



## SUCCESSSES

- 100% of surveyed teachers agreed that students were more often identifying healthy food choices after receiving UC CalFresh lessons.
- Of the 8,326 students who tasted and evaluated food samples, a majority reported they were willing to eat the food at school again.
- Changes to policies, systems or environments were adopted at 28 sites, reaching 9,187 youth and adults.



## RESULTS

### Youth

- "We got to chose health foods to put in our garden."  
-GT School of Innovation student

### Adult

- "We save \$100 dollars on breakfast items."  
-El Dorado family

### Organizational

- "Students really look forward to this class and learning about food and healthy choices."  
-Amador teacher

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*The Central Sierra Cooperative Extension serves Amador, Calaveras, Tuolumne, and El Dorado and is the bridge between local issues and the research expertise of the University of California.*

### Serving Individuals and Communities

- Direct education reached 133 children aged 0-4, 8,351 youth aged 5-17, and 404 adults.
- Indirect education reached an additional 6,245 youth and adults.

### Providing Education

- 3 schools or school districts updated or implemented School Wellness Policies.
- 20 food service employees were introduced to the Smarter Lunchrooms Movement (SLM).
- UC CalFresh supported peer mentoring for 70 Calaveras High School students, who extended garden-enhanced nutrition education and physical activity curriculum to 2,813 elementary peers.

### Helping to Make Organizational and Environmental Changes

- A 200% increase in volunteer and youth extenders since the previous year has allowed nutrition educators to increase program sustainability.
- Schools have taken on paying for garden coordinators, encouraging SLM practices in the cafeteria, supporting physical education trainings for teachers and much more.

### Serving California Agriculture

- The UC CalFresh program has strong connections to local farms, gardens and fresh produce. The program supports 14 school and community gardens and promotes food literacy among students. Tastings are offered using local fruits and vegetables, and workshops and classes provide information on tasty ways to eat healthy produce.

### Building Partnerships

- The UC CalFresh program works with 108 partners and coalitions that receive no direct SNAP-Ed funding, but are involved in furthering the SNAP-Ed mission.
- Partners include: food banks and pantries, faith-based groups, Indian Tribal organizations, senior centers, K-12 schools/districts, parent-teacher organizations, and non-profit organizations.
- Other SNAP-Ed Local Implementing Agencies include 4 county public health agencies.



**423 East St. Charles St. San Andreas, CA**

## A. SNAP-Ed Program Overview

### i. Progress in Achieving Overarching Goals:

Over the past year, the Central Sierra UC CalFresh program has expanded direct education sites and reach, while also working to change policies, systems, and environments (PSE) and provide more comprehensive programming to impact students, their families, and other community members on multiple levels of the Social Ecological Model. Significant progress has been made towards each of the 5 IWP goals identified as priorities across the Central Sierra area of El Dorado, Amador, Calaveras, and Tuolumne Counties. Detailed results below illustrate how direct education has been successful in expanding reach to families, school age students, young adults, adults, seniors, and individuals with disabilities. This education has contributed to increasing consumption of healthy foods and decreasing consumption of unhealthy foods and beverages (IWP Goal 1), increasing physical activity (IWP Goal 2), and improving food resource management behaviors (IWP Goal 3) in Central Sierra communities. The expansion of experiential programming to complement direct education, such as Harvest of the Month tastings and garden-enhanced nutrition education, have helped to increase the appeal of healthy dietary choices (IWP Goal 4). The expansion of schools supporting the CATCH physical activity curriculum has helped increase access to and appeal of physical activity opportunities (IWP Goal 5).

The Central Sierra UC CalFresh program has continued to expand the use of PSE strategies to reinforce direct education programming, which has been possible by fostering strong partnerships and trusting relationships. Across the Central Sierra, gardens, Smarter Lunchroom Movement (SLM) strategies, School Wellness Policies, structured physical activity, and other far-reaching PSE changes have helped to create spaces that are more supportive of all 5 of the IWP Goals. A growing focus on engaging youth rather than serving youth has also led to new opportunities to expand the program's reach. None of this work would be possible without the support of many partners and coalitions across the Central Sierra.

### ii. Projects Implemented During the Reporting Year by Identified Primary Approach:

**Direct Education:** In FFY18, Central Sierra UC CalFresh Nutrition Educators and community-based teachers/educators trained by UC CalFresh Nutrition Educators directly delivered SNAP-Ed approved lessons and activities to **404 adults and 8,484 youth**. Nutrition educators delivered 3,304 sessions of series-based interventions and one-time mini-workshops. These sessions varied from 15 minutes to over 120 minutes in length totaling 132,406 minutes (2,206 hours) of education.

- **New:** Compared with the previous year, the total number of sites where direct education was delivered increased by 39% (from 59 to 82), and the estimated number of unduplicated direct education participants increased by over 12% (from 7,905 to 8,888).

**Indirect Education:** To further support direct education and PSE interventions, UC CalFresh partnered with SNAP-Ed funded and non-funded partners to spread key messages across all four counties by participating in local community-wide events. An estimated 12,869 CalFresh-eligible adults and youth were reached and an estimated 6,245 were new CalFresh eligible adults and youth who hadn't participated in direct education activities. The UC CalFresh team attended 72 different events (e.g. health fairs, library events, Farmers Markets and other locally-specific events) and the most common intervention channel was distribution of hard copy materials.

- **New:** Indirect education reach expanded in FFY18 and new sites where indirect education was delivered included food distribution sites, senior services centers, farmers market and faith/places of worship in Calaveras County, and farmers markets and after/before school programs in El Dorado County.

**PSE Changes:** The Central Sierra CalFresh team and partner agencies worked at 32 sites to begin (9 sites) or continue (23 sites) a range of PSE strategies. In total, 28 sites collectively adopted 83 PSE changes reaching 9,187 CalFresh-eligible youth and adults.

