



SUCCESSSES

UC CalFresh facilitated CATCH trainings at schools and community sites to help students learn that the CATCH Program is all about working towards bringing people together to work towards creating a healthy environment for kids and helping them develop healthy habits early in life.

"Thank you for the training. I didn't want to come, but I'm glad I did! I work in the homes with kids and parents and I could definitely use these activities at home."

CATCH Participant



RESULTS

After receiving UC CalFresh Nutrition Education:

- ✦ 100% - More students now can identify healthy food choices
- ✦ 99% - More students are now willing to try new foods offered at school

"This is an excellent program and the students really enjoy the different foods and learning about nutrition."

Tulare County School Teacher

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

Tulare County ranks among the lowest county in food security and the highest in low-income residents. UC CalFresh, Tulare addresses these issues by educating low-income families to adopt life applicable skills and practices in money and food resource management, food safety, healthy food selection and preparation, and increasing opportunity for physical activity.

Serving Individuals and Communities

In collaboration with key partners, UC CalFresh uses a unique county-specific integrated strategic planning approach to reach CalFresh eligible participants. In FFY2018, we reached over 11,000 CalFresh eligible participants, delivered over 9,000 hours of nutrition and physical activity education in over 30 schools and communities across Tulare/Kings County.

Providing Education

UC CalFresh Tulare/Kings provides learner-centered nutrition education classes to youth and adults. The series-based adult classes teach adults how to make healthy choices with limited resources for their families. Youth curriculum teaches children how to identify healthy foods, increase physical activity at home and school.

Helping to Make Organizational and Environmental Changes

UC CalFresh Tulare/Kings uses a comprehensive approach that utilizes Policy, Systems & Environmental (PSE) strategies to support direct education efforts. Strategies include: school wellness policy, Smarter Lunchroom Movement, school and community gardens, physical activity education, healthy school farmers markets, and youth engagement opportunities.

Serving California Agriculture

Tulare County leads the nation in dairy production and ranks as one of the largest agricultural producing counties in the entire nation. UC CalFresh works closely with Tulare County's largest food bank to provide fresh produce accessibility to low-income families in schools and food dessert areas.

Building Partnerships

UC CalFresh collaborates with:

- ✦ School Districts
- ✦ Food Banks
- ✦ Tulare Office of Education (TCOE)
- ✦ Health Centers
- ✦ Tulare County Farm Bureau
- ✦ International Agri-Center
- ✦ Local Agencies
- ✦ Local Health Department
- ✦ UCCE Master Gardeners
- ✦ UCCE 4-H



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SUCCESSSES

UC CalFresh collaborated with West Hills Community College Early Childhood Development Centers to facilitated a very successful Piece Conference. The conference provided Early Childhood Educators with an opportunity to expand their knowledge and become the change within their students' lives.

"I like the movement and awareness of the activities, I got to learn that children can educate their family."



RESULTS

After receiving UC CalFresh nutrition education:

- 🍌 97% - more students now can identify healthy food choices
- 🍌 87% - more students are now willing to try new foods offered at school

"All of my students always got excited about the program. Most of my students have changed a lot of their eating habits; it's made a huge difference."

Kings County School Teacher

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

Kings County is located midway between San Francisco and Los Angeles in the heart of the San Joaquin Valley. Food insecurity and inadequate nutrition are serious issues for Kings County. In Kings County, 27.9% of children under the age of 18 are living in food insecure households. The total population with low food access is 33.2% compared to the statewide average of 14.3%.

Serving Individuals and Communities

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Serving California Agriculture

UC CalFresh Kings County collaborates with key community partners and Feeding America Food Bank to deliver fresh produce and food to low-income families. Food is donated by local farmers to feed over 250 families and seniors each month.

Building Partnerships

UCCE Kings County collaborates with many county partners:

- Kings Community Action Organization
- Kings Human Services
- Health Department
- Commission on Aging
- Ready Program
- West Hills College
- Partnership for Prevention
- City of Avenal



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A. SNAP-Ed Program Overview

Building from the foundation that began in FFY-2014, UC CalFresh Nutrition Education Program (NEP) Tulare/Kings Counties focused on a comprehensive, multi-level interventions at multiple complementary organizational and institutional levels approach to reach children, youth, adults, and families. Based on the Tulare/Kings County *Community Needs Assessment Report 2016*, more than 50% of the population is Hispanic or Latino with over 67% of the student population in qualifying schools are eligible to receive Free or Reduced Priced Meals (FRPM). In many rural school districts, FRMP percentages are above 90%. Although the Central Valley's massive agricultural industry is prominent in Tulare/Kings Counties, poverty and obesity-related health outcomes are pervasive among county residents, specifically in rural areas. For many low-income families, living in an environment that does not support a healthy lifestyle can become a huge barrier towards changing healthy behaviors and environment.

UC CalFresh NEP in Tulare/Kings has addressed these challenges by using a unique county-specific integrated strategic planning that combines collaboration with Local Health Department (LHD) and community partners to make information and options for healthy eating and physical activity available to the SNAP-Ed eligible target audience. UC CalFresh Tulare/Kings in collaboration with SNAP-Ed funded and non-funded partners focus on providing evidence-based programs that support and align with SNAP-Ed guidelines.

The overall goal for UC CalFresh Tulare/Kings County is to support the SNAP-Ed Goal and healthy food and physically active lifestyle choices consistent with the current *Dietary Guidelines for Americans* and the USDA food guidance. Taking into consideration the SNAP-Ed Guiding Principles, Tulare/Kings implemented multi-level comprehensive programming to help our SNAP-Ed target audience achieve a lifestyle that includes healthy eating habits and physical activity in order to help prevent obesity and obesity-related chronic disease. Our primary focus was to implement nutrition education strategies and health promotion efforts centered around direct nutrition education, indirect education, strong partnerships and coalitions, Policy System & Environmental (PSE) changes, and the use of social media marketing. Nutrition and physical activity education interventions includes the use of series-based, single-session workshops, and spotlight sessions in various settings targeting children, youth, adults, and families.

Based on the Federal Fiscal Year 2018 (FFY2018) results, UC CalFresh Tulare/Kings Counties met and exceeded Integrated Work Plan (IWP) goals. Outcomes reported included:

- Reached over 11,000 SNAP-Ed eligible participants.
- Implemented health promotion activities and PSE interventions at 32 sites.
- Worked with over 20 SNAP-Ed and non-funded partners to maximize efforts.
- Increased UC CalFresh program visibility.

i. Progress in Achieving Overarching Goals:

The overall goal for UC CalFresh (Tulare/Kings Count) is to support the SNAP-Ed Goal. Tulare/Kings implemented multi-level comprehensive programming to help reach our Integrated Work Plan (IWP) and State-Level Goals. A primary focus is to help the SNAP-Ed target audience achieve a lifestyle that includes healthy eating habits and physical activity in order to help prevent obesity and obesity-related chronic disease.

During FFY2018, the UC CalFresh NEP of Tulare/Kings Counties worked collaboratively to strengthen the comprehensive programming efforts. Our primary goals included : 1) Increase consumption of healthy foods and beverages and decrease consumption of unhealthy foods and beverages, 2) Increase physical activity, 3) Improve food resource management, 4) Increase access to and/or appeal [3] of healthy dietary choices and decrease access to and/or appeal of unhealthy dietary choices where people

eat, live, learn, work, play, or shop and, 5) Increase access to and/or appeal [3] of physical activity opportunities for SNAP-Ed eligible populations.

Our progress in achieving Tulare/Kings overarching goals during FFY2018 is summarized below:

Objectives 1 & 2: Increased consumption of healthy foods and beverages and increased physical activity.

SNAP-Ed eligible adults participated in a series-based Plan, Shop, Save and Cook (PSSC) classes to learn to make smart choices. Participants gained valuable skills in meal planning, making a list, food preparation and basic food safety and label reading. After completing the course, participants reported an increase in fruit and vegetable consumption, decrease in sugary beverage consumption, improved food security, and an increase in physical activity. Success stories indicate that parents were now reading labels to make healthy food choices, walking and playing outside with their families, cooking meals with less fat and sugar, and drinking more water.

Objective 3: Improve Food Resource Management.

SNAP-Ed eligible adults participated in a series-based PSSC and Making Every Dollar Count (MEDC) classes to learn to make smart choices. Participants gained valuable skills in meal planning, making a list, food preparation and basic food safety and label reading. Participants also learned how to write goals, make smart choices, differentiate between a need and a want, and gained understanding of how to use community resources to save money. After completing these courses, participants reported an increase in fruit and vegetable consumption, decrease in sugary beverage consumption, improved food security, and an increase in physical activity. Participants also reported that they now knew how to write goals and use community resources to save money. Success stories indicate that parents were now incorporating better food practices, writing goals, and saving more money. See Key Evaluation Outcomes for additional information.

Objectives 4 & 5: Increase access to and/or appeal of healthy dietary choices and increase access to and/or appeal of physical activity opportunities.

Healthy School Farmers Markets, community farmers markets, and food distribution sites helped to increase access to and/or appeal of healthy food choices. Increased access to fresh fruits and vegetables allowed low-income participants to have healthier food options and greater food security. In addition, physical activity and sedentary behaviors were addressed through the provision of and education on structured physical activity program utilizing the CATCH curriculum and encouraging the use of SPARK in sites where SPARK is already being implemented. All adult parent classes integrate a minimum of ten minutes of physical activity education before, during or at the end of each nutrition lesson.

