



## SUCCESSSES

The UC CalFresh team helped Loma Vista Middle School achieve a gold medal from the Alliance for a Healthier Generation National Healthy Schools Award, for the second time!

*"In combination with the school's healthy choices program, I believe our students are significantly more informed of making healthy food choices and the importance of exercising. Thank you!"*



## RESULTS

### Youth

- 94% of K-5 teachers strongly agreed or agreed that more students are willing to try new foods at school.

### Adult

- 87% made improvement in at least one of five behaviors (plan meals, compare prices, shop with a list, think healthy choices and use Nutrition Facts) as compared with 84% statewide.

### Organizational

- 27 partners/sites made policy, systems and environmental (PSE) changes.

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*The obesity rates for adults and teens in Riverside County (67% and 39% respectively) are higher than the State rates (63% and 33%). A large percentage of County residents are practicing unhealthy lifestyle behaviors.*

### Serving Individuals and Communities

In 2017-2018, Riverside UC CalFresh provided direct education to 6,127 youth and 819 adults countywide to help them adopt healthy eating behaviors and be more active. We worked in 36 locations including 26 schools, 2 SNAP offices and 2 community organizations.

### Providing Education

Youth from preschools to high schools received lessons from an age appropriate, evidence-based curriculum such as Go Glow Grow, Happy Healthy Me, EatFit and Hunger Attack. Parents also received lessons from the Plan, Shop, Save, Cook series or a single workshop/spotlight education focusing on one healthy eating behavior.

### Helping to Make Organizational and Environmental Changes

The multi-layer comprehensive programming (Shaping Healthy Choices) was implemented in 3 classrooms at Loma Vista and Nicolet middle schools. A Youth-led Participatory Action Research (YPAR) Project was initiated at Nicolet. We trained cafeteria staff in Smarter Lunchrooms Movement (SLM) strategies and worked with the school cafeteria at Cesar Chavez Elementary to promote healthy school breakfast.

### Serving California Agriculture

Riverside UC CalFresh helped maintain the school and community gardens at 6 locations to increase opportunities for healthy food access. We also partnered with UC Master Gardener Program to provide gardening education to youth and families to promote locally grown food.

### Building Partnerships

- We partnered with Desert Sands Unified Early Childhood Education to provide CATCH training to Head Start teachers at 9 locations.
- Our partnership with FIND Food Bank resulted in over 200 lbs of food donated to participants in 13 Plan, Shop, Save, Cook classes at Coachella Valley Adult School.



**21150 Box Springs Rd. suite 202, Moreno Valley, CA 92557 (951) 683-6491**

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## A. SNAP-Ed Program Overview

### i. Progress in Achieving Overarching Goals:

During FFY 2018, UC CalFresh contributed to three overarching goals of the Integrated Work Plan for Riverside County. Although our primary focus is in the LEARN setting from preschool to high school, we also worked in the communities where SNAP-Ed populations LIVE, PLAY and EAT. Overall, Riverside UC CalFresh provided direct education to 6,127 children and youth and 819 adults countywide. We worked in 33 locations of various settings including 17 schools, 9 Head Start sites, 2 SNAP offices and 2 community organizations. Last year, Riverside UC CalFresh team stepped up the effort to provide multi-layer comprehensive programs by making PSE changes at 27 locations, most of which are in the school setting.

### ii. **IWP Objective 1 (LIVE, PLAY, EAT) –By September 30, 2019, at least seven SNAP-Ed qualifying communities will make changes to the physical environment and/or policies to support improved nutrition and physical activity behaviors among residents.**

UC CalFresh supported this objective by providing nutrition education at community-based organizations and CalFresh offices in six communities (Riverside, Rubidoux, Banning, Cathedral City, Coachella and Thermal). We continued to build on our relationship with the Community Settlement Association in Eastside Riverside to maintain the community gardens and the monthly garden club. In addition, this year UC CalFresh partnered with the Eastside HEAL Zone Collaborative to train and graduate 8 garden club members from the Resident Leadership Academy. UC CalFresh continued to provide regular spotlight education at Banning and Cathedral City DPSS, reaching 100 SNAP clientele with healthy food and beverage messages, and continued to maintain our relationship with the Torres Martinez Desert Cahuilla Indians in Thermal by participating in their community event. Moreover, the UC CalFresh team in Indio started a successful new partnership with FIND Food Bank to provide nutrition education during food distribution.

### iii. **IWP Objective 2 (LEARN K-12) –By September 30, 2019, at least 10 school districts and/or afterschool programs will make physical changes to support healthy school environments and improve nutrition and physical activity behaviors amongst students, parents and teachers.**

UC CalFresh supported this objective by providing nutrition and physical activity education at five school districts (Alvord, Banning, Coachella, Palm Springs and Val Verde). Through implementation of evidenced based curriculum and PSE strategies, UC CalFresh partnered with teachers in three elementary schools, seven middle schools and six high schools to increase student skills/attitudes towards healthy eating and active living, and create PSE changes to support healthy food consumption. In western Riverside County, the multi-component, school-based intervention program from UC Davis Center for Nutrition in Schools (Shaping Healthy Choices Program) was implemented for the second year at Loma Vista Middle (2 classrooms) and Nicolet Middle (1 classroom). Loma Vista Middle School received a Gold award from the Alliance for a Healthier Generation again this year for the second time. UC CalFresh continued to build a relationship with Alvord Unified, Banning Unified and Coachella Valley Unified by participating in the district wellness committee meetings and assisting with health fair events and programs. UC CalFresh staff worked on the rejuvenation and maintenance of the school garden in six schools, collected Smarter Lunchrooms assessment scorecards from 4 schools, and piloted the Youth-led Participatory Action Research project with one school.

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- iv. **IWP Objective 3 (LEARN PreK) -By September 30, 2019, at least 18 child care, head start and/or preschool sites will implement changes related to healthy food and beverage/ access to water and environmental supports for physical activity.**

UC CalFresh supported this objective by providing training and working with 16 preschool teachers at 9 Head Start sites under Desert Sands Unified School District. All of the preschool teachers implemented Happy, Healthy Me curriculum in the classroom. In addition, the teachers at 7 Head Start sites received individual in-class training on CATCH early childhood physical activity and implemented CATCH with their students.

**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	232	222	454	0	454
5-17 years	2,780	2,893	3,932	1,741	5,673
18-59 years	591	141	735	0	735
60 years or older	51	33	84	0	84
<b>Total</b>	<b>3,654</b>	<b>3,289</b>	<b>5,205</b>	<b>1,741</b>	<b>6,946</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	1,411	1,434
	Non-Hispanic/Latino	2,415	260
Race (select one or more)	American Indian or Alaska Native	285	1
	Asian	339	24
	Black or African American	368	27
	Native Hawaiian or Other Pacific Islander	524	0
	White	1,492	116
<b>Total</b>		<b>3,826</b>	<b>1,694</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	33	<input checked="" type="checkbox"/> 0-30	28
		<input checked="" type="checkbox"/> 31-60	5
		<input type="checkbox"/> 61-90	0
		<input type="checkbox"/> 91-120	0
		<input type="checkbox"/> Over 120	0
2. Series of 2 to 4 Sessions	50	<input checked="" type="checkbox"/> 0-30	18
		<input checked="" type="checkbox"/> 31-60	107
		<input checked="" type="checkbox"/> 61-90	11
		<input type="checkbox"/> 91-120	0
		<input type="checkbox"/> Over 120	0
3. Series of 5 to 9 Sessions	47	<input checked="" type="checkbox"/> 0-30	11
		<input checked="" type="checkbox"/> 31-60	205
		<input checked="" type="checkbox"/> 61-90	74
		<input checked="" type="checkbox"/> 91-120	2
		<input type="checkbox"/> Over 120	0
4. Series of 10 or More	81	<input checked="" type="checkbox"/> 0-30	3,263
		<input checked="" type="checkbox"/> 31-60	1,049
		<input checked="" type="checkbox"/> 61-90	151
		<input checked="" type="checkbox"/> 91-120	2
		<input type="checkbox"/> Over 120	0

