

# 100% At Home: Connecting with Participants Remotely Using the *UCCE Connects to You!* Curriculum

EFNEP and CFHL, UC Program

April 9, 2020

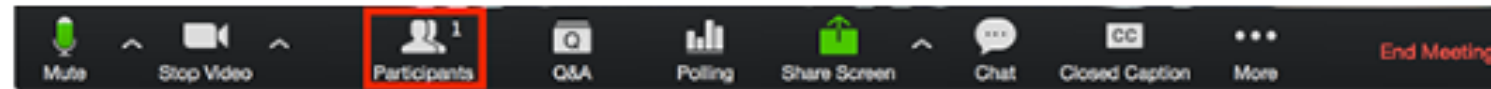


UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources

# Providing Nonverbal Feedback During Meetings (Attendees)

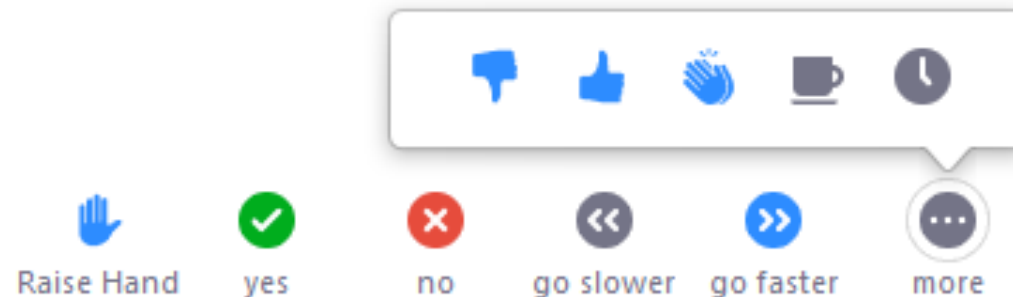
To provide nonverbal feedback to the host of the meeting:

1. Join a Zoom meeting as a participant.
2. Click the **Participants** button.



3. Click one of the icons to provide feedback to the host. Click the icon again to remove it.

**Note:** You can only have one icon active at a time.



<https://support.zoom.us/hc/en-us/articles/115001286183-Nonverbal-Feedback-During-Meetings>

# Welcome – Activity - Pick One!

Click the icon    **Green – yes**    **Red - no**

**Reading a book** or **Trying out a new recipe?**



**Sunshine** or **Snow?**



**Cake** or **Ice Cream?**



# Today's Agenda

- Purpose of the new protocol – Why remote?
- Who can participate?
- Recruitment
- Remote delivery options
- Phone script – format and use
- Maintaining participant confidentiality
- Enrollment and exit information
- New CT Site for materials

# Why Remote? Purpose of New Delivery Method

## COVID-19 and Shelter-in-place order

- Face-to-face lessons cancelled
- Unable to connect in-person for lessons
- Remote connection allows:
  - Complete lesson series
  - Connect with new participants

# Who Can Participate?

- Adult participants
  - From approved sites for CFHL, UC
- Meet income guidelines of either program
- Speak and read in English or Spanish
- Available for 4 contacts with educator
  - Phone call, video chat or Zoom contacts
- E-mail address to receive materials

# Participant Recruitment

- Recruit from sites where you normally teach
  - Classes cancelled mid-stream?
    - Finish lessons remotely!
  - New group lessons planned and cancelled?
    - 1:1 or group remote contacts?
- For EFNEP – new sites and participants okay!

# Participant Recruitment

- Send flyer to agencies to post on social media or distribute w/ Grab & Go meals

## UCCE Connects to You!

Making nutrition education available to all Californians



### Learn how to be healthy at home with UCCE Connects to You!

You can complete this 8 lesson program at home! Learn how to improve your health and the health of your family. Each lesson includes healthy recipes and lots of tips. Connect regularly with UC nutrition educators by phone or video chat so you can ask questions and get support. When you complete the program, you will receive a graduation certificate and a Walk Indoors DVD. We are providing this at no cost to you! Our goal is to improve the health of families in California.

**Program Eligibility:** Limited resource families with children

#### You will learn how to...

- ✓ Keep yourself and your family fit and healthy.
- ✓ Save money at the grocery store.
- ✓ Make healthy food choices.
- ✓ Plan and prepare low-cost, tasty meals.



