CalFresh Healthy Living, UC Town Hall: Agenda

• SLO/SB Gardening during COVID (00:01:12)
• Highlights From the Field! UCCE Central Sierra (00:26:33)
• Youth Engagement Video Vignettes (00:40:20)
• Quarterly Self-Care (00:46:20)
• Awards (00:56:56)
• State Office Updates
  • New Evaluation Resources (00:59:12)
  • Ordering Updates (01:15:06)
  • CDSS Survey Update (01:19:05)
  • Virtual Forum and Poster Update (01:20:05)
San Luis Obispo and Santa Barbara County Garden Work During COVID-19

Abbi Marrs
CES II
San Luis Obispo/Santa Barbara Counties
What was accomplished during the summer of 2020 during the COVID-19 shutdown?
Between April through October, 1,077 pounds of fresh, organic produce were harvested from school gardens in Santa Barbara and San Luis Obispo County’s and donated back into local communities.
Garden updates were shared weekly through partner school staff and teachers to keep youth connected to what's happening at THEIR school sites.
Youth at schools were able to participate and decide what would grow in the THEIR school gardens by completing a fun survey!
How was this possible???
Partnerships!
BUILD RELATIONSHIPS

Make friends! Be present. Small talk counts.

- Principals
- Garden Heroes
- Teachers
- Food Services
- Grounds Maintenance
- Custodians
- Parent Volunteers

This material was funded by USDA's Supplemental Nutrition Program - SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.
Principal and Teacher Buy in!!!

They have power to make a LOT happen and bring in all kinds of support.

You want support from the principal and at least ONE teacher.
Know your food safety

- Wash your hands and workspace first
- Wear clean rubber gloves
- Place washed produce into a clean container.

Video link: https://www.youtube.com/watch?v=xYLNsKliD6U
Connect with additional resources to find out where to donate extra produce.

Be actively involved in YOUR community, join organizations with shared interest = Health!
Have fun! Make friends! Don’t be afraid to ask! Think of the “big picture” and just GO FOR IT!!
Any Questions?
Staying Connected: Highlights from the Field

Central Sierra- El Dorado, Amador, Calaveras & Tuolumne counties

WHAT: Virtual DE, IE, & growth in partnerships

WHEN: Late Summer 2020 through Fall 2020

WHERE: Central Sierra- El Dorado, Amador, Calaveras, & Tuolumne counties
**Virtual Direct Ed in the Central Sierra**

1. **Preparation:** Staff training over summer months. Reconnected with sites as they prepared for the coming year.

2. **Promotion:** Informational flyers on programming and resources available through CFHL, UC.

3. **Delivery:** Tailored programming based on site needs.

4. **Virtual Direct Ed:** SUMP, PSSC, HHF, EatFresh.org Mini Course, TAT.

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**Virtual Direct Ed in the Central Sierra**

<table>
<thead>
<tr>
<th>Preparation</th>
<th>Promotion</th>
<th>Delivery</th>
<th>Virtual Direct Ed</th>
</tr>
</thead>
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<td>Tailored programming based on site needs.</td>
<td>SUMP, PSSC, HHF, EatFresh.org Mini Course, TAT.</td>
</tr>
</tbody>
</table>
Virtual Harvest of the Month - Indirect Ed

Crown Jewel of Nutrition

Broccoli is sometimes called the “Crown Jewel of Nutrition” because it has so many nutrients in it.

HOTM Broccoli

South Lake Tahoe newsletters

Amador newsletters

Central Sierra YouTube Channel

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.
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Contactless Kits - Indirect Ed

El Dorado West Slope, contents in each nutrition kit.

All ten teachers at GT School of Innovation received a nutrition kit.

220 students received kits!
Contactless Kits

El Dorado West Slope, SOL Community Farmers Market (weekly)
Contactless Kits

**Calaveras County**

Contactless Kids Day
- Grab and go Kits

Gardens in Every Home
- Grab and go Kits
- 2,875 families reached
- Partnership with Calaveras Unified School District, CalFresh Healthy Living, UCCE, Public Health and Calaveras Master Gardeners and local hardware stores
- Raised garden beds
Contactless Kids Day at the Market

Tuolumne County

- Annual event
- $1,000 donation for veggie bucks so kids can purchase their own
- Kids received $4-$6 to spend at the market
- In partnership with:
  - Public Health- pumpkins
  - MG’s- seed and soil

Attended by 200 families
Youth Engagement Video Vignettes

Eco-Garden Club Research Project
A Youth-Led Participatory Action Research (YPAR) Project at Calexico High School
Calexico, Imperial County, California

Cooking Academy
A Project with the Students of Southport Elementary School
West Sacramento, Yolo County, California

Project H2O is a Youth-Led Participatory Action Research (YPAR) Project at John Swett High School in Crockett, CA.
Supported by CalFresh Healthy Living, University of California and the University of California Agriculture & Natural Resources 4-H Youth Development Program.

