

CalFresh Healthy Living, UC Town Hall: Agenda

- The MyPlate Project:
Community-grounded MyPlate Recipes (00:01:52)
- Staff Plan (00:31:54)
- Zoom Fatigue, Self-Care (00:53:10)
- Facilitating a Virtual Networking Table (00:59:00)
- Promotional Materials Workgroup Survey (01:16:50)
- State Office Updates (01:18:10)



The MyPlate Project: Community-grounded MyPlate Recipes

Dr. Ann Cheney and Ms. Maria Pozar

CalFresh Healthy Living Town Hall, May 18, 2021

Acknowledgements
Reconocimientos

This project was partially funded through a Patient-Centered Outcomes Research Institute® (PCORI®) Eugene Washington PCORI Engagement Award (EADI-17109).

Este proyecto fue parcialmente financiado a través de un Instituto de Investigación de Resultados Centrados en el Paciente® (PCORI®) Eugene Washington PCORI Engagement Award (EADI-17109).

Collaborating partners: Borrego Health, FIND Food Bank, advisory board and cookbook workgroup members of the MyPlate Project.

- Colaboradores: Borrego Health, FIND Food Bank, junta de asesores y grupo de trabajo de libros de cocina miembros del Proyecto MiPlato.

MyPlate Dissemination for Latinos in Rural Communities, “The MyPlate Project” | El Proyecto de MiPlato

- Engage patients, community leaders, and healthcare providers to disseminate evidence-base MyPlate recipes aimed to reduce risk for diabetes or facilitate diabetes management.
 - Involucra a pacientes, líderes comunitarios y proveedores de atención médica para compartir recetas de MiPlato basadas en evidencia para reducir el riesgo de diabetes o controlarla.
- Aims/Goals: Tailor existing MyPlate recipes for local foods sources, language, and health literacy and disseminate broadly.
 - Adapte las recetas existentes de MiPlato para obtener fuentes de alimentos locales, el idioma y la alfabetización en salud y diseminar ampliamente.

Project Activity | Actividad del Proyecto

- Advisory board meetings | Junta de asesores
- Cookbook workgroups | Talleres del libro de cocina
- Training of trainer | Entrenamiento de entrenador
- 3 brief cooking videos | 3 videos breves de cocinar
- Facebook Live cooking demonstrations | demostraciones de cocina por Facebook en Vivo
- Community cooking showings | Demostraciones de cocina en la comunidad
 - 2 year project | proyecto de 2 años



- Home
- Services
- Locations
- About Us
- Contact Us

- Telehealth**
- Covid-19**
- Primary Care
- Pediatric Care
- Urgent Care

ANCESTRAL RECIPES

From Grandma's Kitchen to Yours || [De la Cocina de la Abuela a la Tuya](#)

Please view and download a cookbook designed in collaboration with our patient community in the eastern Coachella Valley. The recipes are great for individuals and families living with diabetes and wanting to prevent diabetes. The cookbook is currently available in Spanish. Soon there will be a version in Purépecha.

Our Cookbook: Ancestral Recipes
Nuestro Libro de Cocina: Recetas Ancestrales



THE THREE SISTERS

In Mesoamerica during the pre-Columbian era, what people ate every day were "The Three Sisters": corn, beans and squash. They grew, ate, and celebrated the three sisters together because they believed that these three foods were sent to them by the gods to help them survive.

When grown together, these three crops each help the other two crops grow. The tall corn stalk allows the vine of the beans to get the sun it needs. The beans pull nitrogen from the air that can then be used to fertilize the other two crops. The large leaves of the squash provide shade that helps to keep the soil humid and prevent weeds from growing. Grown together, the three sisters help to keep the soil fertile; eaten together, they are a healthy meal.



Las Tres Hermanas

En la época precolombina en Mesoamérica la alimentación de estas culturas era basada en Las Tres Hermanas: la calabaza, el frijol y maíz. Era mejor cultivarlas, comerlas y celebrarlas juntas por ser un alimento de los dioses.

Cuando son cultivadas juntas cada una de las plantas tiene un papel importante en la protección y alimentación del plantío. El maíz provee la estructura para los frijoles. Los frijoles jalar nitrógeno del aire hacia el subsuelo alimentándolo en forma de fertilizante. Sus vainas continúan creciendo y enredándose alrededor del maíz siguiendo la dirección de la luz del sol. La calabaza provee sombra con sus hojas grandes. Mantiene la tierra húmeda, evitando el crecimiento de maleza. Juntas, las tres hermanas mantienen la tierra alimentada y fértil, así como también promueven una dieta saludable.