The indicators that directly align with FFY2018 objectives are: MT1 (Healthy Eating Behaviors), MT2 (Food Resource Management), and MT3 (Physical Activity and Reduced Sedentary Behaviors), MT5 (Nutrition Supports Adopted), and MT6 (Physical Activity and Reduced Sedentary Behavior Supports). In addition, to individual and environmental level indicators, the MT12 (Social Marketing) indicator aligned with this year's objectives was used to strengthen comprehensive programming. Multiple types of intervention evaluation were used to measure and determine outcomes including: Formative Evaluation, Process Evolution, Outcome Evaluation, and Impact Evaluation (see Key Evaluation Outcomes for evaluation results). To help accomplish State-level and IWP goals, Tulare/Kings strengthened and developed key partnerships to create a larger impact in the communities we serve. Partnerships and ongoing collaboration throughout the year were key to successful programming in FFY2018.

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

UC CalFresh NEP Tulare/Kings Counties worked collaboratively to strengthen the comprehensive nutrition programming efforts. Our primary focus was to implement strategies and health promotion efforts centered around direct nutrition education, indirect education, highlight success stories, strong partnerships and coalitions, PSE changes, and the use of social media marketing.

Direct Nutrition Education

Tulare/Kings reached 8,324 number of youths, adults and families with evidence-based nutrition education and delivered over 9,300 hours of direct education hours. For FFY-2018, we focused primarily on the school as a hub with the goal of building a foundation that emphasizes nutrition education as the first layer in comprehensive programming. The Dietary Guidelines for Americans (DGA) are used as an important guide in helping to establish a foundation of quality nutrition education and obesity prevention efforts in all our sites. Our goal is to provide evidence-based education while ensuring excellent customer focus; thereby providing a meaningful learning experience for our target audience. Tulare/Kings offers both adult and youth series-based classes. Adult curricula include: PSSC, MEDC, and Healthy, Happy, Families (HHF). Youth curricula used include: Happy Healthy Me (HHM), Glow, Grow, Go (GGG), My Amazing Body, Good For Me and You, Eating Healthy from Farm to Fork, It's My Choice...Eat Right! Be Active!, TWIGS, Serving Up MyPlate, Power Play!, Nutrition to Grow On, EatFit, Discovering Healthy Choices, Cooking Up Healthy Choices, and Harvest of the Month (HOTM). Tulare/Kings nutrition educators have excellent teaching and classroom management skills that have made it possible to build a strong and vibrant reputation among our schools and communities and helps to maintain a high participation and graduation rate. Curriculum Pre/Post, Retrospective, and Intent to Change (ITC) evaluation tools are used to measure outcome results. Results are used to improve program delivery and to gauge participant knowledge and behavior change. Relationship building and a positive reputation are two of our strongest key ingredients that guide our team in delivering an exceptional program to our communities each year.



Kohn Elementary teacher demonstrating how to make freshly squeezed apple juice!



UC CalFresh Kings County Educator, Denise, teaches children about the MyPlate



UC CalFresh Kings County Educator, Sue, teaches about the MyPlate.

Indirect Nutrition Education for families

Indirect education is yet another complementary layer to comprehensive programming. Tulare/Kings strategically selected key messages that reinforced direct education. Indirect education included participation in school and community health-centered events that target as a whole. Indirect education strategies that support ongoing efforts added value in communities where food insecurity is a concern. An activity that helped to bring more awareness to community resources and encourage local residents to take advantage was the 2018 SNAC Farmers Market Pilot Campaign, which encouraged shoppers to use their CalFresh benefits at participating local farmers markets. Tulare County participated in seven of the eight Farmers Market events by providing obesity prevention interventions at the farmers markets. UC CalFresh educators shared nutrition and physical activity resources, engaged participants in games

such as the Nutrition Smart Spin Wheel and fun and easy physical activity games that everyone can do. UC CalFresh booths were colorful, creative and focused on key nutrition messages along with lesson reinforcements, handouts, healthy recipes, and SNAC Campaign materials including: SNAC EBT posters, handouts, pamphlets and reusable grocery bags given to increase EBT participation. Key nutritional messages shared at the SNAC Campaign farmers market and all indirect events include: Rethink Your Drink (Sweet Beverages), MyPlate (Food Groups), Breakfast, Food Labels, Portions, Fast Foods, Fried Foods, Food Safety, Physical Activity, and Sleep.



Earlismart Elementary Family Literacy Night Event!



Tulare County UC CalFresh Educators Yesenia and Alice at a STEM Night school event teaching student the basics of photosynthesis!

PSE in the School Hub Setting

Tulare/Kings uses the Social Ecological Model (SEM) to help develop nutrition educational strategies that provide opportunities to reach program participants and understand how various factors such as cultural beliefs, traditions, and lifestyle affect their ability to make smart food and physical activity choices. Our goal is to touch all sectors of the SEM from the individual to the policy level. This is possible through comprehensive programming using the school as the hub.

Based on FFY2018PEARS results, Kings/Tulare Counties, had over 40 PSE interventions, 60 adopted behaviors at 64 sites. In FFY18, Tulare/King County, focused on various PSE efforts that included:

➤ School Wellness Policy:

Kings County made great strides in this area. At least three schools adapted the Alliance for a Healthier Generation School Wellness (SWP) template to bring their SWPs in compliance with the Final Rule in order to implement and extend evidence-based practices that promote physical activity and healthy eating. Tulare County continues to work closely with School Districts Superintendents and Food Service Directors at two sites to revise and update school wellness policies. Changes have begun to take place and will be reported in FFY2019.

➤ Preschool and School Gardens:

Kings County successfully reinvigorated a preschool garden at one site. Before their assistance and support, the garden had laid dormant for some time. The garden was used to teach children about fruit and vegetables and MyPlate. Children also enjoyed making healthy recipes from the fresh produce in the garden. Tulare County continues to work with schools to maintain existing gardens in two schools and plans to establish more gardens including one community garden. At one site, pumpkins were planted after the school year ended in order to have a harvest in the fall. The pumpkins were showcased at a Harvest Night event where parents shared in the excitement and learned about the life of the pumpkin.

➤ Smarter Lunchrooms Movement (SLM):

Kings County exceeded in providing technical support to four schools and collected 12 SLM score cards. Improvements and changes were made in all sites based on SLM post score card results. Results included menu revisions to include fresh menu, and more fruits and vegetables. As of result, students increased fruit and vegetable choices, colorful and compelling nutrition corners were added, and product placement was used to allow students the opportunity to choose white milk over chocolate milk and/or other sugar-sweetened beverages. Tulare County collected 11 SLM score cards. Changes based on those cards included product placement to encourage white milk consumption, cafeteria staff encouraging students to eat all their lunch and thereby reduce food waste. Other changes included improved nutrition corners to address food safety focusing on a hand-washing theme and to promote fruit and vegetable consumption at the healthy school farmers market.

➤ Walking Clubs:

Tulare County had great success with providing education to maintain two walking clubs at one school and at a community site. The walking club at the school site has been going strong for three years. With the support of the supervisor, the adult educator will continue to provide resources to the walking club to help support sustainability efforts. The walking club at the community site began to experience some challenges when new management and plans to relocate were announced. Tulare County will continue to provide support as needed.

➤ Coordinated Approach to Child Health (CATCH):

Physical activity education was a highlighted focus for Tulare/Kings this year. Three CATCH trainings were conducted by Tulare/Kings to Kaweah Delta Early Child Education, Tulare County Office of Education, and to Kern County Head Start Early Child Education. CATCH implementation has been very strong and longstanding in Kings County thanks to the support provided to the READY after school program. Since the initial training in FFY-2016, READY After School program coordinators and teachers have been instrumental in sustaining the activities. The West Hills College preschools have also expressed huge interest and have been consistent with CATCH delivery since Kings County provided training and resources.

➤ Shaping Healthy Choices Program (SHCP):

Tulare County continues to support the SHCP in Earlimart Elementary. This year, the schoolteacher participating in the program has taken full responsibility in implementing the program in his classroom. Tulare will continue to offer support in the areas of food demonstrations and garden activities.

➤ Social media efforts in both counties

The goal FFY2018 was to increase visibility in both Tulare/Kings counties. With the onboarding of the new Nutrition, Family, & Consumer Sciences Advisor now supporting Tulare/Kings, social marketing interventions were implemented to highlight and promote the Tulare/Kings Nutrition Education Program with great success. Social media efforts included:

- Increase use of Facebook posts and traffic.
 - Newly established Twitter accounts.
 - Increased number of submitted success stories to be included in the UC CalFresh Weekly Update.
 - Increased press releases.
 - Nine posters were developed by the NFCS Advisor to promote and highlight county successes.
-



Planning phase—selecting the location of pre-school garden



Preschool purchases one of six garden



First bed ready—let the planting begin!



Beautiful Kohn Garden pumpkins ready for the Harvest Festival.



Kohn teacher and students harvesting pumpkins



Kohn Elementary garden. Pumpkins are almost ready to be harvested!



Attention-grabbing SLM nutrition corners to promote hand washing and food safety at Hester Elementary, Tulare County.

