

CalFresh Healthy Living, UC Town Hall: September 20th Agenda

- Stanford Our Voice Project – Imperial County **(00:01:49)**

Chris Wong, CFHL, UCCE Imperial County

- PA Break **(00:19:00)**

Alejandra Giron, Central Sierra

- Creating Dynamic Virtual Engagement: Increasing Participation through Virtual Engagement **(00:25:22)**

Elizabeth Lopez, CFHL, UCCE Fresno/Madera Counties

John Duran, UCCE Fresno/Madera Master Gardener

Elia Medina, Madera Unified School District Director of Community Services and Parent Resource Centers

- State Office Updates **(00:54:10)**



Our Voice Discovery Tool App with CFHL, UCCE Imperial County



Villa de las Flores Senior Apartments



Participants recruited from UCCE Imperial's Plan, Shop, Save & Cook series hosted by Martha Lopez at family and senior housing sites.

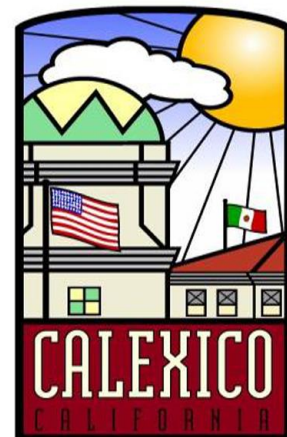
Plan, Shop, Save & Cook

**PACIFIC SOUTHWEST**
Community Development Corporation



Guiding Question:

What makes it easy or hard to walk in neighborhoods of Calexico?



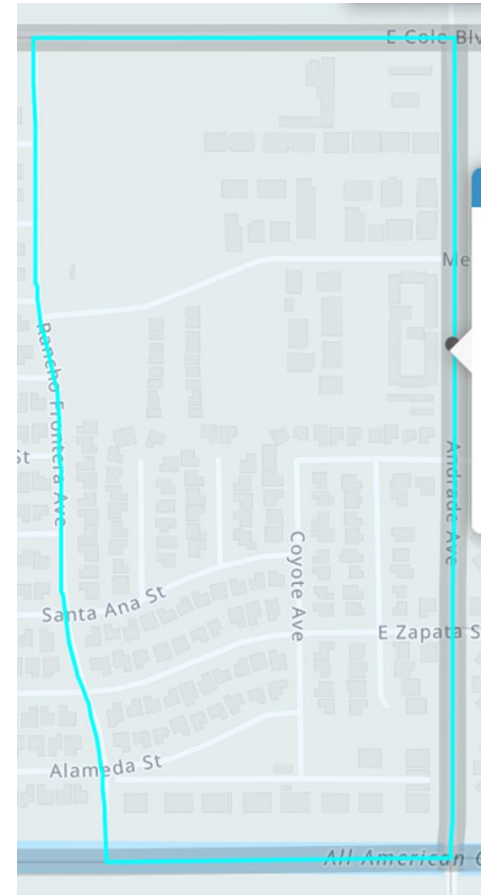
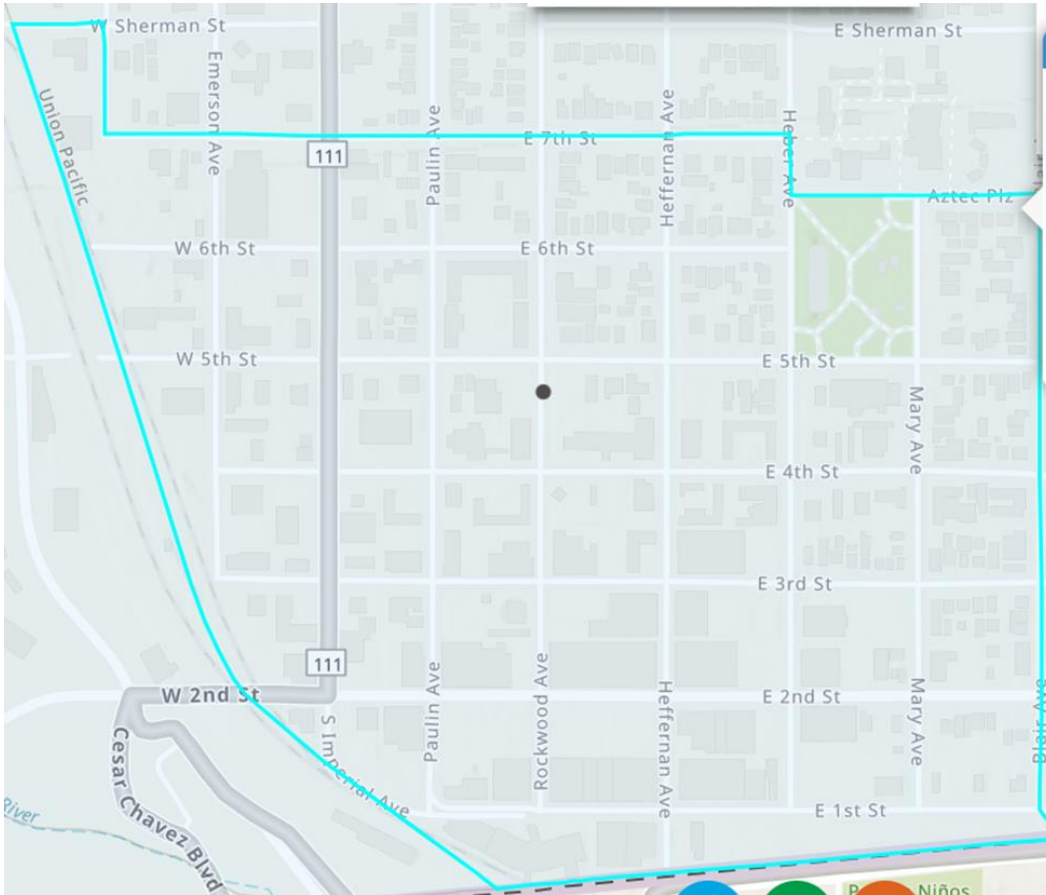
"Where California And Mexico Meet"