For more information, please contact: UCCE Nutrition Educator by calling ()\_or email \_\_\_\_\_@ucanr.edu.

#### Lesson Topics:

- Get Moving!
- Plan, Shop & Save
- Fruits & Veggies: Half Your Plate
- Make Half Your Grains Whole
- Build Strong Bodies: Milk & Protein
- Make A Change: Fat, Sugar, Salt
- Celebrate! Eat Smart and Be Active

## ¡UCCE se conecta contigo!

Brindando educación sobre nutrición a todos en California



### Aprenda a como mantenerse saludable en casa con ¡UCCE se conecta contigo!

¡Usted puede completar este programa de 8 lecciones en casa! Aprenda a cómo mejorar su salud y la de su familia. Cada lección incluye recetas saludables y muchos consejos. Usted estará en contacto por vía telefónica o por video con los educadores de nutrición de la Universidad de California para hacer preguntas y obtener apoyo. Cuando complete el programa, usted podrá recibir un certificado de graduación y un DVD *Caminando Adentro*. ¡Todo sin algún costo para usted! Nuestra meta es mejorar la salud de familias en California.

**Elegibilidad del programa:** Familias con niños y escasos recursos

#### Usted aprenderá cómo...

- ✓ Mantenerse usted y su familia activos y saludables.
- ✓ Ahorrar dinero al comprar alimentos.
- ✓ Seleccionar alimentos nutritivos para una mejor alimentación.
- ✓ Planear y preparar comidas sabrosas y a bajo costo.



Para más información, por favor contacte al educador de nutrición de UCCE llamando al (\_\_\_\_) \_\_\_\_\_ o por correo electrónico a \_\_\_\_\_@ucanr.edu.

#### Temas que ofrece el programa:

- ¡A movernos!
- Planee, compre y ahorre
- Frutas y verduras: la mitad de su plato
- La mitad de los granos que sean granos integrales
- Mantenga su peso con proteína
- Fortalezca sus huesos: Calcio
- A cambiar costumbres
- ¡A celebrar! Coma bien y manténgase activo



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). The Expanded Food and Nutrition Education Program (EFNEP) is a federally-funded program through the United States Department of Agriculture National Institute of Food and Agriculture (USDA NIFA).

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CalFresh Healthy Living de California, con fondos del Programa de Asistencia para Nutrición Suplemental (SNAP) del Departamento de Agricultura de los Estados Unidos (USDA), produjo este material. Estas instituciones son proveedores y empleadores que ofrecen oportunidades equitativas. Para obtener información nutricional importante, visite [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org). EFNEP es un programa subsidiado por el Departamento de Agricultura de los Estados Unidos, Instituto Nacional de Alimentación y la Agricultura (USDA - NIFA).

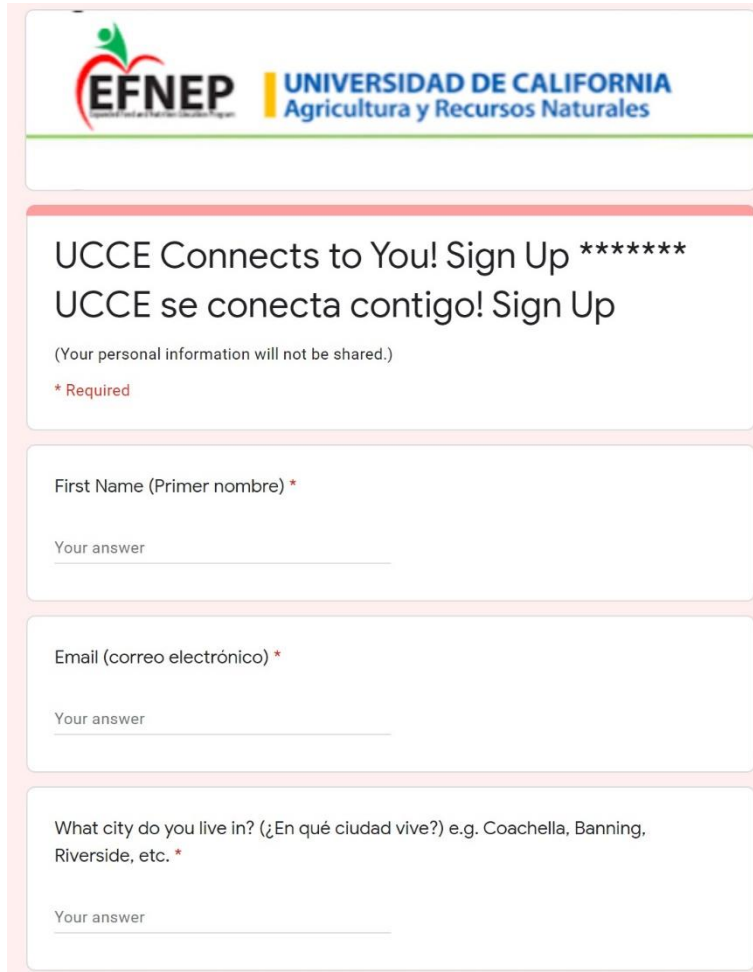
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# Google Form

