PHYSICAL ACTIVITIES IN P.E.



#### WHAT DO THESE FINDINGS TELL US?

→ On average, students reported being physically active at least 60 minutes per day on 4.29 days during the last week.  
 → Students reported being physically active most commonly during recess, PE class and afterschool.  
 → Nearly three-quarters of students reported being physically active "Most or all of their PE class".

# Poll Question -

Would you be interested in an office hour to discuss and address questions about the FFY20 EATS results and excel files?

- Yes
- No
- Maybe

# New FFY2021 Evaluation Guidance

## FFY2021 Evaluation Changes due to COVID-19



- ✓ recommended evaluation tools by target population
- ✓ specific data collection approach/platform and date available
- ✓ evaluation tools that are “on hold” or pending possible new versions

## FFY2021 Recommended Evaluation Tools and SMART Objectives



- ✓ updates in yellow highlight

Any questions contact Barbara [bmknelly@ucdavis.edu](mailto:bmknelly@ucdavis.edu) or Angie [akeihner@ucdavis.edu](mailto:akeihner@ucdavis.edu)

# Adult Online Evaluation Tools – FFY21

**Table 1: Adult Online Evaluation Tools**

Tool Name	Tool Type	FFY21 Data Collection Approach	FFY21 Data Entry Portal	FFY21 Portals available
<b>Intent to Change (ITC) Surveys -</b> Multiple topics in Eng/Spa	single session assessment	participant survey link or QR code	PEARS ←	October 15 <sup>th</sup>
<b>Adult Physical Activity Survey (APAS)</b> Eng/Spa	pre/post*	participant survey link or QR code	PEARS	October 15 <sup>th</sup>
<b>Plan Shop Save and Cook (PSSC)</b> Eng/Spa	pre/post*	participant survey link or QR code	PEARS	October 15 <sup>th</sup>
<b>Food Behavior Checklist Eng/Spa combined with APAS (FBC+PA)</b>	pre/post*	participant survey link	Qualtrics ←	October 1st
<b>Healthy Happy Families (HHF)</b> Eng/Spa	pre/post*	participant survey link	Qualtrics	October 5 <sup>th</sup>
<b>Making Every Dollar Count (MEDC)</b> Eng/Spa	retrospective	participant survey link	Qualtrics	October 1 <sup>st</sup>

\*Participant ID code resources ([Poster](#) and [PowerPoint Slides](#)) are available to support you in collecting ID codes from class participants when administering pre/post surveys.



# Youth Evaluation Tools – FFY21 Pending or on Hold

- Teacher Observation Tool (TOT) - PENDING** - POSSIBLE REPLACEMENT W/ NEW RETROSPECTIVE TOOL FOR FFY 2021
- Physical Activity Teacher Observation Tool - PENDING** - POSSIBLE REPLACEMENT W/ NEW RETROSPECTIVE TOOL FOR FFY 2021
- Eating and Activity Tool for Students (EATS) Pre/Post (for Grades 4-5<sup>th</sup>) - PENDING** - POSSIBLE REPLACEMENT W/ NEW RETROSPECTIVE TOOL FOR FFY 2021
  
- Teacher Tasting Tool (Youth TTT) - ON HOLD** - FOR AT LEAST QUARTER #1
- Preschool Taste Test Tool (PreK TTT) - ON HOLD** - FOR AT LEAST QUARTER #1
- Large Group Taste Test Tool (LG TTT) - ON HOLD** - FOR AT LEAST QUARTER #1

# Youth Evaluation Tools – FFY21 Online

**Table 2: Middle and High School Online Evaluation Tools**

Tool Name	Tool Type	FFY21 Data Collection Approach	FFY21 Data Entry Portal	FFY21 Portals available
<b>Eating and Activity Tool for Students (EATS) (Middle and High School only)</b>	pre/post	participant survey link	Qualtrics	Currently pending IRB approval – TBD ~October 30 <sup>th</sup>

**Table 3: Youth Engagement Online Evaluation Tools**

Tool Name	Tool Type	FFY21 Data Collection Approach	FFY21 Data Entry Portal	FFY21 Portals available
<b>Teens as Teacher Survey</b>	retrospective	participant survey link	Qualtrics	TBD - ~Oct 30, 2020
<b>YPAR Retrospective Survey</b>	retrospective	participant survey link	Qualtrics	TBD - ~Oct 30, 2020
<b>YPAR Project Assessment</b>	retrospective	participant survey link	Qualtrics	TBD - ~Oct 30, 2020

# FFY2021 new Qualtrics Tip sheets

## *Qualtrics Data Review Tip Sheet*



- Instructions for how to view, filter, sort and download data

## *Qualtrics Report Tip Sheet*



- Instructions for how to customize qualtrics reports

Will be creating videos based on Tip Sheets.

If interest, can organize Office hour.

Any questions contact Liz Egelski [eegelski@UCDAVIS.EDU](mailto:eegelski@UCDAVIS.EDU)

# CDSS LIA COVID-19 Staff Redirection Survey Table

- Completion of the [CDSS LIA COVID-19 Staff Redirection Survey Table](#) is still **required**, even if staff have not been redirected.
  - Moving forward, each LIA will be required to complete their respective section in the survey table on a **quarterly basis** and indicate the number of FTEs that have been redirected.

COVID-19 Reporting Periods		2021 Due Dates
FFY 2020 Q4	AUG 1-SEPT 30	OCT 30
FFY 2021 Q1	OCT 1-DEC 31	JAN 29
FFY 2021 Q2	JAN 1-MAR 31	APRIL 30
FFY 2021 Q3	APR 1-JUN 30	JULY 30
FFY 2021 Q4	JUL 1-SEP 30	OCT 29

- Indicate with a zero (0) if no FTEs have been redirected.
- **Complete the August and September 2020 sections of the survey by Friday, October 30, 2020**

**Questions? Contact:**  
Kamal – [kjkhaira@ucdavis.edu](mailto:kjkhaira@ucdavis.edu)  
Lindsay – [lmhamasaki@ucdavis.edu](mailto:lmhamasaki@ucdavis.edu)

# FFY21 Curriculum Ordering Update

- Counties should be able to begin ordering in MyPrint this week!
  - Be on the lookout for an email from the State Office.
- Placing orders as soon as possible will ensure speedy delivery.
  - Be sure to check address and contact information in MyPrint.
- If you have any questions please contact:
  - Ryan Keeler ([crkeeler@ucdavis.edu](mailto:crkeeler@ucdavis.edu)) or
  - Tammy McMurdo ([tjmcmurdo@ucdavis.edu](mailto:tjmcmurdo@ucdavis.edu)) or
  - Lindsay Hamasaki ([lmhamasaki@ucdavis.edu](mailto:lmhamasaki@ucdavis.edu))

# 2021 CalFresh Healthy Living Virtual Forum

## March 8-11, 2021

- The **2021 CalFresh Healthy Living Virtual Forum** will include a **Virtual Poster Session**. LIAs can use their respective poster to showcase information pertaining to the following poster themes:
  - Virtual Direct Education
  - Food Access
  - Innovation in PSEs
- Please visit the [poster submission website](#) to submit a poster application and obtain additional information. We look forward to seeing your agency's work showcased at the 2021 CalFresh Healthy Living Virtual Forum.

Please note:

Poster applications are due by

**5:00pm (PST) Friday, November 6, 2021**

# Thank you!

## Next Town Hall: November 17, 2020



Image Source: [Gellinger](#) via Pixabay/ CC0