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

Settings	Riverside	
	33	27
	# of DE Settings	# of PSE Settings
Afterschool programs (includes before school programs)		2
Community organizations	2	2
Early care and education	9	7
<i>FDPIR</i> distribution sites	1	
Other places people go to "learn"	2	1
Schools (preschools, K-12, elementary, middle, and high)	17	15
SNAP offices	2	

## C. Program Highlights and Accomplishments for FFY 2018

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

#### Direct Education: Youth

Providing nutrition education in the ‘learn’ setting has continued to be our program focus. During FFY18, UC CalFresh provided direct education to students from preschool to high school. In the preschool setting, we continued to build on our partnership with the Desert Sands Unified School District (DSUSD) early childhood education program. In 2016, the District administration made the Happy Healthy Me (HHM) curriculum mandatory in all pre-K classrooms. UC CalFresh staff worked with 16 teachers from all 9 sites to teach HHM curriculum in 25 classes reaching 454 students (Table 1). In elementary schools, UC CalFresh primarily worked with schools in Coachella Valley. This year, all six kindergarten teachers at Cesar Chavez Elementary enrolled their students in Go, Glow, Grow, and all four first grade teachers at Agua Caliente Elementary enrolled their students in My Amazing Body. In addition, one teacher at Coral Mountain Academy enrolled a class of 3<sup>rd</sup> graders in It’s My Choice –Eat Right Be Active. Grade K-5 delivery reached a total of 239 students (Table 2).

Middle and high schools remained the focus of our youth delivery. All four middle schools in Alvard Unified continued to enroll students in UC CalFresh, however Loma Vista and Wells are most committed to student wellness. At these two schools, the PE team enrolled all their six grade classes in Dairy Council’s Exercise Your Options and all seven grade classes in EatFit. In addition, a school garden teacher enrolled her class in TWIGS during the summer. UC CalFresh launched the Shaping Healthy Choices Program (SHCP) at Loma Vista Middle and Nicolet Middle the previous year. During FFY 2018, we successfully continued SHCP with these two schools and expanded to 3 classes. At Nicolet Middle, we increased reach for the youth education beyond SHCP and were able to work with PE teachers to enroll students in Exercise Your Options and EatFit. In Coachella Valley, Bobby Duke Middle re-enrolled PE students in EatFit, but the EatFit lessons were all delivered by one teacher this time. Tomas Rivera Middle in Val Verde Unified skipped last year, but re-enrolled in EatFit for the 2018-2019 school year. Overall, UC CalFresh worked with 19 middle school teachers to deliver direct education to 103 classes reaching 4,574 students in FFY 2018 (Table 3). At the high school level, Money Talks Hunger Attack! is the main curriculum for youth education, except for one school that enrolled a class in Dairy Council’s Eat, Move, Win. All four high schools in Alvard Unified, one in Val Verde Unified and one in Banning Unified enrolled in UC CalFresh in FFY 2018, reaching 23 classes and 845 students (Table 4).

Table 1: Pre-K delivery

School/Agency	School District	# TEACHERS	GRADE LEVEL	# CLASSES	# STUDENTS	Go, Glow, Grow	Happy Healthy Me	PARENT EDUCATION	SCHOOL GARDEN	CATCH PE
Adams Head Start	Desert Sands Unified	3	pre-K	5	95		X			X
Eisenhower Head Start	Desert Sands Unified	1	pre-K	1	15		X			X
Hoover Head Start	Desert Sands Unified	3	pre-K	4	82		X			X
Jackson Head Start	Desert Sands Unified	2	pre-K	4	75		X	X		X
Johnson Head Start	Desert Sands Unified	1	pre-K	2	31		X			X
La Quinta Head Start	Desert Sands Unified	1	pre-K	1	24		X			
Palm Desert Early Childhood	Desert Sands Unified	2	pre-K	4	70		X	X		X
Summerfield Head Start	Desert Sands Unified	1	pre-K	2	28		X			
Van Buren Head Start	Desert Sands Unified	2	pre-K	2	34		X	X		X
<b>TOTAL</b>		<b>16</b>		<b>25</b>	<b>454</b>					

Table 2: Grades K-5 delivery

School/Agency	School District	# TEACHERS	GRADE LEVEL	# CLASSES	# STUDENTS	Go, Glow, Grow	My Amazing Body	It's My Choice	PARENT EDUCATION	SLM	CATCH PE
Cesar Chavez Elementary	Coachella Valley Unified	6	K	6	135	X			X	X	X
Coral Mountain Academy	Coachella Valley Unified	1	3rd	1	23			X			
Agua Caliente Elementary	Palm Springs Unified	4	1st	4	81		X		X		
<b>TOTAL</b>		<b>11</b>		<b>11</b>	<b>239</b>						

Table 3: Grades 6-8 delivery

School/Agency	School District	# TEACHERS	GRADE LEVEL	# CLASSES	# STUDENTS	EAT FIT	Dairy Council EYO	TWIGS	SHCP	PARENT EDUCATION	SCHOOL GARDEN	SLM
Arizona Middle	Alvord Unified	1	7-8	2	80	X					X	
Loma Vista Middle	Avord Unified	5	6th, 7th	33	1383	X	X		X	X	X	
Wells Middle	Alvord Unified	6	6-8	28	1072	X	X	X		X	X	X
Ysmael Villegas Middle	Alvord Unified	1	6-8	9	265		X			X		
Tomas Rivera Middle	Val Verde Unified	1	6th, 8th	5	250	X	X			X		
Nicolet Middle	Banning Unified	4	6th, 7th	20	799	X	X		X	X	X	X
Bobby Duke Middle	Coachella Valley Unified	1	6-8	6	725	X				X		X
<b>TOTAL</b>		<b>19</b>		<b>103</b>	<b>4574</b>							

Table 4: Grades 9-12 delivery

School/Agency	School District	# TEACHERS	GRADE LEVEL	# CLASSES	# STUDENTS	MONEY TALKS/ Hunger Attack!	Dairy Council Eat, Move, Win	PARENT EDUCATION	SCHOOL GARDEN	SLM
La Sierra High	Alvord Unified	1	9, 11-12	1	17	X				
Hillcrest High	Alvord Unified	1	9th	2	60	X				
Norte Vista High	Alvord Unified	1	9-12	2	53	X		X		
Alvord Continuation	Alvord Unified	1	9-11	1	19		X			
Citrus Hill High	Val Verde Unified	1	12th	3	85	X				
Banning High	Banning Unified	3	9-10, 12	14	611	X		X		
<b>TOTAL</b>		<b>8</b>		<b>23</b>	<b>845</b>					

**Direct Education: Adult**

The Plan, Shop, Save, Cook (PSSC) series continues to take priority over any other adult delivery method. The most successful delivery site is at the Coachella Valley Adult School, where many of the attendees are parents of children in the school district. The five series curriculum was offered in 13 classrooms with a total of 269 unduplicated adult participants. PSSC was also delivered to parents at many schools and agencies that implemented our youth curricula including Palm Desert and Van Buren Head Starts, Cesar Chavez elementary school, Bobby Duke and Loma Vista middle schools, and Norte Vista and Banning high schools. The PSSC series was also taught at California Family Life Center which is the youth opportunity center for young adults. The total reach for PSSC is 391 participants (Table 5).