- Provide link to Google form to sign up



 **UNIVERSIDAD DE CALIFORNIA**  
Agricultura y Recursos Naturales

UCCE Connects to You! Sign Up \*\*\*\*\*  
UCCE se conecta contigo! Sign Up

(Your personal information will not be shared.)

\* Required

First Name (Primer nombre) \*

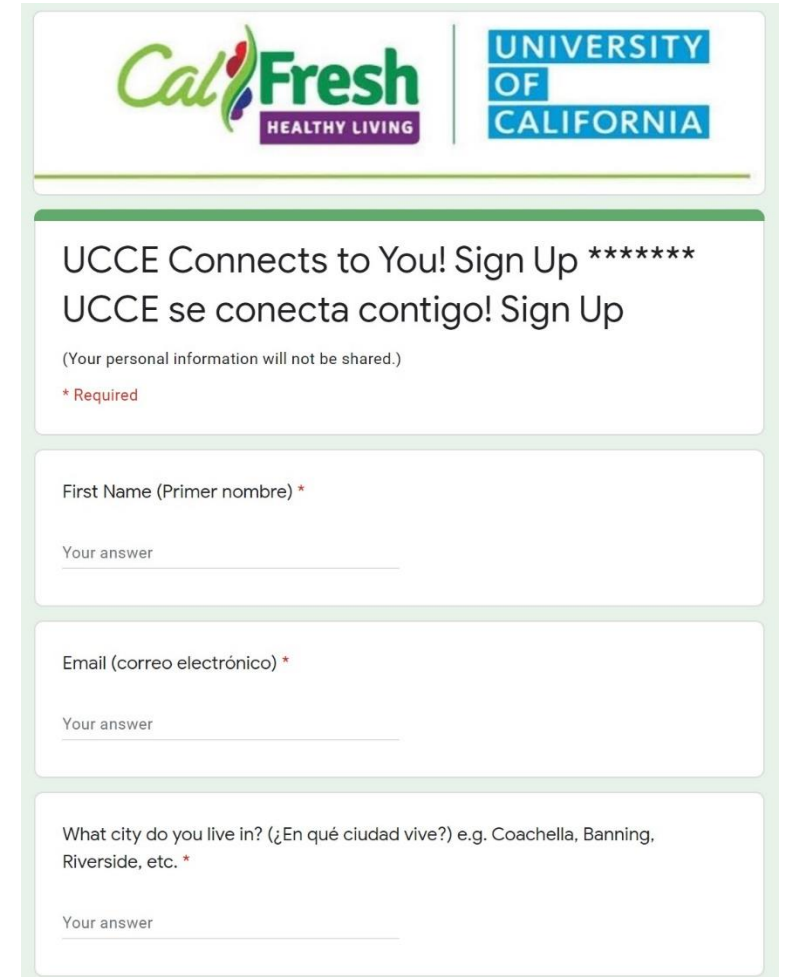
Your answer \_\_\_\_\_


Email (correo electrónico) \*

Your answer \_\_\_\_\_

What city do you live in? (¿En qué ciudad vive?) e.g. Coachella, Banning, Riverside, etc. \*

Your answer \_\_\_\_\_



 **UNIVERSITY OF CALIFORNIA**  
HEALTHY LIVING

UCCE Connects to You! Sign Up \*\*\*\*\*  
UCCE se conecta contigo! Sign Up

(Your personal information will not be shared.)