HHAK’s Food Waste Project
A Project by the Students of Meadows Union Elementary School
El Centro, Imperial County, California

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.
Self-Care

A Look at Stress

American Psychological Association “Stress in America”

Average Reported Stress Level = 4.9

Average Reported Stress Level by Generation:
Gen Z adults (18-22 years) = 5.8
Gen Xers (41-54 years) = 5.5
Millenials (23-40 years) = 5.4
Boomers (55-73 years) = 4.2
Older adults (74+ years) = 3.0

59% of adults surveyed said they could have used more emotional support than they received in the past year.

Stress and Breathing Techniques


Let’s Practice!

4-7-8
Reflection Activity

Mind  Body  Emotions  Career

Relationships  Finances  Environment  Fun
CONGRATULATIONS!

UCCE Tulare-King Nutrition Education Team

2nd Place Western Region SNAP-ED/EFNEP Award

Mary Blackburn, Health & Nutrition Advisor-Alameda County

NEAFCS Hall of Fame Award

CalFresh Healthy Living, UCCE Alameda County

3rd Place Regional Community Partnership Award
State Office Updates
PEARS and Reporting Updates

- FFY2020 PEARs reporting
- New Adult Distance Learning Guidance
- PEARS Office hours – Tues October 27th
PEARS – FFY2020 reporting completed!!

- 3,312 Program Activities
- 407 PSE Activities
- 566 Indirect Activities
- 824 Partners – 793 non-funded
- 40 Coalitions
- 44 Success Stories
State Office to provide PEARs Summary data

November 6, 2020
- Summary Data Available from State Office I Posted to BOX on a rolling basis. Counties will receive an email when data is available.

December 1, 2020
- Draft FFY20 Annual Report documents due to State Office I submit through BOX Annual Report Folder

https://uccalfresh.ucdavis.edu/
Adult Distance Learning Guidance

CFHL, UC WEBSITE - PEARS PROGRAM ACTIVITIES PAGE

• Demographics
  • Adult Demographics
    • Collection Methods
    • How to Collect
  • Demographic Data Cards
    • Necessary information
  • Tracking Participants
  • Example scenario using the PEARS Demographic Card

• Recruitment
  • Recruiting | SNAP-Ed Distance Learning (DL)
  • Table | Site settings and Recruiting methods
PEARS Office Hours | October 27, 2020

Register for the upcoming PEARS Office hours that will cover using the PEARS Surveys link and QR codes, collecting adult demographics using PEARS Surveys and other methods to collect demographics, and tracking participants in a distance learning world.

Please see the registration link HERE.

- Real time examples
- Ask questions
- Discuss similar issues in a supportive environment
Evaluation Updates

- FFY2020 County/cluster evaluation results
- FFY2021 Evaluation Updates
- Qualtrics Tip Sheets and office hours Nov
Evaluation Results – FFY2020

- County specific survey results will be posted in Box Your County/Cluster name EVALUATION Year End Survey & Assessment Results

- **Already posted**
  - Youth Surveys
    - EATS pre only and pre/post (if available)
    - TOT and PA TOT
    - TTT
  - Adult Surveys
    - ITCs – multiple topics
    - Adult TTT

- All other results, shared back by Oct 30th on rolling basis
FFY2020 EATS Results and Excel file

EATS Pre-Survey Findings (School Year 2019-20)

Number of Surveys = 746

<table>
<thead>
<tr>
<th>Fruits and Vegetables</th>
<th>Sugar Sweetened Beverages and Water</th>
<th>Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean Times Ate (Yesterday)</td>
<td>Mean Times Drank (Yesterday)</td>
<td>Mean Physical Activity (last week)</td>
</tr>
<tr>
<td>Fruit and Vegetables</td>
<td>Water</td>
<td>Days getting 60+ minutes MVPA</td>
</tr>
<tr>
<td>Mean</td>
<td>5.53</td>
<td>2.54</td>
</tr>
<tr>
<td>Fruit</td>
<td>2.32</td>
<td>2.54</td>
</tr>
<tr>
<td>Vegetables</td>
<td>3.21</td>
<td></td>
</tr>
</tbody>
</table>