- **New:** PSE programming has expanded in FFY18, with 9 sites beginning new PSE work. 83 PSE changes were adopted during the year, a 22% increase from the previous year. Changes included 20 types of nutrition supports, 7 types of physical activity supports, and 3 types of general nutrition and physical activity supports. The most common changes across El Dorado, Amador and Calaveras Counties were establishing, reinvigorating or maintaining edible gardens (16 sites), and initiating or expanding use of a garden for nutrition education (14 sites). The most important change in Tuolumne County was improving quality of physical education through the CATCH Pacing Guide pilot project (1 site).

## 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	45	88	44	89	133
5-17 years	3,993	4,358	1,254	7,097	8,351
18-59 years	239	89	267	79	346
60 years or older	37	18	45	13	58
<b>Total</b>	<b>4,314</b>	<b>4,553</b>	<b>1,610</b>	<b>7,278</b>	<b>8,888</b>

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

		Actual Count of SNAP-Ed Participants	Estimated Count of SNAP-Ed Participants
Ethnicity	Hispanic/Latino	242	1,641
	Non-Hispanic/Latino	861	4,837
Race (select one or more)	American Indian or Alaska Native	35	50
	Asian	8	58
	Black or African American	28	14
	Native Hawaiian or Other Pacific Islander	6	22
	White	923	4,514
<b>Total</b>		<b>1,103</b>	<b>6,478</b>

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

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

Format	A. Number Delivered	B. Time Range	
		Session (in minutes)	Number of Sessions
1. Single Session	112	<input checked="" type="checkbox"/> 0-30	20
		<input checked="" type="checkbox"/> 31-60	79
		<input checked="" type="checkbox"/> 61-90	4
		<input checked="" type="checkbox"/> 91-120	7
		<input checked="" type="checkbox"/> Over 120	2
2. Series of 2 to 4 Sessions	124	<input checked="" type="checkbox"/> 0-30	91
		<input checked="" type="checkbox"/> 31-60	259
		<input checked="" type="checkbox"/> 61-90	3
		<input checked="" type="checkbox"/> 91-120	4
		<input type="checkbox"/> Over 120	0
3. Series of 5 to 9 Sessions	92	<input checked="" type="checkbox"/> 0-30	81
		<input checked="" type="checkbox"/> 31-60	441
		<input checked="" type="checkbox"/> 61-90	42
		<input checked="" type="checkbox"/> 91-120	9
		<input type="checkbox"/> Over 120	0
4. Series of 10 or More	80	<input checked="" type="checkbox"/> 0-30	1,306
		<input checked="" type="checkbox"/> 31-60	846
		<input checked="" type="checkbox"/> 61-90	100
		<input checked="" type="checkbox"/> 91-120	7
		<input checked="" type="checkbox"/> Over 120	1

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

Settings	Amador	
	19	5
	# of DE Settings	# of PSE Settings
Adult education, job training, TANF, and veteran services sites	1	
Community centers	2	
Community organizations	1	
Early care and education	2	
Emergency shelters and temporary housing sites	1	1
Family resource centers	4	
Schools (preschools, K-12, elementary, middle, and high)	8	4

Settings	Calaveras	
	17	8
	# of DE Settings	# of PSE Settings
Afterschool programs (includes before school programs)	1	
Congregate meal sites & other senior nutrition centers	1	
Early care and education	6	
Gardens	1	
Individual homes or public housing sites	1	1
Schools (preschools, K-12, elementary, middle, and high)	7	7

Settings	El Dorado	
	33	16
	# of DE Settings	# of PSE Settings
Afterschool programs (includes before school programs)	6	2
Community organizations	2	
Early care and education		1
Family resource centers	1	
Gardens	2	1
Group living arrangements/residential treatment centers	5	1
Libraries	1	
Other places people go to "learn"		1
Schools (colleges and universities)	2	
Schools (preschools, K-12, elementary, middle, and high)	13	10
Worksites with low-wage workers	1	

Settings	Tuolumne	
	7	3
	# of DE Settings	# of PSE Settings
Community centers		1
Community organizations	1	
Other places people go to "work"		1
Schools (colleges and universities)	1	
Schools (preschools, K-12, elementary, middle, and high)	5	1

## C. Program Highlights and Accomplishments for FFY 2018

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

In the four-county region, the Central Sierra UC CalFresh program delivered UC CalFresh-approved curriculum to 8,484 youth and 404 adults in 76 settings. The program's youth activities provided 3,304 sessions of **direct education** to 8,484 youth 0-17 years of age. Most of this education was delivered at 33 school sites (Pre-K to high school). Experiential components of the program (tasting activities, garden-enhanced learning, peer-to-peer learning, tabling at school events, and structured physical activities) reinforced in-class curricula and learning activities. UC CalFresh has continued to use schools as "health hubs," a successful platform of beginning with direct education in youth delivery and expanding out to reach the larger community.

#### Ongoing Direct and Indirect

- In all four counties, nutrition educators continued direct nutrition education in many qualified elementary schools.
- In Calaveras and El Dorado Counties, nutrition educators continued direct garden-based nutrition education to elementary and middle school age students.
- In Tuolumne County, series-based education was delivered to high-need eligible adults at Behavioral Health Services.
- In three of the four counties, nutrition educators provide direct education at Family Resource Centers for eligible adult populations.
- In all four counties, nutrition educators continued to provide direct CATCH lessons to Pre-K and/or elementary age students.

#### New Direct and Indirect

- In Amador County, garden-enhanced nutrition education has been expanding and programming at a new elementary site was added.
- In Tuolumne County, educators delivered key messages on increasing fruit and vegetable consumption at a food bank-led health fair.
- In El Dorado County, educators delivered key messages to support increased consumption of healthy foods at a local farmers market.
- In Calaveras County, programming was established in one school supporting students in grades 6-12.
- In El Dorado and Calaveras Counties, nutrition education and garden-based education was expanded to include senior adults.
- In El Dorado and Calaveras Counties, high school students were recruited and trained to become extenders of UC CalFresh programming.
- In 3 of the 4 counties, Harvest of the Month has been a huge success, engaging students to try new foods and make healthy choices.