Table of Content



Breakfast

- 8 - Quesadilla
- 9 - Huevos Rancheros with Pico de Gallo
- 10 - Chilaquiles with Eggs
- 11 - Soy Sausage Tacos
- 12 - Cottage Cheese with Fruit
- 12 - Oatmeal with Fruit



Snacks

- 14 - Mexican Squash
- 15 - Popcorn
- 15 - Cucumber, Apple, and Jicama
- 16 - Vegetables with Black Bean Dip
- 16 - Dried Fruits with Peanuts



Soups

- 18 - Chile Poblano and Sweet Potato Soup
- 19 - Lentil Soup
- 20 - Chicken and Vegetable Soup
- 21 - Split Pea Soup



Salads

- 23 - Garden Salad
- 24 - Corn and Green Chile Salad
- 24 - Nopal Salad
- 25 - Tuna Salad
- 26 - Chicken Salad



Entrees

- 28 - Mole Verde
- 29 - Fish Wrapped in Corn Husk
- 30 - Atapakua
- 31 - Gallina Pinta
- 32 - Queso with Chile Using Tofu
- 33 - Ceviche with Vegetables
- 34 - Chili with Sweet Potatoes
- 35 - Nopal Salad Tostadas
- 36 - Fish Soup
- 37 - Chicken Meatball
- 38 - Tinga
- 39 - Stuffed Vegetable
- 40 - Aguas Frescas
- 41 - Spinach Tortillas



Salsas

- 43 - Pico de Gallo
- 43 - Guacamole
- 44 - Tomatillo Salsa
- 44 - Chile Morita Salsa
- 45 - Homemade Salsa



Desserts

- 47 - Crazy Cucumbers
- 47 - Popsicles
- 48 - Fruit with Almond Butter
- 48 - Chia Pudding



Nuestras Recetas



Desayunos

- 8 - Quesadilla
- 9 - Huevos Rancheros con Pico de Gallo
- 10 - Chilaquiles con Huevo
- 11 - Tacos de Chorizo de Soya
- 12 - Fruta con Queso Cottage
- 12 - Licuado de Avena con Frutas



Entrecomidas

- 14 - Calabacitas
- 15 - Palomitas
- 15 - Pepinos, Manzana y Jicama
- 16 - Verduras con Aderezo de Frijol Negro
- 16 - Cacahuates con Fruta Seca



Sopas

- 18 - Sopa de Chile Poblano y Camote
- 19 - Sopa de Lentejas
- 20 - Sopa de Verduras
- 21 - Sopa de Chicharo Seco



Ensaladas

- 23 - Ensalada Fresca
- 24 - Ensalada de Elote y Chile Verde
- 24 - Ensalada de Nopal
- 25 - Ensalada de Atún
- 26 - Ensalada de Pollo



Platos Fuertes

- 28 - Mole Verde
- 29 - Pescado en Hojas de Maiz
- 30 - Atapakua
- 31 - Gallina Pinta
- 32 - Queso con Chile Usando Tofu
- 33 - Ceviche de Verduras
- 34 - Chili con Patatas Dulces
- 35 - Tostadas de Nopal
- 36 - Caldo de Pescado
- 37 - Albóndigas de Pollo
- 38 - Tinga
- 39 - Envuelto de Vegetal
- 40 - Aguas Frescas
- 41 - Tortillas de Espinaca



Salsas

- 43 - Pico de Gallo
- 43 - Guacamole
- 44 - Salsa de Tomatillo
- 44 - Salsa de Chile Morita
- 45 - Salsa Cacera



Desserts

- 47 - Pepinos Locos
- 47 - Paletas de Hielo
- 48 - Fruta con Mantequilla de Almendra
- 48 - Pudín de Chía

Cooking Video | *Video de Cocina*

- Calabacitas (Mexican Squash)



Demonstraciones de Cocina

Cooking Demonstrations

- Presentamos 11 demostraciones de cocina
 - Hosted 11 cooking demonstrations
- 92 miembros de la comunidad en asistencia
 - 92 community members in attendance
- 9 por demostración
 - 9 per demonstration

