

## SUCCESSSES

- Reached 2,670 Alameda County residents with direct education
- Partnered with 65 educator extenders reaching 1,797 children ages 3-5 and their families
- 973 Adults and seniors reached with series based nutrition education



## RESULTS

### Youth:

- 97% of educator extenders agree or strongly agree that more students can identify healthy food choices, compared to the beginning of the school year

### Adult and Senior:

- 62% report eating two or more vegetables at a main meal-often or everyday; compared to the pre-test which reported only 46%

### Organizational:

- Playground Stencils, Community Gardens, CATCH, Smarter lunchroom, Murals

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*California SNAP participation rate ranks 48 among all states (USDA). Alameda County has a Program Access Index of 53.2% which estimates CalFresh utilization among low income individuals (CFPA). Over 16% of individuals in Alameda County live below the poverty level; 20.7% are under 18; 30.9% are single parents; and over 13.5% are 65 and over (Census). The Food Bank reports that 40,000 (40% children, 18% seniors) seek food weekly; over 82% run out of CalFresh benefits monthly; 47% choose between paying rent and buying food; those hungry are 38% families with children and 39% seniors.*

### Serving Individuals and Communities

- 873 low income Adults and Series served with series based nutrition education or workshops.
- 1,797 children ages 3-5 and families were reaching with nutrition education and physical activity classes and resources

### Providing Education

#### Youth Programming:

- Go Glow Grow and Coordinated Approach to Childhood Health (CATCH) curriculum used in 28 Early Childhood Education (ECE) sites by 65 teachers reached 1,797 students ages 3-5.
- Grow it! Try it! Like it! Curriculum used in 20 ECE sites with new or revitalized school gardens reached 1,484 students.

#### Adult and Senior Programming:

- Eating Smart, Being Active curriculum reached 483 adults 18-59 years old
- Eat Smart Live Strong curriculum reached 390 seniors 60 years and older.

### Helping to Make Organizational and Environmental Changes

- Playground Stencils were painted at 4 ECE sites
- 1 Mural was painted at an ECE site
- Smarter Lunchroom implemented at 2 sites
- CATCH ECE curriculum training for 20 teachers across 11 ECE sites

### Serving California Agriculture

- In partnership with Alameda County garden winterization resources were brought to 1 ECE site.

### Building Partnerships

- Oakland Unified School District
- Oakland Housing Authority
- Satellite Affordable Housing Associates
- Alameda County
- Just Media

**224 W. Wonton Ave Suite #134 Hayward, CA 94544 510-670-5631**

## A. SNAP-Ed Program Overview

During fiscal year 2018, UC Alameda County UC CalFresh staff worked towards implementing a comprehensive program to serve SNAP-Ed eligible families. With a fully staffed program of 5 full time equivalents (FTEs) for the 2018 program cycle, more individualized attention was directed towards various program components such as increasing senior programming and youth Policy, Systems and Environmental Change (PSE). Program activities included teacher extenders, and indirect education for preschool/youth; staff direct education for preschool parent, adults, and seniors at approved targeted sites.

### i. Progress in Achieving Overarching Goals (Direct & Indirect Education Included):

- Early Childhood (EC) teacher extenders (65) at 28 preschool sites, used the *Go Glow Grow Curriculum* (6 lessons) to reach 1,797 children less than 5 years old with nutrition and wellness classroom activities. In total, 65 teachers reported 2,599 hours of extender education in the classroom. Thirty-four (34) Teacher Observation Tools were collected from 25 sites representing 1,082 students. Results indicate that 97% of the teachers strongly agree or agree that compared to the beginning of the school year, more students now can identify healthy food choices. Additionally, 91% strongly agree or agree that compared to the beginning of the school year, more students are now willing to try new foods offered at school.
- Early Childhood (EC) teacher extenders (52) at 20 preschool sites, used the *Grow it, Try it, Like it* curriculum (7 lessons) to reach 1,484 children, less than 5 years old, with garden based nutrition and wellness classroom activities; planting, harvesting, and taste testing.
- UCCE Alameda UC CalFresh staff provided direct nutrition and wellness education for Early Childhood (EC) Parents at 28 sites using the *Eating Smart Being Active* (ESBA) curriculum (6 lessons), *Making Every Dollar Count* (MEDC- 4 lessons) and *Happy Healthy Families* (HHF- 4 lessons) reached 483 parents. Pre/Post Food Behavior Checklist (FBC) used with both HHF and ESBA found 41% eat more than one kind of vegetable and 46% more than one kind of fruit each day, both meeting our SMART Goals. Results from MEDC post evaluations show that we exceeded SMART Goals in that 96% of participants report that they now know easy ways to save money on food, 88% now know simple healthy meals to make and 100% now understand food ads. Additionally, 88% said 'yes' or 'plan to' when asked if using a coupon is better than buying store brand.
- UCCE Alameda UC CalFresh staff provided direct nutrition and wellness education for seniors reaching 390 over age 60 at 21 low income housing sites/community centers using the *Eat Smart Live Strong* (ESLS) curriculum (4 lessons). Pre/Post Food Behavior Checklist (FBC) found that in the post test, 73% of participants reported that they ate more than one kind of vegetable often or always as opposed to the pre-test of only 53%.
- UCCA Alameda UC CalFresh launched a Facebook Profile with 46 friends, and a Facebook Page which has 11 followers and 10 likes and 34 reported engagements.
- UCCE Alameda UC CalFresh launched a monthly E-Blast in May 2018 reaching 100 teachers and administrative staff monthly on the following subjects; Gardening, CATCH, Smarter Lunchrooms, Parent Education and General Announcements.