An hour long single workshop was offered at 4 locations reaching 69 participants (Table 6). At Community Settlement Association, the workshops were offered during the monthly garden club meetings with topics related to gardening, food preparation and nutrition. At the health fair event organized by the City of Banning and Banning Unified Child Nutrition Services, two rounds of workshops were offered to demonstrate a lesson from Cooking Up Healthy Choices. Most of the participants were

youth with a few parents attending. At Wells and March middle schools, the topics covered were Rethink Your Drink and food labels.

Riverside UC CalFresh also used spotlight education delivery which is a 15-minute conversation with participants in various settings. Three topics were used in spotlight education: MyPlate-half plate of fruits and vegetables, Eat a Healthy Breakfast and Rethink Your Drink. This method was used during the food distribution at Cesar Chavez Elementary and at the Indian Reservation. However, to ensure that we meet the 20-minute minimum requirement, we began to shift to delivery in a group setting. For example, at the CalFresh office in Banning instead of setting up the spotlight education table in the lobby, we conducted spotlight education with a group of participants during their job club meeting. We are trying to do the same at Cathedral City and Indio DPSS CalFresh Offices. This year, we reached 375 adults through spotlight education during 23 visits to 11 sites (Table 7).

Table 5: Plan, Shop, Save, Cook Series

Agency	Type of Agency/Audience	Language	# Participants	# Groups	# Sessions
CVUSD Adult School	Public School/adult learners	Spanish	269	13	64
CFLC -Jurupa Valley	Youth Op Center/young adults	English	14	1	8
Norte Vista High	Public School/parents	Spanish	14	1	5
Loma Vista Middle	Public School/parents	Spanish	21	1	4
Banning High	Public School/parents	Eng/Sp	19	2	10
Bobby Duke Middle	Public School/parents	Spanish	7	1	4
Cesar Chavez Elementary	Head Start/parents	Spanish	13	1	3
DSUSD Van Buren Head Start	Head Start/parents	Spanish	19	1	5
DSUSD Palm Desert ECE	Head Start/parents	Spanish	15	1	5
<b>TOTAL</b>			<b>391</b>	<b>22</b>	<b>108</b>

Table 6: Workshops

Agency	Type of Agency/Audience	Language	# Participants	# Group	# Sessions
Community Settlement Association	CBO/food distribution	Spanish	24	10	10
City of Banning Health Fair	Public School/parents	English	5	2	2
Wells Middle School	Public School/parents	Eng/Sp	32	1	1
March Middle School	Public School/parents	Spanish	8	2	2
<b>TOTAL</b>			<b>69</b>	<b>15</b>	<b>15</b>

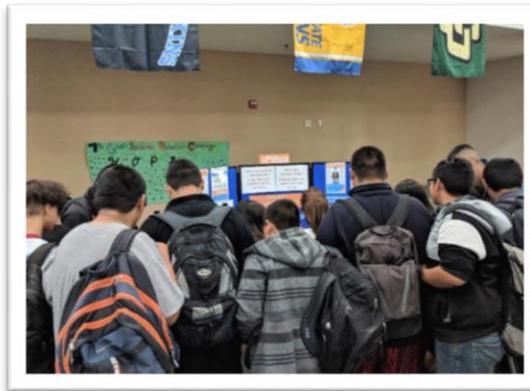
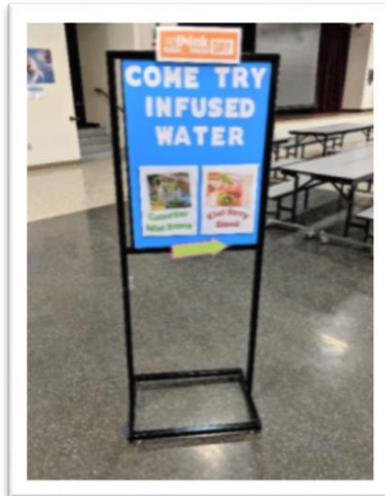
Table 7: Spotlight education

Agency	Type of Agency/Audience	Language	# Participants	# Groups	# Visits
Banning DPSS Job Club	CalFresh Office/Job Club	Eng/Sp	77	31-46	6
Cathedral City DPSS	CalFresh Office/Job Club	Spanish	23	12	4
CFLC Jurupa Valley	Youth Op Center/young adults	English	10	1	1
Loma Vista Middle	Public School/parents	Eng/Sp	15	1	1
Villegas Middle	Public School/parents	English	35	1	1
Tomas Rivera Middle	Public School/parents	Spanish	18	6-9	1
Nicolet Middle	Public School/parents	Eng/Sp	8	12-18	2
Agua Caliente Elementary	Public School/parents	Spanish	28	6-9	1
Cesar Chavez Elementary	Public School/parents	Spanish	86	12-18	2
Jackson Elementary	Public School/parents	Spanish	41	12-18	2
Torres Martinez Reservation	American Indians	English	34	10-12	2
<b>TOTAL</b>			<b>375</b>		<b>23</b>

### **Indirect education**

Riverside UC CalFresh engaged in several indirect education activities this year. We supported the statewide Healthy CalFresh Initiative in several ways: 1) participation in the two statewide day of action events: Rethink Your Drink Day on May 16, 2018 and Healthy Snack Day on August 29, 2018, 2) participation in the Get More at the Farmers Market Pilot Project, and 3) promotion of EatFresh.org materials. For the Rethink Your Drink Day, UC CalFresh served fruit infused water, showed the amount of sugar in various drinks and informed about health consequences to students at Nicolet and Bobby Duke middle schools. For the Healthy Snack Day, UC CalFresh educators in Coachella Valley handed

out the recipe wheels, popped fresh popcorn for a tasting and taught students at Cesar Chavez Elementary about healthy snacks. In the Banning area, UC CalFresh educators teamed up with Dairy Council's Community Nutrition Advisor, Raj Kaur, to handout recipe wheels and conduct cheese stick taste tests during lunchtime at Nicolet Middle School. For the Get More at the Farmers Market Pilot, UC CalFresh set up a table at three certified farmers' market locations: Riverside Tyler Galleria, San Jacinto and Jurupa Valley, to inform shoppers about the CalFresh EBT Market Match program and provide on-site education about the benefits of eating fruits and vegetables in season. Recipe cards from EatFresh.org were handed out to our program participants and during food distribution from FIND Food Bank. In addition, Riverside UC CalFresh participated in several health fairs and school events including Norte Vista High School Family Resource & Health Fair, California Family Life Center Lake Elsinore Health Fair, Loma Vista Middle School Healthy Family Night, Wells Middle School Health Fair and Color Run, Riverside Unified Summerfest Summer Meals Kick-off, and Banning Unified School District Employee Resource and Health Fair. We also provided indirect education through nutrition corners at 3 schools (Hillcrest High-Refresh Better, Loma Vista Middle-MyPlate/RTYD, Wells Middle-one terrific tray).



*Rethink Your Drink Day at Bobby Duke Middle School*



*Healthy Snack Day at Nicolet Middle School*



*Get More at the Farmers Market at Riverside Tyler Galleria Certified Farmers Market*

### **Policy Systems and Environmental Changes (PSE)**

In 2018, Riverside UC CalFresh reported a total of 27 PSE sites with all stages of implementation reaching 8,091 participants, of which 22 sites indicated that one or more PSE changes were adopted. The majority of the sites are K-12 school setting (11 sites reaching 7,326 students) and early care setting (7 sites reaching 424 students). In the early care setting, the PSE focus is on integration of CATCH physical activity curriculum. The previous year UC CalFresh educators came up with CATCH Early Childhood Education (ECE) mini kits for teachers and conducted a district-wide CATCH ECE training for Desert Sands Head Start's preschool teachers in January 2017. The teachers' feedback indicated that the group training was not effective. Therefore, in 2018 our Educators reworked their strategy by tailoring the activity cards to teach all of the fundamental skills to children and conducted a one-on-one training with the teachers followed by demonstration of the activities with their classes. Ten preschool teachers participated in this year's training and preferred this method. However, they requested to start the program earlier in the year which our staff is working to accommodate. CATCH K-8 is also being introduced at Cesar Chavez Elementary. Four kindergarten school yard monitors were trained this year and they started implementing CATCH K-8 during the morning recess. Although this posed some challenges, three of the kindergarten classes ended up receiving an additional 1,005 minutes of structured physical activity between January and May.