\* Required

First Name (Primer nombre) \*

Your answer \_\_\_\_\_

Email (correo electrónico) \*

Your answer \_\_\_\_\_

What city do you live in? (¿En qué ciudad vive?) e.g. Coachella, Banning, Riverside, etc. \*

Your answer \_\_\_\_\_

# Curriculum

## Lesson Topics:

- Get Moving!
- Plan, Shop & Save
- Fruits & Veggies: Half Your Plate
- Make Half Your Grains Whole
- Build Strong Bodies: Milk & Protein
- Make A Change: Fat, Sugar, Salt
- Celebrate! Eat Smart and Be Active



### Lesson One – Get Moving!



**Congratulations** – You have taken the first step to learn more about nutrition and good health. This program has 8 lessons (10 newsletters). We hope it helps you take positive steps to keep you and your family healthy.

**Let's Get Moving!**  
Being physically active has many benefits. It helps our health in many different ways:

**Healthy Habit Focus:**  
Move your body more. Find ways to be active.

#### Why should I be active?

Being physically active has many benefits. It helps our health in many different ways.

#### Being Active:

- Reduces risk of heart disease, high blood pressure and cholesterol.
- Helps maintain a healthy weight.
- Keeps bones strong.
- Increases energy.

#### What type of physical activity do I need?

You need three types of physical activity.

- 1) Aerobic Activity** makes you breathe harder and makes your heart pump faster.
 

Riding a bike	Hiking	Dancing
Swimming	Walking	Gardening
- 2) Muscle/Strength Training** makes your muscles and bones stronger.
 

Weight lifting	Yoga	Resistance work (heel carrying a child, and so on)
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- 3) Bone-Strengthening** promotes bone growth and strength.
 

Running	Jumping rope	Basketball
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### Lesson Two – Plan, Shop, \$ave!



**Save \$ and Time!**  
Do you ever get ready to make dinner only to find you do not have what you need? Do you ever find yourself spending a lot of money on groceries? Do you ever find yourself planning a menu and making a shopping list? Do you ever find yourself running out of time to cook?

**Healthy Habit Focus:**  
Plan a menu and make a shopping list.

#### Preparing to Shop

The first step is to decide what you are going to eat during the week. To prepare a menu:

1. Look in your refrigerator to see what foods need to be eaten before they spoil. Write down these foods.
2. Read the weekly food ads in the newspaper. Write down what you are interested in and the sale prices.
3. Now you are ready to plan meals. For each day of the week, write down what you plan to serve your family for breakfast, lunch, dinner and snacks. Try to include the foods you have in your refrigerator and those on sale.

#### The Shopping List

Next, make a shopping list for what you need to buy. For example, if you plan to serve scrambled eggs at breakfast, you will need eggs and whatever seasonings you normally use.

4. Check if you already have any of the items at home. If you do, cross them off the list.
5. Write down the amount of each item that you need to buy. Buy more than you need if it is a food that cannot keep for a long time. Remember, prepared foods like frozen dinners and deli salads are often more expensive than the same foods made at home.



### Lesson Three – Fruits & Veggies: Half Your Plate



**A Fresh Start!**  
Now that you have learned how to plan meals, let's take a closer look at what to include in a healthy diet. Most Americans do not eat enough fruits and vegetables. Fruits and vegetables are high in nutrients that our bodies need.

**Healthy Habit Focus:**  
Eat more than one kind of fruit and one kind of vegetable each day.

#### Why should I eat more fruits and vegetables?

Fruits and vegetables provide important nutrients our bodies need to grow and stay healthy. Fruits and vegetables have no cholesterol and are low in fat, sodium and calories. They are also high in dietary fiber.

Different fruits and vegetables have different nutrients. We should eat a variety each day to get all the nutrients we need. An easy way to eat a variety is to choose different colors of fruits and vegetables.



List the fruits and vegetables your family likes that are...

- Red: \_\_\_\_\_
- Yellow/Orange: \_\_\_\_\_
- Green: \_\_\_\_\_
- Blue/Purple: \_\_\_\_\_
- White: \_\_\_\_\_

Plan your menu to include these fruits and vegetables!