#### Continuing Policy, Systems, and Environmental Change

- The UC CalFresh team has worked hard implementing more comprehensive programming and adding a variety of PSE strategies. In FFY18, the Central Sierra worked on PSE changes at 32 different sites. At 28 of those sites, at least one change was adopted during the year with a total of 83 changes adopted across all sites reaching 9,187 CalFresh-eligible youth and adults. The majority of sites where PSEs took place were elementary schools, and the most significant PSE strategies implemented across the Central Sierra were school garden support and structured physical activity support.
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## Farm to School

**School gardens** and garden-enhanced nutrition education continued to flourish with the assistance of UC CalFresh nutrition educators. Eleven school gardens were renewed or revitalized, and 1 new school garden was developed in FFY18. Educators continue to support schools to implement sustainable school garden models and garden-enhanced nutrition education. To continue to build capacity in these areas, 6 adult extenders and 70 students were trained by Central Sierra CalFresh staff in 2 of the 4 counties.

In Calaveras County, in a joint effort with the local health department and other community partners, 4 schools continued to implement **Farm to Table** programs. Produce from school gardens was used for student salad bars, for tastings in classrooms and cafeterias, and for community supported agriculture (CSA) boxes, which are being sold to support the sustainability of the school garden program staffing. In El Dorado County, Sierra House and Bijou Elementary schools have supported tastings during school and summer programs with produce from their gardens.



## Healthy School Environments

The **Smarter Lunchrooms Movement (SLM)** continues to be an important component of the UC CalFresh program in the Central Sierra region. One SLM training reached 20 food service staff in FFY18, including staff at 3 qualified elementary sites that are currently implementing a variety of SLM changes, such as engaging students to create appealing names for food served, moving recesses before lunch, making the lunchroom atmosphere more inviting, etc. Pre-assessments were done at all 3 sites in FFY18 and post-assessments on those sites will be completed in FFY19.



Central Sierra UC CalFresh staff continue to assist with site **School Wellness Policies**, with 3 districts updating or implementing policies in FFY18. Calaveras Unified School District supported the beginning of SLM strategies and garden-enhanced nutrition education at all schools via the district wellness committee.

The **YPAR Project** partnership between UC CalFresh, the Center for Regional Change, and the GT School of Innovation-Georgetown Elementary School worked with 5<sup>th</sup> and 6<sup>th</sup> grades to finalize their research project aiming to establish an edible garden on campus in FFY19.

To promote worksite wellness at Tuolumne County schools, the Step It Up school **staff fitness challenge** expanded to several new schools, and the Office of the Superintendent of Schools participated. This year with a reach of 150 participants and 8 teams, school staff collectively walked 33,819 miles.

## New Policy, Systems and Environmental Changes

In Tuolumne County, nutrition educators trained local teachers and staff to implement CATCH activities in the classroom and participated in the CATCH Pacing Guide pilot.

In El Dorado County, garden spaces have been reinvigorated at seniors' centers to support direct education programming. This past year Lake Tahoe Unified has approved a district-level wellness policy that called for UC CalFresh nutrition education programming to reach all K-12 students.

In Amador County, CATCH and garden activities have supported direct education programming at Jackson Elementary.

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## ii. Program Successes and Major Achievements

### Expanding Smarter Lunch Room Movement Reach with Support from Partners in Amador County

In November of 2017 Central Sierra UC CalFresh became a member of Amador County Unified School District's (ACUSD) Wellness Policy Committee. All proposed updates for physical activity, Smarter Lunchrooms Movement (SLM) and nutrition education recommendations were approved and supported by the ACUSD School Board. With support from Amador County's food service director and local Dairy Council Advisor, SLM has been introduced to Jackson Elementary, Pioneer Elementary and Plymouth Elementary Schools in FFY18. This partnership also led to training all district food service staff on SLM strategies and plans to implement SLM district-wide. At each site school food service staff have now participated in the Smarter Lunchroom Scorecard as well as Harvest of the Month fruit and vegetable tastings. Students are excited to try new fruits and vegetables, as well as vote on new menu item names that have been created by leadership students in Amador County.

### Working with Seniors in Calaveras County

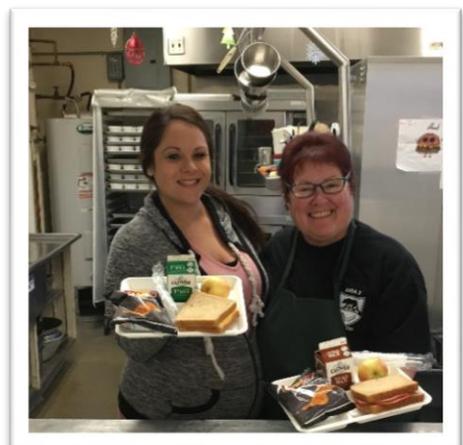
At the San Andreas Senior Center, a group of seniors attend a weekly class that teaches lessons on healthy eating, physical activity, and cooking skills. They are lively, entertaining, and eager to learn. Recently, one participant brought her instruments to class. The participants have now incorporated playing musical instruments during the PA warmup which has made each class more interesting. This same group is interested in working to implement PSE strategies, and is planning to begin working to improve nutrition supports at a local soup kitchen in FFY19.

The senior population is a very knowledgeable group that loves to share their stories, as well as learn new information. They love having opportunities to spend time with others, since living alone in a rural area can lead to social isolation. Weekly nutrition classes have provided an important opportunity to get out of the house to talk and laugh with their friends.

### Lake Tahoe Unified School District Approves Wellness Policy in El Dorado County

Lake Tahoe Unified School District (LTUSD) was looking to create a Wellness Policy to establish a uniform approach to improving student health at all schools. Central Sierra UC CalFresh staff attended meetings to provide insight on services and programs offered, as well as to provide examples of potential solutions to problems identified. Parents and community members identified the need for nutrition education at all grade levels, as well as a coordinated approach involving community support for a healthier environment. They identified UC CalFresh as a key supporter in creating this environment. The committees created goals for the next 3 years to present to the LTUSD School Board for approval.