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	90	88	178	0	178
5-17 years	3,743	3,908	3,489	4,162	7,651
18-59 years	416	53	470	0	470
60 years or older	20	5	25	0	25
Total	4,269	4,054	4,162	4,162	8,324

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	1294	2980
	Non-Hispanic/Latino	2337	1016
Race (select one or more)	American Indian or Alaska Native	219	0
	Asian	387	43
	Black or African American	364	90
	Native Hawaiian or Other Pacific Islander	313	0
	White	1,614	601
Total		3631	3996

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	151	<input checked="" type="checkbox"/> 0-30	45
		<input checked="" type="checkbox"/> 31-60	105
		<input checked="" type="checkbox"/> 61-90	1
		<input type="checkbox"/> 91-120	0
		<input type="checkbox"/> Over 120	0
2. Series of 2 to 4 Sessions	42	<input checked="" type="checkbox"/> 0-30	10
		<input checked="" type="checkbox"/> 31-60	143
		<input checked="" type="checkbox"/> 61-90	8
		<input type="checkbox"/> 91-120	0
		<input type="checkbox"/> Over 120	0
3. Series of 5 to 9 Sessions	8	<input checked="" type="checkbox"/> 0-30	40
		<input checked="" type="checkbox"/> 31-60	15
		<input type="checkbox"/> 61-90	0
		<input type="checkbox"/> 91-120	0
		<input type="checkbox"/> Over 120	0
4. Series of 10 or More	175	<input checked="" type="checkbox"/> 0-30	8762
		<input checked="" type="checkbox"/> 31-60	4675
		<input checked="" type="checkbox"/> 61-90	98
		<input checked="" type="checkbox"/> 91-120	113
		<input checked="" type="checkbox"/> Over 120	2

iii. SNAP-Ed Delivery by Site Setting

Kings County	40	33
List of Settings	# of Sites with DE reported	# of Sites/Org with PSE Activity (any stage)
Afterschool programs (includes before school programs)	11	11
Community Organizations	3	
Early care and education	3	1
Family resource centers	3	
Food banks and pantries		1
Health care clinics and hospitals	1	
Schools (preschools, K-12, elementary, middle, and high)	19	20
Tulare County	17	17
List of Settings	# of Sites with DE reported	# of Sites/Org with PSE Activity (any stage)
Afterschool programs (includes before school programs)	1	
Community Organizations		1
Early care and education	1	1
Family resource centers	1	
Schools (preschools, K-12, elementary, middle, and high)	14	15

C. Program Highlights and Accomplishments for FFY2018

Kings/Tulare counties celebrated many highlights and accomplishments in FFY2018. Both counties met and/or exceeded the IWP goals and are on track for FFY2019. Kings County exceeded all UC CalFresh program goals for direct youth education, adult youth education, and indirect education. Kings County collected more than 5,200 hours of direct education and reached over 4,000 youth with nutrition and physical activity education. Overall, Kings reached over 4,600 SNAP-Ed eligible participants with nutrition and physical activity education. Kings also provided training and technical assistance to over 110 teachers and collected evaluation data from at least one classroom at each qualified site where series-based nutrition education was implemented. Additionally, Kings County maintained good communication with county partner-KCAO ensuring not to duplicate efforts. Kings continued to implement SLM in three school sites reaching over 4,000 students with key nutritional messages while promoting adequate hydration, food safety, and physical activity. Over 30 SLM scorecard assessments were administered by Tulare/Kings County for each site and technical assistance was provided throughout the year. Nutrition corners at each school site were interactive, and delivered key messages that cafeteria staff, students, and administration raved about.

Kings County worked with West Hills College Preschool to improve the ground garden beds. With the support of Kings County, preschool gardens flourished and produced tomatoes, carrots, eggplant, bell peppers—all of which the children planted and helped maintain and eventually tasted the fruit of their labor.

UC CalFresh Kings regularly attended and provided support and resources to the school wellness committee at three qualified school sites. Suggestions to include SLM signage and to promote adequate hydration by increasing water consumption instead of sugar-sweetened beverages were made to the wellness committee

and cafeteria staff. UC CalFresh Kings team also regularly attended CNAP meetings where they offered support and feedback.

The CATCH training that Kings County provided in FFY2018 was a wise investment of time and funding. Both the READY Afterschool Program and West Hills College Preschools continue to engage in CATCH activities on a regular basis. The long-standing partnership with the READY Program has been extremely successful and has resulted in the sustainability of excellent programming highlighting the quality and high standards by which the UC CalFresh NEP stand by.



Kings County and READY After School Program provide fun and engaging obstacle courses to increase physical activity!



After the course, why not try some healthy snacks! Thanks to the donation of supporters like the READY After School program!



UC CalFresh Nutrition Education Program State Office team, Michele and Andra having fun while conducting an activity observation!

UCCE Tulare Counties had several highlights and accomplishments for FFY2018. UC CalFresh Tulare county collaborated with Tulare County partner—Foodlink and non-funded partner—Altura Health Clinic to continue to support two School Farmers Markets and two SNAC teams. The School Farmers Markets now have a secure source of funding due to the meaningful and ongoing support from the school districts, school administrators, students, families, and the communities. This year, a new school farmers market was added to one of Tulare County’s rural school districts and will be reported in FFY-2019. The strong partnership that has evolved over time has been a tremendous support to the sustainability of this worthwhile intervention.

With the help and support of the new County Advisor, Tulare/Kings Counties increased program visibility and program exposure; thereby strengthening both the program and partnerships. A highlight worth mentioning is the great feedback we received during our site review from UC CalFresh state office about the efficiency in maintaining a smooth functioning program across Tulare/Kings Counties. Site visit report includes: our involvement from being a direct education program to now working on PSE changes at over 30 sites, strong partnerships, the Healthy School Farmer’s Markets, CATCH implementation, effective sustainability efforts, Kings County READY After School program, successful SHCP pilot in Tulare County, the Círculos de Bailoterápia pilot to help sustain physical activity and health programming in Kings County. Also, a noteworthy observation is the effective use of UC CalFresh procedures and processes in-place strengthened by the onboarding of the new NFCS Advisor, Deepa Srivastava. Deepa’s exceptional organizational skills and strengths in the areas of documentation, evaluation, policies, procedures, and record retention strengthened our program substantially. Overall, we were very encouraged by both the positive feedback and suggestions for improvements provided by our state office. The direction and support we received from our state office were invaluable.

The onboarding of a new cross-county educator to increase visibility for Tulare/Kings was a positive move in many ways because it allowed us to increase in sharing of success stories for the UC CalFresh Weekly Updates, which subsequently are also shared with our funding agencies (USDA and CDSS) as well as other State Implementing Agencies and key partners across the state.

This FFY2018, Tulare County experienced an improvement in communication with the other Local Implementing Agency - the LHD. Due to the initial meeting that our county partners (also LHD subcontractors) had with the LHD to open lines of communication, increase collaboration, and strengthen working relationships, Tulare/Kings and the LHD now have taken a focused and purposeful approach at aligning our vision to support the SNAP-Ed goal. As a result, we look forward to an even more productive and meaningful year!

Our newly formed relationship with the University of California Cooperative Extension (UCCE) Master Gardner Program has been instrumental in the successful implementation and sustainability of school gardens across Tulare County. UC CalFresh Tulare and UC Master Gardeners have teamed up to form a mentorship program that provides technical assistance and support to school gardens. In Tulare County there are five school sites with an onsite UC Master Gardner mentor that is available to provide garden-based trainings to teachers, administrators, and students. Thus far, this has been a very successful partnership.

Kings County was recognized for the hard work and dedication to the UC CalFresh program and its huge success throughout the years as a result of Sue Lafferty and Denise Cuendett' s excellent work in program implementation and community outreach. Both were recipients of the ANR STAR Awards in FFY2018 to recognize their great accomplishments and meaningful contribution to our Tulare/Kings County program!

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

Ongoing Projects

Tulare/Kings continued to support ongoing projects for reporting year FFY2018. Using the School Hub Model, Tulare/Kings implemented comprehensive programming with multi-level interventions in conjunction with individual and group-based direct education to deliver evidence-based nutrition education. Ongoing projects for FFY2018 include:

Kings County READY program:

Kings County continues to collaborate with the Hanford Elementary School District READY After School Program, which includes approximately 39 teachers and over 880 students. Kings County provides nutrition education emphasizing key messages from Discover MyPlate and Power Play. Students still anxiously await their turn to participate in the Chef's Club where students are taught about nutrition, basic food safety skills and how to cook healthy and delicious recipes.

Kings County Food Distribution:

UC CalFresh Kings County continues its partnership with the Commission on Aging, the City of Hanford, and Parks & Recreation to address food insecurity. Feeding America Food Bank delivers over 12,000 pounds of fresh produce and food every first Wednesday of the month. Food is donated by local farmers to feed over 250 families and seniors. This is made possible by the support of volunteers and effective collaboration between all partners involved. Kings County educators also assist with the food distribution and provide nutrition information and healthy recipes to participants as they fill their bags with food and produce.

Tulare County AgVentures Day:

AgVentures Day is in its sixth consecutive year and still going strong. UC CalFresh Tulare, the International Agri-Center (home of the World Ag Expo, the world's largest annual agricultural exposition), Tulare County Farm Bureau, Credit West, 4-H, and UC Master Gardeners gather together each year to plan this successful and meaningful event. The enrichment program provides 4th grade students with an opportunity to learn about nutrition, making healthy food choices, agriculture, and food and animal production. Students also get to try locally grown produce and dairy donated by local growers such as Rosa Brothers Milk Company, Grimmway Farms, and many more. The goal is to educate students about the importance of good nutrition and how it links to agriculture in the San Joaquin Valley and the world! The event reaches over 1,500 students of which 70 students were new reach for UC CalFresh Tulare County. See media section for information about AgVentures Day.