*CATCH ECE at Desert Sands Unified Head Starts*

In the K-12 school setting, our PSE focus is on edible garden (6 sites). UC CalFresh supported and maintained the garden at the following locations: Community Settlement Association (CSA) in Riverside; Wells, Loma Vista and Arizona middle schools in Alvord Unified; Nicolet Middle in Banning Unified, and Agua Caliente Elementary in Palm Springs Unified. At CSA, UC CalFresh began to assist with the garden revitalizing efforts in FFY14 by getting a team of UC Master Gardener volunteers together for this project. We started an on-going garden club in FFY15, assisted with the garden expansion in FFY16, and led the garden mural painting in FFY17. In FFY18, we partnered with Riverside County Health Coalition-Eastside HEAL Zone to bring the Resident Leadership Academy (RLA) training to CSA. Eight members of the garden club participants graduated from the program. The old and new gardens at CSA are still being maintained by UC CalFresh staff and UC Master Gardeners are still active and assisting us with the monthly garden club at this site. Future plans include RLA graduates taking on future garden club activities and garden maintenance.



*Resident Leadership Academy graduation event and community garden at CSA*

The school gardens at Wells and Loma Vista are maintained by a dedicated teacher in each school with assistance from the student garden club. UC CalFresh provided some garden maintenance support for problems with weeds and pests, and coordinated with the UC Master Gardener Program to provide irrigation advice for Wells and habitat plants/beneficial insects presentation at Loma Vista as well as coordinated with the Master Gardeners' Grow Lab to grow and donate transplants for the gardens. In addition, UC CalFresh was instrumental in obtaining a scholarship from the Riverside County Farm Bureau to fund the garden teacher from Wells to attend the California Agriculture in the Classroom Conference in Palm Springs. The school garden at Agua Caliente Elementary is maintained by a master gardener who is a retired teacher from the school. UC CalFresh provided assistance with the transplants for the annual garden planting event for the first graders.



*UC Master Gardeners teaching a lesson about beneficial insects and olla irrigation.*

In K-12 setting, UC CalFresh also provided support in Smarter Lunchrooms Movement (SLM). In FFY 2018, the SLM scorecard was collected from 4 schools: Banning High (15/60 total score), Bobby Duke Middle (29/60), Cesar Chavez Elementary (32/60 and 28/60) and Las Palmitas Elementary (27/60). Our staff provided a training in SLM Reimbursable Meals and SLM Refresher (overview and the six principles) to the cafeteria managers from Banning Unified and SLM Refresher to the cafeteria staff at Wells Middle School. In Coachella Valley, UC CalFresh staff began working with the cafeteria staff at Cesar Chavez Elementary to install new cafeteria signage and assisted with the spring event to promote school breakfast. The breakfast event increased the buy-in from cafeteria staff and school



*Cesar Chavez Elementary Spring Event –School breakfast promotion; YPAR group at Nicolet Middle*

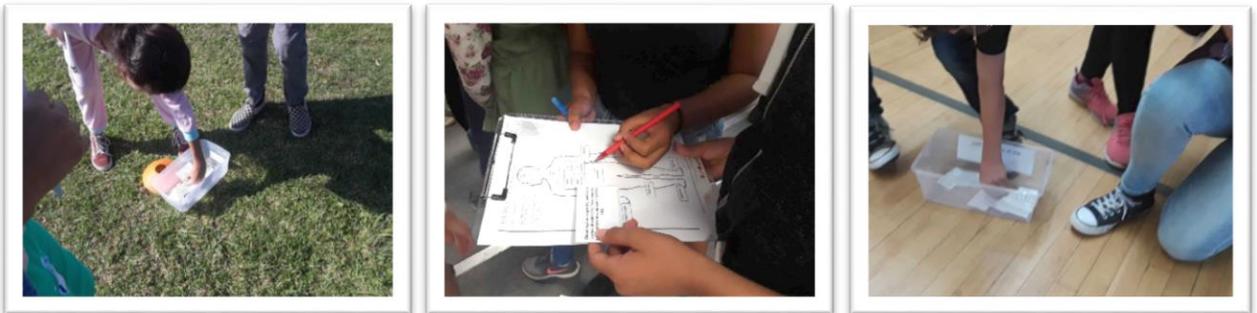
administration who contributed prizes and decorations, coordinated music for the event, and promoted the event during morning announcements. UC CalFresh staff distributed "I love school breakfast" stickers and helped to run a photo-booth that the cafeteria staff had set up to capture students in their favorite eating place. To get a prize, students had to answer "What is your favorite thing about school breakfast?" Some of the responses were "My favorite thing is that it's healthy" or "I like it because it's delicious." When asked "Why do we want to eat healthy food?", the students said "because it makes us strong!" and "it helps us not get sick". Through our participation in the school's wellness efforts and serving on the wellness committee, Cesar Chavez Elementary School has become a strong partner for our program this year.

In FFY18, UC CalFresh also initiated a Youth-led Participatory Action Research (YPAR) project at Nicolet Middle School. A group of four 8<sup>th</sup> grade students met weekly during their Associated Student Body (ASB) elective class time, with a UC CalFresh staff serving as the adult ally. They participated in team building activities, development of group agreements, researching information about the health of their community, and choosing an issue and a research question. The youth settled on the question “Would a walking trail help increase the opportunities for physical activity in our school community?” and chose focus group as the research method. Unfortunately, these students graduated in May 2018 and were unable to complete the research.

**ii. Program Successes and Major Achievements**

**1. Shaping Healthy Choices Program (SHCP)**

In FFY18, UC CalFresh entered the second year implementing SHCP at Loma Vista and Nicolet middle schools. At Loma Vista, two PE classes participated in SHCP, an increase of one more class over last year. The same teacher, trained last year, co-taught the lessons from Discovering Healthy Choices curriculum with our UC CalFresh staff. At Nicolet, a new teacher teaching a 6<sup>th</sup> grade transitional class was assigned to SHCP, but this class did not work out. However, the school principal is committed to keeping the program and SHCP was switched to a different teacher midyear. UC CalFresh staff taught all classes at Nicolet. Overall, assessment data were collected from all three classrooms and the SHCP implementation in Riverside County showed a statistically significant increase in nutrition knowledge. Lesson observation data were collected for most lesson modules, and reflect high fidelity to curriculum procedures. A total of 115 students completed a pre-assessment and 104 completed a post assessment. A statistically significant increase in nutrition knowledge was observed from pre-implementation ( $20.5 \pm 4.1$ ) to post-implementation ( $23.2 \pm 3.7$ ;  $p < 0.0001$ ).



*Shaping Healthy Choices Activities Module 2.1 and 2.2 at Loma Vista Middle (Mrs. Suppe's class)*



*Shaping Healthy Choices Program garden activities at Nicolet Middle (Mr. Lara's class)*

## 2. Partnership with FIND Food Bank

This past year, UC CalFresh staff was able to connect with Food In Need of Distribution (FIND), a food bank serving the greater Coachella Valley. For some time now, FIND has been working to increase the amount of fresh produce they distribute to the community but they have found that many residents do not know how to use these foods and would opt out of selecting them at distributions.