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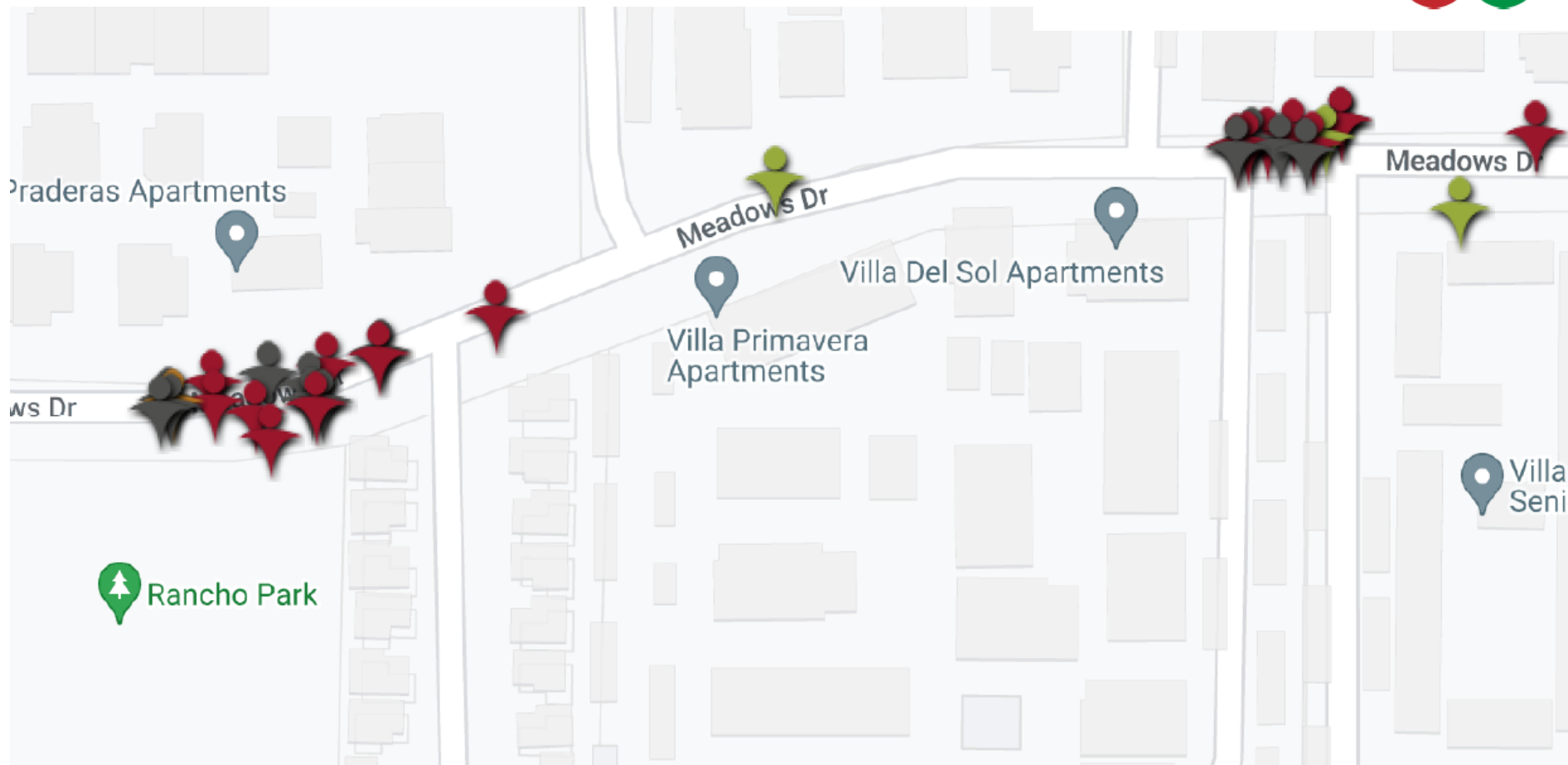
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CFHL Eligibility GIS Map



Project: CLX

Good or Bad for the Community?