Tulare County Healthy School Farmers Markets:

Tulare County continues to support the Healthy School Farmer's Market at two sites. The Roosevelt farmers market has been sustainable for six years and the Wilson farmers market is now in its second year with plans to continue onto FFY2019. This year, the farmers markets were featured in the Back to School nights to encourage parents to participate in this year's farmers market. This year, the Nutrition Ambassadors were reclassified as the SNAC team in order to expand into SLM activities such as updating nutrition corners to support farmers markets efforts, assist with promoting this year's National Nutrition Month's theme—food waste prevention, and work on expanding knowledge of nutrition through research and journaling. This year, 30 students were selected from two schools to work alongside parent volunteers, UC CalFresh educators, and other partners to share information such as fun facts about the fruits and vegetables being distributed with their peers, families, teachers and community residents. All student volunteers have assigned roles and duties to perform at each farmers market event held monthly. Strong partnership supported PSE efforts in the schools and surrounding community. Sharing a common agenda, implementing a plan of action, open communication, and structured meetings were key in implementing Healthy School Farmer's Markets



Healthy School Youth-led Farmers Markets still going strong!



Former UC CalFresh NEP Director, David Ginsberg, speaks with the farmer's market youth.



Farmers Market Nutrition Ambassador helps students bag produce.

UC CalFresh Tulare/Kings Counties Annual Events:

Tulare/Kings supported and participated in several annual school events to help promote nutrition and physical activity. Events included:

- Health and Safety Days
- Piece Conference
- Back to School Nights
- Day of the Family events
- Earlimart Family Literacy Fair
- National Nutrition Month
- Jump for Heart events
- Multicultural Day

Tulare County Summer School Program:

This year again, UC CalFresh Tulare County joined efforts with Earlimart and Tulare City School District (TCSD) to make summer school a memorable experience for students. Both districts utilized Science, Technology, Engineering, Arts and Mathematics (STEAM) to educate children on the importance of making healthy food choices. Students were taught to identify a variety of fruits, vegetables, grains, proteins, and dairy foods from MyPlate. As students became aware of healthy foods, they put their imaginations to test and created foods using molding clay. The older students had the opportunity to learn more about fruits and vegetables and how they grow by identifying the six parts of the plant. Students discovered the different parts of a plant that they eat; for example, many did not know that jicama is a stem. Students were given unique healthy recipes for students to share with their parents at home. Students also tasted tofu berry smoothies and tajin popcorn. The recipes were both nutritious and very tasty!



Wilson Elementary Principal with UC CalFresh Educators at a Back to School Night.



Tulare County UC CalFresh Educator demonstrating a healthy fruit smoothie!



Students demonstrate their healthy but tasty snacks!



Tulare County UC CalFresh Educator teaching the parts of the plant.

Tulare County Partnership Support:

Each year, Tulare County supports SNAP-Ed partners to provide nutrition and physical activity education to youth and adults. Our efforts contribute to the success of each of the events listed below where UC CalFresh provides key nutrition messaging through interactive workshops and engaging activities. UC CalFresh supports its partners in the following events:

- MyPlate Color Run
- Dinuba Summer Nights Farmers Market
- Latino Health Awareness Month
- Food Day
- Fruit and Veggie Fest

New Projects

Kings County Bailoterapia Pilot Project:

With an intent to help community residents make well-informed food choices and increase physical activity, the UC CalFresh NEP successfully started a six months pilot program effective July 13, 2018 at Cochran, Kings County. This pilot initiative offers weekly spotlight nutrition education and Bailoterapia dance exercise lessons to parents of young children at the Family Resource Center, Corcoran, CA. Bailoterapia consists of free-flowing dance movements to enhance physical activity in a fun way. UC CalFresh adult nutrition educator in Kings County, who is a certified Bailoterapia instructor is leading the nutrition and dance exercise classes. The resources include time and commitment from Kings County nutrition educators and NFCS Advisor-Kings/Tulare, community partnerships, UC CalFresh State office time and support, nutrition materials, and UC CalFresh funding.

The components and related activities consist of: a) Implementation- lesson delivery includes 20 minutes of weekly spotlight nutrition education followed by 35 minutes of Bailoterapia lesson and 5 minutes of completing evaluation forms, b) Parent and community engagement-parents participation in weekly dance exercise classes, c) Collaboration for sustainability- UC CalFresh adult nutrition educator identified one promotora- a community champion who will continue with the dance classes at the Corcoran Family Resource Center site; UCCE connected the promotora with Family HealthCare Network who will take promotora's liability responsibility, and Corcoran Family Resource Center will continue to provide access to the site for physical activity classes and will provide childcare while parents attend dance classes, and d) Evaluation- formative evaluation includes planning; process evaluation includes program monitoring and documentation; and outcome evaluation includes participant completing nutrition and physical activity intent-to-change forms, success stories, and a pre-post adult physical activity tool.

Preliminary process evaluation data and success stories have indicated promising results and lessons learned. Garnering support from Family HealthCare Network and Corcoran Family Resource Center, UC CalFresh nutrition educator has identified a motivated promotora community champion who has committed to conduct dance classes twice a week. Parents living in the surrounding neighborhood are maximizing the opportunity to get fit and learn about nutrition by participating in the nutrition and dance exercise classes. For example, one participant mentioned - *"I learned about portion sizes and that I should eat more fruit. What I like about Bailoterapia is that we dance as a group and have fun together."* Similarly, the Site Program Coordinator of the Corcoran Family Resource Center enthusiastically shared- *"Moms are motivated and more cheerful after dancing, they are wanting it offered more often, they love it. We take care of their children while they are in class and it also helps prepare them for when their children go to preschool."* With UC CalFresh funding and continued support from partner organizations, the promotora community champion model has the potential to expand physical activity opportunities for Corcoran community residents through the number of days classes are offered and Family Resource Center sites offering Bailoterapia classes. This initiative has the potential to impact the long-term health of Corcoran families with young children.



Promotora Community Champion (left) with UC CalFresh Adult Nutrition Educator (right).



Promotora Community Champion leading the dance exercise class.



UC CalFresh Nutrition Educator delivering spotlight nutrition education.



UC CalFresh Nutrition Educator with participants.

Kings County Lakeside Comprehensive Nutrition Programming:

The Lakeside comprehensive programming intervention started this school year 2018-19 school year. Kings County completed the initial SLM checklist to gauge needs and potential improvements. There is now a committee in place that decorates and updates themes in the cafeteria (about every 2 months). Kings County Educators work with Food Service Directors to update and align nutrition corners to match the themes. Teachers also encourage their classes to provide art projects to support the themes in the cafeteria. Kings County also worked with the Food Service Director to submit a 2018 NSLP Equipment Assistance Grants – School Nutrition (CA Dept of Education) proposal to upgrade their ovens. They will find out in January, if they receive the grant. Direct education has begun in the classroom and to date lessons have been delivered to all kinder, 1st grade and 2nd grade students. Adult education classes are also provided utilizing the curriculum—PSSC and MEDC. Kings County also supports their back to school night to recruit for the adult classes. In collaboration with the principal and superintendent, Kings County is scheduled to update and revise the school wellness policy and work to establish a wellness committee at the beginning of the FFY-2019. Kings County will continue to work with the after-school program and find ways to start a YPAR project in collaboration with school partners.

Tulare County Terra Bella Comprehensive Nutrition Programming:

In Tulare County, a great success includes the Terra Bella comprehensive programming where all partners—UCCE, LHD, Terra Bella SD, Kaweah Delta, TCOE, FoodLink, and FHCH have joined efforts to provide health promotion services. To date, Terra Bella has a very strong school and community garden in place led by one of the teachers, a strong adult education program led by UCCE, a strong youth program where all teachers from grades K-6th grade are enrolled in TCOE nutrition education program and a strong early child education program led by Kaweah Delta. In the plans include: SWP revisions led by TCOE and supported by UCCE, a healthy school farmers market led by Foodlink and FHCH, SLM strategies led by TCOE in support by UCCE, CATCH implementation led by TCOE and in support of UCCE who will provide the teacher training, and the implementation of a MyPlate Color run for family engagement.

Tulare County Preschool Pilot:

Tulare partnered with TCSD preschool department to pilot Go, Glow, Grow (GGG) with school gardens. Planning for TCSD preschool gardens includes a five-year plan to fully immerse nine preschools with gardens, nutrition and garden-based education, adult education, stencils, and CATCH physical activity. This year, parent education classes began the end of October and garden beds have been installed in two preschools with a total of nine raised beds! The school funded the bulk of the expense with UC CalFresh assisting with providing soil and various small hand-held tools for the preschool students.

ii. Program Successes and Major Achievements

Partnerships:

As we continue to work towards implementing a more defined comprehensive program and expand outreach efforts, we've learned that key partnerships are critical to the completing of the program. Major key partnerships in both counties include: KCAO, Children's Storybook Garden, County of Kings Human Services, Health Department, Commission on Aging, Ready Program, West Hills College, Kings Partnership for Prevention, Family Health Care Network, the Corcoran Family Recourse Center, and the City of Avenal. In Tulare County, key partnerships are: Foodlink, Tulare County Office of Education, Kaweah Delta, Family Health Care Network, the Local Health Department, Altura Clinic, CHOICES After School Program, the UC Master Gardener Program, and more recently, United Health Centers and 4-H.

Coalitions:

Kings Partnership for Prevention (KPFP) - As part of the KPFP Workgroup-Healthy Eating & Active Living (HEAL), UCCE conducted needs assessment in one of the low-resource neighborhoods-Home Garden to identify opportunities for nutrition education. As a result, UCCE implemented adult nutrition education classes (PSS&C) at the Adventist Health clinic. Additionally, NFCS Advisor of UCCE Kings/Tulare and Community Nutrition Adviser Supervisor of Dairy Council are co-leading this HEAL workgroup. Both co-leaders provide time and support to the HEAL workgroup activities on an ongoing basis.