In order to increase their capacity to educate their participants, FIND sent their team of CalFresh outreach staff to UC CalFresh "Plan, Shop, Save, Cook"(PSSC) classes where they sat in as students and shared their own free resources with other class participants. The FIND employees, all graduated from the PSSC series, continued to partner with UC CalFresh for the rest of the year. FIND donated over 200 pounds of food to 15 PSSC classes which allowed participants to take home the ingredients to make recipes shared in class. UC CalFresh staff found that more participants reported making the recipes at home as a result. UC CalFresh helped connect the FIND staff to participants who were in need of the free resources they offer, including CalFresh application assistance.

FIND was very impressed with the UC CalFresh program and when it came time to select sites for their "kids summer meals" program, they collaborated with our staff to bring the program to Cesar Chavez Elementary, an existing UC CalFresh site. UC CalFresh staff connected FIND to the Cesar Chavez Wellness Committee and they collaborated to initiate a successful 10-week program over the summer that at its peak benefitted 876 adults and youth in the community. UC CalFresh provided recipe cards that utilized some of the fresh produce being distributed that day and conducted spotlight education on Fruits & Vegetables and Sugary Drinks during two of the distribution events. Following the success of the summer program, FIND and Cesar Chavez administration have committed to monthly food distributions during the school year to benefit the students at the elementary school. UC CalFresh plans to continue to provide support for the program and distribute relevant recipe cards at each distribution.



*Spotlight education during FIND Food Bank food distribution at Cesar Chavez Elementary*

**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)	9
Faith-based groups	1
Food banks/food pantries	1
Foundations/philanthropy organizations/nonprofits	4
Government program/agency (Federal, State, local, etc.)	3
Indian Tribal Organizations	1
Schools (preschools, K-12, elementary, middle, and high)	18
Public Health	1
Other ( <i>Dairy Council of California</i> ):	1

In FFY18, Riverside UC CalFresh reported partnerships with 39 organizations at different stages of involvement. Our staff spent more time with partnership development by reaching out to organize partner meetings to share and learn about each other’s program and mission. One such meeting was with a FIND Food Bank representative, who came to present at our staff meeting. Our new relationship with the FIND Food Bank turned out to be very productive (described above). Another meeting was with the new representative from the Dairy Council of California, which led to joint activities such as the Healthy Snack Day at Nicolet Middle School and teacher training for Dairy Council’s Exercise Your Options curriculum at Arizona Middle School. In September 2018, UC CalFresh also organized three meetings with the Public Health NEOP team and their subcontractors, one for each region of the County. The purpose of the meeting was to learn about each other’s program activities and look for coordination and partnership opportunities. UC CalFresh continued to be an active member of the Riverside County Nutrition Action Partnership (CNAP) and participated on the CNAP Steering Committee which is led by the Riverside County University Health System-Public Health. This group met quarterly to continue the discussion around food recovery and food waste prevention topics. Our partnerships with the three school districts (Alvord, Banning and Coachella Valley Unified) led to several activities with Child Nutrition Services including wellness committee meetings, cafeteria staff training and health fairs. We also partnered with school principals and teachers to provide training, support, direct and indirect education, and school garden assistance to help forward the healthy school movement efforts. UC CalFresh also partnered with other UC programs such as the Master Gardeners and Expanded Food and Nutrition Education Program (EFNEP). Last year, we helped identify a Master Gardener to work with each school garden and made the necessary connection for them to visit the schools. UC Master Gardeners continued to partner with us to provide workshops at our monthly garden club meetings at the Community Settlement Association. UC CalFresh has also continued to build on our existing partnership with the Torres Martinez Desert Cahuilla Indian Tribe by participating in their community event or provide direct and indirect education.

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

- We experienced several problems with staff turnover at the agencies that we work with. At the Community Settlement Association, the program manager took up a new position elsewhere and the position was left vacant. The Coachella Valley Unified School District also lost funding for the district wellness coordinator position and the nutrition specialist with the Banning Unified Child

Nutrition Services went on leave for several months. These staff changes noticeably caused a setback in the progress that we were making with these organizations.

- UC CalFresh also experienced our own staffing issues. We completed the recruitment for two positions last year, one for the position that was vacated when the staff was promoted to Program Supervisor and the other for the SHCP position that became a permanent career position. Both positions, as well as the program supervisor position, had to undergo training this first year and were not as productive as they should be. In addition, one of the new hires only stayed for 8 months and this position is currently vacant. The Program Supervisor also went on FMLA leave from September to December 2018.
- The transition from the Reporting Tool Workbook to the PEARS online data system took up a lot of staff time during the last half of the year. September 2018 was a stressful month for our staff. September is the month when the public schools start a new school year and is a very busy time for training and enrollment, however this year we had to deal with PEARS data entry and closing out. In addition, several training (YPAR Cohort, Comprehensive Program/Inquiry-based Learning) was scheduled in September 2018 which added more time out of the office for our staff.
- The Alliance for a Healthier Generation's involvement and presence in the Alvord Unified School District ended in June 2018. The Alliance's presence during the last five years was instrumental in the districtwide coordination of school wellness leads and was responsible for the enthusiasm and partnerships around student wellness, and the progress that we have seen in this school district. The impact of this loss remains to be seen.
- Another challenge we are experiencing is the balance of direct education and PSE involvement. As our educators spend more time with PSE, less time is given to support the teachers in direct education. Some of the less experienced teachers were having difficulty completing the lessons without additional support from our staff. In addition, some of the experienced teachers are looking for new materials to teach.

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

Both SHCP and YPAR projects are very time intensive. Although these programs provide great learning opportunities, they only benefit a small number of students. With limited staff time, we were not able to maintain the same level of support to school teachers enrolled in other programs such as EatFit and Hunger Attacks. Also, the demand and interest in school and community gardens have increased. Recently, a faith-based organization contacted us about the desire to start a new community garden. One high school is also interested in starting a school/community garden on campus. These are large-scale projects that would need additional funding and staff time. Additionally, we see the need to increase our support and involvement in the school wellness policy implementation. There was a drive to finish the school wellness policy revisions in June 2017, but afterward the interest in the wellness policy seemed to wane as other issues take precedence. At our current capacity, we need to reevaluate our strategies to see how much we could realistically accomplish. At this time, we will not be pursuing YPAR, but will promote youth engagement in conjunction with school garden and SLM/SNAC as opportunities arise

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vi. **Trainings**

Table 8 List of trainings to partners to enhance SNAP-Ed intervention

<b>Training Date</b>	<b>Who participated</b>	<b>#People</b>	<b>Purpose of training</b>
10/16/17	Cafeteria managers at Banning Unified	34	SLM Reimbursable Meals
10/19/17	PE teachers at Wells Middle School	5	Exercise Your Option (6 <sup>th</sup> Grade) Lunch at the Mall EatFit (7 <sup>th</sup> Grade) Got Breakfast/blacktop EatFit (8 <sup>th</sup> Grade) Keep That Heart Pumpin'
11/3/17	PE teachers at Wells Middle School	5	Exercise Your Option (6 <sup>th</sup> Grade) Power up for Breakfast EatFit (7 <sup>th</sup> Grade) Fast Food Squares EatFit (8 <sup>th</sup> Grade) TV Training
11/16/17	PE teachers at Wells Middle School	5	Exercise Your Option (6 <sup>th</sup> Grade) Food Record EatFit (7 <sup>th</sup> Grade) ReThink Your Drink EatFit (8 <sup>th</sup> Grade) EatFit Jeopardy
12/12/17	Cafeteria managers at Banning Unified	34	SLM overview and the 6 Principles
2/20/18	Loma Vista MS PE team	5	Exercise Your Option (6 <sup>th</sup> Grade) Power up for Breakfast EatFit (7 <sup>th</sup> Grade) Got Breakfast/blacktop
3/15/18	Cafeteria staff at Wells Middle School and District Nutrition Specialist	7	SLM Refresher SLM overview and the 6 Principles
5/15/18	PE teachers at Loma Vista Middle School	5	ReThink Your Drink
10/3/2017	4th grade teachers at Coral Mountain Academy	2	It's My Choice Curriculum Training
10/11/2017	Pre-K teacher at La Quinta Head Start	1	Happy Healthy Me Curriculum Training
1/4/2018	Kindergarten yard monitors, school admin and district wellness coordinator at Cesar Chavez Elementary	6	CATCH k-8 Training (2 hour)
1/8/2018	Kindergarten yard monitors at Cesar Chavez Elem	4	CATCH k-8 Training- 30 minute prior to first implementation- Activity demonstration