As part of the Year 1 goals, the district, local healthcare provider Barton Health, and UC CalFresh have partnered up to implement Harvest of the Month at all elementary schools in the district. The district has agreed to purchase monthly tasting items to make them available to all students in the cafeterias once a month during lunch, and complementary educational materials are beginning to be provided to all teachers. Close to 1,900 elementary school students in the district will be impacted by the program once fully



implemented, including one school that is served by Barton Health; all other district schools are being served by the UC CalFresh program.

### **Garden Programming Expanded across the Western Slope of El Dorado County**

Through the support of UC CalFresh staff, 7 sites in Western El Dorado County engaged in PSE changes, leading to significant improvements in garden-based, experiential learning at 4 elementary schools, a senior center, a youth mental health services program, and an afterschool program.

At Foothill Indian Education Alliance (FIEA), an afterschool program supporting Native youth in the Placerville area, what began as regularly scheduled nutrition and cooking lessons eventually transformed into garden-enhanced nutrition education lessons after the students expressed a deeper interest in cultivating the site's garden beds. UC CalFresh staff provided vegetable starts and seeds that the students used to grow squash, tomatoes, lettuce and herbs. The harvested produce was then incorporated into weekly tastings and cooking lessons.



At Georgetown Elementary school, UC CalFresh collaborated with K-3<sup>rd</sup> grade teachers to provide garden-enhanced nutrition education. Students received direct nutrition education throughout the school year, as well as seeds to K-3<sup>rd</sup> grade students to reinvigorate their existing garden beds. Led by UC CalFresh educators and in partnership with the Public Health Institute and UC Davis Centers for Regional Change, the students in 6<sup>th</sup> grade participated in a gardening Youth Participatory Action Research (YPAR) project. The students continued research from FFY17 and presented their findings to the Georgetown community on access to healthy food on campus. The YPAR project's goal is to increase the access to healthy food on campus by establishing a larger, more centralized school garden.



### **Increased Access to Health and Nutrition Information in a Food Bank Setting in Tuolumne County**

The strong community coalition built through the Tuolumne County Nutrition Action Partnership (CNAP) decided to take an actionable step as a coalition. The first project, of many more to come, was a semi-annual Health Information Fair at the Amador-Tuolumne Community Action Agency (A-TCAA) Food Bank. Tuolumne County residents have limited access to food pantries and distributions. Both UC CalFresh and the Tuolumne County Public Health Nutrition Education program are already involved in direct education at different points of distribution in the county, but access to other health resources are needed. By bringing together community partners offering free and low-income services, food bank clients were able to easily access health information and become familiar with service providers, a big first step in connecting low-income adults and families to health resources.

Services provided included: free blood pressure readings and anemia screenings from the local hospital; Tuolumne County Public Health brought a SNAP-Ed booth with flavored water and ReThink your Drink messages, information from oral health and nursing programs, and "quit kits" from tobacco education; CalFresh social services staff was on hand to sign up folks qualified to receive SNAP; and UC CalFresh provided healthy recipe demonstrations and indirect nutrition education. The coalition is planning to repeat a similar fair in FFY19.



### 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
Agricultural organizations (includes farmers markets)	1
City and regional planning groups	1
Early care and education facilities (includes child care centers and day care homes as well as Head Start, preschool, and pre-kindergarten programs)	14
Faith-based groups	1
Food banks/food pantries	8
Foundations/philanthropy organizations/nonprofits	8
Government program/agency (Federal, State, local, etc.)	6
Hospitals/healthcare organizations (includes health insurance companies)	2
Human services organizations	12
Indian Tribal Organizations	2
Labor/workforce development groups	9
Parks and recreation centers	1
Public health organizations	4
Schools (preschools, K-12, elementary, middle, and high)	38
Transportation groups	1
Other ( <i>please specify</i> ):	0

#### Partnership Highlights: Accomplishments and Lessons Learned

##### *Amador County Smarter Lunchrooms*

- Site: Amador County Office of Education - District Office
- Relationship Depth: Collaboration
- Accomplishments: UC CalFresh partnered with the Amador County Unified School District and the Dairy Council of California to improve school lunchrooms in the district following strategies from the Smarter Lunchrooms Movement and Harvest of the Month. The partnership led to UC CalFresh and Dairy Council conducting a half-day in-service training on SLM strategies for all school food service staff in the district. The training and activities that resulted from this partnership increased district staff knowledge of the importance of making lunchrooms healthier and specific strategies to implement in their lunchrooms.
- Lesson Learned: It is important to have an all-staff training to explore the Smarter Lunchroom Scorecard Assessment. That way lunch staff can become familiar with the assessment and realize that the assessment is meant to help them achieve their goals, and that it is not a scary assessment. It is also important to clearly outline the duties of various partners in the project early on so food service staff know whom to contact for various questions and services.

##### *Calaveras Specialty Crop Block Grant*

- Site: Calaveras Unified - District Office
  - Relationship Depth: Collaboration
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- Accomplishments: With the help of funding from a California Department of Food & Agriculture Specialty Crop Block Grant, multi-sectoral partners in Calaveras County have come together around the shared goal of creating a healthy community that values local agriculture. This project has allowed partners to strengthen their own programs and effectively leverage community resources as they work towards shared goals. The main grant goal is to increase awareness and consumption of local produce. Calaveras Unified School District is the main funded partner, and our UC CalFresh program contributed staff time, research-based curricula, and funds for seasonal produce tastings to the project. UC CalFresh staff and extenders, school teachers, and Calaveras County Public Health staff (SNAP-Ed-funded) conducted garden-enhanced nutrition education and Harvest of the Month (a.k.a. "Cooking Seasonally" or "Fresh Fridays") tastings with adults, families, and youth county-wide in service of shared grant, community, and UC CalFresh goals. Overall, this project has contributed greatly to the full implementation and sustainability of district-wide farm-to-school and garden-enhanced nutrition education programs. The grant will continue into part of FFY19, but strong partnerships are well established and expected to continue past the end of the grant period. Partners include Calaveras High School, Calaveras Unified School District, Calaveras County Public Health (SNAP-Ed program), FoodCorps, the UCCE Master Gardener Program, UC CalFresh, and others.
- Lesson Learned: Integrating the goals and guidelines of the many partner organizations is challenging. In particular, partner organizations do not always understand SNAP-Ed and UC CalFresh regulations, which means more time is needed to explain parameters and discuss allowable activities.