USMex: United States-Mexico Unidos por Salud with FIND Food Bank.
Published by Adriana Chavez · Paid Partnership ·

Acompáñenos el día de hoy a las 5pm a una tarde más de Recetas Ancestrales! Esta vez la señora Jessica cocinará una deliciosa y saludable quesadilla! 😊 aquí les comparto el enlace de zoom y el volante de la semana. Los Esperamos!!!! 🥳
enlace: <http://bit.ly/38p2e5X>

Nuestras Recetas Ancestrales
presentado por Unido por Salud, Borrego Health y FIND Food Bank.
¡Acompáñenos a las Demostraciones de Cocina en español y purépechal
Cada viernes de 5 a 6 de la tarde.

Quesadillas



Retroalimentación | Feedback

“Gracias a las recetas que compartieron. Estoy aprendiendo hacer comida saludable.”

“Muchas gracias por estos videos. Los admiro mucho por lo que hacen.”

“Muy buena información a cerca de la diabetes.”

“OMG! I’m getting hungry!”

Participants | Participantes

Surveys *Encuestas* N=57

89% female, 78% Hispanic/Latino, 18% Indigenous from Latin American

89% mujeres, 78% Hispanos/Latinos, 18% indígenas Latino Americanas

68% Spanish is native language, 14% indigenous language (Purépecha, Zapotec)

68% Lengua nativa español, 14% Lengua indígena (Purépecha, Zapoteca)

48% had been diagnosed with diabetes most with type II or gestational diabetes

48% Han sido diagnosticados con diabetes, la mayoría con diabetes tipo 2 o diabetes durante el embarazo

Feedback on Demonstrations

Retroalimentación sobre las Demonstraciones

- 41% - just the right amount of information
 - 41% - la cantidad de información justa
- 98% - encouraged them to eat new vegetables and other plant foods
 - 98% - motivarlos a comer verduras nuevas y otros alimentos vegetales
- 98% - recipe was useful
 - 98%- la receta fue útil
- 98% - would recommend the program to family and friends
 - 98% recomendaría el programa a sus familiares o amigos.

Next Steps

Próximo Pasos

Evaluate diabetes knowledge

Evaluar el conocimiento de la diabetes

- Changes based on pre- and post-test survey data
- Cambios basados en datos de encuesta previas y posteriores

Assess motivation and ability to use recipes

Evaluar la motivación y la capacidad de usar recetas

- Interviews with patients and focus groups with community members who attended the cooking demonstrations
- Entrevistas con pacientes y grupos focales con miembros de la comunidad que asistieron a las demostraciones de cocina

Reach | Alcance

- Social media dissemination
- Difundir en las redes sociales

Contact Information | Información de Contacto

- Academic Lead: Ann Cheney
Ann.cheney@medsch.ucr.edu
- Community Lead: Maria Pozar
pozarconchita@gmail.com
- Facebook @Unidoporsalud