<b>Training Date</b>	<b>Who participated</b>	<b>#People</b>	<b>Purpose of training</b>
1/9/2018	Kindergarten yard monitors at Cesar Chavez Elem	4	CATCH k-8 Training –30 minute debrief and troubleshooting of first day
1/10/2018	Kindergarten yard monitors at Cesar Chavez Elem	1	CATCH k-8 Training- 30 minute training overview for new yard duty
1/31/2018	Kindergarten teachers at Cesar Chavez Elem	6	Go, Glow, Grow Curriculum Training
2/16/2018	Pre-K teachers at Summerfield Head Start	1	Happy Healthy Me Curriculum Training
3/14/18	Pre-K Teacher (Barabino) at Jackson Head Start	1	CATCH ECE: Part 1 & 2 Training
3/19/2018	Pre-K Teacher (Stubblefield) at Hoover Head Start	1	CATCH ECE: Part 1 Training
3/20/2018	Pre-K Teacher (Stubblefield) at Hoover Head Start	1	CATCH ECE: Part 2 Training
3/28/2018	P.E. teachers at Bobby Duke Middle	3	Eat Fit Curriculum Training
4/3/2018	Pre-K Teacher (Jimenez) at Palm Desert Head Start	1	CATCH ECE: Part 1 Training
4/4/2018	Pre-K Teacher (Jimenez) at Palm Desert Head Start	1	CATCH ECE: Part 2 Training
4/4/2018	Pre-K Teacher (Bautista) at Adams Head Start	1	CATCH ECE: Part 1 Training
4/5/2018	Pre-K Teacher (Bautista) at Adams Head Start	1	CATCH ECE: Part 2 Training
4/5/2018	Pre-K Teacher (DiMaggio) at Adams Head Start	1	CATCH ECE: Part 1 Training
4/6/2018	Pre-K Teacher (DiMaggio) at Adams Head Start	1	CATCH ECE: Part 2 Training
4/6/2018	Pre-K Teacher (Cuevas) at Eisenhower Head Start	1	CATCH ECE: Part 1 Training
4/6/2018	Pre-K Teacher (Meza) at Johnson Head Start	1	CATCH ECE: Part 1 Training
4/6/2018	Pre-K Teacher (Hoffman) at Van Buren Head Start	1	CATCH ECE: Part 1 Training
4/10/2018	Pre-K Teachers (Chico & Perez) at Hoover Head Start	2	CATCH ECE: Part 1 Training
4/13/2018	Pre-K Teacher (Lee) at Van Buren Head Start	1	CATCH ECE: Part 1 Training
4/13/2018	Pre-K Teacher (Eudave) at Palm Desert Head Start	1	CATCH ECE: Part 1 Training
4/16/2018	Pre-K Teacher (Meza) at Johnson Head Start	1	CATCH ECE: Part 2 Training

Training Date	Who participated	#People	Purpose of training
4/16/2018	Pre-K Teachers (Lee & Hoffman) at Van Buren Head Start	2	CATCH ECE: Part 2 Training
4/17/2018	Pre-K Teacher (Perez) at Hoover Head Start	1	CATCH ECE: Part 2 Training
4/17/2017	Pre-K Teacher (Cuevas) at Eisenhower Head Start	1	CATCH ECE: Part 2 Training
4/19/2018	Pre-K Teacher (Chico) at Hoover Head Start	1	CATCH ECE: Part 2 Training
4/23/2018	Pre-K Teacher (Eudave) at Palm Desert Head Start	1	CATCH ECE: Part 2 Training
4/23/2018	Kinder yard monitors at Cesar Chavez Head Start	4	CATCH k-8 Evaluation: Focus Group
8/13/2018	Kinder yard monitors at Cesar Chavez Head Start	4	CATCH k-8 Training (2 Hour)
9/6/2018	Pre-K Teacher at La Quinta Head Start	1	Happy Healthy Me Curriculum Training
9/6/2018	4 <sup>th</sup> Grade teachers at Coral Mountain Academy	2	It's My Choice Curriculum Training
9/7/2018	Pre-K Teacher at Palm Desert Head Start	1	Happy Healthy Me Curriculum Training
9/7/2018	Pre-K Teacher at Eisenhower Head Start	1	Happy Healthy Me Curriculum Training
9/7/2018	Pre-K Teacher (DiMaggio) at Adams Head Start	1	Happy Healthy Me Curriculum Training
9/13/2018	Pre-K Teacher (Guzman) at Jackson Head Start	1	Happy Healthy Me Curriculum Training
9/14/2018	Pre-K Teacher (Barabino) at Jackson Head Start	1	Happy Healthy Me Curriculum Training
9/14/2018	Pre-K Teacher at Johnson Head Start	1	Happy Healthy Me Curriculum Training
9/14/2018	Pre-K Teacher (Bautista) at Adams Head Start	1	Happy Healthy Me Curriculum Training
9/18/2018	Pre-K Teacher (Lee & Hoffman) at Van Buren Head Start	2	Happy Healthy Me Curriculum Training
9/20/2018	Pre-K Teacher (Perez & Stubblefield) at Hoover Head Start	2	Happy Healthy Me Curriculum Training
9/21/2018	Pre-K Teacher (Stubblefield) at Hoover Head Start	1	Happy Healthy Me Curriculum Training

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

Posters:

Ganthavorn C<sup>1</sup>, Sandoval E<sup>1</sup>, Pulido M<sup>1</sup>, MKNelly B<sup>2</sup>, Keihner A<sup>2</sup>, Mills MA<sup>2</sup>, Diane English<sup>3</sup>, UC Cooperative Extension –Riverside County<sup>1</sup>, UC CalFresh State Office<sup>2</sup>, Coachella Valley Unified<sup>3</sup>  
**Smarter Lunchrooms Movement in Coachella Valley**, 2018 California SNAP-Ed LIA Forum, Sacramento.

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Ganthavorn C, Carlos C, Palacios-Sanchez I, Ogosi N. **TWIGS Curriculum Showcase**, 2018 California Agriculture in the Classroom Conference, Palm Springs.

Publication:

Ganthavorn C and Kaiser L. (2018) Spotlight Education Prompts Intent to Change Dietary Behaviors. *Journal of Nutrition Education and Behavior*, 50(3): 315-318.

UC CalFresh Presentations:

- 1) 11/14/17 *Sustainable SHCP Implementation Through Partnership*, presented by Claudia Carlos (UC CalFresh) at Shaping Healthy Choices County Check-in Zoom meeting.
- 2) 2/5/18 *Overview of SLM (including the 6 Principles of SLM)*, presented by Claudia Carlos (UC CalFresh) at Alvord Unified District Wellness Committee meeting/Alliance for a Healthier Generation Workshop at the Alvord Unified Child Nutrition Services.
- 3) 5/3/18 *Inspiring Healthy Communities – Empowering Youth as Leaders*, presented by Metria Munyan (PHI), Paul Tabarez (UC CalFresh) and Emma Sandoval (UC CalFresh), Best of Out-of-School Time (BOOST) Conference, Palm Springs.
- 4) 5/16/18 *Wellness Committee Report and Rethink Your Drink*, presented by Claudia Carlos (UC CalFresh) at School Site Council/Wellness Committee meeting at Nicolet Middle School.
- 5) 8/6/18 *Overview of Districtwide Student Wellness Efforts*, presented by Reanna Liversage (Banning USD), Claudia Carlos (UC CalFresh), Amanda Toohey (NEOP), Banning Unified School District Employee Wellness meeting at Banning High School.