#### *Local School Wellness Policy Work*

- Site: Tuolumne County Superintendent of Schools - District Office
- Relationship Depth: Collaboration
- Accomplishments: UC CalFresh and the Tuolumne County Public Health Department, through the joint Community Nutrition Action Partnership (CNAP) work plan, have begun working on addressing local school wellness policies throughout Tuolumne County. While work is still in the planning stages, the objective is to offer easy-to-use, tailored services to eligible sites in our county. In FFY18, UC CalFresh and CNAP partners presented to all school superintendents in Tuolumne County about the importance of wellness policy updates and services the partners may be able to provide. Next steps are being planned and will involve a flexible approach tailored to Tuolumne County's unique school system, in which 13 schools comprise 12 separate school districts.
- Lesson Learned: Challenges in establishing school wellness policies in the past have been a lack of interest from school/district sites, lack of enforcement from those going above minimum requirements, and confusion about school wellness committees.

#### **Multi-Sector Partnerships and Coalitions**

Multi-sector partnerships, including both formal coalitions and informal arrangements, are critical to the success of UC CalFresh work in the Central Sierra, providing opportunities for collaboration and interventions that are more comprehensive. In addition to the 3 partnerships highlighted above, these partnerships included the following in FFY18:

- *Lake Tahoe Collaborative* (El Dorado): monthly meeting to discuss community updates and work being done across the area with all ages.
  - *Divide Ready by 5* (El Dorado): monthly meeting to discuss work being done in the community with young children and their families.
  - *Build a Healthy Family* (Amador): Encourage family relationship building through youth/adult activities like story time, nutrition education and garden education.
  - *Tuolumne County Farm to School Workgroup* (Tuolumne): working together to increase local kids' exposure to farms, gardens, agriculture and local foods.
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- *South Tahoe Environmental Education Coalition* (El Dorado): a network of more than 20 local agencies and organizations that collaborate to bring environmental and garden-based education resources to the Tahoe Basin.
- *Calaveras Community Wellness Coalition* (Calaveras): working together to update all partners in community events to increase access for clients.
- *Amador/Calaveras Bi-County Community Nutrition Action Partnership* (Amador and Calaveras): Formal coalition of local agencies, organizations, businesses, and individuals interested in supporting community nutrition.
- *Tuolumne County Community Nutrition Action Partnership* (Tuolumne): Formal coalition of local agencies, organizations, businesses, and individuals interested in supporting community nutrition.
- *El Dorado Healthy Eating and Active Living Leadership Partnership* (El Dorado): Formal coalition of local agencies, organizations, businesses, and individuals interested in supporting community nutrition.

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

Partnering agencies and UC CalFresh continue to have staff turnover challenges. This creates difficulties for sustaining and growing programs in the four-county area; an example is sustaining and/or increasing persistent extender programming. While the overall number of clients reached could be greater with more extenders, program depth coupled with series-based programming and increased PSEs provided significant impacts to local communities in FFY18.

This past year, using the PEARS data entry platform was a huge learning curve for the entire team. In addition, continual changes and updates to the process implemented throughout the year provided additional challenges. The Central Sierra's five-office structure makes it challenging to keep staff continuously updated and provide feedback with exact information when project entries are completed across the four counties.

The program continues to struggle with reaching clients through social media and the Central Sierra UCCE webpage. It would be great to have a marketing strategy and support from the state office to support the effectiveness of UC CalFresh communications.

In Amador County, the UC CalFresh program has been extremely successful this year with the dedication of a new educator who has had to essentially rebuild the program there. Her success has led to increased visibility and recognition, and an increased demand for our programming to meet the community need. It has become imperative that we hire a second educator within the Amador community.

The Central Sierra CalFresh Program Manager continues to strive for a balanced and successful workload for all staff.

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

The Amador County UC CalFresh Nutrition Education Program is in need of a second nutrition educator who could reach all new agencies/organizations requesting services, recruit more extenders, and increase comprehensive programming and PSE changes. The program has had unmet service requests from Early Child Education Centers and 2 schools that would like SLM assessments completed. The program has been unable to serve or conduct outreach to 2 qualifying schools, 2 food assistance sites, and 2 senior service centers.

LHD partners are experiencing budget cuts across our four counties, putting constraints on their overall reach and ability to add services. There are no other SNAP-Ed partners in the Central Sierra, so these budget cuts stress the limited resources the UC CalFresh program has available.

Providing proper services for diverse populations is difficult without culturally and linguistically relevant, age-appropriate resources. Urgent requests include: Spanish curricula, appropriate curricula/recipes for local Native American populations, updated high school and middle school curricula, appropriate adult and senior physical activity curricula, and qualified services for translating documents. The UC CalFresh

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program also would benefit from clear and simple evaluation tools to support extenders in the classroom, and to accurately assess Harvest of the Month tastings and garden-enhanced nutrition education.

## vi. **Trainings**

### Amador County

UC CalFresh staff collaborated with Dairy Council of California to facilitate a Smarter Lunchrooms Movement training for all school food service staff in Amador County. Twenty food service employees were introduced to the Smarter Lunchroom Movement and were able to practice using the Smarter Lunchroom Scorecard in a cafeteria setting.

### Calaveras County

UC CalFresh staff supported trainings for Calaveras High School students to deliver garden-enhanced nutrition education and CATCH curricula to elementary students within Calaveras Unified School District. Approximately seventy high school students were trained at Calaveras High School to support multiple events.

### Tuolumne County

UC CalFresh staff provided a hands-on CATCH training to support local educators with structured physical activity lessons. 7 teachers and local agency partners from approved SNAP-Ed sites and the local health department in Tuolumne County were introduced to CATCH curriculum.