Ancestral Recipes

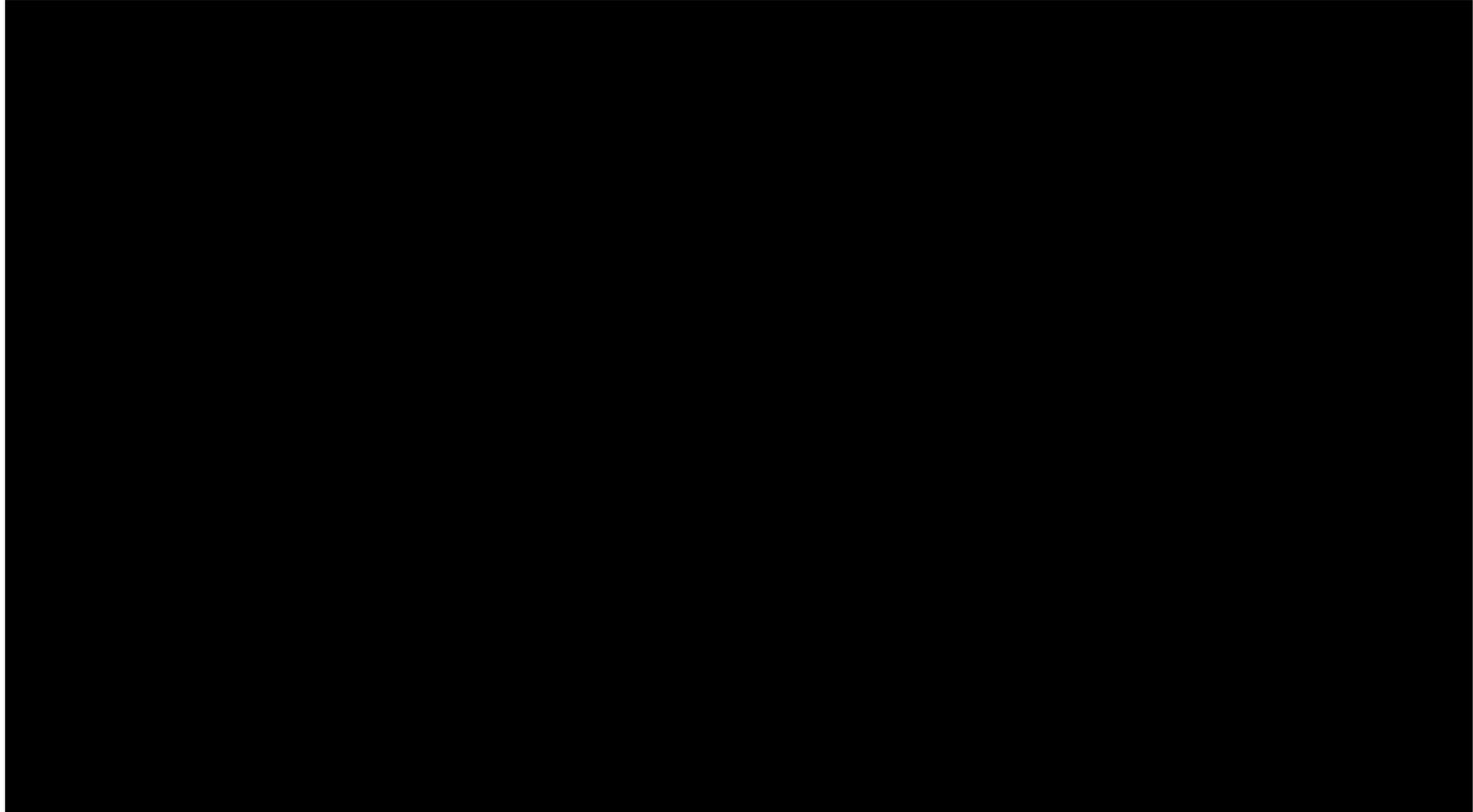
From My Grandma's Kitchen To Yours

Staff Plan

- Kamal Khaira and Katie Panarella

Ref. Only

Zoom Fatigue Tips



- <https://www.youtube.com/watch?v=LXChBoKhOZI>
- Retrieved from: Mako Mindfulness



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Agriculture and Natural Resources

Facilitating a Virtual Networking Table

2021 CFHL Virtual Forum
Networking Table session

**Overview,
Outcomes
and Lessons Learned**

2021 CalFresh Healthy Living Virtual Forum

Improving Health Equity
in a Virtual World

March 8–11, 2021



Networking Table Topic: Community Engagement in Rural Environments

Willow Thorpe, Program Supervisor
Carmela Padilla, Program Coordinator
CFHL, UCCE Central Sierra



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.

Question: How would you facilitate networking between participants virtually?



Join the discussion

Method #1: Mentimeter Activity

Positive

- Anonymity
- Interactive settings
- Accessibility
- Export results

Challenge

- Follow-up discussion
- Moving between platforms

Mentimeter – Session Outcomes

Mentimeter

What comes to mind when you hear the words "rural community engagement"?

Farmworker

Food apartheid

small town network

Equity

different opportunities

Word of mouth

Barriers

listening translation trust and respect

Gardens

Personal Connections

English as second language

technology challenges

lack of access to their own bounty

Partnering

Outdoor participation

Lack of resources

limited resources

close-knit group of people

Method #2: Jamboard

Prompt #2

What are some of the barriers/factors your community faces and how can they be overcome?



Positive

- Interaction on joint activity
- Available to view after session
- User friendly

Challenge

- Settings
- Computer is easier to navigate
- Limited capabilities

Take Away: How do you facilitate networking between participants virtually?