Pindrop tags show walking path and indicate location of images captured using Our Voice Discovery Tool app.



Image of Street

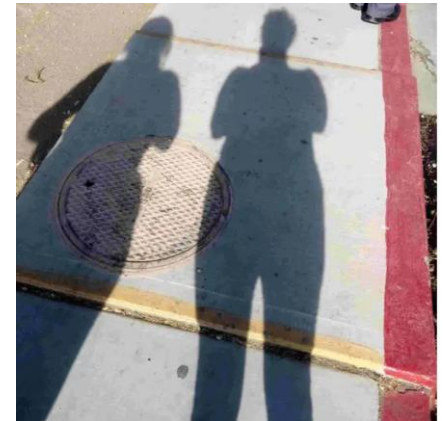


Good or Bad for the Community?



Why did you take this picture?

Good or Bad for the Community?



“Hay líneas pero no están marcadas.”

There are lines but they are not marked.”

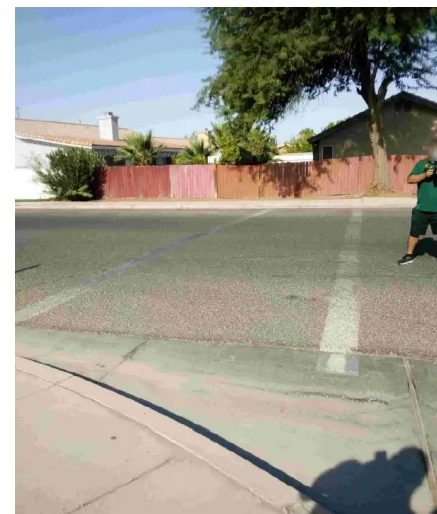
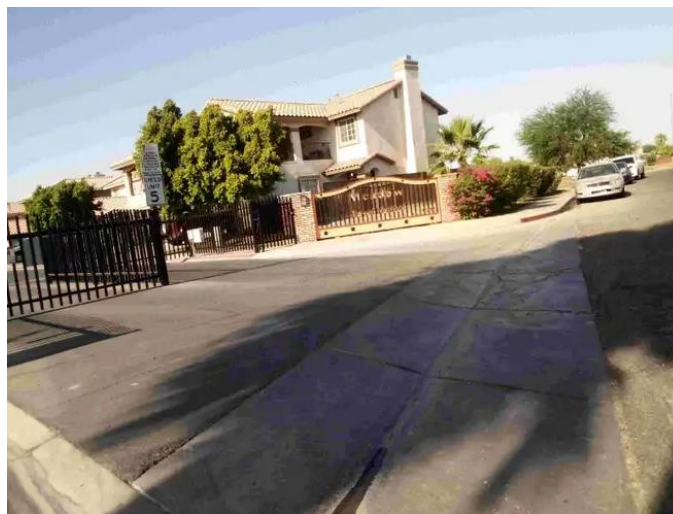
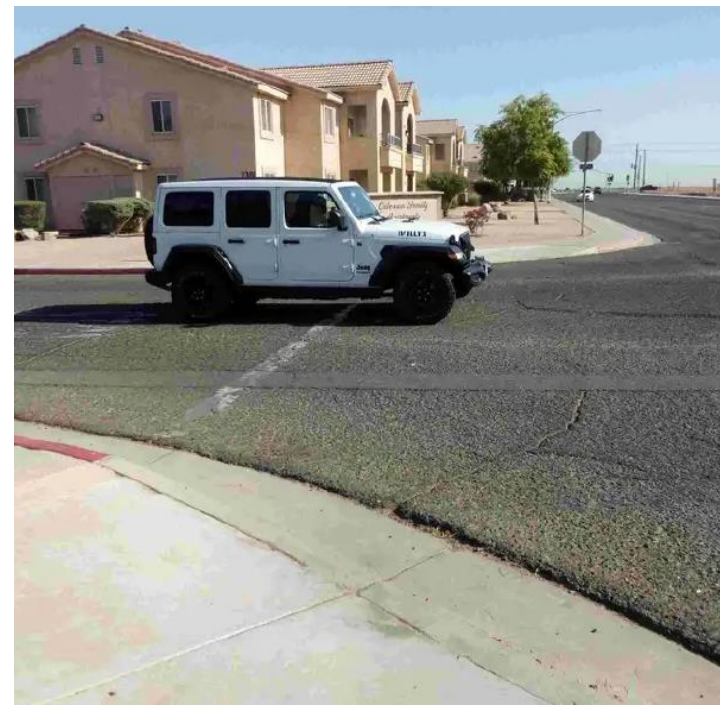
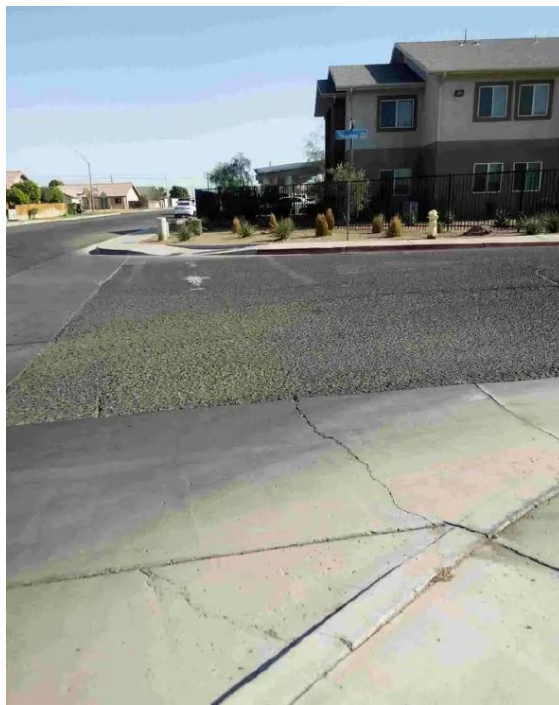
“The crosswalk is faded and cars don't stop.”