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

- Garden expansions from 17 to 20 active preschool garden sites using the Grow it! Try it! Like it! Curriculum, expanding the reach from 1,184 to over 1,484 students.
- Harvest of the Month (HOTM) - Teacher Tip Sheets, recipes, and Produce were delivered, in partnership with the school district, monthly to 28 preschools/ECE centers: (8 months (state Pre-K), and 10 months (CDC). Sixty-five (65) teachers conducted taste tests reaching 1,755 students each month.
- Playground stencils were laid at 4 sites to benefit 410 students.
- Coordinated Approach to Childhood Health (CATCH) continued to be implemented at 28 sites, and 65 teachers reached 1,797 students' weekly structure physical activity for 9 months.
- Smarter Mealtime assessments were conducted at 2 ECE sites, which reached 279 students all 28 sites received posters with images of fruits and vegetables and messaging to encourage students to make healthy choices and to support a health friendly environment.
- A Mural was installed at 1 preschool site which reached 200 students and families. The mural depicts imagery of healthy food choices using MyPlate, children gardening and playing; all meant to encourage healthy eating and physical activity. Additionally, the mural represents some of the history of the school and its namesake, Luther Burbank. He was a botanist and pioneer in agriculture, so images of local wild flowers are also included. The teachers and principal were engaged in the design and the students helped paint the foundation wall. This is the only special education preschool in the district and the mural intentionally reflects children of all abilities engaging in gardening and play.
- A pilot Senior Quality of Life Nutrition Education and Gardening Pilot was launched which included community garden revitalization at one site and planning underway for 6 more sites. These interventions will also include direct education (Gardening, Food Safety and Eating Smart Being Active).

**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	904	893	1749	48	1797
5-17 years	0	0	0	0	0
18-59 years	439	44	483	0	483
60 years or older	294	58	390	0	390
<b>Total</b>	1637	995	2622	48	2670

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

		<b>Actual Count of SNAP-Ed Participants</b>	<b>Estimated Count of SNAP-Ed Participants</b>
<b>Ethnicity</b>	<b>Hispanic/Latino</b>	1280	42
	<b>Non-Hispanic/Latino</b>	1131	6
<b>Race (select one or more)</b>	<b>American Indian or Alaska Native</b>	18	0
	<b>Asian</b>	593	4
	<b>Black or African American</b>	548	2
	<b>Native Hawaiian or Other Pacific Islander</b>	37	0
	<b>White</b>	410	0
<b>Total</b>		<b>2411</b>	<b>48</b>

**ii. SNAP-Ed Direct Education Delivery by Programming Format**

**Direct Education - Characterizing Education Session Format, Delivery, Time**

<b>Format</b>	<b>A. Number Delivered</b>	<b>B. Time Range</b>	
		<b>Session (in minutes)</b>	<b>Number of Sessions</b>
<b>1. Single Session</b>	24	<input type="checkbox"/> 0-30	0
		<input type="checkbox"/> 31-60	13
		<input type="checkbox"/> 61-90	4
		<input type="checkbox"/> 91-120	7
		<input type="checkbox"/> Over 120	0
<b>2. Series of 2 to 4 Sessions</b>	26	<input type="checkbox"/> 0-30	0
		<input type="checkbox"/> 31-60	0
		<input type="checkbox"/> 61-90	32
		<input type="checkbox"/> 91-120	64
		<input type="checkbox"/> Over 120	0
<b>3. Series of 5 to 9 Sessions</b>	11	<input type="checkbox"/> 0-30	8
		<input type="checkbox"/> 31-60	0
		<input type="checkbox"/> 61-90	12
		<input type="checkbox"/> 91-120	49
		<input type="checkbox"/> Over 120	0
<b>4. Series of 10 or More</b>	65	<input type="checkbox"/> 0-30	6534
		<input type="checkbox"/> 31-60	265
		<input type="checkbox"/> 61-90	1
		<input type="checkbox"/> 91-120	2
		<input type="checkbox"/> Over 120	0

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

List of Settings	# of Sites with DE reported	# of Sites/Org with PSE Activity (any stage)
Congregate meal sites & other senior nutrition centers	1	
Early Care & Education	32	28
Group Living Arrangements/Residential Treatment Centers	1	
Individual Homes or Public Housing Sites	18	1
Schools (Preschools, K-12, Elementary, Middle, High)	1	

**C. Program Highlights and Accomplishments for FFY 2018**

- Goal: The overall UCCE Alameda UC CalFresh program goal is to increase the knowledge and skills of CalFresh eligible participants to make healthy beverage and food choices; spend food dollars wisely; reduce food insecurity; promote safe food handling to prevent food borne illness; promote lifestyle/environmental changes to increase physical activity; and prevent early childhood obesity and other preventable chronic diseases.
- Program: The 2018 program targeted Early Childhood (EC) teachers at 28 sites, EC parents at 28 sites, and adults and seniors at 22 sites. Program activities included direct and indirect educational interventions, extender education, and policy systems and environmental change. Direct education included: 6 lessons on nutrition education and physical activity for EC parents using the *Eating Smart Being Active, Happy Healthy Families or Making Every Dollar Count curricula*; 4 lessons on nutrition education and physical activity for seniors using the *Eat Smart Live Strong curriculum*. Sixty-five (65) early childhood educator extenders used the *Go Glow Grow* and *Coordinated Approach to Childhood Health (CATCH)* curriculum at 28 sites; and 52 early childhood extenders used *Grow it! Try it! Like it!* Curriculum at 20 Early Childhood Education sites with gardens. Seven (7) themed lesson books were used in the classroom over the course of 9 months in 40 state preschool classrooms, and 12 months in 29 year-round child-development classrooms.
- Demographics FFY 18: The total number of unduplicated direct education participants is 2,670: 390 seniors over 60; 483 adults age 18-59; 1,797 Pre-K/under ages 5. Ethnic composition of participants includes: 1,280 Hispanic/Latino and 1,131 Non-Hispanic Latino, 18 American Indian/Alaskan Native, 593 Asian, 548 Black/African American, 37 Native Hawaiian/or Pacific Islander, and 410 White. Gender makeup is 1,637 females and 995 males.