- 1. “Side” conversations are difficult online!**
- 2. Utilize and Understand platform capabilities**
 - Decided to go off platform for activities to avoid permission limitations
 - Menitmeter
 - Jamboard
 - Two 45min. Sessions = two sets of activities
- 3. Utilize breakout rooms to create smaller groups**
- 4. Lesson learned: facilitate breakout rooms**

Overall Take-Away's

- **Successful engagement in rural communities often comes from *tailoring approaches to your specific community***
- **Common themes from participants:**
 - Technology challenges - access & ability
 - Social media very effective (local groups)
 - Transportation challenges & remote locations
- **Reflecting on sessions**
 - Make it more interactive – share and facilitate
 - Pre/post conference communications

Overall Forum Feedback

Super delicious and also very intense!



Resources

- [Link](#) to Jamboard Discussion #1
- [Link](#) to Jamboard Discussion #2

1. A Guide to Remote Community Engagement

- <https://medium.com/the-guide-to-remote-community-engagement/5-methods-for-non-internet-based-remote-community-engagement-689fc152de78>

2. Community Engagement During COVID-19- Harvard

- <https://datasmart.ash.harvard.edu/news/article/community-engagement-during-covid-19>

3. Community Engagement- Urban Institute:

- <https://www.urban.org/research/publication/community-engagement-during-covid-19pandemic-and-beyond>
- <https://www.urban.org/sites/default/files/publication/102820/community-engagementduring-the-covid-19-pandemic-and-beyond.pdf>
- https://www.urban.org/sites/default/files/publication/98296/traumainformed_community_building_and_engagement.pdf

4. Data Walk- Urban Institute

- <https://www.urban.org/research/publication/data-walks-innovative-way-share-datacommunities>
- <https://www.youtube.com/watch?v=wD8l4J0UyRM&feature=youtu.be>

Thank you! Any questions?

Feel free to reach out for more information:

Willow Thorpe wrthorpe@ucanr.edu

Carmela Padilla cmpadilla@ucanr.edu

Promotional Materials Survey

We would love your feedback!



- Qualtrics survey for CFHL, UC staff.
- Seeking feedback on all promotional materials
- **FINAL DATE: June 1st!**

Please scan the QR code or use this link!

https://ucdavis.co1.qualtrics.com/jfe/form/SV_8vTcuwHDWvCFFK6





State Office Updates



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EVALUATION UPDATES – YPAR

Evaluation tools



ADMINISTRATION >

INITIATIVES >

CURRICULUM >

EVALUATION ▾

PEARS >



Adult Evaluation Tools

Youth ←

Family Centered

(PSE) Needs and
Environmental
Assessments



Youth Evaluation webpage

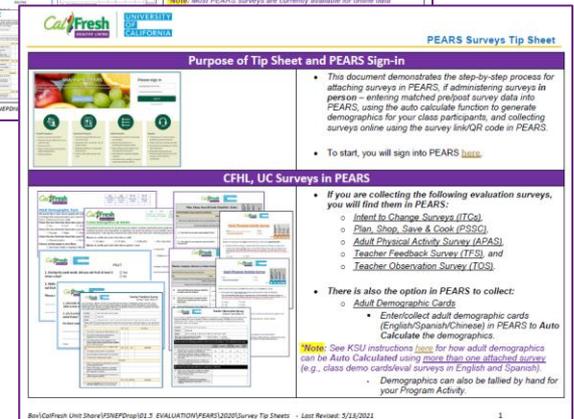
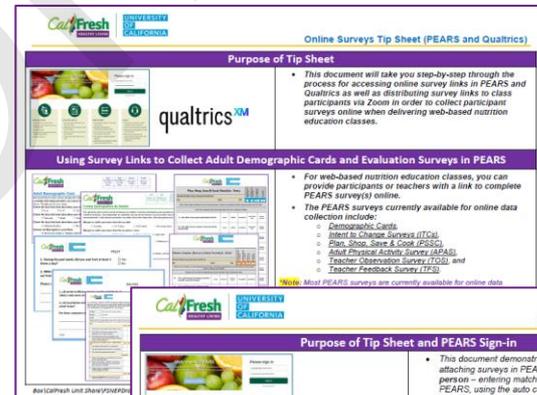
Youth Participatory Action Research (YPAR)

If you are interested in using this youth engagement evaluation tool |
Healthy Living, UC State Office.