“El cruce peatonal está descolorido y los autos no se detienen.”

“The lines at the corners are not marked.”

“Las líneas no están marcadas en las paradas de las esquinas.”

Good or Bad for the Community?



Rancho Park



Good or Bad for the Community?



Common Themes Across the Data

- Uneven Sidewalks
- Unpainted Crosswalks
- Park with low walking accessibility, lacking water fountains, restrooms, benches, walking path, lights and shade.

Community Changes To Support Healthy Behaviors

Change ideas/recommendations	Who can make the change?	Who can help?
<i>Leveling Sidewalks on Meadow's Dr.</i>	Public Works Department	Paved Streets Maintenance Division
<i>Repainting crosswalks leading to grocery stores.</i>	Public Works Department	Paved Streets Maintenance Division
<i>Install benches, water fountains, restrooms, lights and walking path in Rancho Park.</i>	Parks, Recreation, Beautification and Senior Services Commission	City Commissioners
<i>Plant trees on city sidewalks and parks to provide shade.</i>	Parks, Recreation, Beautification and Senior Services Commission	Community Services Department

Prioritizing Goals

FEASIBILITY

IMPORTANCE

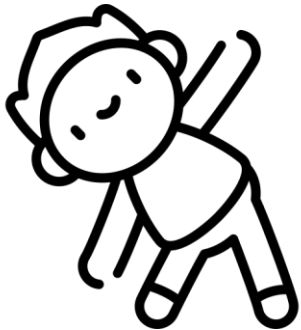
	HIGH	LOW
H I G H	<ul style="list-style-type: none"> Repaint crosswalks leading to grocery store. 	<ul style="list-style-type: none"> Level Sidewalks on Meadows Dr. Install water fountains, restrooms and benches at Rancho Park.
L O W	<ul style="list-style-type: none"> Plant shade trees on sidewalks and in Rancho Park. 	<ul style="list-style-type: none"> Install walking path and lights at Rancho Park.

Action Steps

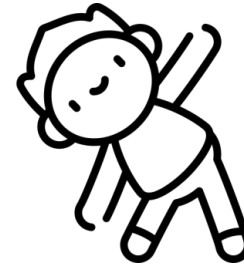
Who	What
<i>CalFresh Healthy Living</i>	<i>Schedule Data Report Presentation with City of Calexico Commissions and share recommendations from residents in November.</i>
<i>Everyone</i>	<i>Inviting friends and neighbors to participate in following data collection process this fall.</i>
<i>Site Managers</i>	<i>Expand access to Our Voice Discovery Tool App by providing new sites an opportunity to join the project.</i>



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PA Break Central Sierra



PA Break





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Creating Dynamic Virtual Engagement: Increasing Participant Participation through Virtual Engagement

Presented By:

Elizabeth Lopez, CFHL UCCE Fresno/Madera Counties
Elia Medina, Director of Community Services and Parent
Resource Centers
John Duran, Master Gardener Volunteer

Spring Garden Workshop

- Fresh from the Garden workshop for parents
- At the district level
- Collaboration
 - UCCE Master Gardener Program
 - MUSD Parent Resource Center



Background

- **Virtual Workshop**
 - English – taught by John
 - Spanish – taught by Elizabeth
 - Incorporated a short MyPlate review
 - Parents were reminded to join Day 2 in-person

Do you want to start a garden at home or improve your gardening skills?

