



# 2022

## CFHL FORUM POSTER BOOK

Quality Direct Education (Virtual  
and In-Person), Community  
Engagement, Partnership/Coalition  
Work, and Innovations in PSEs

# TABLE OF CONTENTS

<b>Innovation in PSEs.....</b>	<b>1</b>
CalFresh Healthy Living, UC: Designs, Builds and Delivers Program Innovation During the Pandemic .....	1
CalFresh Healthy Living, UCCE Riverside Helps Sustain Food Pantry Garden During COVID-19 Pandemic.....	3
Improving Physical Activity in Early Childhood Education Settings in South LA.....	5
Kinship Family Cookbook: Nourishing a Community Through Shared Experience .....	7
Eat Fresh, Feel Good: One Corner Store at a Time .....	9
Parish Digs In To Improve Nutrition During Pandemic.....	11
San Mateo County Park Rx A Public Health Model .....	13
Sowing Seeds, Harvesting Hope .....	15
Walk Audits Gone Virtual!.....	17
YPAR student advocates reach 1,319 parents and students with critical food access information during COVID-19 .....	19
<b>Partnership/ Coalition Work.....</b>	<b>21</b>
CalFresh Healthy Living on College Campuses.....	21
CFHL, UCCE Madera Partners with Master Gardeners for a Virtual Spring Garden Workshop.....	24
COVID-19 Pandemic Comprehensive Programming Experience: Desert Sands Unified School District Early Childcare Education.....	26
Engaging Tribal Ambassadors to Strengthen Partnerships and Improve Culturally Appropriate Resources.....	28
CFHL, UCCE Fresno Reaches Unique Audience During Pandemic Restrictions .....	31
Just for the Health of It! .....	33
Leveraging County Nutrition Action Plan Partnerships to Improve Food and Nutrition Security Among CalFresh Healthy Living Participants in Los Angeles County.....	35
Partnerships with Parks: Reaching High-Need Communities in LA County .....	37
CFHL, UCCE San Joaquin County: A Legacy of Training Trainers.....	39
<b>Quality Direct Education .....</b>	<b>41</b>

Building Community and Promoting Health During COVID-19.....	41
CalFresh Healthy Living, UCCE Tulare-Kings Counties Promote Healthy Changes Among Children, Youth, and Families .....	43
UP4it Obesity Prevention Activity Guides for 4th-5th Graders .....	45
Virtual Gardening and Real-World Experience .....	47
A Virtual Tour of San Bernardino County.....	49
Bay Area Jobseekers Get a Boost From Nutrition Education.....	51
Engaged Native American Youth Developed Culturally Tailored Video Series to Increase Physical Activity .....	53
Engaging Student Leaders to Teach TWIGS Lessons in the Garden and Lead Guided Tours .....	55
Going the Extra Mile to Enhance Direct Education in a Virtual World .....	57
Innovative Virtual Nutrition Education During a Pandemic.....	59
Lone Pine Students Cook Virtually as a Safe After School Activity .....	61
Older Adults Become Tech Savvy During the COVID-19 Pandemic.....	63
Rethink Your Drink Social Media Campaign.....	65
<b>A Pilot Program.....</b>	<b>67</b>
Everyone Loves Line Dancing!.....	67

# INNOVATION in PSEs

## CalFresh Healthy Living, UC: Designs, Builds and Delivers Program Innovation During the Pandemic

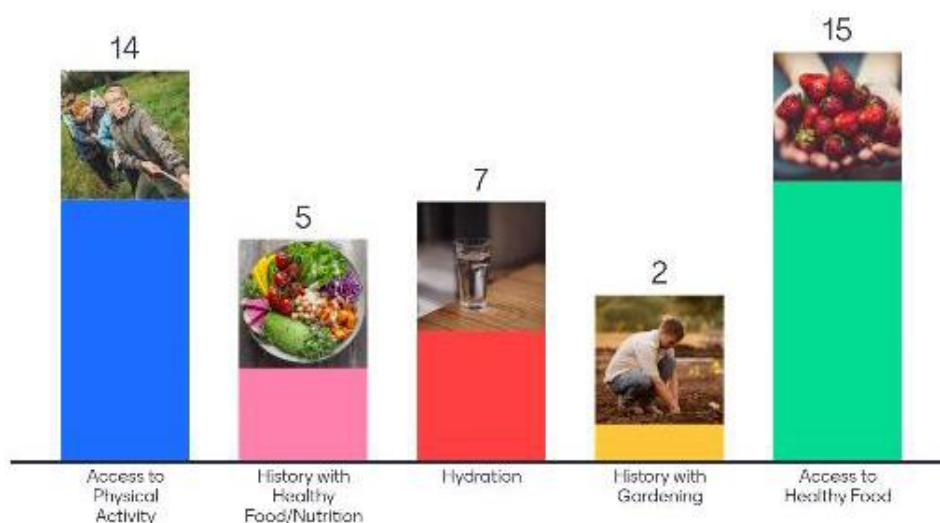
Andra M. Nicoli, Tammy J. McMurdo, and Mary Ann Mills, CalFresh Healthy Living, UC