Food System Alliance (FSA) coalition in Tulare County works for an equitable and healthy food system. In the past year, FSA's activities included collaborative partnerships of diverse stakeholders that came together to understand the current status of food security efforts in Tulare county. Member organizations support food resource management and food security needs of children, youth, and families; and creates a learning community of individuals by educating one another on local food systems policy and programmatic opportunities. As a result of the group efforts, NFCS Advisor along with two other members presented the FSA mission and vision at the Tulare County Health and Human Services Agency Health Advisory Committee (HAC).

Comprehensive Nutrition Education at Kings County:

Another program success and major achievement for Kings County is the Lakeside comprehensive programming implementation intervention. Although in the beginning stages of implementation, Kings County is determined to make this project successful that includes: direct education for both youth and adults, school garden, SLM, CATCH and stencil implementation, Bailoterapia, and a YPAR project. This project has been in the works for several years now and it is finally in a position for the next step. Both the

county Advisor and CES are working closely with community partners to bring this to fruition. County Advisor leads the process evaluation process while CES 2, Sue Lafferty leads the program implementation aspect of the activity.

Central Valley Promising Practice Exchange Forum (CVPPE):

The Nutrition Education Program Supervisor is part of the planning committee for the Central Valley Promising Practice Exchange Forum (CVPPE) held annually in Merced County. She has actively contributed to the successful coordination and execution of the forum. This year marked the second year and based on attendance, evaluation surveys, and positive feedback from participants, the event was a great success, a significant improvement from year one. The CVPPE forum provides a venue for SNAP-Ed agencies and programs across the CV to share best practices, networking opportunities, and meaningful ways to help improve program implementation. This year's theme centered around food security.

School Wellness Policy (SWP):

Both Kings and Tulare Counties have had great success in supporting SWP. In Kings County, there were three school districts that adopted the Alliance for a Healthier Generation SWP template, which meets minimum/basic standards in meeting final rule compliance. In Tulare County, after years of continuous communication with occasional site visits, two school superintendents accepted technical assistance in helping to revise and update their SWP to meet the final rule compliance. Going a step beyond, they also welcomed UCCE to add all nutrition and PA activities and interventions to the SWP in support of a better and healthier school environment.

Program Integration:

UC CalFresh Tulare/Kings are collaborating with Master Gardener and 4-H programs to implement preschool/school gardens and Cooking Academy in Tulare County, UC CalFresh partnered with the Tulare City Preschool and Master Gardeners to launch a preschool garden pilot. The goal is to establish school gardens in all nine preschools. This year, two preschools established a garden and implemented adult education. The pilot includes a five-year plan and a sustainability plan which was crafted in the planning phase by the program director and UC CalFresh supervisor. So far, the action plan and timeline have been met.

Comprehensive Nutrition Education at Tulare County:

In Tulare County, a great success includes the Terra Bella comprehensive programming implementation project where all partners—UC CalFresh NEP, MG, LHD, Terra Bella SD, Kaweah Delta, TCOE, FoodLink, and FHCN have joined efforts to provide health promotion services. To date, Terra Bella has a very strong school and community garden in place led by one of the teachers, a strong adult education program led by UC CalFresh adult educator, a strong youth program where all teachers from grades K-6th grade are enrolled in TCOE nutrition education program and a strong early child education (ECE) program led by Kaweah Delta. The plan includes: SWP revisions led by TCOE and supported by UCCE, a healthy school farmers market led by Foodlink and FHCN, SLM strategies led by TCOE in support by UCCE, CATCH implementation led by TCOE and supported by UC CalFresh nutrition educator who will provide the teacher training, and the implementation of a MyPlate Color run for family engagement. Terra Bella has a population of 3,201 people with a median age of 27.6 and a median household income of \$32,700. 94.3% of the population of Terra Bella is Hispanic and the majority speak a non-English language and obesity rates are higher than the state average by 7%. Tulare County SNAP-Ed partners have identified Terra Bella as an at-risk community and therefore believe Terra Bella will benefit greatly from obesity prevention interventions.

Tulare/Kings County Trainings:

Tulare County conducted 12 Smarter Lunchrooms Movement (SLM) No Time To Train (NTTT) trainings for TCSD and Woodlake High school with a total 103 participants in attendance and in collaboration with Kings County, conducted three CATCH trainings with a total of 104 participants. UC CalFresh Tulare County in collaboration with Tulare City School District facilitated a total of 11 SLM NTTT Trainings to approximately 90 Tulare City School District Food Service Staff. The trainings highlighted the importance

of promoting fruits and vegetables, reimbursable meals, positive communication cues and promoting white milk. Post-evaluation surveys indicated an increased knowledge of SLM strategies and implementation. In addition, Tulare County continues to support Woodlake Unified School District's Food Service Staff by providing annual SLM training, where they learn updated information and new strategies to promote a Smarter Lunchroom environment to their students. The goal is to expand nutrition and physical activity efforts.

Expanded training efforts also include the CATCH training where Nutrition Educators, Maria Gutierrez and Sue Lafferty led a CATCH movement in Tulare/Kings Counties! The power duo facilitated four CATCH Trainings to a total of 110 school educators. Two trainings have been facilitated for Early Childhood Educators, another in support of Kern County, and for Choices After-School Program in Tulare County. Our UC CalFresh nutrition team has been excited to support school personnel to implement the CATCH Program at their sites. UC CalFresh Tulare/Kings Counties had the privilege to train the CHOICES After-School Program on the CATCH Kids Club Program. Participants learned the CATCH Program is all about working towards bringing people together to work towards creating a healthy environment for kids and helping them develop healthy habits early in life. After gaining an understanding of the CATCH program, participants had the opportunity to learn how to utilize their new CATCH Activity Boxes and participated in many Go Activities. Participants were also introduced to the Behavior Management Strategies to successfully implement the activities. Most importantly they learned how CATCH includes every child, moderate-to-vigorous physical activity, and having fun!



Participants standing in hoops as they participate in CATCH activities.



Kings County educator, Sue, leading participants in CATCH activities!

Kings County once again promoted current USDA Dietary Guidelines along with physical activity to support healthier communities. In collaboration with West Hills Community College Early Childhood Development Centers, the Piece Conference was a success. The Piece Conference, hosted by West Hills College Childhood Development and Education Department, provided Early Childhood Educators with an opportunity to expand their knowledge and become the change within their students' lives. Educators could take what they learned from each workshop and implement it directly into their classrooms. UC CalFresh Kings County nutrition educators, Susan Lafferty and Denise Cuendett, presented CATCH Physical Activity Curriculum. Early Childhood Educators were exposed to the rates of physical inactivity and screen time that play a role in obesity among children. Educators learned that they must act to address the obesity problem by becoming the change within their students' environment to one that teaches, educates, reinforces, and rewards physical activity and healthy eating habits. They learned how to use CATCH curriculum to promote children's enjoyment and participation in moderate to vigorous physical activity during activity time and with family and friends. Early Childhood Educators learned how much fun and enjoyable CATCH Early Childhood (CEC) Physical Activity really is! Educators were able to put the physical activities to test and participate in several classroom management activities; such as, Parade Around, Mingle, Mingle the CEC Way! Skitter Scatter, Automobile, and Balloon Volleyball. After every activity

educator had the opportunity to identify the learning behaviors that are implemented into each activity such as, practicing safety, listening skills, memorization, involvement, and best of all fun physical activity!



Early Childhood Educators learned fun and enjoyable CATCH activities.



Kings County educators Sue and Denise ready to teach CATCH!

Get More at The Farmers Market Pilot Initiative:

Tulare County had the opportunity to participate and support the Healthy CalFresh pilot initiative called Get More at the Farmers Market campaign. The goal was to help low-income families make the best use of their food and nutrition program benefits at local farmers markets via the Market Match Program. The program supplied vouchers that can be used at the farmers markets by low-income families to help stretch their food dollars. The campaign ran from May through July 2018. The main objective was to help CalFresh participants purchase seasonal produce at their local farmers market. The purpose for the campaign was to help increase awareness about food and nutrition benefits. To help support this effort, UC CalFresh Tulare was given various outreach promotional items (flyers, posters, brochures, and reusable grocery bags) to generate awareness and enthusiasm.