Join us at the

Spring Garden Workshops

Receive a garden kit on day 2!

Day 1

Zoom Workshop
April 26, 2022
English: 5:30pm-6:00pm
Spanish: 6:00pm-6:30pm
Meeting ID: 868 5950 6234

Day 2

In-person Live Demonstrations
April 28, 2022
6:00pm-7:00pm
at Alpha Elementary, Room 15
900 Stadium Rd.
Madera, CA 93637

To Register, call:
(559) 416-5879

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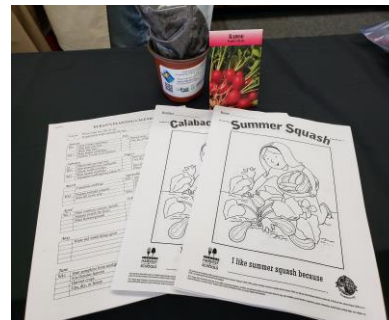
Reach

Parent engagement increased!

	Spring 2021	Spring 2022
Virtual	30	84
In-Person	Not-offered	21

CFHL, UCCE Fresno/Madera

- Planning
- Flyer
 - Promotion
- Garden Kits
 - Pots
 - Radish seeds
 - Printed material (provided by Master Gardener)
- Food demo
 - Zoodles (zucchini noodles)



Parent Resource Center

Virtual Lesson

- Helping parents with Zoom
- Promotion
- Creating zoom links

In-Person Lesson

- Promotion
- Registration
- Space – Alpha Elementary
- Childcare



UCCE Master Gardener Program

- Garden lesson expertise
- Taught Fresh from the Garden workshop
- Content for the kits – soil
- Tomato plants and squash seeds



Fresh From The Garden Lesson Demo

Summer Vegetable Gardening

Presented by John Duran

Date April 2021



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UC Master Gardener Program



Garden in a pot



Mel Bartholomew Square Foot Gardening

#1 Starting too big is a challenge.

- Start with a wish list and a plan.
- Don't start too big and get overwhelmed.
 - select a site with good soil, level ground, a close water supply, adequate sun light (8 hrs.), close access.
- Start with existing flower beds, a container, or a small grow bed.
 - *Don't be afraid to mix flowers and veggie.*
 - *I have 7 fruit & citrus trees in my front yard.*
 - *You control the size by pruning. **You don't need dwarf varieties \$\$.***
- Add new garden beds-zones as you grow in knowledge.
 - *Crop rotation the ideal are 4 beds(chart).*
 - raised beds improve water drainage & use good soil, easy to amend.



#2 Understand your climate

- Know your frost dates, first and last.
- Know your chill hours for your fruit trees.
- Know your growing zone/calendar dates (*climate is changing*).
- Plants are classified into two growing seasons
 - Cool weather crops (roots, leaves, stems, mature flower parts).
 - Plant August-September (winter crop)
 - They grow at 55' to 75' and can tolerate frost
 - Warm weather (produce fruits and vegetables).
 - Plant April-May, fruit June to October.
 - Plant at 65' to 95' cannot tolerate frost.
 - Fruiting part of the plant is eaten (tomato, melon, beans, squash, corn
 - Tomato blossoms fall off if +nitrogen or water (nothing but plant), Temp is too high or too low, shade, smoke,
 - Pick a location with at least 8 hour of sunlight.

You can't fool mother
nature (*but you can trick her*).



Root hairs
(trichomes
)



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UC Master Gardener Program

DURAN'S PLANTING CALENDAR

Purpose :	Plant what you like to eat. Experiment with varieties for fun.	Year
-----------	---	------

January		July	
Wk1	Plant Tomato seeds/trays		Harvest crops
	Plant bare root trees		Can, dry, or freeze
	Prune fruit trees		
Wk 3	Plant pepper seeds/trays		
	Fertilize 1/week w/1/2 solution		

February		August	
14	Plant potato eyes/ground		Harvest crops
Wk1	Start annual flowers, marigolds,		Can, dry, or freeze
	Zinnia, sunflower/trays		
Wk3	Plant squash seed/trays		Save seeds for next year
	Transplant seedlings/buy plants ☺!		Plant roots, stems, leaf crops