**Types of Fruit**
- Whole Fruit: 65%
- 100% Juice: 35%

**Types of Vegetables**
- Beans: 11%
- Orange Veg: 17%
- Starchy Veg: 17%
- Green Veg: 24%
- Other Veg: 39%

**Drank Water or Sugary Drinks?**
- Water: 2.54
- Sugar Sweetened Beverages: 3.19

**Types of Sugar Sweetened Beverages**
- Flavored Milk: 20%
- Energy Drinks: 5%
- Coffee Drinks: 15%
- Sports Drinks: 15%
- Fruit Drinks: 24%
- Soda: 21%

**When Students Were Active at School**
- During recess: 60%
- During PE class: 56%
- During after school: 55%
- During lunch time: 39%
- Before school: 22%
- During other class time (not PE): 10%
- Most physically active: 8%

**Time Spent Doing Physical Activities in P.E.**
- Most or all of the class time: 73%
- About half of the class time: 14%
- Less than half of the class time: 13%

**What do these findings tell us?**
- On average, students reported being physically active at least 60 minutes per day on 4.79 days during the last week.
- Students reported being physically active most commonly during recess, PE class and after school.
- Nearly three-quarters of students reported being physically active “Most or all of their PE class”.

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.
Poll Question -

Would you be interested in an office hour to discuss and address questions about the FFY20 EATS results and excel files?

- Yes
- No
- Maybe
New FFY2021 Evaluation Guidance

FFY2021 Evaluation Changes due to COVID-19
✓ recommended evaluation tools by target population
✓ specific data collection approach/platform and date available
✓ evaluation tools that are “on hold” or pending possible new versions

FFY2021 Recommended Evaluation Tools and SMART Objectives
✓ updates in yellow highlight

Any questions contact Barbara bmknelly@ucdavis.edu or Angie akeihner@ucdavis.edu
# Adult Online Evaluation Tools – FFY21

## Table 1: Adult Online Evaluation Tools

<table>
<thead>
<tr>
<th>Tool Name</th>
<th>Tool Type</th>
<th>FFY21 Data Collection Approach</th>
<th>FFY21 Data Entry Portal</th>
<th>FFY21 Portals available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intent to Change (ITC) Surveys - Multiple topics in Eng/Spa</td>
<td>single session assessment</td>
<td>participant survey link or QR code</td>
<td>PEARs</td>
<td>October 15&lt;sup&gt;th&lt;/sup&gt;</td>
</tr>
<tr>
<td>Adult Physical Activity Survey (APAS) Eng/Spa</td>
<td>pre/post*</td>
<td>participant survey link or QR code</td>
<td>PEARs</td>
<td>October 15&lt;sup&gt;th&lt;/sup&gt;</td>
</tr>
<tr>
<td>Plan Shop Save and Cook (PSSC) Eng/Spa</td>
<td>pre/post*</td>
<td>participant survey link or QR code</td>
<td>PEARs</td>
<td>October 15&lt;sup&gt;th&lt;/sup&gt;</td>
</tr>
<tr>
<td>Food Behavior Checklist Eng/Spa combined with APAS (FBC+PA)</td>
<td>pre/post*</td>
<td>participant survey link</td>
<td>Qualtrics</td>
<td>October 1&lt;sup&gt;st&lt;/sup&gt;</td>
</tr>
<tr>
<td>Healthy Happy Families (HHF) Eng/Spa</td>
<td>pre/post*</td>
<td>participant survey link</td>
<td>Qualtrics</td>
<td>October 5&lt;sup&gt;th&lt;/sup&gt;</td>
</tr>
<tr>
<td>Making Every Dollar Count (MEDC) Eng/Spa</td>
<td>retrospective</td>
<td>participant survey link</td>
<td>Qualtrics</td>
<td>October 1&lt;sup&gt;st&lt;/sup&gt;</td>
</tr>
</tbody>
</table>

*Participant ID code resources (Poster and PowerPoint Slides) are available to support you in collecting ID codes from class participants when administering pre/post surveys.*
Youth Evaluation Tools – FFY21 Pending or on Hold

- **Teacher Observation Tool (TOT)** - **PENDING** - POSSIBLE REPLACEMENT W/ NEW RETROSPECTIVE TOOL FOR FFY 2021
- **Physical Activity Teacher Observation Tool** - **PENDING** - POSSIBLE REPLACEMENT W/ NEW RETROSPECTIVE TOOL FOR FFY 2021
- **Eating and Activity Tool for Students (EATS) Pre/Post** (for Grades 4-5th) - **PENDING** - POSSIBLE REPLACEMENT W/ NEW RETROSPECTIVE TOOL FOR FFY 2021