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

Direct Extender Early Childhood Education

Go Glow Grow Curriculum

- Key Messages: Eat more fruits and Vegetables and be physically active.
- Focus: Go foods, Glow Foods, Grow foods, physical activity and hand washing.
- Method: Sixty-five EC teachers (65) and instructional assistants (103) received 1 hour of refresher training on delivering the Go Glow Grow curriculum and implemented 6 lessons, each including 2 activities, over a 9-month period.

- Educational Strategy: The 65 ECE teachers conducted bi-weekly lessons and monthly tastings over a 9-month period in the classroom as outlined in the integrated pacing guide designed by UC CalFresh and Oakland Unified School District EC Department.
- Accomplishments: UC CalFresh and Oakland Unified School District early Child Education Program signed a Letter of Agreement continuing Go Glow Grow (GGG) as the mandated, health and wellness curriculum for 28 sites reaching 1,797 students. A Pacing Guide jointly developed by UC CalFresh and OUSD (documented) defines the lessons to be taught in the classroom.

#### Grow it, Try it, Like it! Curriculum

- Key Messages: Eat more fruits and vegetables and be physically active.
- Focus: Fruits and Vegetables, MyPlate, and the Farm to Fork continuum
- Method: Fifty-two (52) ECE teachers extenders taught the curriculum at 20 ECE sites with gardens. Seven (7) total lessons were taught at 20 sites over a 9-month period and 10 sites for 12 months - reaching 1,484 students. The students planted 11 varieties of fruits and vegetables (Sweet peas, cucumber, radish, lettuce, beets, fava beans, carrots, Swiss chard, zucchini, spinach, string beans, pumpkins, and sunflowers) over a 9 or 12-month period.
- Educational Strategy: The EC teacher extenders conducted an average of 1 lesson per month for a total of 9 lessons and planted 1-2 different fruits/veggies per month.
- Evaluation Strategy: Results are captured in the Teacher Observation Tool (TOT).
- Accomplishments: 52 teachers and participated in gardening at 20 EC sites -- three of which were revitalization during the 2018 program year. Eleven (11) varieties of fruits and vegetables were grown, harvested, and tasted in the classroom reaching 1,484 Students.

#### Indirect Extender Early Childhood Education

- Teacher's Harvest of the Month Produce Delivery Key Messages: Eat more fruits and Vegetables.
- Focus: Harvest of the Month Fruits and Vegetables.
- Method: HOTM Calendars, recipes and produce, in partnership with the school district, were provided monthly to 28 sites to expose children (1,797) to a variety of fruits and vegetable at school and at home.
- Educational Strategy: A Harvest of the Month Annual Calendar created UC CalFresh to 65 teachers for September- August. The teachers conducted tastings in the classroom either led by themselves or a UC CalFresh educator.
- Evaluation Strategy: Results are captured in the Teacher Observation Tool (TOT).
- Accomplishments: Teacher Tip Sheets, recipes, and produce were delivered monthly to 28 preschools/ECE centers: 8 months reached 974 state Pre-K students, and 10 months reached 823 CDC students.

#### Direct Adult Education

- Key Messages: Increase the consumption of fresh fruits and vegetables, plan low cost healthy meals, limit added sugars, drink water, increase physical activity, use food labels, and handle food safely.
  - Focus: Targeted the (preschool parents?) in CalFresh audiences at 28 early childhood sites, and the poorest of the poor and underserved at 1 adult recovery center.
  - Method: A series of 4-6 educational classes were conducted with preschool parents to increase knowledge and understanding of the benefits of a healthy diet/lifestyle, promote healthy behaviors to prevent chronic diseases, and to build healthy families and communities: The interventions included classes from three curricular: 6 classes for Eating Smart and Being Active (ESBA); 4
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classes for Happy Healthy Families; and 4 classes for Making Every Dollar Count. One-time workshops provided were My Plate for My Family and Re-Think Your Drink. Adults at one recovery site received 6 classes from Eating Smart Being Active.

- Educational strategies: A learner-centered interactive educational strategy was used to facilitate active learning to increase attention span, enhance knowledge gained, and motivate behavior change.
- Evaluation Strategies: The Food Behavior Checklist (FBC) was used for the series-based classes and the Intent to Change (ITC) was used for the one-time workshops.
- Accomplishment: Delivered series-based lessons to 477 unduplicated adults from 14 ECE sites and 6 adults at 1 adult recovery center. Thirteen (13) one-time workshops were delivered to 13 ECE sites.