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

Senator Roth Visits Wells Middle School, March 16, 2018

<https://www.alvordschools.org/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=11236&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=27413&PageID=1&Comments=true>

Senator Richard Roth Visited a UC CalFresh Class, UCCE Riverside County Blog, April 23, 2018

<https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=26992>

Rethink Your Drink Day May 16<sup>th</sup>, UCCE Riverside County Blog, June 5, 2018

<https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=27375>

UC CalFresh Participated in the Healthy Snack Day, UCCE Riverside County Blog, August 29, 2018

<https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=28874>

UC CalFresh at the CA Ag in the Classroom Conference, UCCE Riverside County Blog, October 2, 2018

<https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=28320>

Riverside County, UC CalFresh County Profiles FFY17 posted on UCCE Riverside County website

<http://ceriverside.ucanr.edu/NFCS/FSNEP/>

**ix. Awards Received**

UC CalFresh Educator, Claudia Carlos, received the **2017-18 UC ANR Staff Appreciation and Recognition (STAR) awards** in recognition of her excellent work during the past four years assisting 11 schools in Alvord Unified win national awards from the Alliance for a Healthier Generation's Healthy Schools Program, including one school that received the Gold Award twice, and implementing the Shaping Healthy Choices Program in Riverside County. She was recognized at the award ceremony in Davis on June 6, 2018 by VP Glenda Humiston.

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## D. Key Evaluation Outcomes

### PSSC Evaluation

The Plan, Shop, Save, and Cook evaluation was given to all participants that completed the five-hour weekly sessions. A total of 156 pre/post surveys were collected from 391 participants (40%) sampling. The result shows 87% of the Riverside County participants made improvement in at least one of five behaviors (plan meals, compare prices, shop with a list, think healthy choices and use Nutrition Facts), as compared with 84% statewide. Riverside County participants (71%) also made improvement in using MyPlate as an eating guide as compare with the statewide average (64%). The outcomes for Riverside County (Table 9) show the smart objectives were met for five behaviors (plan meals, compare prices, think healthy choices, use Nutrition Facts and not run out of food as often). The only behavior that did not meet the smart objective is shop with a list.

Several SNAP-Ed Evaluation Framework priority indicators show statistically significant improvements from pre to post in the percent of participants who reported that they “almost always” or “most of the time”:

- Use MyPlate to make food choices (from 19% to 58%,  $p < .001$ ) [MT1f]
- Use the “Nutrition Facts” label to make food choices (from 38% to 64%,  $p < .001$ ) [MT2b]
- Plan meals ahead of time (from 46% to 69%,  $p < .001$ ) [MT2j]
- Think about healthy food choices when deciding what to feed the family (from 63% to 79%,  $p < .001$ ) [MT2h].

The qualitative data collected at the end of the series show that the PSSC series have made an impact on the participants’ behavior. They expressed that they have incorporated what they learned to improve their food shopping, cooking and eating habits. They shared the nutrition knowledge with their family and involved them in meal planning.

The following are comments from participants in the PSSC series:

*“I changed the way that I eat. I now read the labels, before I did not know how to read them. I am now teaching my family, including my parents how to eat healthier. I use what I have at home before I get more items at the store. I make a list, and compare prices. I see things in a different way and I take my food intake more serious. I learned so much.”*

*“These nutrition classes have helped me change my style of cooking and incorporating more fruits and vegetables.”*

*“I learned how to cook healthier meals. I lost weight and toned my body. I also learned not to eat a whole lot of red meats, and measure how much sugar and salts are added to my meals.”*

*“I have changed my way when purchasing certain products by reading the nutritional fact label and being more alert about the consumption of sugar, salt, and calories.”*

*“I have learned how to make my shopping easier and cost effective. When going grocery shopping I know select generic/store brand names rather than the popular brand name, since they are practically the same but only cheaper. I also learned the different portions for both adults and children. My goal is to save money and use coupons.”*

*“After taking this course, I am now more nutrition conscious, and use meal planning and collaborate with my kids in planning meals. We are more open to trying new foods and we use are shopping list.”*

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Table 9: PSSC Pre/Post checklist results (n=156)

Behavior	Objectives	FFY 18 Statewide	FFY 18 Riverside
Plan Meals	≥ 40%	42%	41%
Compare prices	≥ 25%	44%	38%
Shop with a list	≥ 40%	45%	34%
Think about healthy choices	≥ 30%	38%	40%
Use Nutrition Facts label	≥ 50%	55%	51%
Use MyPlate	NA	64%	71%
Did not run out of food as often	≥ 30%	36%	31%

Intent to Change (ITC)

The intent to change evaluation was given to participants that completed the single session workshops and spotlight sessions. The questions aim to record the participant’s intent to change their behavior and are tailored to topic/message presented. This year, Riverside collected a total of 365 ITC surveys for the following topics: Sugar sweetened beverages (n=113), food groups (n=110), veggies (n=86), fried foods (n=22), plan meals (n=10), unit prices (n=8), grains (n=8) and food labels (n=8). For the behaviors with adequate samples, the results show that over 70% of the participants who did not practice the healthy behaviors indicated their intent to make a change after the education (Table 10). The results for Riverside County are comparable to the statewide results (Table 10). Drinking sweet beverage every day and eating fried foods two or more times per week are the two behaviors often seen with our participants (68% eating fried foods and 76% drinking sweet beverage). After the short education 73% and 86% respectively indicated that they intend to change their behavior.

Table 10: Intent to Change (ITC) results

Behavior	Statewide Results			Riverside County		
	Sample Size (n)	% NOT practicing the behavior prior to education	% with Intent-to-Change the behavior (of those not practicing the behavior)	Sample Size (n)	% NOT practicing the behavior prior to education	% with Intent to improve the behavior (of those not practicing the behavior)
Eating foods from all five food groups each day in the past week	2,380	23%	79%	110	27%	77%
Eating more than one kind of vegetable each day during the past week	993	20%	80%	86	5%	no data
NOT Eating fried foods two or more times during the past week	64	59%	68%	22	68%	73%
NOT Drinking a sweet beverage every day in the past week	1,258	71%	75%	113	76%	86%

### EatFit Evaluation

The EatFit student pre/post evaluations, 564 total, were collected from 18 classes in 3 middle schools from Alvord Unified [See Appendix A]. The FFY18 EatFit results exceed the SMART objectives in three behaviors: improvement in FV consumption, improvement in fast food & snack consumption and improvement in beverage consumption (Table 11).

Table 11: EatFit Evaluation

% Students w/ the behavior	FFY17 Riverside	FFY18 Goals	FFY18 Riverside
Made at least one improvement in their eating behavior	95%	NA	93%
Ate breakfast more often	23%	≥ 25%	23%
Made improvement in FV consumption (eat a F/V at breakfast, eat a vegetable at dinner, eat dark leafy greens)	30%	≥ 25%	31%
Made improvement in fast food & snack consumption	32%	≥ 25%	33%
Made improvement in beverage consumption	32%	≥ 25%	30%

Since EatFit was used with PE classes and only nutrition lessons were taught, the evaluation of the nutrition component is reported here. Over 60% of participating students set at least one eating goal. Almost half (47%) were successful at reaching their eating goal (Table 12).