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

### **Amador County**

Article: "Gardening at ATCAA Shelter," UC CalFresh Weekly Update, October 16, 2017

### **Calaveras County**

#### **South Lake Tahoe of El Dorado County**

Article: "*Bijou Garden Grows Community*," South Tahoe Now, August 24, 2018

<http://southtahoenow.com/reader-content/08/24/2018/bijou-garden-grows-community>

#### **West Slope of El Dorado County**

Article: "*New Playground Stencils at Georgetown Elementary School*," UC CalFresh Weekly Update, November 2017

### Youth-led Participatory Action Research (YPAR)

Article: "Center for Regional Change (CRC) Supports Youth-Led Participatory Action Research, UC CalFresh Weekly Update, June 18, 2018

Article: "*UC CalFresh Youth Engagement Initiative*," UC CalFresh, UC Davis Center for Regional Change,

2017 [https://regionalchange.ucdavis.edu/sites/g/files/dgvnsk986/files/inlinefiles/UC\\_CalFresh\\_web%20FINAL%20031618.pdf](https://regionalchange.ucdavis.edu/sites/g/files/dgvnsk986/files/inlinefiles/UC_CalFresh_web%20FINAL%20031618.pdf)

Article: "*First and Only EDC New Tech Network School Located in Georgetown*," EDCOE, May 30<sup>th</sup>, 2018

<http://edcoe.org/first-and-only-edc-new-tech-network-school-located-in-georgetown>

Video: "*Georgetown Elementary School Youth Engagement 2017-2018*," May 2018

<https://www.youtube.com/watch?v=Ikwr9KvbFcl>

Article: "*Research Matters for the Regions*," CRC Region Matters, June 12<sup>th</sup> 2018, Vol. 8 Issue 11

Presentation: "*Moving from Serving Youth to Engaging Youth*," UC CalFresh Town Hall, July 17<sup>th</sup>, 2018

<https://fsnep.ucdavis.edu/sites/g/files/dgvnsk2286/files/inline-files/Town%20Hall%20Slides%20-%20July%202018.zip>

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Article: "*Building Tomorrow's Leaders through Youth Participatory Action Research (YPAR)*," Extension, August 1<sup>st</sup>, 2018 <https://articles.extension.org/pages/74707/building-tomorrows-leaders-through-youth-participatory-action-research-ypar>

#### Camino Elementary School Harvest of the Month Newsletters

Newsletter: A monthly electronic newsletter is shared with parents/guardians at Camino Elementary School.

October 2017: <http://www.caminoschool.org/images/CaminoDistrict/pdf/Bulletins/OCTOBER.pdf>

February 2018: <http://www.caminoschool.org/images/FEBRUARY.pdf>

#### Placerville Senior Center Garden

Article: "*The Placerville Senior Center is Getting a Community Garden*," Well Dorado, October 2<sup>nd</sup>, 2017

<http://www.welldorado.org/tiles/index/display?alias=CommunityGarden>

Article: "*Community Garden Launched at the Senior Center in Placerville*," El Dorado County Health and Human Services Agency, October 2<sup>nd</sup>, 2017

<https://www.edcgov.us/Government/hhsa/pressreleases/2017/Pages/Community-Garden-Launched-at-the-Senior-Center-in-Placerville.aspx>

Article: "*Community Garden Launches at Senior Center in Placerville*," Mountain Democrat, October 16<sup>th</sup>, 2017

<https://www.mtdemocrat.com/prospecting/community-garden-launches-at-senior-center-in-placerville/>

#### Other

Presentation/Poster: *Nutrition Busters*, 2018 LIA Poster Submission Nutrition Busters YouTube video

<https://www.youtube.com/watch?v=KWG11ym-EXE>

Presentation/Video: "*UCCE Central Sierra UC CalFresh Programming*," 2018 UCANR Statewide Conference <https://www.youtube.com/watch?v=TyHSQTIRWMU&app=desktop>

#### **Tuolumne County**

Article: "Step It Up Walking Competition," UC CalFresh Weekly Update, June 4, 2018

#### Poster presentation

"*Step It Up: Tuolumne County Schools Walking Competition*," Statewide LIA Forum, Sacramento, CA Jan 2018

"*Step It Up: Tuolumne County Schools Walking Competition*" and "*Ready to Change: An Integrated Approach to Nutrition Education & Food Access in a Behavioral Health Setting*," UC ANR Statewide Conference, Ontario, CA April 2018

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

UCCE Central Sierra provides a monthly eNews to all registered clients. We provide county updates, community classes and monthly SNAP-Ed approved nutrition information. The postings include:

Article: "Jams and Jellies Food Canning Class & Nutrition Education on Reducing Added Sugar," UCCE Central Sierra News, July 2018,

[http://cecentralsierra.ucanr.edu/newsletters/UCCE\\_Central\\_Sierra\\_News75856.pdf](http://cecentralsierra.ucanr.edu/newsletters/UCCE_Central_Sierra_News75856.pdf)

Article: "Rethink Your Drink Day," UCCE Central Sierra News, May 2018,

[http://cecentralsierra.ucanr.edu/newsletters/UCCE\\_Central\\_Sierra\\_News74924.pdf](http://cecentralsierra.ucanr.edu/newsletters/UCCE_Central_Sierra_News74924.pdf)

Article: "UCCE Central Sierra CalFresh Nutrition Education Program is now on Facebook!," UCCE Central Sierra News, April 2018

[http://cecentralsierra.ucanr.edu/newsletters/UCCE\\_Central\\_Sierra\\_News74717.pdf](http://cecentralsierra.ucanr.edu/newsletters/UCCE_Central_Sierra_News74717.pdf)

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Article: "UCCE Central Sierra CalFresh Team – Improving Health Through SNAP-Ed," UCCE Central Sierra News, February 2018

[http://cecentralsierra.ucanr.edu/newsletters/UCCE\\_Central\\_Sierra\\_News73846.pdf](http://cecentralsierra.ucanr.edu/newsletters/UCCE_Central_Sierra_News73846.pdf)

Article: "Food Waste Prevention week: March 5-9<sup>th</sup>," UCCE Central Sierra News, March 2018

[http://cecentralsierra.ucanr.edu/newsletters/UCCE\\_Central\\_Sierra\\_News73848.pdf](http://cecentralsierra.ucanr.edu/newsletters/UCCE_Central_Sierra_News73848.pdf)

UC CalFresh Central Sierra Cluster is currently in the process of updating and overhauling social media platforms.