#### Direct Senior Education

- Key Messages: Increase the consumption of fresh fruits and vegetables, plan low cost healthy meals, limit added sugars, drink water, increase physical activity, use food labels, and handle food safely.
- Focus: Targeting the poorest of the poor and underserved in CalFresh audiences at 21 senior centers and low-income senior housing sites.
- Method: A series of 4 educational interventions were implemented to increase knowledge and understanding of the benefits of a healthy diet/lifestyle, promote healthy behaviors to prevent chronic diseases, and to build healthy communities: The interventions for seniors were 4 lessons from the Eat Smart Live Strong (ESLS) curriculum.
- Educational strategies: A learner-centered interactive educational strategy was used to facilitate active learning to increase attention span, enhance knowledge gained, and motivate behavior change. Pre and Post Food Behavior Checklists was the evaluation method for seniors.
- Accomplishment: Delivered series-based nutrition education (4 lessons) to 390 seniors at 18 sites.

#### Progress Towards IWP Goals

The 2018 unduplicated target goal for youth (under 5) per 1 FTE was 1,400 and 250 direct educational contacts per 1 FTE of adult/senior educator's time, or 500 for 2 FTEs. The total youth participants under age 5 reached with 3 FTEs was 1,797. The total adults and seniors reached 2 FTE were 873. The total number of direct education contacts is 2,670. The total number of indirect education contacts is 1,290. Not only did we meet our annual goals, we exceeded them.

State Level Goal 4: Environmental Supports for nutrition/physical activity Policy, Systems and Environmental Change

#### Garden Education

- In FFY 18, UCCE and Oakland Unified School District Early Childhood Education Department partnered to: revitalize 3 gardens and continued to sustain 17 school gardens. Edible Items Grown: Sweet Peas, Cucumber, Radish, Lettuce, Beets, Fava Beans, Carrots, Swiss chard, Zucchini, Spinach, String Beans, Pumpkins, Sunflowers. All of the produce grown in the gardens was used for teaching, learning, and tasting in the classroom.
  - Water source: All 20 schools have access to water near garden beds
  - Parent Engagement: Over 25 parents assisted with soil distribution, mulch distribution, planting, weeding, and harvesting.
  - UC CalFresh Staff support which included in class lessons, in garden lessons and on-going technical assistance was provided to 52 teachers and 1,484 children to maximized educational potentials of the gardens at 20 sites.
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- Accomplishments
  - Direct nutrition education classes: Teachers and UC CalFresh staff conducted at least 7 lessons from September-May on garden science at 20 sites and reached 1484 children. CalFresh staff and teachers report that children enjoyed getting their hands dirty working with the soil and planting different plants. The highlights of the children's efforts were times to harvest and taste the fruits and vegetables they planted. Some teachers enjoy gardening very much and take it upon themselves to plant additional plants and care for the garden on their own time.
  - Professional development: CalFresh staff, in partnership with Alameda County Master Gardeners, conducted a training titled "Growing Preschoolers: Edible Gardening for your Classroom." Eighteen (18) ECE teachers attended and reported to enjoy the hands-on workshops and techniques learned to help them easily integrate preschool concepts during gardening activities. Some highlights included: How to Master Container Gardening, led by the MG's of Alameda County, and the hands-on breakout groups: how to plant a seed in a bag, soil testing and quality, DRDP's learning measures linked to chosen curriculum and making seed tape.
  - Modeling/Teaching: CalFresh staff conducted 85 outdoor/indoor lessons from the garden curriculum, Grow It, Try It, Like It to teachers and students.
  - Garden Management: UC CalFresh staff managed the school garden plan and planting schedule at 20 sites, to ensure there are tools and necessary materials (seeds, soil, starts, mulch). Staff reports challenges like, lack of tools, lack of reliable water source, lack of teacher follow through on watering plants.

#### Foodservice and/or Smarter Lunchrooms Movement

- Two (2) EC sites completed the Smarter Mealtime Scorecards and are engaged in the Smarter Lunchrooms Movement. Recommendations made to each site based on pre/post checklist results included: serving food family style when possible, using child sized pitchers for milk and water, serving fruits and vegetables both before and after main course.
- Seven (7) sites, including five from the previous year, SLM sites now have 'meal boards' that integrate the *Go, Glow, Grow* curriculum into the mealtime environment by providing space for students to classify their school meal into 3 food groups using Velcro pictures of their foods pulled directly from the curriculum imagery.
- SLM Results: Very little change was observed by UC CalFresh staff and teachers in how food is prepared or served, due to school district restrictions. However, each site (with support from UC CalFresh staff) enhanced their common eating areas with nutrition messaging about healthy eating and images of fruits and vegetables. More teachers are trying to serve family style when appropriate and are trying suggested techniques such as; serving fruits and vegetables both before and after the entrée is served. Additionally, some teachers are using child-sized pitchers to encourage students to serve themselves both milk and water.

#### Harvest of the Month

- UCCE Alameda UC Cal Fresh partnered with the Oakland Unified School District (OUSD) Nutrition Services to deliver Harvest of the Month produce to 28 sites reaching 1,797 children. UC Cal Fresh staff provided an Annual Harvest of the Month Calendar which included: OUSD Healthy Food Guidelines and Tips and Facts about the produce offered each month.
- All 28 ECE sites displayed nutrition posters/healthy messaging (Re: MyPlate for Preschoolers, Try New Foods, It's Launch time, and physical activity posters).
- Teachers report that they love integrating healthy taste testing each month and that they feel this is often the only fresh produce their students enjoy.