- YPAR [Retrospective Survey](#)
 - [YPAR \(Retro\) Qualtrics Survey](#) **NEW**
 - [Administration Protocol](#) **NEW**
- YPAR [Project Assessment](#)
 - [Project Assessment Qualtrics Survey](#) **NEW**

Evaluation and PEARS Program Activity webpages

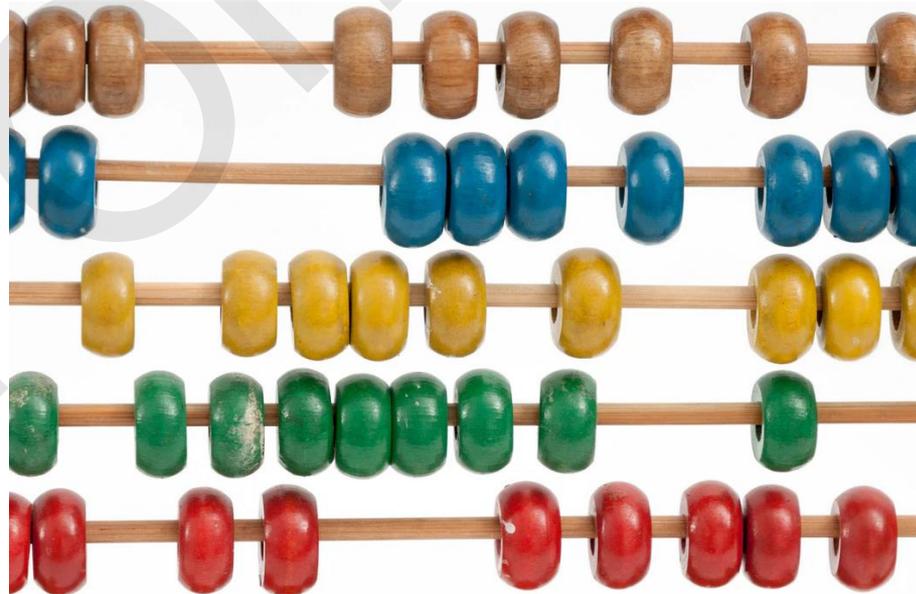
- Survey tip sheets updated to reflect FFY21 evaluation tools and online administration approach
- **Online Survey Tip Sheet** – added to Evaluation, Adult Evaluation Tools and PEARS-Program Activities webpages
- **PEARS Surveys Tip Sheet** – added to PEARS-Program Activities webpage



FFY2022 Mid-year Count of Evaluation Surveys

Completing mid-year count for all the Evaluation Surveys entered from October to end of April.

- ITCs
- FBC (pre/post)
- PSSC (pre/post)
- MEDC (retro)
- EATS (pre/post)
- APAS (pre/post)
- HHF (pre/post)



Evaluation Office Hour – May 25th @1pm

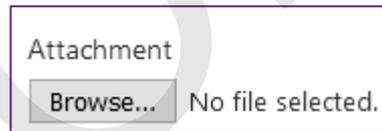
- Next Evaluation Office Hour – 5/25 @1pm
- *Please bring your questions and share your experience with new evaluation tools*
 - Garden Assessment
 - Y-ITC experience/tips



FFY 2022 Site List Updates

- **May 3 – June 11, 2021**

- Updates to SharePoint
 - Coordinate and Communicate with your CFHL Partners
 - Add, update or delete sites
 - Update Alternative Methodology documentation and attach to the Site in SharePoint



- **June 14 – July 2, 2021**

- CFHL, UC State Office will begin reviewing and working with counties to finalize sites.
- All questions and clarifications must be addressed

TECHNICAL ASSISTANCE

Jennifer Quigley	jaquigley@ucdavis.edu
Melanie Gerdes	magerdes@ucdavis.edu

Curriculum and NERI Order for FFY 2022

- Curriculum and NERI will be ordered by State Office for FFY22.
- Qualtrics surveys for Curriculum and NERI orders
 - Please assess Curriculum and NERI in stock in your county office
 - Be conservative – only order what you think will be used by end of FFY22.
 - Deadline to complete ordering surveys is Friday, May 28, 2021
- Distribution of NERI items to participants should follow the guidance in [CFHL, UC Program Directive 2019-02](#) and in the [USDA SNAP-Ed Guidance](#).

Questions?

Please contact Ryan Keeler or Tammy McMurdo.