### THE NEED

The COVID-19 pandemic required the CFHL, UC State office and UCCE to transition from in-person education to a virtual format. This resulted in the immediate need to:

- train staff on various online platforms and apps
- adapt curriculum while maintaining fidelity in direct education
- modify policy, systems and environmental change initiatives
- offer relevant guidance and resources to support online delivery

This fostered new ideas and approaches serving as an opportunity for programmatic growth and the expansion of delivery capacity.



### THE WORK

Work environment changes due to the COVID-19 pandemic resulted in:

- development of 12 COVID-19 workgroups comprised of state and local leadership
- pivoting 24 curricula for virtual delivery
- creation of new resources and materials that enhance local delivery and capacity
- innovative PSE approaches including virtual Youth Participatory Action Research (YPAR) projects

## THE IMPACT

Through CFHL, UCCE educators, at least 263 extenders accessed online program delivery materials. Innovative approaches implemented included:

- Alameda - 650 At-Home Garden Kits distributed to preschool children and their families reaching at least 1,300 eligible participants
- Riverside - a virtual YPAR project where student advocates at Ysmael Villegas Middle School reached 1,395 parents and students with critical food access information
- San Joaquin - trained 50 State and First 5 preschool teachers on remote lesson delivery reaching 541 preschool students and 203 parents
- San Mateo – vegetable seedling distributed at school meal pick-up reaching 500 people



## THE FUTURE

Innovative PSE programming and closer ties with local offices through COVID-19 workgroups led to greater flexibility in delivery. In the future, CFHL, UC will continue implementing in-person, remote and hybrid programming to serve Californians in schools, agencies and their homes.

*“This workshop helps my family with the importance of eating smart healthy food.”* – San Joaquin County Parent

*“It’s been great seeing my kids do the research and have a voice in improving things in their community and just providing healthy food access to all community members”*  
- Riverside County Teacher





# CalFresh Healthy Living, UCCE Riverside Helps Sustain Food Pantry Garden During COVID-19 Pandemic

C. Carlos, I. Palacios, and D. Valdez, CFHL, UCCE Riverside County

## THE NEED

- The Community Settlement Association (CSA) garden is in one of Riverside's food desert zones with 9.6% (ShapeRivCo.org) of families living below the federal poverty level.
- Some participants have had their own garden beds since the community garden was installed over seven years ago.
- An ongoing waitlist for garden beds has highlighted the need for a community garden that provides social interaction with neighbors and the benefits of fresh produce for all CSA members.



## THE WORK

- Coordination from CFHL, UCCE staff and CSA volunteers resulted in the success of the food pantry garden reinvigoration with the help of external funding from the Small Sparks grant awarded by the City of Riverside.
- Garden work days for planting, harvesting and virtual education lessons were coordinated with 11 participants.
- 20 Grow-at-Home garden kits distributed
- Initiated and expanded community educational opportunities



## THE IMPACT

- Summer garden yielded over 50 pounds of produce that supplemented 45 summer meals for the CSA Food Pantry
- Through their own community garden beds, 10 families currently have access to nutrition and garden-based education and healthy food during the COVID-19 pandemic
- Engaged the community with opportunities for safely maintaining and building friendships, being physically active, giving back to the community, and improving gardening skills.



## THE FUTURE

- CFHL, UCCE Riverside county educators will continue to facilitate Garden Club meetings every other week, safely bringing together participants to learn about gardening and growing food that feeds the Riverside community.
- CFHL, UCCE staff plan for further collaboration with neighboring Riverside Faith Temple
- Building a partnership with youth groups at CSA by supporting their garden work with CFHL, UCCE intergenerational garden curriculum.



# Improving Physical Activity in Early Childhood Education Settings in South LA

Emily Menzer and Tania Marquez, The Children’s Collective, Inc.

## THE NEED

The Children’s Collective, Inc. (TCCI) teachers have had limited opportunities for professional development that focuses exclusively on children’s physical activity.