#### School Wellness Policies

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- UCCE Alameda UC Cal Fresh Program Supervisor co-chairs the Oakland Unified School District Nutrition Education sub-committee which meets monthly. The charge is to work on School Wellness Policy revisions -- design, communication strategy, and a district wide campaign, ***“OUSD supports access to healthy food and beverages for all students,”*** due to launch in spring of 2019. To date, the Nutrition Education subcommittee has redesigned wellness policy promotional materials to be shared with both parent and stakeholders and continues to actively update and refine the Nutrition Education subsection of the District Wellness Policy. Furthermore, the UC CalFresh Supervisor also attends quarterly School District Wellness Committee meetings.

#### Coordinated Approach to Childhood Health – Early Childhood (CATCH) ECE

- UC CalFresh lost our Physical Activity lead in late June but have hired a replacement that started in late June. She was able to be trained and shadow the PA lead that was in place. The new PA lead has since been very active and has completed the CATCH ECE 3-day training. During FFY18, the PA lead presented at seven (7) school staff meetings and reached a total of fifteen (15) teachers. CATCH Refresher trainings were presented at four (4) sites and reached five (5) teachers and instructional assistants. Furthermore, the PA lead led a total of forty (40) CATCH demonstrations lessons at 15 sites and reached for twenty-four (24) teachers. Additionally, the UC CalFresh Program Supervisor and Physical Activity Lead created a CATCH Tips booklet, which has been approved by the state office, and distributed it to 28 sites reaching 65 teachers.
- Reports from teachers and observations by UC CalFresh staff indicate that the introduction of CATCH curriculum and Tips helped teachers easily integrate structured early childhood physical activity into regular classroom activities rather than only having unstructured PA.

#### Stencils

UCCE Alameda CalFresh staff conducted pre and post Playground Stencil Assessments and planning, design and installation at 4 ECE sites in FFY17. School staff, parents and 30 volunteers to paint stencils on the playground which has a potential reach of 266 students. The results by site are as follows:

- Highland with a reach of 79 preschool students
    - PEARS - Change Adopted:  
Initiated or improved playground markings/stencils to encourage physical activity and healthy eating.
    - Eleven new stencils were added.
    - Outcome: Fewer students were sedentary from the pre to post assessment (13% improvement)
    - One-quarter of the students were observed playing on the playground stencils during the post assessment (30% improvement from pre to post).
  - Bella Vista with a reach of 75 preschool students:
    - PEARS - Change Adopted:  
Initiated or improved playground markings/stencils to encourage physical activity and nine new stencils were added.
    - Outcome: The same number of students were sedentary from the pre to post assessment (0% improvement).
    - However, nearly one-quarter of the students were observed playing on the playground stencils during the post assessment - (23% improvement from pre to post).
  - Centro with a reach of 89 preschool students:
    - Initiated or improved playground markings/stencils to encourage physical activity and nine new stencils were added.
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- Outcome: Fewer students were sedentary from the pre to post assessment (20% improvement). A little less than one fifth (18%) of the students were observed playing on the playground stencils during the post assessment.
- This was down from 80% at the pre-assessment but may have been due to other non-physical activity stations occurring on the playground during the post assessment.
- Harriet Tubman with a reach of 23 preschool students:
  - PEARS - Change Adopted: Initiated or improved playground markings/stencils to encourage physical activity and eight new stencils were added.
  - Outcome: Fewer students were sedentary from the pre to post assessment (14% improvement).
  - A majority (67%) of the students were observed playing on the playground stencils during the post assessment (67% improvement from pre to post).

Other outcomes: UC CalFresh updated the “Painted Playground Activities: A Guide for Grownups” to include the Desired Results for preschool age children to enhance the guide making it more user friendly for preschool teachers to use and partnered with Just Media to bring in over 30 volunteers to assist in the projects.

Progress towards IWP Goals: Number of sites projected were at least 4 – goal achieved.

State Level Goal 5: Improved food resource management and food security

Quality of Life Wellness Education with Community and Container Gardening

In FFY18 UCCE Alameda County UC CalFresh launched a Quality of Life Senior Nutrition Education and Gardening Pilot at Palo Vista Senior Housing. A literature review was made of community gardening/horticulture therapy and its use in quality of life improvement interventions for seniors in urban communities. This information and with guidance and samples of evaluative questions used in national surveys published in the literature (from a professor on aging issues at UC Davis - Lisa Miller) helped to inform the items/questions to be included in the evaluation tool for the gardening components of the program.

- Key Messages: Increase the consumption of fresh fruits and vegetables, plan low cost healthy meals, handle food safely, increase physical activity, gardening for health, and money resource management.
  - Focus: Healthy living and chronic disease prevention and management to improve quality of life.
  - Method Direct nutrition and food safety education and gardening experiences to increase knowledge/understanding of the benefits of a healthy diet/lifestyle; and promote physical activity.
  - Educational strategies: A senior-friendly learner-centered interactive educational approach to facilitate active learning, increase attention span, enhance knowledge gained, and motivate behavior change. Pre/Post and follow-up Food Behavior Checklists to evaluate behavior change. Evaluation Strategies. The IRB approved Make Food Safe for Seniors pre/post will be used to measure knowledge gain during the food safety training. The tools were used in “Seniors, and their food handlers and caregivers, need food safety and nutrition education” published in the 2014 California Agriculture, Volume 68. This training is designed to help prevent food borne illness as well as to prevent loss of food from spoilage.
  - A Gardening Assessment Tool, and Health and Wellness Checklist are being developed to evaluate outcome. All evaluation tools are being finalized for the IRB application for the Quality of Life Wellness Education Interventions. The first follow-up evaluation is projected for the summer of 2019. Tools are being reviewed before they are submitted before the end of December.
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## **Progress to Date:**

### UC CalFresh Staff:

- Sponsored a community plot clean-up day at the Palo Vista Senior Housing Community Garden on May 31, 2018. Five (5) individual plots were assigned to residents who previously did not have plots -- increasing gardening participation from six (6) to fifteen (15).
- Established mutually beneficial partnerships between the UC Alameda County Master Gardener Speakers' Bureau and Community Gardens Team. Master Gardener's provide support for UC CalFresh gardening programs which helped to satisfy their requirement for volunteer hours.
- Established a Partnership Agreement with a student run volunteer medical translation club at UC Berkeley: Volunteer Health Interpreters Organization for translation services.
- Made pictures of seniors gardening activities accessible in the UCANR photo repository.