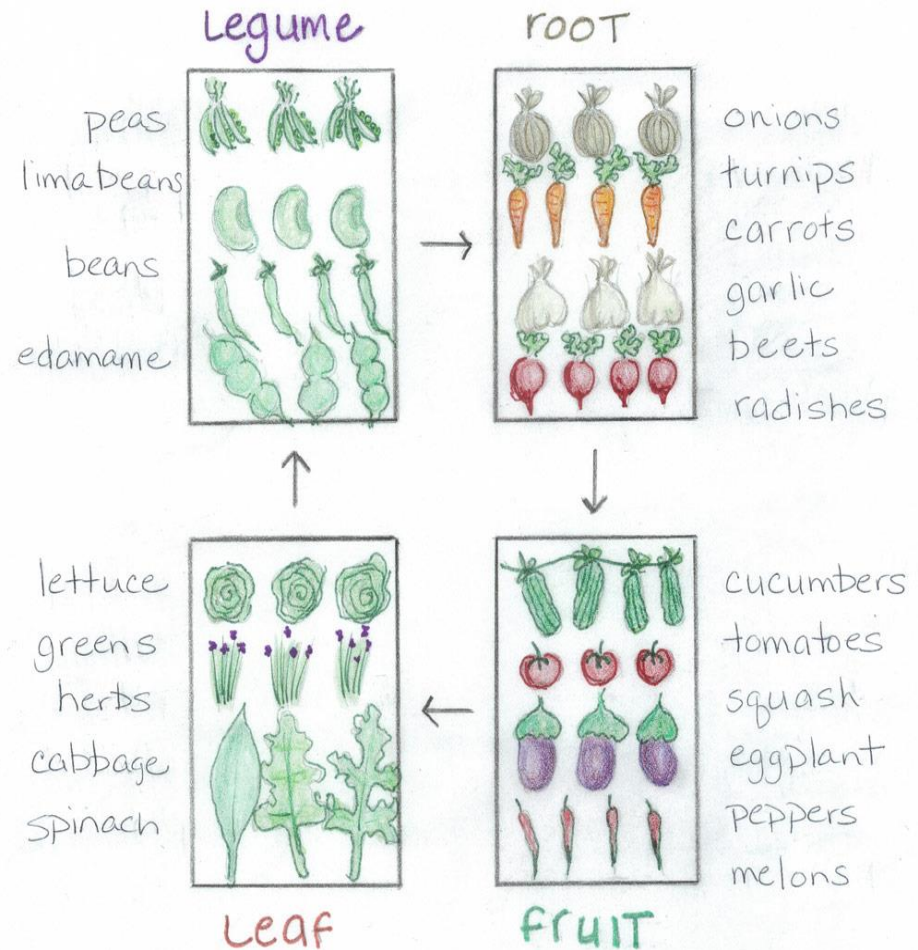
March		September	
	Transplant seedlings	Wk1	Start winter crops, broccoli,
			Cauliflower, cilantro, cabbage/trays
Wk2	Prepare soil/add compost		Sweet peas, garlic, onions/ground
	Roto-till cover crop		Snap peas, pod peas, carrots/ground
		Wk4	Start bulb flowers/ground/container

April		October	
Wk 1	Plant outdoors, tomato, squash		Don't leave soil bare, plant c-crops
	Peppers (watch for frost)		Make olives
	Plant flowers/ground		Dry Fuji persimmons

May		November	
	Water and watch things grow		Look at catalogs, dream
			Plan you garden, varieties
			Garden in containers, sheltered
			Purchase seeds

June		December	
Wk1	Start pumpkins from seed/ground		Dream about your garden
	For October harvest		Container garden
	Harvest crops		Pick mandarins
	Can, dry, or freeze		

Crop Rotation Made Easy





Compost bin with kitchen vegetables (soldier flies)

5 Focus on building healthy soil.

- Tilth is the condition of the soil in regards to planting seeds or transplants. To improve here are some suggestions:
 - Compost is best if you let mature 6-12 months. Don't waste money composting large garden areas. Place one or two shovel full where you are going to plant or in a row.
 - Be careful, too much organic matter may increase the amount of salts and stunt plant growth.
 - Use manure (horse [good], cow [lots of weed seeds], chicken [lots of nitrogen, too hot]).





Compost in the grow
box



Rudbeckia

#5 healthy soil continued:

- Use mulch, saw dust, leaves, lawn clippings, peat moss, any organic matter (watch the pH)
- No till method uses deep rooted plants (wheat, perennials Echinacea, Rudbeckia,) don't pull out plants when dead, cut the tops and leave the roots.
- Use mulch or cover crops. Careful, peas add a lot of nitrogen.
- Weed control methods:
 - Mulch, weed block (box stores, Synlawn), newspaper, black plastic (bad), cardboard.