**\*Tip\***  
Choose different colors of fruits and vegetables each day.



# Worksheet

- For each lesson
- Can type in answers
- Can type in questions for educator
- English & Spanish

## Lesson One – Get Moving Worksheet

One way I like to be active is:

Write down your goal

My activity I will do this week is:

I will do the activity on these days:

Write down your activities for one week.

Aerobic Activities

What I did	When I did it and for how long							Total hours or minutes
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
This is the total hours and minutes that I did aerobic activities this week →								<input type="text"/>

Strengthening Activities

What I did	When I did it							Total days
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
This is the number of days that I did strengthening activities this week →								<input type="text"/>

Did you meet your goal for being active? If not, continue to work on your goal.

Questions I have for the Nutrition Educator:

## Lesson Two – Plan, Shop, \$ave! Worksheet

SAMPLE UNIT PRICE TAGS



Compare Prices

The unit of measure for the two brands of cheese is by ounce. The cost per ounce is the unit price.

1. Which cheese costs less per ounce?

2. Which cheese costs the least (total price)?

3. Which cheese product is a better buy?

# Remote Delivery Options

3 options –

- 100% At-Home 1:1
  - All one-on-one contact
  - Check-in by phone/vchat
- 100% At-Home Zoom check-in
  - First contact individually
  - Check-in as a group via Zoom or other platform
  - Last contact individually
- 100% At-Home Zoom class
  - Not available at this time

UCCE Connects to You! Protocol (At-a-Glance)

UCCE C2U 1:1	UCCE C2U Zoom Check-in	UCCE C2U Zoom Class
<b>1<sup>st</sup> Contact (Enrollment)</b> –Phone/vchat/email to establish contact –Use phone script Call #1 –Enrollment by phone/online –Pre-survey by phone/online –Set date for Call#2 (~1 week) –Email Lessons 1-3; MyPlate, FV for Better Taste& food label change handouts; recipes/cookbook.	<b>1<sup>st</sup> Contact (Enrollment)</b> –Phone/vchat/email to establish contact –Use phone script Call #1 –Enrollment by phone/online –Pre-survey by phone/online –Zoom invite (~1 week) –Email Lessons 1-3; MyPlate, FV for Better Taste& food label change handouts; recipes/cookbook.	Coming Soon!
<b>2<sup>nd</sup> Contact (Check-in)</b> –Phone/vchat 1:1 –Use phone script Call #2 –Set date for Call #3 (~1.5 week) –Mail Lessons 4-6	<b>2<sup>nd</sup> Contact (Check-in)</b> –Zoom group meeting –Follow content in phone script Call #2 –Zoom invite (~1.5 week) –Email Lessons 4-6	
<b>3<sup>rd</sup> Contact (Check-in)</b> –Phone/vchat 1:1 –Use phone script Call #3 –Set date for Call #4 (~1.5 week) –Email Lessons 7-1, 7-2, 7-3 and 8	<b>3<sup>rd</sup> Contact (Check-in)</b> –Zoom group meeting –Follow content in phone script Call #3 –Zoom invite (~1.5 week) –Email Lessons 7-1, 7-2, 7-3 and 8	
<b>4<sup>th</sup> Contact (Check-in &amp; Exit)</b> –Phone/vchat 1:1 –Use phone script Call #4 –Program Feedback (4 questions) by phone/online –Post-survey by phone/online –Email certificate	<b>4<sup>th</sup> Contact (Check-in &amp; Exit)</b> –Zoom group meeting –Follow content in phone script Call #4 –Program Feedback (4 questions) online –Post-survey online –Email certificate	

# Phone Scripts format

- Phone script available in English and Spanish
- Educator instructions in **Black** text
  - Do not read instructions to participant
- Participant information in **Blue**
- Participant ID# (no name)
- Make a note of each call length
  - Will be entered into PEARS and WebNEERS

**UCCE Connects to You!**  
Making nutrition education available to all Californians

100% At-Home

**Phone Script for Nutrition Educators**

**CALL #1**

Participant ID #: \_\_\_\_\_ Educator Name: \_\_\_\_\_

Date of 1<sup>st</sup> Call: \_\_\_\_\_

Hello, my name is \_\_\_\_\_ and I am the nutrition educator for the University of California nutrition education program called EFNEP/CalFresh Healthy Living, UC. \_\_\_\_\_ (name) from \_\_\_\_\_ (agency/location) said you are interested in the UCCE Connects to You! program. Is this a good time to talk?