### Master Gardeners:

- Lead a 1-hour workshop for Ambassadors on container gardening and will be present for the Community Planting Day event on October 26, 2018.
- One Master Gardener is fluent in Mandarin and has offered to develop handouts in Chinese for Palo Vista senior housing activities. There is a need for Mandarin language support at many other senior sites.

### Palo Vista Garden Club:

- Established regular meeting times from once a month to twice a month -- on the 1st and 3rd Thursday from 1:00 – 2:00 p.m.
- Club meeting attendance more than doubled. from April to September.
- Vietnamese and Cantonese interpreters attend all Garden Club meetings. The interpreters have improved communication and relationships among residents and increased access to UC CalFresh programming.
- Garden Club announcements are being posted on-site in 3 languages, English, Vietnamese and Chinese.
- Garden Club agendas and minutes are being posted on the public bulletin board along with an open invitation to meetings on a regular basis

### Master Food Preserver

- A certified Master Food Preserver trained through by the Solano County UCCE NFCS Advisor Emeritus (Diane Metz) was secured to deliver an IRB approved UCANR funded Make Food Safe for Seniors food safety trainings with pre/post evaluations.
  - The NFCS Advisor and CESII have worked with the Master Food Preserver to update information for the 2-session training series that stresses the four components of food safety: Clean, Cook, Chill, and Separate. This training will help prevent food borne illness as well as to prevent loss of food from spoilage.
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## Future Sites

Six (6) new target senior housing sites for FFY19 have been identified and recruited.

- Eden Issei Terrace 200 Fagundes Court, Hayward, CA 9454
- Eden Lodge 400 Springlake Drive, San Leandro, CA 94578
- Estabrook Place 2103 East 14th Street, San Leandro, CA 94577
- Josephine Lum Lodge 2747 Oliver Drive, Hayward, CA 94545
- Weinreb Place 22605 Grand Street, Hayward, CA 94541
- Hayward Senior 568 C St, Hayward, CA 94541

Progress toward IWP Goals: Conduct PSE at 3 sites (2-AAA, and - 1 UCCE). Goal achieved.

### Palo Vista Gardens Pilot Project:

The Palo Vista Garden Club and UC CalFresh hosted a Garden Renewal and Clean-Up Day to prepare the community garden at Palo Vista for the summer. Based on requests from the Garden Club, UC CalFresh provided soil, compost, netting, stakes, gloves, two hoses and tools to be used on site. Individual gardeners prepared their own plots, and one large raised bed was cleared to be a community plot for Palo Vista residents to use freely. Nine (9) seniors volunteered at the event and more came out to observe. Evett Kilmartin, UCANR photographer and archivist attended the event. She took professional photographs free of charge. The photos are being used to create promotional program materials and policy, systems and environmental (PSE) enhancements for Palo Vista.

UC CalFresh presented a table and provided spa water, and pasta salad with garden veggies as refreshments for participants. Participants also received information about UC CalFresh Nutrition Education programs, recipe cards, Integrated Pest Management (IPM) brochures, and giveaways including: veggie brushes, measuring cups, and measuring spoons.

## ii. Program Successes and Major Achievements

Overall, the success stories speak of the participants' satisfaction with the nutrition education classes and listed what they learned. The most frequent were how to eat healthy, increased water consumption, increase fruit and vegetable intake, decreasing sugar, fat, and salt, budgeting, reading labels, cooking healthy, exercise, eating at home, and more. A few referred to changes participants had made/planned to make as a result of the classes: increase walking/exercise; try to read labels; change the way they cook; use right portion sizes; increased fruits and vegetables; reduce sugar; increased water; and as one stated "eat to live not live to eat". If the participants were asked to share what they had done/planned to do after taking the classes one might get a better idea of what action/changes might be anticipated. Here are some participant quotes that really highlight program success.

*"This class has helped me out a lot in many ways finding ways and time to exercise, and ways to make and create new recipes and also food storage, quantity, to eat for each family member. Morgan has helped me and motivated me to try new foods and adding/substituting ingredients for my family. She has teach me to use the food label and ways we can save money when grocery shopping. This program has really helped me and my family a lot. Specially with the most important part of each day which is feeding our family, to me it is so beneficial and I want to thank this program for its help and specially Morgan for all her time and patience. Thank you a lot."*

*"It (the class) has taught me how to eat better than I was. I also learned how to shop and save money plus to pay attention to the ingredients, sugars, salt, and fat content."*

*"It's (the class) made me more aware of what I'm eating and to start reading the labels."*

*"This class has helped me understand the necessity of healthy eating. I made a plan for meals for me and for my family. Also, how to read labels, fats, sugars, etc."*

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**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)	28
Parks and recreation centers	13
Other (please specify):	28