Educating SNAP-Ed participants about Market Match and the ease in using it to stretch food dollars

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)	3
Early care and education facilities (includes child care centers and day care homes as well as Head Start, preschool, and pre-kindergarten programs)	5
Faith-based groups	1
Food banks/food pantries	2
Hospitals/healthcare organizations (includes health insurance companies)	2
Human services organizations	1
Parks and recreation centers	1
Schools (preschools, K-12, elementary, middle, and high)	28
Other (<i>please specify</i>):	1

iv. Major Setbacks and/or Challenges

Tulare/Kings experienced several setbacks and challenges in FFY2018:

- Adapting to the new PEARS reporting system was a bit of a challenge for both counties, but specifically for Kings County due to being understaffed and handling too many program demands. Both the Advisor and Supervisor began spending more time at the Kings County office to provide support as needed. However, this did not change the fact that Kings County was primarily run by one staff for a big portion of the time.
- Overwhelming workloads and not enough time and/or staff to support the high demands of the program, put some pressure on everyone. A solution to this challenge was time management and implementation of procedures, systems and strong organizational skills.
- Cross county supervision can be challenging at times because the supervisor is not always there to see all the intricacies of the operation. Although the advisor spends two days of her time at the Kings County office and the supervisor spends one day a week at the Kings Office, the challenge remains.

v. Program Needs Not Addressed and Why

Tulare/Kings Counties received numerous requests for nutrition education services. However, due to time constraints, long distances, and understaffing, not all requests were honored/filled. A solution to this challenge was contacting other SNAP-Ed agencies to assist with requests. Giving these opportunities to our Expanded Food and Nutrition Education Program (EFNEP) also helped meet some of the demands. Finally, providing resources such as MyPlate education materials, healthy recipes, and links to valuable information through credible organizations online like eatfresh.org, Choose MyPlate.gov, and other useful websites became a method to use as a last resort. A good example of this includes providing the Tulare County Farm Bureau Garden Grant Application to one of our sites. The school Principal and CHOICES after school program coordinator partnered to apply for the grant and are currently awaiting results.

vi. Trainings

Tulare/Kings UC CalFresh Staff Provided Trainings to Partners to Enhance SNAP-Ed Interventions:

Training	Purpose	Estimated number of participants trained
CATCH – Kaweah Delta	How to implement CATCH physical activity in early child education sites	70
CATCH – Kern County	How to implement CATCH physical activity in early child education sites	12
CATCH –TCOE CHOICES	How to implement CATCH physical activity in early childhood education	22
SLM-NTTT—TCSD 11	How to provide support and guidance to schools implementing SLM.	90
SLM—Woodlake	How to provide support and guidance to schools implementing SLM.	13
Staff training –Strat and Comp, SMART Goals	Preparation of staff for planning and implementing an effective multiyear comprehensive programming.	6
Central Valley Promising Practice Exchange Sharing Forum	Sharing best practices food security	60

vii. Conference Presentations and Posters, Publications

PEER-REVIEWED CONFERENCE ABSTRACT PUBLICATIONS

- Srivastava, D., Torquati, J., de Guzman, M.R.T., & Dev, D. A. (2018). Parental Ethnotheories about Healthy Eating: Exploring the Developmental Niche of Preschoolers. *Journal of Nutrition Education and Behavior*, 50 (7s), s168.
- Srivastava, D. & Mknelly, B. (2018). UC CalFresh Nutrition Education Program Empowering Low-Income Families with Knowledge and Skills about Food Resource Management. *Journal of Nutrition Education and Behavior*, 50 (7s), s20.

REFERREED POSTER PRESENTATIONS

- Srivastava, D. & Mknelly, B. (2018). UC CalFresh Nutrition Education Program Empowering Low-Income Families with Knowledge and Skills about Food Resource Management. Poster presentation at the Society for Nutrition Education and Behavior, Minneapolis, MN;
 - Srivastava, D., Torquati, J., de Guzman, M.R.T., & Dev, D. A. (2018). Parental Ethnotheories about Healthy Eating: Exploring the Developmental Niche of Preschoolers. Poster presentation at the Society for Nutrition Education and Behavior, Minneapolis, MN.
 - Srivastava, D., & Lopez, M. (2018). EFNEP Families Adopting Healthy Choices in Tulare County. Poster presentation at the UC ANR Statewide Conference, Ontario, CA; April 10, 2018.
 - Srivastava, D., Spicer, T., Lafferty, S., Cuendett, D., & Carbajal, M. (2018). UC CalFresh Empowering Students, Teachers, and Parents with Knowledge and Skills to Make Healthful Choices in Kings County. Poster presentation at the UC ANR Statewide Conference, Ontario, CA; April 10, 2018.
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- Srivastava, D., Spicer, T., Escalante, A., Gutierrez, M., Gomez, G., Escalante, A., Aguilera, M., & Medrano, Y. (2018). Community Partnerships Sustain Efforts to Implement Healthy School Farmer's Market in Tulare County, Poster presentation at the UC ANR Statewide Conference, Ontario, CA; April 10, 2018.
- Srivastava, D., Spicer, T., Lafferty, S., Cuendett, D., Gutierrez, M., Gomez, G., Escalante, A., Aguilera, M., Carbajal, M., & Medrano, Y. (2018). Increasing visibility of Nutrition Programs through Public Value Success Stories in Tulare and Kings Counties. Poster presentation at the UC ANR Statewide conference, Ontario, CA; April 9, 2018.
- Srivastava, D. (2018) Nutrition Education Approaches and Strategies that Promote Healthy Eating and Active Living in Tulare and Kings Counties, Poster presentation at the UC Davis Nutrition Update Conference, Davis, CA; February 28, 2018.
- Srivastava, D., & Spicer, T. (2018) Community Partnerships Harvesting Health in Tulare County. Poster presentation, LIA SNAP-Ed Forum, Sacramento, CA; January 10, 2018.
- Srivastava, D., Lafferty, S., Cuendett, D., & Spicer, T. (2018) Ready to Make a Change! Empowering School Students, Teachers, and Families to Make Healthful Choices in Kings County. Poster presentation, LIA SNAP-Ed Forum, Sacramento, CA; January 9-11, 2018

PAPER/PODIUM PRESENTATIONS

- Srivastava, D., (2018). The Art & Science of Needs Assessment. Round Table and Podium presentation at a training workshop - Conducting a Needs Assessment Training, Kearney Research and Extension Center, Parlier, CA; September 14, 2018.
- Srivastava, D., Mknelly, B., & Keihner, A. (2018). Empowering limited-resource families with food resource management knowledge and skills: Why it matters? Paper/Podium presentation at the Society for Cross Cultural Research, Las Vegas, NV; February 24, 2018.
- Srivastava, D., Kok, C., & de Guzman, M. (2018). "Exploring Extension: Non Traditional Careers in Academia. Conversation Hour, Paper/Podium presentation at the Society for Cross Cultural Research, Las Vegas, NV; February 23, 2018.

UC ANR REPOSITORY SUBMISSION (UC Delivers)

- Srivastava, D., Lafferty, S., & Cuendett, D. (April 2018). Ready to make a Change! Empowering Students and Families to Make Healthful Choices in Kings County.

PROFESSIONAL CONFERENCE UC CalFresh in Action at the National Conference -Society for Nutrition Education and Behavior (SNEB) 2018!

At the SNEB 2018 conference held at Minneapolis (MN), Deepa Srivastava, PhD (NFCS Advisor for Tulare/Kings Counties) presented a poster titled "UC CalFresh Nutrition Education Program Empowering Low-Income Families with Knowledge and Skills About Food Resource Management." This poster generated interest from many nutrition researchers and extension professionals to know more about the Plan Shop Save & Cook curriculum, participant recruitment, and retention. Being a first-time attendee and a new member, Dr. Srivastava's focus at the conference was to learn about the current trends and creativity in nutrition education, share obesity prevention work done in her counties, and connect with professionals in the field. Dr. Srivastava attended the SNEB division meetings and accepted the opportunity to be a Western Region Representative for the Food and Nutrition Extension Education Division and a Liaison for the Nutrition Education for Children Division.



*Deepa Srivastava, PhD - NFCS Advisor
Tulare/Kings Counties presenting a poster at
the Society for Nutrition Education and
Behavior (SNEB) Conference 2018.*

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

Tulare/Kings County welcomed a new team member to assist with social media marketing in order to increase visibility in Tulare and Kings Counties. Yesenia Medrano along with the support of Kings/Tulare team, submitted over 20 UC CalFresh Weekly Update success stories and press releases. Maintained a blog and updated county websites according to program successes and delivery.

MEDIA	DATE	DESCRIPTION
UC CalFresh Weekly Update Success Stories	03/05/18	Kohn Cobras Learn to Dig, Plant, & Grow
	03/12/18	Kings County Piece Conference-CATCH Training
	03/26/18	Integrating Creativity Using Making Every Dollar Count
	04/16/18	Healthiest Run on the Planet- Kings- MyPlate Run Tulare- MyPlate Color Run
	05/14/18	Shaping Healthy Choices Through Growing Vegetables Earlimart Elem. Students harvest their vegetables
	05/21/18	Are You READY to Salsa? Kings County salsa contest
	06/04/18	Woodlake School District SNAC
	06/11/18	Wilson Elem. Healthy Farmers Market Nutrition Ambassadors -Students received certificates
	06/25/18	Germ Busters- Kings County provided nutrition classes to Hanford Parks & Rec
	07/02/18	SNAC Farmer's Market Pilot Kickoff in Tulare County
	07/23/18	Dig into Summer Nutrition Edu. -Tulare County summer school
	06/30/18	Game on for Wilson Elem. School! -Mr. Pendelton received grant to support physical activity and nutrition education
	08/20/18	Tulare County Learns to CATCH! -Maria and Sue facilitated a CATCH training to CHOICES after school program.
	08/27/18	Making Every Dollar Count Participants Show Off Talents- Kings Parents showcased their talents for Lesson 3.
09/04/18	Tulare County Goes Back to School! -Back to School Nights	
09/24/18	Nutrition Education Motivates Participant to Make a Healthy Change Alice's participant shared how her nutrition class changed her life	

MEDIA	DATE	DESCRIPTION
Press Releases	04/24/18	Let's Read About Our World! -Earlimart 15 th Annual Literacy Fair
	05/01/18	AgVentures! Day 2018 -Aired on KTIP Radio AM1450
	06/28/18	Get More at the Farmer's Market -Dinuba Farmer's Market
	09/10/18	Healthy School Farmer's Market Kick Off! -Promoting the farmer's market for Wilson, Roosevelt, and Alila.