Current updates:

- Creating four county-specific Facebook pages to support clients with updates, events, and highlights in their respective counties.
- Central Sierra website now supports CalFresh volunteer recruitment
- In process of creating county-specific website profiles
- In process of creating blog to reach all Central Sierra clients

**ix. Awards Received**

"Community Service Award," presented to Miranda Capriotti by Motherlode Rehabilitation Enterprises (M.O.R.E.) on December 22, 2017

"Certificates of appreciation," presented to Katy Hammack by Gardens to Grow In, Calaveras FFA and School Garden, Nutrition and Agricultural Programs in Calaveras Unified School District on May 23, 2018

"Certificates of appreciation," presented to UC Cooperative Extension Central Sierra by Gardens to Grow In, Calaveras FFA and School Garden, Nutrition and Agricultural Programs in Calaveras Unified School District May 23, 2018

"CATCH Physical Education Community Master Trainer," presented to Gretchen Birtwhistle by CATCH Program Director Peter Cribb on March 15, 2018

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## D. Key Evaluation Outcomes

### Youth Education

The Taste Testing Tool (TTT) and Teacher Observation Tool (TOT) were used to evaluate tastings and education delivered in a classroom setting. Using the TTT, tastings for a total of 8,326 students in 416 classrooms were evaluated. Across all 4 counties, a majority of students reported they would be willing to eat the food served at school again and would be willing to ask for the food at home. These findings demonstrate that presenting new foods to students in a classroom setting can positively influence their food preferences. In Amador County, the TOT was used to evaluate education delivered over the course of the year in 10 classrooms, covering 233 students. Both objectives developed for the tool were exceeded, with 100% of teachers agreeing that the students were more able to identify healthy food choices and more willing to trying new foods offered at school as compared to the beginning of the school year. Notably, a large majority of the teachers also reported that they more often encouraged healthy choices for students, indicating that teachers' behaviors are also influenced by the educational program in the classroom. **FFY19 Modifications:** Educators will continue evaluation of taste testing in classrooms and implement a standardized process for taste testing in cafeteria settings, where the majority of taste tests take place in the Central Sierra. Program management will also continue to work with the UC CalFresh state office evaluation team to identify an appropriate pre-post evaluation tool to measure garden-enhanced nutrition education delivered in schools. This is major gap in the current Central Sierra evaluation results, as the large majority of direct education series take place in or adjacent to school gardens, but a tool to assess outcomes from this learning is not currently available.

#### *Amador County Teacher Observation Tool Results*

<b>Teacher observations of behavior changes (n=10 classrooms/233 students)</b>			
<b>Compared to the beginning of the school year,</b>			
<b><i>More students now more often...</i></b>	<b>Improvement Objectives</b>	<b>Agree Strongly Agree</b>	<b>Objectives Achieved</b>
Identify Healthy Food Choices	75% Agree or Strongly Agree	<b>100%</b>	Yes
Willing to Try New Foods at School	75% Agree or Strongly Agree	<b>100%</b>	Yes
<b><i>I (the teacher) now more often...</i></b>	<b>Improvement Objective</b>	<b>More Often A Lot &amp; Somewhat</b>	
Offer Healthy Food Choices	None Set	80%	n/a
Encourage Children to Eat Breakfast	None Set	90%	n/a
Remind families to bring healthy snacks for school parties	None Set	80%	n/a
Encourage Children to Be Physically Active	None Set	90%	n/a
Make Healthier Personal Food Choices	None Set	70%	n/a

% in bold font represent "Achievement Objectives Met"

### Adult Education

The UC CalFresh Central Sierra team collected 860 Adult Tasting Tool (ATT) surveys at 77 lessons where a tasting or cooking demonstration was conducted for adult participants. Across all 4 counties, the large majority of participants indicated they would be willing to try the foods served again, and would be willing to serve the foods at home to family. 539 Intent to Change (ITC) surveys were also collected from adult participants. Mini-workshops of 30-90 minutes were conducted at sites where UC CalFresh educators determined: 1) the frequency of series-based lesson delivery does not allow time for behavior changes as measured by the other evaluation instruments (3 weeks or less); 2) clients tend not to return/be available for the whole series of workshops; or 3) agencies request/prefer one-time nutrition education workshops.

Curricula used for mini-workshops are selected that align best with the sites' goals and audience need. These workshops were evaluated using the ITC retrospective-pre-questions as appropriate to the specific lesson topic. Of the 539 participants, 148 reported not practicing the healthy behaviors in the past week. Of those 148 participants, 41% (61) intended to change to the healthier behaviors in the next week. All but 2 of the smart objectives for this tool were met or exceeded, but planning meals and making a list fell well below the improvement objectives set. Details by county and specific ITC question can be found in the table below. **FFY19 Modifications:** Educators will consider using ATT and ITC surveys more often to increase the sample sizes. Educators delivering food resource management lessons will assess the lessons as to why objectives are not met, and consider diversifying the curricula offered to provide more information on food resource management.