In order to thrive and capitalize on resources, UCCE Alameda has worked diligently to maintain strong partnerships and build new ones. UCCE Alameda UC CalFresh is fortunate enough to have solid partnerships far and wide. Not only have we continued our partnership with all 28 Oakland Unified School District preschools, we were also able to serve 21 senior sites with both direct and indirect education. We have also built stronger partnerships within UCANR by regularly partnering with the Master Gardeners of Alameda County as well as the Master Food Preservers of Solano County to provide more comprehensive programming to the sites we work with. In an attempt to provide the most comprehensive programming, we have continued to build partnership between the school district and the early childhood education department. For example, we partner with:

- Nutrition Services delivered monthly fruit or vegetables to each site in order to expand upon the direct education the students are receiving.
- Oakland Housing Authority and Mandela Market Place. This partnership continues a monthly community produce stand at a low-income senior housing site which started in March 2016.
- Partnership with JUST MEDIA who provided 30 volunteers to help paint stencils at stencil at four (4) sites.
- Partnered with Alameda County Master Gardeners to develop and execute a new “Growing Preschooler: An Edible Garden Training for Teachers” and “Container Gardening for Seniors.
- Partnered with Solano County Master Food Preservers to develop a Food Safety for Seniors 2-part training.
- Partnerships: CA Academy of Dietetics and Nutrition. UC CalFresh was awarded \$1000 to help support the Quality of Life Wellness Education with Community and Container Gardening.

UCCE Alameda UC CalFresh Advisory Committees Participation:

- School Wellness Committee: The UC CalFresh Supervisor participated in the Oakland Unified School District Wellness Committee
- School Wellness Nutrition Education Sub Committee- The UC CalFresh Supervisor serves as Co-Chair of this committee.
- School Nutrition Advisory Committee: The UC CalFresh Supervisor participated in OUSD Nutrition Advisory Committee.

CNAP Meetings: The NFCS Advisor and/or UC CalFresh Supervisor participate in monthly CNAP meetings. UC CalFresh promotes all SNAP-Ed funded events and activities that are hosted by CNAP partners through email, flyers and word of mouth.

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

- The UC CalFresh audience in Alameda County represents a wide variety of languages such as Cantonese, Mandarin, and Vietnamese. We are limited in both staff and materials that meet the needs of the Asian/Pacific Islander community. This deficit greatly impacts our ability to serve several of senior sites as well as some schools sites with adult education. For example, we met all our FBC Smart Goals except one. We scored low on the question regarding food label reading. The truth is that most of our program participants in the series based classes are mono-lingual and have little to no English reading literacy. Food labels, by nature are only in English. Therefore, expecting an increase in this behavior is unreasonable.
- Furthermore, staff turnover is typically high with our program because we do not offer a living wage for the Bay Area. In order to maintain staff, salaries need to be increased so that staff, who we have put a lot of effort into training, can remain with us for the long term rather than the, often, 1.5 year turn around.
- Additionally, there is often high turnover at the schools and the senior sites that we work with. This has created a huge challenge for us in regards to tracking correct contacts, having to re-train new teachers, track down program materials, and develop new partnerships.

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

- UC CalFresh would like to look at conducting a salary analysis for staff and explore the possibility of advancing key staff to a CESII title.
  - Because of the high need for bilingual staff and it would be helpful to be able to offer bilingual staff a higher hourly rate as well.
  - The lack of educational materials in Chinese, Vietnamese and Korean continues to be a setback. Due to the absence of both, we have not been able to meet the needs of our Asian/PI community.
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vi. **Trainings**

Training Location	Who	Purpose	Date	Number Attended
Bella Vista CDC	Teachers	CATCH Training	10/4/17	4
Burbank CDC	Teachers	CATCH Training	10/11/17	1
Centro Infantil CDC	Teachers	CATCH Training	10/6/17	3
Cox CDC	Instructional Assistant	CATCH Training	1/30/18	1
Highland CDC	Teachers	CATCH Training	10/3/17	4
Hintil CDC	Teachers	CATCH Training	1/28/18	1
Howard CDC	Teachers	CATCH Training	10/3/17	1
International CDC	Teachers	CATCH Training	10/20/17	3
Manzanita CDC	Teachers	CATCH Training	4/10/18	1
Centro Infantil CDC	Teachers	CATCH Training	11/1/17	1
Highland CDC	Teachers	CATCH Training	11/1/17	2
His Lordships, Berkeley	OUSD ECE Leadership, Teachers and Instructional Assistants	Go Glow Grow Training		168
Hilton Hotel, Oakland	OUSD ECE Teachers	Go Glow Grow, Harvest of the Month, Preschool Gardens, CATCH		180
Acorn Woodland	OUSD ECE Teachers	Growing Preschoolers: An Edible Gardening Workshop		18

vii. **Conference Presentations and Posters, Publications**

- Dr Blackburn presented on the **NEOP** Preschool Wellness Policy at the NEAFCS National Conference in Omaha, Nebraska in October, 2017 and at the AAFCS Regional Conference in San Francisco, April, 2018.

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



- The UC CalFresh County Profile is used as a marketing tool when developing new partnerships.
- Facebook is used as a means to share nutrition education resources with members (ECE teachers, parents).