(Explain how the program works. Emphasize that participation is voluntary and will not jeopardize their benefits)

Welcome to UCCE Connects! To enroll in our program, we need you to complete the enrollment form and the food and physical activity survey. We can do this over the phone together. All information you provide will be kept confidential. We do not share this information with anyone. Are you ready to start?

(Proceed with the enrollment form and the food and physical activity survey. Read the questions from the questionnaire. Do not prompt, comment or question how the participant answers, just mark it down. Thank the participant when done.)

I will mail the first packet to you in the next couple days. It will contain Lessons 1, 2, 3 and a cookbook and you will have about two weeks to read the materials.

Do you have any questions for me before I end the call?  
I'll plan to call you again in about 2 weeks. Is there a good day or time to call you?  
Write down date and time for the next call: \_\_\_\_\_

You can call me at any time if you have questions. Please call me if you need to reschedule. The phone number where I can be reached is: \_\_\_\_\_ or you can email me at \_\_\_\_\_

Thank you.

After the call, Educator rates interaction with the participant:

Call interaction:  Negative  Neutral  Positive  
Length of call:  <15 mins  15-30 mins  >30 mins  \_\_\_\_ mins

Other observations: \_\_\_\_\_

Mailed 1<sup>st</sup> Packet on \_\_\_\_\_  
(Lessons 1-3, MyPlate, Storing Fresh FV for Better Taste, food label handouts, and cookbook)

# Phone Script Use

- Use phone script as discussion guide
  - Do not need to follow word-for-word
- Cover all of the topics from phone script
- Okay to note participant responses – helpful for future calls
  - Not collected by state office
- Don't add personal identifiers to phone script

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100% At-Home

**Phone Script for Nutrition Educators**

**CALL #1**

Participant ID #: \_\_\_\_\_ Educator Name: \_\_\_\_\_

Date of 1<sup>st</sup> Call: \_\_\_\_\_

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(Explain how the program works. Emphasize that participation is voluntary and will not jeopardize their benefits)

Welcome to UCCE Connects! To enroll in our program, we need you to complete the enrollment form and the food and physical activity survey. We can do this over the phone together. All information you provide will be kept confidential. We do not share this information with anyone. Are you ready to start?

(Proceed with the enrollment form and the food and physical activity survey. Read the questions from the questionnaire. Do not prompt, comment or question how the participant answers, just mark it down. Thank the participant when done.)

I will mail the first packet to you in the next couple days. It will contain Lessons 1, 2, 3 and a cookbook and you will have about two weeks to read the materials.

Do you have any questions for me before I end the call?  
I'll plan to call you again in about 2 weeks. Is there a good day or time to call you?  
Write down date and time for the next call: \_\_\_\_\_

You can call me at any time if you have questions. Please call me if you need to reschedule. The phone number where I can be reached is: \_\_\_\_\_ or you can email me at \_\_\_\_\_

Thank you.

After the call, Educator rates interaction with the participant:

Call interaction:  Negative  Neutral  Positive

Length of call:  <15 mins  15-30 mins  >30 mins  \_\_\_\_\_ mins

Other observations: \_\_\_\_\_

Mailed 1<sup>st</sup> Packet on \_\_\_\_\_  
(Lessons 1-3, MyPlate, Storing Fresh FV for Better Taste, food label handouts, and cookbook)

# Contact #2 Phone Script

## Content to cover:

- Read the lessons?
- Review 'Healthy Habit Focus'
- Lesson 1: Set PA goal?
- Family supportive?
- Lesson 2: Small steps
- Lesson 3: Tips for more FV
- Set eating goal + recipe to try

## CALL #2

Date of 2<sup>nd</sup> call: \_\_\_\_\_  
(Within 1-2 weeks of the 1<sup>st</sup> call)

Hello, this is \_\_\_\_\_, the nutrition educator for the UCCE Connects to You! program. We had a phone appointment to discuss the nutrition education materials I sent you in the mail. Is now still a good time to talk? (If not, set a concrete time to call back). Write down date and time for a call back: \_\_\_\_\_

Did you receive the nutrition lessons I mailed you?      Yes      No

If the answer is No, verify the name and address and let them know, you will mail the lessons again. Schedule the date and time for the new call and stop here. Write down date and time for the new call: \_\_\_\_\_

If the answer is Yes, please continue.