7 Problems and pest, don't ignore:

- Use natural predators, plants that attract.
 - Lady bugs (don't buy, they fly away home), lace wing larva, hover flies.
 - Remember chemicals kill everything bad and good.
 - I plant wild sunflowers and oregano to attract mason bees into the garden.
- Hand pick pest in the early morning.
- Use bacillus thuringiensis (Bt) for caterpillars.





Cilantro



Basil

9 Herb production.

- Cilantro is a cool weather crop and has a deep tap root. Not a good transplant.
- Oregano is great for attracting bees into the garden. Harvest and dry the flowers.
- Basil is a summer herb, cut the flower tips to grow more leaves.
 - Make pesto, freeze in ice cube trays.
 - Make new plants with tip cutting in the fall.
- Parsley is a perennial, semi sun-shade.



Questions???

- Duran's quotes to garden by:
 - Remember to choose your battles wisely, ones you can win!!
 - *Plant what you are going to eat.*
 - Don't be afraid to experiment.
 - *If you don't plant something in your garden Mother Nature will.*
 - You can't fool Mother Nature (but you can trick her).
 - *Never give up, enjoy life in the garden.*



Community Classes Resource information Fresno & Madera Helpline for gardening questions

- [UCANR Madera Master gardener website](#)
- [UCANR Fresno Master gardener website](#)
- **Fresno link**
- <https://ucanr.edu/sites/mgfresno/>
- **Madera link**
- http://cemadera.ucanr.edu/Madera_County_Master_Gardener_Program/
- **Our gardening Helpline is working remotely. Questions? Send an email to mgfresno@ucdavis.edu Including photos is helpful. We are looking forward to hearing from you!**
- ***Survey for evaluation and more information***
- **To receive announcements of upcoming events and gardening education opportunities offered by UC Cooperative Extension Master Gardeners in Fresno and Madera Counties [Sign up here](#)**
- <https://ucanr.edu/survey/survey.cfm?surveynumber=11324>



Best Practices

- Connect with your school district
 - Parent engagement program
- Master Gardener collaboration
- Schedule workshop before peak gardening season
 - Tie to what's in season
- Good communication is key!



Future

- **Continue offering Spring workshop**
 - Expand to incorporate Fall
- **Follow-up contacts from parent participants**
 - Parent at Pershing Elementary School
 - Encourage more parents to help start school gardens





State Office Updates



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FFY 2022 Annual Report Timeline and Materials posted to CFHL, UC [home page](#)

FFY 2022 Annual Report Timeline & Information +



FFY 2022 Annual Report Timeline & Information X

FFY 2022 Annual Report

[FFY 2022 County Annual Report Timeline Detail](#)

September 27, 2022

- EatFresh.org Mini Course data disseminated to counties

October 3, 2022

- **PEARS "Closed" for all CFHL, UC LIA's** | Complete all FY22 PEARS Data Entry
 - UCCE teams will not be able to enter any new FFY2022 information into PEARS after **October 3rd** 📅

October 4th

- PEARS will switch over to **FFY 2023** reporting 📅



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FFY 2022 Annual Report Timeline

December 2, 2022

- **First Draft FFY 2022 Annual Report documents due to State Office** | submit through BOX Annual Report Folder
 - FFY22 County/Cluster **Narrative** Annual Report
 - FFY22 County **Profile**



December 16, 2022

- State Office staff will provide feedback to Counties on draft Annual Report Documents
 - Comments and feedback will be posted into the Annual Report County Specific folders in BOX

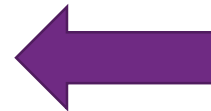
January 10, 2023

- **Final Annual Report Documents due to State Office**
 - FFY22 Annual Report Narrative
 - FFY22 County Profile

FFY 2022 Annual Report Templates

[FFY22 County/Cluster Narrative Annual Report Template](#)

[FFY22 County Profile Template](#)



- **PEARS Fiscal Close FFY 2022**

- **October 3, 2022**

- All Data must be entered and marked as complete

- **October 4, 2022**

- PEARs will switch over to FFY 2023 reporting

- **October 4th - 13th**

- The State Office will complete final data review
 - SO will post identified updates needed to County Specific Folders in Box
 - UCCE County/Cluster teams will need to review and confirm changes
 - SO will make updates and changes once confirmed

PEARS – Cleaning FFY 2022 data

- Working toward having FFY2022 PEARS data as complete and accurate as possible by FFY2023 reporting switch-over – October 4th



Program & Indirect Activities	PSE Activities and Surveys	Partnerships & Coalitions	Success Stories
Jennifer Quigley (530) 754-4137	Angie Keihner (530) 752-8813	Barbara McKnelly (530) 754-7796	Andra Nicoli (530) 754-9059
jaquigley@ucdavis.edu	akeihner@ucdavis.edu	bmknelly@ucdavis.edu	amnicoli@ucdavis.edu