Table 12 EatFit Eating Goal

Eating Goal:	# Student w/ yes	% Student w/ yes
% Students that set an eating goal	338	61.12
% Students that were able to remember the eating goal	379	75.65
% Students that tried to meet their eating goal	328	63.44
% Students that were successful in reaching their eating goal	233	46.88
% Students that met their eating goal and set another goal to work on	160	35.09

### Money Talks Hunger Attack! Evaluation:

The Hunger Attack student evaluation was implemented at the beginning of the year (pre) and again at the end of the program (post). High school students were asked to enter their initials and student ID number on the surveys so that the pre and post surveys could be matched. A total of 412 matched surveys were collected from four high schools (17 classes). The results show over 30% of participating students made improvement related to their consumption of vegetables (36%), fruit (33%), and sweet beverages (33%). [See Appendix B] In addition, more than a quarter of the students made improvements to save money when they buy food:

- 30% made improvement to track how much they spend on food each week
- 27% made improvement to use coupons at restaurant
- 31% made improvement to look for special offers at the places they like to eat
- 32% made improvement to share a meal with a friend instead of buying two individual meals
- 26% made improvement to carry snacks so they don't have to buy them while away from home

The survey results also revealed that 28% of the students are food insecure before participating in Hunger Attack curriculum and this percentage dropped by 6% after Hunger Attack lessons.

### Teacher Observation Tool (TOT)

TOTs were collected from 30 classes representing 641 students in the preschool and elementary level. The results are shown in Tables 13a and 13b. Riverside County results met the smart objectives for both 'choice' and 'willing' categories. All of the teachers strongly agreed or agreed that students now can identify healthy

food choices as compared to the beginning of the school year, and 94% strongly agreed or agreed that more students are willing to try new foods at school. Also, 73% of the teachers strongly agreed that the students now wash their hands more often. More than 80% of teachers now encouraged their students to eat breakfast and be more physically active. About 2/3 of the teachers said they now make healthier personal food choices.

Teacher quotes:

*“Great program for kids.”*

*“In combination with the school's healthy choices program, I believe our students are significantly more informed of making healthy food choices and the importance of exercising. Thank you!”*

*“The program provides a strong foundation for children that outside the class don't have exposure. Thank you for all your support this year.”*

*“We always appreciate the extra support and materials in the classroom to expand learning on health and nutrition.”*

*“Love the hands on with fruits and presentations! Thank you for your patience and sharing your excitement about blackberries with us. We now love blackberries.”*

*Table 13a: Teacher Observation Tool Results (student assessment) % (n)*

Questions	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree	Unable to Observe	SMART Objectives
1. (Snack) Compared to the beginning of the school year, more students now: bring fruit as a snack	37% (11)	7% (2)	7% (2)	3% (1)		47% (14)	NA
2. (Wash) Compared to the beginning of the school year, more students now: wash hands more often.	73% (22)	10% (3)	3% (1)	3% (1)		10% (3)	NA
3. (Choice) Compared to the beginning of the school year, more students now: can identify healthy food choices	57% (17)	43% (13)					>75% Strongly Agree or Agree
4. (Willing) Compared to the beginning of the school year, more students now: are willing to try new foods offered at school.	57% (17)	37% (11)	3% (1)	3% (1)			>75% Strongly Agree or Agree
5. (Choosefv) Compared to the beginning of the school year, more students now: Choose fruits and/or vegetables in the cafeteria or during classroom parties.	23% (7)	23% (7)	17% (5)			37% (11)	NA

Table 13b: Teacher Observation Tool Results (self-assessment) % (n)

Questions	A lot more often	Somewhat more often	About the same as before	Not Sure	NA (no outside food allowed)
6. ( Offer) Compared to the beginning of the school year, I (the teacher) now: offer healthy food choices to the students (at parties, snacks, rewards).	53% (16)	7% (2)	7% (2)		33% (10)
7. ( Parties) Compared to the beginning of the school year, I (the teacher) now: remind families to bring healthy snacks for school parties.	40% (12)	3% (1)	7% (2)		50% (15)
8. (Breakfast) Compared to the beginning of the school year, I (the teacher) now: encourage students to eat breakfast	83% (25)	10% (3)	7% (2)		
9. (Tchoice) Compared to the beginning of the school year, I (the teacher) now: make healthier personal food choices.	67% (20)	20% (6)	13% (4)		
10. (Active) Compared to the beginning of the school year, I (the teacher) now: encourage the students to be physically active.	83% (25)	13% (4)	3% (1)		

Student Test Taste Tool (TTT)

Student test tasting was conducted with 57 classes including 1,428 students. The results are presented in Table 14. This year the foods that were used included blackberries (24 classes), quinoa (11 classes), mini sweet pepper (7 classes), blueberries (5 classes), edamame (4 classes), black beans (3 classes), strawberries (2 classes) and yellow squash (1 class). The overall results show that only 37% had tasted the food before, therefore meeting the SMART objective. However, only 60% were willing to eat the food again at school and 49% were willing to ask for the food at home.

Table 14. Student Taste Testing

Question	SMART Objective	FFY18	Meeting Smart Objective?
Before today's class, how many of you have tasted this food before?	40% or less	37%	Yes
How many students ate (or tasted) the food today?	No SMART Objective	92%	N/A
How many of you are willing to eat the food at school again?	More than 75%	60%	No
How many of you are willing to ask for this food at home?	More than 60%	49%	No

## **E. Overall Assessment**

As Riverside County UC CalFresh developed a deeper relationship with each agency/organization, our reach has decreased accordingly. The number of total SNAP-Ed unduplicated direct education participants decreased from 9,708 the previous year to 6,946 this year (28% reduction). The number of sites that we served last year had decreased as well for various reasons. Several sites (YMCA -3 locations, Boys & Girls Club -2 locations, and Palm Springs Early Childhood Education) were either put on hold or let go when the Educator working with these sites was promoted to Program Supervisor. Other sites (Indio DPSS, New Horizon High, Oasis Elementary) were not served last year because of limited staff time while we recruited and trained new staff. The total number of direct education sessions delivered also decreased from 6,963 sessions the previous year to 4,926 sessions this year (29% reduction). On the other hand, Riverside UC CalFresh provided PSE support to 27 out of 33 sites that we served (82%). These PSE activities support all of the UC CalFresh State Office's initiatives: school gardens, YPAR, SHCP, SLM and CATCH physical activity. Although we are maintaining good relationships with the three school districts, each one is facing some challenges and changes. The Coachella Valley Unified lost funding for the school wellness coordinator position. The Alvord Unified lost the support from the Alliance for a Healthier Generation, and the Banning Unified's nutrition specialist went on extended leave. The Community Settlement Association also lost their program manager. These challenges have made negative impacts in our program and will likely continue into the next year. Overall, FFY18 was a year in transition for Riverside UC CalFresh as we integrate more PSE strategies and adopt the multi-level comprehensive program model. We are still trying to find a balance between direct education and PSE support. In the coming year, we hope to set course and plan strategies for the next IWP, take a hard look at the sites that we are serving, and continue to move toward a more comprehensive programming and PSE integration.

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

We need to fill one educator position that was left vacant in August this year. Currently, all of our CES1 Educators have been hired within one year and they still need more training. The Shaping Healthy Choices Program has now expanded to 5 classes at the same two schools, but with pending retirement of one teacher, we will need to look for ways to keep the program going. The YPAR project at Nicolet will not be continuing since all the students in the group had graduated. Instead, we will be looking for opportunities to promote youth engagement either through a SLM SNAC group or student garden club. We plan to evaluate our activities at all of the sites we work with to create a site plan for direct and indirect education and PSE support. We plan to continue supporting all of the State Office's PSE initiatives by implementing each with at least one or two sites. Moreover, EatFit curriculum has been revised, and therefore we will be providing EatFit training to participating teachers. Finally, we plan to expand our reach by partnering with other non-SNAP-Ed programs, particularly EFNEP and Dairy Council of California.

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