MEDIA	DATE	DESCRIPTION
Blog—Kings	03/19/18	5K Myplate Run Roosevelt and Martin Luther King Elem. 5K run
	03/29/18	Spring into Nutrition! Hanford Parks & Rec Spring Camp nutrition lesson
	05/08/18	READY Salsa Contest!- 1 st annual salsa family contest for READY after school program at Jefferson Elementary
	05/29/18	Chopped Junior- Roosevelt READY after school created healthy snacks
	06/13/18	Germ Busters- Hanford Parks & Rec nutrition class for Jr. Recs. Jr. Recs learned the proper way to wash hands.
	06/29/18	Let's Cook! Hanford Parks & Rec Jr. Rec's had the opportunity to learn about vegetables that are grown in Mexico and cooked veggie bean tostadas.
	09/10/18	Let's Get READY to CATCH! READY after school program students learned the importance of engaging in physical activity.
	09/20/18	Nature's Candy Anyone? New nutrition corners are being posted in every Hanford District elementary school.

MEDIA	DATE	DESCRIPTION
Blog—Tulare	03/26/18	Healthiest Run on the Planet! Woodlake's 3K Color Run
	04/19/18	2018 ANR State Conference
	04/24/18	Kohn Cobras Harvest Radishes!
	05/07/18	Parent Gardening -Parents of Earlimart Elem joined Grilda to grow their own vegetables.
	05/14/18	You Are One in a Minion! 2018 AgVentures! Day
	06/18/18	Dinuba Darmer's Market
	09/10/18	UC CalFresh, Tulare County Goes Back to School! -Back to school night

SOCIAL MEDIA	MONTH	NUMBER OF POSTS
Facebook—Kings	March	5
	April	4
	May	9
	June	10
	July	6
	August	12
	September	11
Facebook—Tulare	March	13
	April	9
	May	10
	June	18
	July	7
	August	16
	September	9
Twitter-Tulare	June	17
	July	10
	August	15
	September	12

ix. Awards Received

- The Distinguished After School Health Recognition Award (DASH) – 10/2017. Presented to Lincoln Elementary and Kings County to recognize their joint efforts in promoting and highlighting the importance of health education, nutrition and physical activities for all students.
- ANR STAR Awards – 3/2018. Presented to Kings County in recognitions of Susan Lafferty and Denise Cuendett's outstanding work ethics. Both Sue and Denise demonstrated exceptional performance, creativity, organizational abilities, work success, and teamwork.

D. Key Evaluation Outcomes

Adult Nutrition Education Program

Making Every Dollar Count (MEDC)—Kings County:

Kings County offers series-based classes consisting of four one-hour classes once a week.

Physical activity and healthy recipe tastings are incorporated as part of the lesson. MEDC is a financial literacy curriculum that teaches adults important life skills. The curriculum is intended to focus on the individual's ability to make choices, set goals, and gain awareness of how food advertisements affect purchasing decisions. These skills can be life changing and the impacts are long lasting. At the conclusion of the course, students completed a MEDC Retrospective Survey to obtain impact/outcome results. The MEDC Retrospective evaluation tool was collected for 33 participants. Kings County met the state level SMART Objectives as detailed below. Evaluation outcomes indicate a behavior change in all three areas—Knowing Easy Ways to Save Money on Food, Knowing Simple Healthy Meals to Make, and Understanding Food Ads; thereby meeting and exceeding all three SMART Objectives.

Making Every Dollar Count—Kings			
BEHAVIOR	Knowing Easy Ways to Save Money on Food	Knowing Simple Healthy Meals to Make	Understanding Food Ads
SMART OBJECTIVE	>50% Will Increase Frequency	>50% Will Increase Frequency	>50% Will Increase Frequency
IMPROVED BEHAVIOR	92%	75%	83%

Plan, Shop, Save & Cook (PSSC)—Tulare County:

Tulare County offers food resource management series-based classes consisting of four one-hour classes once a week. Physical activity and healthy food demonstrations are incorporated as part of the lessons. At the beginning and end of the session, students complete pre-post surveys, which measures participants' nutrition knowledge and practices. The PSSC pre/post evaluation tool was collected for 46 participants. Tulare County met the state level SMART Objectives as detailed below. Evaluation outcomes indicate a behavior change in all six areas—Plan Meals, Compare Prices, Shop with List, Think About Healthy Choices, Use Nutrition Facts Labels, and Do Not Run Out of Food as Often. All SMART Objectives were met.

Plan Shop Save & Cook—Tulare County						
BEHAVIOR	Plan meals	Compare prices	Shop with list	Think about healthy choices	Use 'nutrition facts' label	Do not run out of food as often (more food secure)
SMART OBJECTIVE	≥40 Will Increase Frequency	≥25 Will Increase Frequency	≥40 Will Increase Frequency	≥30 Will Increase Frequency	≥50 Will Increase Frequency	≥30 Will Report Greater Food Security
IMPROVED BEHAVIOR	48%	43%	60%	54%	63%	47%

Making Every Dollar Count (MEDC) – Tulare County:

Tulare County offers series-based classes consisting of four one-hour classes once a week. Physical activity and healthy recipe tastings are incorporated as part of the lesson. At the conclusion of the course, students completed a MEDC retrospective survey. The MEDC Retrospective evaluation tool was collected for 38 participants. Tulare County met the state level SMART Objectives as detailed below. Evaluation outcomes indicate a behavior change in all three areas—Knowing Easy Ways to Save Money on Food, Knowing Simple Healthy Meals to Make, and Understanding Food Ads; thereby meeting and exceeding all three SMART Objectives.

Making Every Dollar Count—Tulare			
BEHAVIOR	Knowing Easy Ways to Save Money on Food	Knowing Simple Healthy Meals to Make	Understanding Food Ads
SMART OBJECTIVE	>50% Will Increase Frequency	>50% Will Increase Frequency	>50% Will Increase Frequency
IMPROVED BEHAVIOR	85%	80%	86%

Adult Participant Quotes:

"This program has helped me a lot because I made changes to my foods and in 5 months, I lost 20 pounds. I have had less soda, sugar, flour tortillas, and more fruits and vegetables. The nutritionist, Alice, is very good in teacher her classes."

"I can't even begin to tell you how grateful I am for having nutrition educator Alice Escalante, present such wonderful and informative classes in our Terra Bella community. I have been a community liaison in the area for many years and never before have I heard parents excitedly ask the question, "When is our next class?" Alice has not only brought great lifelong tools to our community, but also a deep bond and connection with the participants. I think the most memorable class was sharing our talents and learning how to use our gifts to help us succeed financially. Alice shared her own testimony about becoming a Dora the Explorer Impersonator to help her family in a time of financial struggle. The parents were very moved and gave much more thought to using their gifts to reach financial goals. All of the parents shared their own talents and were given special awards. The parents also awarded Alice with the "Best Dora the Explorer Award" as well! Thank you again to the U.C. Ag extension for sending Ms. Alice Escalante to us! She is now officially a part of our Terra Bella family"

Kings County Adult Taste Testing (TTT):

Taste testing was conducted with 53 groups of 455 students. The results are presented in table below. This year, the following target foods were used: kidney beans, pinto beans, broccoli, whole grains, low-fat yogurt, and spinach. Less than 60% of the students had tasted these foods before, 100% tried the food served, and 100% were willing to try it again, and 100% were willing to serve the food at home with their families!

Kings County—Adult Taste Testing		
Question	Results	Participant Comments
Before today's class, how many of you have tasted this food before?	60%	This is delicious and easy to make. I will cook this for my family.
How many of you tried the food today?	100%	This has good flavor even though no salt or pepper was added.
How many of you are willing to eat the food again?	100%	Great way to include spinach to our meals.
How many of you are willing to serve this food at home to your family?	100%	Participants enjoyed getting the recipe to make their own granola for the parfait.

Tulare County Adult Taste Testing (TTT):

Taste testing was conducted with 50 groups of 421 students. The results are presented in the table below. This year, the following target foods were used: cabbage, broccoli, kale, blueberries, strawberries, pumpkin, and low-fat yogurt. Less than 18% of the students had tasted these foods before, 99% tried the food served, and 98% were willing to try it again, and 98% were willing to serve the food at home with their families.

Tulare County—Adult Taste Testing		
Question	Results	Participant Comments
Before today's class, how many of you have tasted this food before?	18%	<i>I went home and made snack bags for my kids. I love this snack idea.</i>
How many of you tried the food today?	99%	<i>I'm preparing this dish for my family tonight.</i>
How many of you are willing to eat the food again?	98%	<i>This is good, fast, healthy and yummy. My kids will love it.</i>
How many of you are willing to serve this food at home to your family?	98%	<i>I didn't know I could eat raw veggies till now. Wow!</i>

Youth Nutrition Education Program

Tulare Youth Taste Testing (TTT):

Student taste testing was conducted with 207 classes and 4, 219 students. The results are presented in the table below. This year, the following fruits or vegetables were used: blueberries, rainbow carrots, Swiss chard, dairy, and whole grains. Less than 44% of the students had tasted these foods before. Over 60% of students are willing to eat the food at school again or are willing to ask for this food at home.