- **Teacher Tasting Tool (Youth TTT)** - **ON HOLD** - FOR AT LEAST QUARTER #1
- **Preschool Taste Test Tool (PreK TTT)** - **ON HOLD** - FOR AT LEAST QUARTER #1
- **Large Group Taste Test Tool (LG TTT)** - **ON HOLD** - FOR AT LEAST QUARTER #1
# Youth Evaluation Tools – FFY21 Online

## Table 2: Middle and High School Online Evaluation Tools

<table>
<thead>
<tr>
<th>Tool Name</th>
<th>Tool Type</th>
<th>FFY21 Data Collection Approach</th>
<th>FFY21 Data Entry Portal</th>
<th>FFY21 Portals available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating and Activity Tool for Students (EATS) (Middle and High School only)</td>
<td>pre/post</td>
<td>participant survey link</td>
<td>Qualtrics</td>
<td>Currently pending IRB approval – TBD ~October 30th</td>
</tr>
</tbody>
</table>

## Table 3: Youth Engagement Online Evaluation Tools

<table>
<thead>
<tr>
<th>Tool Name</th>
<th>Tool Type</th>
<th>FFY21 Data Collection Approach</th>
<th>FFY21 Data Entry Portal</th>
<th>FFY21 Portals available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teens as Teacher Survey</td>
<td>retrospective</td>
<td>participant survey link</td>
<td>Qualtrics</td>
<td>TBD - ~Oct 30, 2020</td>
</tr>
<tr>
<td>YPAR Retrospective Survey</td>
<td>retrospective</td>
<td>participant survey link</td>
<td>Qualtrics</td>
<td>TBD - ~Oct 30, 2020</td>
</tr>
<tr>
<td>YPAR Project Assessment</td>
<td>retrospective</td>
<td>participant survey link</td>
<td>Qualtrics</td>
<td>TBD - ~Oct 30, 2020</td>
</tr>
</tbody>
</table>
FFY2021 new Qualtrics Tip sheets

Qualtrics Data Review Tip Sheet
• Instructions for how to view, filter, sort and download data

Qualtrics Report Tip Sheet
• Instructions for how to customize qualtrics reports

Will be creating videos based on Tip Sheets.

If interest, can organize Office hour.

Any questions contact Liz Egelski eegelski@UCDAVIS.EDU
CDSS LIA COVID-19 Staff Redirection Survey Table

- Completion of the CDSS LIA COVID-19 Staff Redirection Survey Table is still **required**, even if staff have not been redirected.
  - Moving forward, each LIA will be required to complete their respective section in the survey table on a **quarterly basis** and indicate the number of FTEs that have been redirected.

<table>
<thead>
<tr>
<th>COVID-19 Reporting Periods</th>
<th>2021 Due Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>FFY 2020 Q4</td>
<td>AUG 1-SEPT 30</td>
</tr>
<tr>
<td>FFY 2021 Q1</td>
<td>OCT 1–DEC 31</td>
</tr>
<tr>
<td>FFY 2021 Q2</td>
<td>JAN 1–MAR 31</td>
</tr>
<tr>
<td>FFY 2021 Q3</td>
<td>APR 1–JUN 30</td>
</tr>
<tr>
<td>FFY 2021 Q4</td>
<td>JUL 1–SEP 30</td>
</tr>
</tbody>
</table>

- Indicate with a zero (0) if no FTEs have been redirected.
- Complete the August and September 2020 sections of the survey by Friday, October 30, 2020

**Questions? Contact:**
Kamal – kjkhaira@ucdavis.edu
Lindsay – lmhamasaki@ucdavis.edu
FFY21 Curriculum Ordering Update

• Counties should be able to begin ordering in MyPrint this week!
  • Be on the lookout for an email from the State Office.
• Placing orders as soon as possible will ensure speedy delivery.
  • Be sure to check address and contact information in MyPrint.

• If you have any questions please contact:
  • Ryan Keeler (crkeeler@ucdavis.edu) or
  • Tammy McMurdoo (tjmcmurdo@ucdavis.edu) or
  • Lindsay Hamasaki (lmhamasaki@ucdavis.edu)
2021 CalFresh Healthy Living Virtual Forum
March 8-11, 2021

• The 2021 CalFresh Healthy Living Virtual Forum will include a Virtual Poster Session. LIAs can use their respective poster to showcase information pertaining to the following poster themes:
  • Virtual Direct Education
  • Food Access
  • Innovation in PSEs

• Please visit the poster submission website to submit a poster application and obtain additional information. We look forward to seeing your agency’s work showcased at the 2021 CalFresh Healthy Living Virtual Forum.

Please note:
Poster applications are due by 5:00pm (PST) Friday, November 6, 2021
Thank you!

Next Town Hall:

November 17, 2020