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
This project was partially funded through a Patient-Centered Outcomes Research Institute® (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 | Demonstraciones de cocina en la comunidad

- 2 year project | proyecto de 2 años
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 grow, 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 jalan nitrógeno del aire hacia el subeuelo 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 sombras con sus hojas grandes. Mantiene la tierra húmeda, evitando el crecimiento de malezas. 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
- 16 - 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
- 29 - Fish Wrapped in Corn Husk
- 30 - Atapaku
- 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 - Tuna
- 39 - Stuffed Vegetable
- 40 - Agua Fresca
- 41 - Spinach Tortillas

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

### Soups
- 46 - Crusty Cucumbers
- 47 - Poppyseeds
- 48 - Fruit with Almond Butter
- 48 - Chia Pudding

### Ensaladas
- 47 - Ensalada Fresca
- 47 - Ensalada de Elote y Chile Verde
- 47 - Ensalada de Nopal
- 47 - Ensalada de Atún
- 47 - Ensalada de Pollo

### Nuestras Recetas

#### Desayunos
- 28 - Mole Verde
- 29 - Pescado en Hojas de Malz
- 30 - Atapaku
- 31 - Gallina Pinta
- 32 - Queso con Chile Using Tofu
- 33 - Ceviche de Verduras
- 34 - Chili con Patatas Ducues
- 35 - Tostadas de Nopal
- 36 - Café de Pescado
- 37 - Albondigas de Pollo
- 38 - Tuna
- 39 - Ensalada de Vegetal
- 40 - Agua Fresca
- 41 - Tortillas de Esquinca

#### Entremesas
- 44 - Sopa de Chile Poblano y Camote
- 45 - Sopa de Lentejas
- 46 - Sopa de Verduras
- 47 - Sopa de Chicharo Seco

#### Salsas
- 48 - Ensalada Fresca
- 48 - Ensalada de Elote y Chile Verde
- 48 - Ensalada de Nopal
- 48 - Ensalada de Atún
- 48 - Ensalada de Pollo

#### Desserts
- 47 - Pepinos Locos
- 47 - Paletas de Hielo
- 48 - Fruta con Manteca de Almendra
- 48 - Pudin de Chia
Cooking Video | Video de Cocina

- Calabacitas (Mexican Squash)
Demonstraciones de Cocina
Cooking Demonstrations

• Presentamos 11 demos de cocina
  • Hosted 11 cooking demonstrations
• 92 miembros de la comunidad en asistencia
  • 92 community members in attendance
• 9 por demoación
  • 9 per demonstration
Quesadillas
Retroalimentación | Feedback

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

“Muy buena información a cerca de la diabetes.”

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

“OMG! I’m getting hungry!”
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
Evaluación del 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
Evaluación de 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

• Academic Lead: Ann Cheney
  Ann.cheney@medsch.ucr.edu

• Community Lead: Maria Pozar
  pozarconchita@gmail.com

• Facebook @Unidoporsalud

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Ancestral Recipes
From My Grandma’s Kitchen To Yours
Staff Plan

• Kamal Khaira and Katie Panarella
Zoom Fatigue Tips

- [https://www.youtube.com/watch?v=LXChBoKhOZI](https://www.youtube.com/watch?v=LXChBoKhOZI)
- Retrieved from: Mako Mindfulness
Facilitating a Virtual Networking Table

2021 CFHL Virtual Forum Networking Table session

Overview, Outcomes and Lessons Learned
Networking Table Topic: Community Engagement in Rural Environments

Willow Thorpe, Program Supervisor
Carmela Padilla, Program Coordinator
CFHL, UCCE Central Sierra
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
What is one word that comes to mind when you hear the words "community engagement"?
### Mentimeter – Session Outcomes

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

<table>
<thead>
<tr>
<th>Farmworker</th>
<th>Food apartheid</th>
<th>small town network</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equity</td>
<td>different opportunities</td>
<td>Word of mouth</td>
</tr>
<tr>
<td>Barriers</td>
<td>listeningtranslationtrust and respect</td>
<td>Gardens</td>
</tr>
<tr>
<td>Personal Connections</td>
<td>English as second language</td>
<td>technology challenges</td>
</tr>
<tr>
<td>lack of access to their own bounty</td>
<td>Partnering</td>
<td>Outdoor participation</td>
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<tr>
<td>Lack of resources</td>
<td>limited resources</td>
<td>close-knit group of people</td>
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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
Super delicious and also very intense!
Resources

- **Link** to Jamboard Discussion #1
- **Link** to Jamboard Discussion #2


3. Community Engagement - Urban Institute:

4. Data Walk - Urban Institute
   - [https://www.youtube.com/watch?v=wD8l4J0yRM&feature=youtu.be](https://www.youtube.com/watch?v=wD8l4J0yRM&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
EVALUATION UPDATES – YPAR
Evaluation tools

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**
  - **Administration Protocol**
- **YPAR Project Assessment**
  - **Project Assessment Qualtrics Survey**
Evaluation and PEARLS 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 PEARLS-Program Activities webpages

- **PEARLS Surveys Tip Sheet** – added to PEARLS-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

<table>
<thead>
<tr>
<th>Jennifer Quigley</th>
<th><a href="mailto:jaquigley@ucdavis.edu">jaquigley@ucdavis.edu</a></th>
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<tbody>
<tr>
<td>Melanie Gerdes</td>
<td><a href="mailto:magerdes@ucdavis.edu">magerdes@ucdavis.edu</a></td>
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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 McMurodo.
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

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.
The Toolkit

- SOCIAL MEDIA POSTS
- FLYERS
- TESTIMONIALS
- TECHNICAL ASSISTANCE REQUEST FORM
- TRACKING LOG
- RESOURCES
Social Media Posts

ENGLISH

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 MORE AT [WEBSITE]

SIGN UP FOR BENEFITS IN JUST 10 MINUTES AT GETCALFRESH.ORG

VIETNAMESE

Ẩn Ngon Khi Tài Chính Eo Hẹp
CÁC CHƯƠNG TRÌNH MỚI ĐƯỢC MỞ RA ĐỂ GIÚP MỌI NGƯỜI HỖ TRỢ SAU ĐẠI DỊCH

Hỏi đáp về các chương trình dinh dưỡng để giúp bạn và gia đình duy trì sức khỏe

LEARN MORE AT [WEBSITE]

SIGN UP FOR BENEFITS IN JUST 10 MINUTES AT GETCALFRESH.ORG

SPANISH

EAT RIGHT WHEN MONEY’S TIGHT
HAY NUEVOS PROGRAMAS DE NUTRICIÓN DISPONIBLES PARA AYUDAR A RECUERPARNO DE LA PANDEMIA

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

LEARN MORE AT [WEBSITE]

SIGN UP FOR BENEFITS IN JUST 10 MINUTES AT GETCALFRESH.ORG

CHINESE

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，治沙我們有關營養援助計劃

LEARN MORE AT [WEBSITE]

SIGN UP FOR BENEFITS IN JUST 10 MINUTES AT GETCALFRESH.ORG

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Thank you!

Next Town Hall:
Tuesday, June 15