Did you have a chance to read the lessons? (Lessons 1-3)      Yes      No      Some (If no, why? \_\_\_\_\_)

The first lesson gave you some ideas how to be active with your family. It taught you to set a small goal to be more active.

Did you meet your physical activity goal?      Yes      No      If the answer is No, help them to identify the barriers and guide them to find potential solutions.

Did your family join you?      Yes      No  
Is your family supportive of your goal?      Yes      No      Not Sure  
Do you have any questions from the lessons?

Lesson 2 talks about planning a menu, making a grocery list, comparing unit prices and reading food labels. Do you have any questions from this lesson? Are you already doing any of these things? (Praise the participant for practicing these skills and ask if they are ready to set another goal; if so, explain the suggested small steps on the last page of Lesson 2)

Lesson 3 talks about my healthy plate and that half your plate should be fruits and vegetables. Which fruits and vegetables do you like? (Offer some tips for increasing F& V in their diet, if needed)

Did you try any of the recipes in the cookbook? (Suggest one recipe with fruits or vegetables to try)  
Write down the recipe: \_\_\_\_\_

I will mail you Lessons 4-6 in the next couple days. Please read the lessons and I'll call you again in about 2 weeks.

Is this still a good day and time to call you? Write down date and time for next call: \_\_\_\_\_

Remember that you can call me at any time if you have questions. Please call me if you need to reschedule. Do you still have the phone number where I can be reached? If not, provide the number. \_\_\_\_\_ (or you can email me at \_\_\_\_\_)

# Contacts #3 Phone Scripts

## Content to cover:

- Read the lessons?
- Try recipe?
- Review 'Healthy Habit Focus'
- Lesson 4: Instead of...Try...
- Kids eat breakfast?
- Lesson 5: Milk label activity
- Lesson 6: Label Detective
- Food safety tips



### CALL #3

Date of 3<sup>rd</sup> call: \_\_\_\_\_  
(Within 1-2 weeks of the 2<sup>nd</sup> call)

Hello, this is \_\_\_\_\_, from the UCCE Connects to You! nutrition program. How are you? Is this a good time to talk? (If not, set a concrete time to call back). Write down date and time for a call back: \_\_\_\_\_

Did you receive the second packet? Yes No

Do you have the lesson materials in front of you now? If not, could you please go get them? (Allow time for the participant to get the materials out)

Did you have a chance to read the lessons? Yes No Some (If no, try to encourage)

Last time you were going to try a new recipe with fruits and vegetables, how did that work out for you? (If no, try to encourage)

Do you have any questions about whole grains in Lesson 4? Did you try any of the suggestions on the last page? (Instead of...Try...)

Are you and your children eating breakfast every day? Breakfast is an important meal and is a good time to add whole grains.

Lesson 5 talks about Calcium and strong bones. Which dairy foods do you like? (If the participant doesn't eat dairy foods, discuss other calcium rich food options)  
Did you do the Milk Label activity on page 3? (If no, do this activity with the participant)

Did you do the "Be a Label Detective" activity in Lesson 6? Were you surprised that beans are high in protein and fiber? Is any of food safety tips on the last page new to you? (Check how they thaw foods or if they let meat/dairy sit out)

The next packet will have Lessons 7 & 8. Please read the lessons and I'll call you again in about 2 weeks. Let's schedule the next call. Write down date and time for next call: \_\_\_\_\_

Remember that you can call me at any time if you have questions. Please call me if you need to reschedule. The phone number where I can be reached is: \_\_\_\_\_ or you can email me at \_\_\_\_\_

Be healthy! Talk to you again soon. Good bye.