**ix. Awards Received**

N/A

**x. Media**

- Food Blog: Food News from the UC Division of Agriculture and Natural Resources  
Pamela Kan Rice  
February 16, 2018  
<https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=26384>
- Media Advisory sent by UCANR, Pamela Kan Rice, February 16, 2018
- Diablo Magazine, April 2018

**D. Key Evaluation Outcomes**

**i. Direct and Extender Education – Youth and Adults in Preschool Setting:**

- Preschool activities in the classroom at 28 sites (taste testing, nutrition education, gardening, and physical activity) reached 1797 children. Outcome evaluation from the Teacher Observation Tool (TOT) show that teachers report students making healthier choices. Furthermore, teacher feedback indicated that program is high performing, especially in service to the preschool students due to an increase of staff, allowing for more development and focus of new program components such as CATCH, Smarter Lunchroom, Playground Stencils, Murals and Gardening.
- Teacher Extender education by 65 teachers using the go Grow Glow (GGG) curriculum reported 2,599 hours of teaching GGG reaching 1,797 students. Outcome evaluation data from the Teacher Observation Tool (TOT) show that now identify more healthy food 97% of teachers say that students can choices; and 91% report that more students are willing to try new foods offered at school.
- Adult/Parent classes using the Eating Smart and Being Active (ESBA) Curriculum at 4 sites reached 85 parents. Evaluation results from the Food Behavior Checklist (FBC) indicate that, as a team, we met 4 of our 5 SMART goals: 44% of participants show an increase in eating more than one kind of fruit and vegetable a day. Additionally, 24% show an increase in food security. However, only 44% show an increase in label reading. Making Every Dollar Count (MEDC) was taught at 5 sites and reached 72 parents. Evaluation results show that we reached and surpassed all 4 SMART Goals; 96% report knowing easy ways to save money; 88% know simple healthy meals to make; 100% understand food ads; and 88% said 'yes' or 'plan to' use a coupon rather than buy store brand. Additionally, Happy Healthy Families (HHF) was taught at 4 sites and reached 49 parents. The collective FBC evaluation includes this series as well. A total of 206 parents were reached with series-based education. Lastly, single session workshops in Myplate (1) and Re-Think Your Drink (12) reached 277 parents.
  - The workshop on sugar sweetened beverages has 119 data entries and the Intent to Change (ITC) reflects that many (92%) of the participants intended to make improvements like: more label reading, be mindful of the calories in sweetened beverages, reduce sugar, drink less sodas, choose better options for drinks, drink more water, will not serve SSB's at home, will mix juice with water for children, and basically be more health conscious.



- Overall, staff report parents are more committed to increase consumption of fruits and vegetables, read food labels to reduce the consumption of saturated fats, sugar and sodium, and decrease food portion sizes. The parent appeared very enthusiastic and attended classes regularly.

## ii. Direct Education - Seniors

- Direct nutrition education classes (4 lessons) with the ESLS curriculum reached 390 adults and seniors. Collective evaluation results of the Food Behavior Checklist (FBC) indicate that we met 4 of our 5 SMART goals: 44% of participants show an increase in eating more than one kind of fruit and vegetable a day. Additionally, 24% show an increase in food security. However, only 44% show an increase in label reading. Staff reports continuing to receive many referrals and requests to return next year.

## iii. Indirect Education

- Reached 1,290 via a variety of channels: Community events/Health Fairs, Electronic materials such as newsletters/E-blasts, Hard copy materials, such as fact sheets, flyers, pamphlets, posters, recipe cards and NERI such as, vegetable scrub brushes, measuring cups and cookbooks with nutrition messaging.

## E. Overall Assessment

UC CalFresh is now fully staffed with 3 FTE serving our youth and adult program at ECE's and 2FTE serving the senior programming at community centers and senior housing facilities. The program is high performing, especially in service to the preschool students due to an increase of staff, allowing for more development and focus of new program components such as CATCH, Smarter Lunchroom, Playground Stencils, Murals and Gardening. In addition, the staff has established a strong presence in the Child Development Centers (CDC) of Oakland Unified School District (OUSD) by increasing the number of visits to assigned sites and attending special school events such as Back to School Night, Reading Night and youth activities in the classroom. This provided an opportunity to give information to teachers, assistants and preschoolers parents about the program, encourage them to increase consumption of fruits and vegetables, physical activity and food safety. Youth in-class activities allowed for more contact with the OUSD staff and preschoolers students.

UC CalFresh staff is always welcome to the CDC and are considered by the teachers as part of their staff. The introduction of CATCH addressed physical activity and nutrition in the classroom helped parents understand that physical activity is beneficial for their health and another way to achieve greater communication with their children in a fun way. Eating Smart Being Active (ESBA) continues to teach parents the basics of nutrition education and The Healthy Happy Families curriculum (HHF) introduced new concepts such as mealtime routines, growth of children, the importance of cooking with kids, and how to introduce new foods in the child's diet. The introduction of Making Every Dollar Count (MEDC) is showing parents how to save money and plan and has received very positive feedback. Of course, there are challenges, like those with curriculum fidelity and in making sure teachers are clear on expectations and recruiting and retaining parents in Nutrition classes and garden volunteer opportunities.

The Eat Smart Live Strong senior curriculum continues to thrive. The program received many referrals and numerous site directors requesting the UC CalFresh program to return next year and continue to serve their senior residents. Due to high demand, several sites also received one-time workshops this year as a supplement to ESLS.

## F. SNAP-Ed Planned Improvements

- Website enhancement and updates on current programming, staff and resources.
  - Increased used on social media platforms like Facebook.
  - Continue to work on building partnerships with the Master Gardeners to support more workshops for teachers and seniors.
-



## Playground Stencils

This material was funded by USDA's Supplemental Nutrition Program - SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

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# Go Glow Grow



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# Eat Smart, Being Active Eat Smart, Live Strong



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# Quality of Life Wellness Education Program

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# Eat Smart Live Strong!



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# Gardening



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