Curriculum Orders FFY 2022

- Spanish versions available of Pre-K and Early Elementary Curriculum
- EatFit and Up4it Student Workbook Orders
 - Hard copy, virtual copy and combo versions available
 - Counties to complete Qualtrics Survey with number needed
 - State Office to place bulk order with UC ANR catalog and provide links to documents.
- Reprographics Curriculum Orders
 - Counties will place order through Reprographics using MyPrint.
- Shipping and Receiving of Curriculum and NERI Orders
 - County office – if open and receiving shipments or
 - Alternate shipping location – justification needed

Questions?

Please contact Ryan Keeler or Tammy McMurdo.

FFY20-21 Success Story Achievements

PEARS success story submissions

- FFY2020 – 44 stories

Active News Beet - CFHL, In Action!

- FFY2020 - 67 stories
- FFY2021 – 23 stories to date (5/21)

TOWN HALL

- FFY2020 & FFY2021-13 county highlight stories in 9 Town Halls

SNAP-Ed Connection (national)

- 1 story posted FFY21
- 2 stories pending

CalFresh Healthy Living, UC Website Walk

Publications Webpage

- Success Story PowerPoint: Telling Your Story-
Highlighting Program Impact & Community Voice
 - (at the bottom of the Success Stories and Profiles webpage)
 - [Direct Link](#)
- SNAP-Ed Connection:
<https://uccalfresh.ucdavis.edu/snap-ed-connection>

COVID Response Nutrition Communications Campaign

WHAT: Templated messaging campaign

- Ready-to-use, customizable messages
- Variety of styles and languages

WHY: Help Californians access food/nutrition programs and resources

- Expand support to families impacted by pandemic-recession



The Toolkit

- **SOCIAL MEDIA POSTS**
- **FLYERS**
- **TESTIMONIALS**
- **TECHNICAL ASSISTANCE REQUEST FORM**
- **TRACKING LOG**
- **RESOURCES**



Social Media Posts

Funded by USDA SNAP, an equal opportunity provider and employer.

EAT RIGHT WHEN MONEY'S TIGHT

NEW PROGRAMS HAVE OPENED UP TO HELP ALL OF US REBOUND FROM THE PANDEMIC



Ask us about nutrition programs to keep you and your family nourished

Learn how our team can help at [your agency website]

Sign up for benefits in just 10 minutes at GetCalFresh.org

CalFresh Your Logo Here

ENGLISH

Funded by USDA SNAP, an equal opportunity provider and employer.

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CalFresh Your Logo Here



VIETNAMESE

Tài trợ bởi USDA SNAP, nhà tuyển dụng và cung cấp cơ hội bình đẳng.

Ăn Ngon Khi Tài Chính Eo Hẹp

CÁC CHƯƠNG TRÌNH MỚI ĐƯỢC MỞ RA ĐỂ GIÚP MỌI NGƯỜI HỒI PHỤC SAU ĐẠI DỊCH



Hỏi đáp về các chương trình dinh dưỡng để giúp bạn và gia đình được khỏe mạnh

Tìm hiểu cách thức trợ giúp của chúng tôi tại [trang web cơ quan của bạn]

Đăng ký nhận phúc lợi chỉ trong 10 phút tại GetCalFresh.org

CalFresh Your Logo Here

CHINESE

由美國農業部加州糧食券計劃的公平雇用機會提供者和雇主資助

儘管口袋緊也要吃得巧

全新援助計劃已啟動協助遭受疫情影響的我們



您的健康我來顧，
洽詢我們有關營養協助計劃

在此網站瞭解我們團隊能為您提供怎樣的幫助

在GetCalFresh.org只需10分鐘即可完成申請福利。

CalFresh Your Logo Here

SPANISH

Financiado por el programa SNAP de la USDA, un proveedor y empleador en igualdad de oportunidades.

ALIMÉNTENSE SALUDABLE AUN CUANDO EL DINERO SEA POCO

HAY NUEVOS PROGRAMAS DE NUTRICIÓN DISPONIBLES PARA AYUDAR A RECUPERARNOS DE LA PANDEMIA



Pregunte por los programas de nutrición para que usted y su familia se mantengan sanos

Averigüe cómo puede ayudarse nuestro equipo en [sitio web de su agencia]

Inscríbese en los beneficios en tan sólo 10 minutos en GetCalFresh.org

CalFresh Your Logo Here

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.

Thank you!

Next Town Hall: Tuesday, June 15



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