# Contacts #4

## Phone Scripts

### Content to cover:

- Read the lessons?
- Review 'Healthy Habit Focus'
- Lesson 7-1: Fats to include & fats to limit, instead of...try..., step approach
- Lesson 7-2: Added sugar on label, names of sugar, instead of...try...
- Lesson 7-3: Salt in foods, instead of...try..., tips for eating out
- Review tips for feeding children



### CALL #4

Date of 4<sup>th</sup> call: \_\_\_\_\_  
(Within 1-2 weeks of the 3<sup>rd</sup> call)

Hello, this is \_\_\_\_\_, from the UCCE Connects to You! nutrition program. How are you? Is this a good time to talk? (If not, set a concrete time to call back). Write down date and time for a call back: \_\_\_\_\_

Did you receive the last packet? Yes No

Do you have the lesson materials in front of you now? If not, could you please go get them? (Allow time for the participant to get the materials out)

Did you have a chance to read Lessons 7 and 8? Yes No Some (If no, see if they need more time)

Lesson 7 talks about fat, sugar and salt. Do you have any questions from this lesson? Do you have any questions about the fats to include and the fats to limit? Did you try any of the suggestions for "Choosing the Right Fat" or ways to have less sugar and salt? (Instead of...Try...)

Did you look for the different names of sugar on a food label? (If no, ask the participant to do so the next time they are at the grocery store)

Did you do the "Create a Meal Plan" activity? (Last page of Lesson 8. If no, try to encourage)

This is our last call. You have received all of the booklets from this program. May I ask you a few questions?

1) How do you like our program?

2) What have you learned from this program that you find most useful to you?

3) Were you able to take any small steps toward your healthy habits? If so, would you mind sharing at least one example of a change you made?

4) What changes have any members of your family made because of this program?

# Maintaining Participant Confidentiality

## With personal information, educators must:

- Complete UC Cyber-security Training
- Use program computer, not personal computer
  - Password protected – sign-in required
- Securely store any participant information
  - Participant contact information – name , phone, email
  - Enrollment and evaluation survey results
- Follow State Office guidance on how to handle and store (coming soon)

# Maintaining Participant Confidentiality

## When interacting with participants:

- Enrollment/Lesson 1 - Inform participants that their information:
  - Summarized as a group and not linked back to them
  - Personal information will be stored securely
  - Conversation is not recorded
- All lessons - Offer participants opportunity to ask questions

# Enrollment/Exit Paperwork and Data Entry

	EFNEP	CalFresh Healthy Living, UC
Enrollment	<ul style="list-style-type: none"> <li>• About Me</li> <li>• Pre-FPAQ</li> <li>• Online forms available</li> </ul>	<ul style="list-style-type: none"> <li>• Participant Enrollment (demographics)</li> <li>• Pre-FBC+PA</li> <li>• See survey collection information on <i>“Data Entry Instructions for UCCE C2U in PEARS”</i></li> </ul>
Exit	<ul style="list-style-type: none"> <li>• Post-FPAQ</li> <li>• Program Feedback (4 Questions)</li> </ul>	<ul style="list-style-type: none"> <li>• Post-FBC+PA</li> <li>• Program Feedback (4 Questions)</li> </ul>
Data Entry	<ul style="list-style-type: none"> <li>• Enter data into WebNEERS</li> <li>• See <i>“Data Entry Instructions for UCCE C2U in WebNEERS”</i></li> </ul>	<ul style="list-style-type: none"> <li>• Enter data into PEARS</li> <li>• See <i>“Data Entry Instructions for UCCE C2U in PEARS”</i></li> </ul>
Phone Script	<ul style="list-style-type: none"> <li>• Not collected by State Office</li> </ul>	<ul style="list-style-type: none"> <li>• Not collected by State Office</li> </ul>

# Educator Materials - 100% At Home Educator Toolkit on CT Portal

- Recruitment Flyers – English and Spanish
- *UCCE Connects to You!* lessons - English and Spanish
- Lesson support materials - handouts
- Phone scripts – Contacts 1-4
- Data Entry Instructions documents – WebNEERS and PEARS
- Enrollment and Evaluation forms
  - EFNEP – Unique links for each county provided
  - CFHL, UC - Data Entry Instructions for UCCE C2U for PEARS
- Graduation certificate (email after last call)

# Chat:

Do you plan to implement the remote option of the *UCCE Connects to You!* curriculum with your program?

# Questions?

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