Question	SMART Objective	Results	Target Food	Comments
Before today's class, how many of you have tasted this food before?	40% or less	44%	Oatmeal	<i>Can I have the recipe? I want my mom to make these</i>
How many students ate (or tasted) the food today?	No SMART Objective	96%	Cheese	<i>I am going to ask my grandma to buy cottage cheese for me</i>
How many of you are willing to eat the food at school again?	More than 75%	67%	Blueberries	<i>I want to eat this every day!</i>
How many of you are willing to ask for this food at home?	More than 60%	63%	Rainbow carrots	<i>I would like to have my mom cook these for me</i>
Before today's class, how many of you have tasted this food recipe/form before?	No SMART Objective	26%	Swiss Chard (smoothie)	<i>This is better than takis</i>

Kings Youth TTT:

Student taste testing was conducted with 68 classes and 1,317 students. The results are presented in the table below. This year, the following fruits or vegetables were used: beets, zucchini, black beans, romaine lettuce, and berries. Less than 31% of the students had not tasted these foods before; therefore, meeting the SMART Objective! Over 70% of students are willing to eat the food at school again or are willing to ask for this food at home.

Question	SMART Objective	Results	Target Food	Comments
Before today's class, how many of you have tasted this food before?	40% or less	31%	Beets	<i>I love it. It smells like dirt, but it tastes good</i>
How many students ate (or tasted) the food today?	No SMART Objective	92%	Zucchini	<i>I love this. I'd eat vegetables like this everyday</i>

Question	SMART Objective	Results	Target Food	Comments
How many of you are willing to eat the food at school again?	More than 75%	74%	Black beans	<i>These are good. Can I make these from scratch?</i>
How many of you are willing to ask for this food at home?	More than 60%	74%	Romaine lettuce	<i>Students didn't want to try it but when the teacher mention it was the lettuce they grew; their response was ok I will give it a try</i>
Before today's class, how many of you have tasted this food recipe/form before?	No SMART Objective	39%	Berries	<i>This is the best thing ever!</i>

Kings County Teacher Observation Tool (TOT):

The TOT was collected for 56 classes, representing 1308 students in grades K-6th. Kings County met the state-level SMART Objectives for both areas as detailed below. Percent of teachers that agree or strongly agree with the statement:

- 97% - (Choice) Compared to the beginning of the school year, more students now can identify healthy food choices after receiving UC CalFresh nutrition education.
- 87% - (Willing) Compared to the beginning of the school year, more students are now willing to try new foods offered at school after receiving UC CalFresh nutrition education.

Teacher Quotes:

*"All of my students always got excited about the program."
 "Most of my students have changed a lot of their eating habits; it's made a huge difference."
 "Students have become more interested in healthy food choices since their nutrition classes."*

Tulare County Teacher Observation Tool (TOT):

The TOT was collected for 60 classes, representing 1338 students in grades K-6th. Tulare County met the state-level SMART Objectives for both areas as detailed below. Percent of teachers that agree or strongly agree with the statement:

- 100% - (Choice) Compared to the beginning of the school year, more students now can identify healthy food choices after receiving UC CalFresh nutrition education.
- 99% - (Willing) Compared to the beginning of the school year, more students are now willing to try new foods offered at school after receiving UC CalFresh nutrition education.

Teacher Quotes:

*"Super program. My students and I have learned so much in regard to healthy eating and making healthy food choices. My students enjoy the lessons and put into practice what they have learned."
 "This is an excellent program and the students really enjoy the different foods and learning about nutrition."
 "Without you and your program, keeping our scholars healthy would not be an easy task!!! Thank you!"*

Policy Systems and Environmental (PSE) Change Activities

In FFY2018Kings/Tulare continued to focus on Policy Systems & Environmental (PSE) efforts to support SWP, SLM, SHCP, School gardens, CATCH Physical Activity, walking clubs, youth engagement opportunities (SNAC), a cooking club, and school farmers markets. Ongoing support and technical assistance were also provided in all areas listed above for 27 school districts in both counties.

Kings County

Kings County continued to work to improve and implement PSE strategies in 30 sites and reached 21,041 SNAP-Ed eligible families. Kings County worked closely with school administrators and community partners to deliver programs, packages, and initiatives to maintain and support comprehensive programming and sustainability efforts in all sites.

Tulare County

Tulare County continued to work to improve and implement PSE strategies in 13 sites and reached 7,176 SNAP-Ed eligible families. Tulare County worked closely with school administrators and community partners to deliver programs, packages, and initiatives to maintain and support comprehensive programming and sustainability efforts in all sites.

Together, Kings/Tulare reported the following changes adopted:

Type of PSE Changes Selected	Kings - Number of Changes	Tulare - Number of Changes
Nutrition	28	32
Ensured meal service staff encourage healthy selections	1	8
Reinvigorated or expanded an existing edible garden/ Established a new edible garden*	1	1
Established or improved salad bar		2
Improve appeal, layout or display of snack or competitive foods to encourage healthier selections		8
Improved enrollment procedures to increase NSLBP meal participation including universal breakfast/ lunch	1	
Improved layout or display of meal foods/beverages to encourage healthier selections (e.g. Smarter Lunchrooms)		5
Improved menus/recipes (variety, quality, offering lighter fares)	3	3
Improved or expanded cafeteria/dining/serving areas or facilities	1	
Initiated or enhanced limits on marketing/promotion of less healthy options		2
Initiated or expanded implementation of guidelines on use of food/beverages in the classroom, as rewards, or during celebrations or educational programs	3	
Initiated or expanded the collection of excess wholesome food for distribution to clients, needy individuals, or charitable organizations	1	
Initiated or expanded use of onsite garden produce for meals/snacks provided onsite	1	
Initiated or expanded use of the garden for nutrition education	2	1
Initiated or improved point-of-purchase, decision, and/or distribution prompts (including information intended to influence choices at the point of decision)	10	
Offered on-site enrollment in federal food programs	1	
In partnership with food service program, conducted cafeteria taste tests to improve appeal and acceptability of fruits and/or vegetables.	3	
Improve access to fresh fruits, vegetables, and/or other healthy foods. (Foodlink Donations to kid's farmers market)		2

Type of PSE Changes Selected	Kings - Number of Changes	Tulare - Number of Changes
Nutrition & Physical Activity	3	
Established or improved food/beverage, physical activity and/or wellness-related policies	3	
Physical Activity	11	2
Improved quality of structured physical activity	11	
Improvements in access to safe walking or bicycling paths, or Safe Routes to School or work		1
Increased access/opportunities for structured physical activity before/after school		1
Grand Total	42	34

UC CalFresh Participant Quotes:

"I made a smoothie with the kale that I picked last week, and it was really good. My mom made it with strawberries, apples, and kale"

"This training was great. We've wanted structured play at our school. We're excited to bring this to our site!"

"I like the movement and awareness of the activities, I got to learn that children can educate their family."

"We need more programs like this in the community."

State Senate Candidate, Ruben Macarena



Students participating in Shaping Healthy Choices garden activities.



Tulare UCCE Master Gardner at Kohn Elementary exploring the differences in mint through the sensory system to encourage children to use their senses to fully explore the garden.

E. Overall Assessment

Overall, Tulare/Kings Counties made great strides towards meeting and exceeding IWP goals for FFY2018. We implemented comprehensive nutrition program and prepared the ground for further PSE implementation and future success. Tulare/Kings Counties stepped up to the challenge and came through stronger than last year. As the program expanded to include more PSE work, Tulare/Kings County united to create a plan of action to address some of the added responsibilities. Time management, program efficiency, and organization were a focus for our team this year. Equally important to program success included improved documentation, monitoring and evaluation administration efforts. Tulare/Kings took to heart the direction and valuable feedback provided by the UC-CalFresh State Office and worked to implement the changes for program improvement. This year brought new opportunities for growth and innovation. We look forward to another successful year!

F. SNAP-Ed Planned Improvements

Tulare/Kings Counties have many planned improvements, which include the following:

- Time management: Systems are in place to assist with time management such as the use of organizational tools to help with ease in finding important documents and completing time-sensitive tasks. Filing systems to ensure proper placement of important documents. Increased communication with the team and the front office support to help maintain a smooth-running operation.
 - Efficiency and effectiveness: Increased awareness of the time it takes to complete projects and closer attention to detail to avoid having to redo projects, increase awareness of resources and best practices others have used successfully. Regular check in meeting with the team to address pluses and deltas and areas where additional training may be needed. Maintaining a quarterly system to check progress and accuracy on PEARS reporting. Systems in place for efficient programming!
 - Organization: Maintaining an organized workspace, getting rid of old things that are no longer useful or too dated. Making the best use of lists, colanders, prioritizing, following up. Developing electronic files and hard copy files to help keep tasks in order. Categorizing work according to activity and level of importance
 - Resources: Increasing awareness and responsibility by asking the right people about potential resources in our area. Connecting with key stakeholders, school administrators, and community partners to leverage existing resources. Attend relevant meetings, conferences, etc. to increase networking circles and opportunities.
 - Communication: Constant and open communication through emails, phone messages, and staff meetings. Following up on projects and with others.
 - Support: Providing support to the team in all work areas including professional development and self-sufficiency. Also search for support from the State Office, county partners, and other leadership including Advisor and office support staff.
 - Strategic planning: Encouraging everyone to think outside the box. Increase innovation, take advantage of SNAP-Ed Training, State office trainings, and other conferences where ideas and resources abound. Plan ahead and always have a plan B.
 - Anticipating the needs of the program: Thinking beyond our realm, develop plan for reading as reading takes a lot of time, but certainly vital and critical to the demands of the job. Accepting change and being prepared for the unexpected.
 - Evaluation and documentation: Improve efforts in evaluation and documentation. Encourage everyone and send frequent reminders of the importance of documenting all work and activities. Measuring the work and activity progress is also very important and necessary to the success of the program. This will be our theme and one of our main focuses this year.
 - Increased UC CalFresh NEP visibility: Our program continues to bring visibility to our Tulare/Kings nutrition program through the use of social media and other media platforms.
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