FFY 2022 Results for 10 Evaluation Surveys Already Analyzed & Saved in Box

- **Eating and Activity Tool for Students (EATS)** – matched pre-posts n=732, from 13 Counties
- **Teacher Observation Tool (TOT)** – n=321, from 15 Counties
- **Physical Activity Teacher Observation Tool (PA-TOT)** – n=10, from 2 Counties
- **Youth Taste Test Tool (TTT)** – n=1,414, from 23 Counties
- **Preschool Taste Test Tool (PreK-TTT)** – n=12, from 2 Counties
- **Large Group Taste Test Tool (LG-TTT)** – n=74, from 9 Counties
- **Adult Taste Test tool** – n=33, from 4 Counties
- **YPAR Retrospective Survey** – n=118 from 4 Counties
- **YPAR Project Assessment** – n=3 from 1 County
- **Youth Leader Survey** – n=26 from 1 County



FFY 2022 Evaluation Survey Portal Closure Dates

Sept 30, 2022 - Remaining Youth/Adult surveys in PEARS

- What Did You Learn? (WDYL)
- Intent to Change Surveys (ITCs)
- Food Behavior Checklist + Adult Physical Activity Survey (FBC+PA) pre/post
- Plan, Shop, Save & Cook (PSSC) pre/post
- Healthy, Happy Families (HHF)
- Adult Physical Activity Survey (APAS)



Reminder: For pre/post surveys administered as hard copy

- Hold the pre-surveys until after the post-surveys are collected
- Only enter **matched** pre/post surveys in PEARS



FFY 2022 Fiscal Close Schedule

To ensure all appropriate expenditures post to the September 2022 ledger, please follow these deadlines:

- Submit PCard expense reports and travel expense reports in AggieTravel as soon as possible, but no later than **Wednesday, 9/21/2022**.
- Allowable mileage accrued for the CFHL, UC program should be submitted in AggieTravel by **Wednesday, 9/21/2022**.
- Allowable mileage accrued for the CFHL, UC program between 9/22/2022 through 9/30/2022 should be processed separately in one AggieTravel report by **Monday, 10/3/2022**.

FFY 2022 Fiscal Close Schedule *(cont.)*

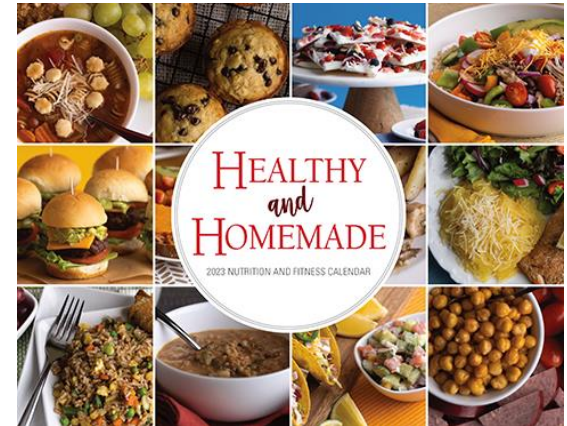
- For County Directors, Principal Investigators, and other Supervisors approve Pcard expense reports, travel expense reports (in AggieTravel) and requisitions (in AggieBuy) no later than **Friday, 9/23/2022**.
- Biweekly-paid employee timesheets submitted in the Time Reporting System by **5pm on Friday, 9/30/2022** per UCPath timelines.
 - Supervisor approvals needed by **12pm on Monday, 10/3/2022**.
- Monthly-paid employees submit September timesheets by **5pm on Friday, 10/7/2022** per UCPath schedules.
 - Supervisor approvals are needed ASAP, but no later than **12pm on Tuesday, 10/11/2022**.

If you have any questions, please reach to:

Kamal (kjkhaira@ucdavis.edu), Lindsay (lmhamaskai@ucdavis.edu),
and Ryan (crkeeler@ucdavis.edu)

FFY23 Ordering Updates-NERI

- Iowa State Healthy & Homemade Calendars have shipped
- Orders from other Vendors (Advantage Publications, Visualz, Fresh Baby, ID Me) to be shipped soon, will update accordingly.



FFY23 Ordering Updates-CURRI

- Curriculum orders are being printed/boxed
- Counties will be notified when Reprographics begins shipping



NOTE:

- Pre-K and early elementary curriculum has a “new look”
- Curriculum content is the same
- Use current stock first → then new curriculum



- Hotel Reservations – Alternate hotel identified
 - See 9/13 email from State Office for registration link

Thank you!

Next Town Hall November 15



Image Source: [Gellinger](#) via Pixabay/ CC0