*Central Sierra Intent to Change Evaluation Results*

Evaluation results for sampling of adults participating in topic specific mini-workshops						
In the past week participants who reported:	Obj %	Intent to Improve				
		ADR n/%*	CLV n/%*	ED n/%*	TLM n/%*	All 4
Not comparing unit prices before choosing foods	30	--	--	--	--	--
Not eating more than one kind of vegetable each day	40	2/100	--	0/0	14/79	28/54
Not eating breakfast that included at least 3 food groups	30	5/40	0/0	2/50	--	7/90
Not making a list before going to the store	40	0/0	--	2/100	--	2/100
Not planning meals before going to the store	30	--	1/100	--	--	1/100
Not choosing smaller amount of food or beverage at least one time	40	0/0	--	0/0	--	0/0
Eating fast food	none	--	3/100	6/83	--	9/83
Not eating foods from all five food groups each day	50	7/71	2/0	4/75	15/47	28/48
Eating fried food	40	--	4/25	1/100	8/38	3/47
Not eating fruit at least 2 times a day	40	0/0	0/0	0/0	8/75	8/58
Not using the food label to choose foods	50	0/0	1/100	11/45	--	12/36
Drinking sweet beverages every day	40	14/74	1/100	5/60	31/29	51/66
Not eating whole grains or whole grain products	30	0/0	--	7/43	12/42	19/43
Not eating or drinking lower-fat milk products at least 2 times a day	40	2/20	--	6/17	--	8/19

\* El Dorado (ED); Amador (ADR); Calaveras (CLV); Tuolumne (TLM)

\* n=# of participants who did not practice behavior previously/%=% of n who intend to change

**PSE Programming**

PSE activities were conducted at 32 sites in FFY18, with 9 sites beginning and 23 sites continuing a range of PSE strategies. In total, 28 sites collectively adopted 83 PSE changes reaching 9,187 CalFresh-eligible youth and adults. The number of changes adopted increased by 22% from the previous year, and included 20 types of nutrition supports, 7 types of physical activity supports, and 3 types of general nutrition and physical activity supports. The most common changes across El Dorado, Amador and Calaveras Counties were establishing, reinvigorating or maintaining edible gardens (16 sites), and initiating or expanding use of a garden for nutrition education (14 sites). The most important change in Tuolumne County was improving quality of physical education through the CATCH Pacing Guide pilot project (1 site).

Strategies or programs used to create changes included CATCH (10 sites), Harvest of the Month (9 sites), Rethink Your Drink materials (8 sites), Smarter Lunchrooms Movement (7 sites), Farm to School (6 sites), EatFresh.org materials (5 sites), School Wellness Policies (4 sites), Youth Participatory Action Research (1 site), playground stencils (1 site), and gardens/other strategies (18 sites).

Among the 7 sites that have begun SLM-related PSE work, 3 scorecards were conducted at 3 elementary schools in Amador Unified School District. The scores were 21, 19, and 24 out of 60 possible, indicating there is much room for improvement through SLM strategies planned for FFY19. The top two areas identified as needing the most improvement at all 3 schools were reimbursable meals and a focus on fruits. Scorecards will be repeated once annually at these sites as long as SLM work is ongoing.

At Georgetown Elementary School in El Dorado County where the YPAR project helped contribute to PSE changes, a pre-post survey was conducted with 33 6<sup>th</sup> grade students involved with the project. Although some responses were incomplete, key results indicated that after the project as compared with before the project, more students probably or definitely:

- wanted to make their school/community a healthier place (18% increase).
- knew where to gather data that could help make their communities healthier (23% increase).
- felt confident knowing what is healthy or unhealthy to eat (18% increase) and drink (28% increase).

### **Program Impact Quotes from Participants**

“We save 100 dollars on breakfast items.” -El Dorado County family

“Shows me the exact amount of fruits and veggies to serve my child.” -Calaveras County family

“I have my daughter & two grandkids living with me. I have the care of two other grandkids twice a week. It expands my horizon on healthy eating.” -Amador County family

“Students really look forward to this class and learning about food and healthy choices.” - Amador County teacher

## **E. Overall Assessment**

Central Sierra UC CalFresh is a group of pioneers supporting a style of programming that has shown effectiveness with overall depth. With strong community presence and support, the program has been able to increase youth programming with extender support. Nutrition educators continue to struggle with reaching the adult population, however with 2 educators in 3 of the 5 offices, the team has been able to begin reaching seniors and young adult populations, and has a strong overall focus on garden-enhanced nutrition education and PSE strategies.

The team is starting to move from a hands-on approach to a more hands-off, extender-based approach that can support long-term sustainable measures even with limited resources in rural communities. Increasing volunteers and youth extenders has allowed for UC CalFresh educators to increase program sustainability. In addition, schools have taken on paying for garden coordinators, encouraging SLM practices in the cafeteria, supporting CATCH for teachers and much more.

Most importantly, the non-profits, school districts and other partner agencies have increased their support of systems and environmental changes where their clients live, eat, work, and play, providing ongoing opportunities to expand partnerships for broad community impact.

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## **F. SNAP-Ed Planned Improvements**

Areas of improvement for FFY 2019: This coming year the program will focus on adding more youth extender programming during school and/or after school hours. It is becoming more challenging to recruit classroom teachers as extenders because of their heavy work load. The program has seen great success with youth extenders in Calaveras county that has inspired other offices to look for ways to bring youth extenders in the program. A possible barrier may arise in the need to support nutrition educators with proper training techniques and keeping youth engaged long-term. Overall, teachers and staff at school sites have begun to see the positive youth development impacts that youth extending can have.

In the West slope of El Dorado and in Tuolumne Counties the program continues to struggle with support for updating local wellness policies at the district level. In each county a partnership with the LHD will be advocating for the importance of wellness policies at local schools. In Tuolumne County wellness policy support has been written into the CNAP objectives, and in El Dorado, UC CalFresh is working with the LHD to increase awareness. As schools become more interested in this topic, it is expected that overall impacts within schools will increase, as has already been seen in areas with more engagement from school districts.

A major goal for the entire team is to increase social media presence to support program communication and marketing. There is a plan to create county-specific social media accounts to support clients and volunteers where they live. This past year a single page that covers all four counties was created, but was inadequate for families that live several hundred miles apart. Social media goals also include encouraging posts in multiple languages and supporting the diversity of cultures in the Central Sierra.

PEARS has improved the ability to capture direct and indirect activities, and has become instrumental in documenting PSE changes across the four Central Sierra counties. This year, the program will focus on increasing effectiveness in data collection and evaluation, particularly pre-post evaluations. As programs continue to expand, it will be necessary to show overall effectiveness and outcomes for each specific office in the four counties. This coupled with a more direct connection to the 4 county IWPs as they are revised will allow for more support for staff as the UC CalFresh program looks to balance PSE and direct education programming.

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