According to results of the NAP SACC self-assessment for childcare providers, most children enrolled at TCCI rarely or never participated in planned lessons focused on building gross motor skills and had less than 30 minutes per day of adult-led physical activity.



## THE WORK

LA County Department of Public Health partnered with TCCI to improve physical activity in early childhood education settings by implementing CATCH Early Childhood (CEC).

Using the Train-the-Trainer model, TCCI Cal Fresh Healthy Living (CFHL) staff held CEC training for 24 childcare staff across 10 childcare centers.

CFHL staff used a self-developed website to create a simple form where childcare staff could easily report CEC lessons.

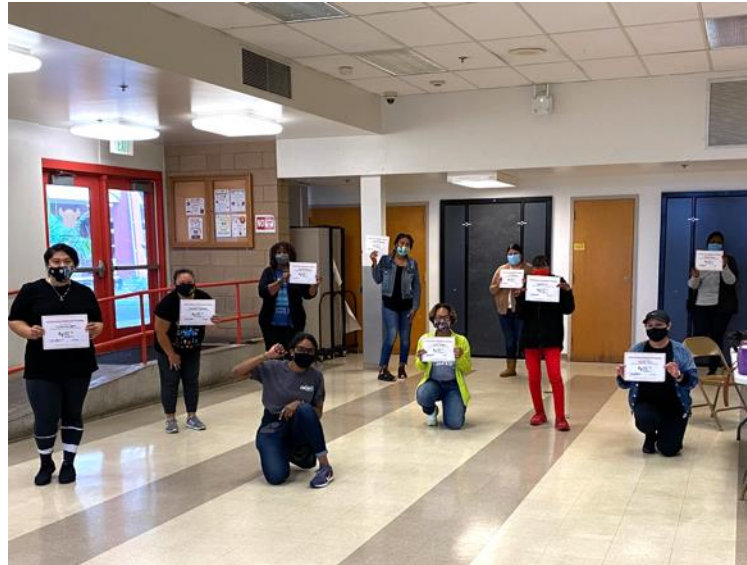




## THE IMPACT

Outcomes from May–Sept 2021  
(5-month period):

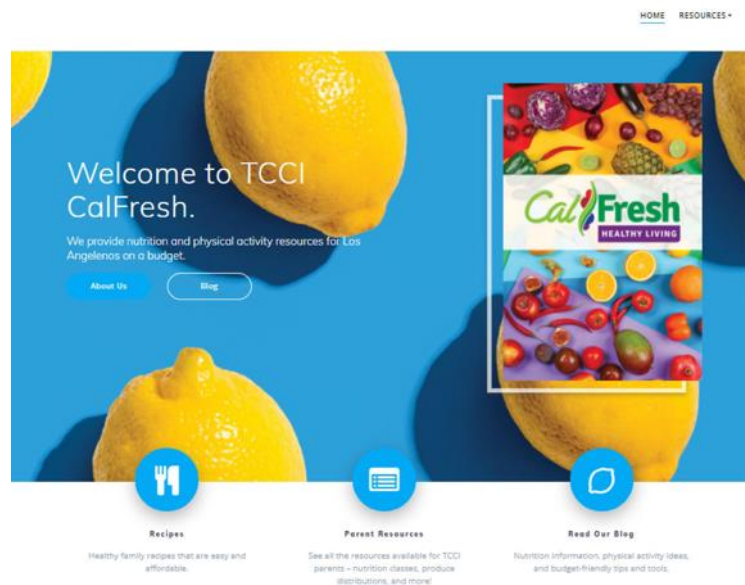
- Childcare staff taught 572 CEC classes across 10 TCCI childcare sites, reaching 19 classrooms
- 247 children participated in adult-led physical activity classes
- Classes totaled 286 hours
- CFHL staff led 2 full-day CEC trainings for teachers



## THE FUTURE

In 2021-2022, TCCI will integrate CEC into the organization's overall curriculum plan, ensuring the sustainability of CEC at all 10 TCCI sites. In addition to CEC tracking, TCCI's self-developed website includes:

- More CEC teacher resources
- Virtual nutrition education classes and preschool nutrition information for parents
- Monthly produce distribution calendars
- Healthy recipe bank
- Food demo video library



# Kinship Family Cookbook: Nourishing a Community Through Shared Experience

Lina Nasr and Vilma Poroj, County of San Diego Health and Human Services Agency, Aging & Independence Services

## THE NEED



Who? YMCA Kinship's Around the Table Nourishing Families participants included grandparents tasked with the challenging job of raising their grandchildren.

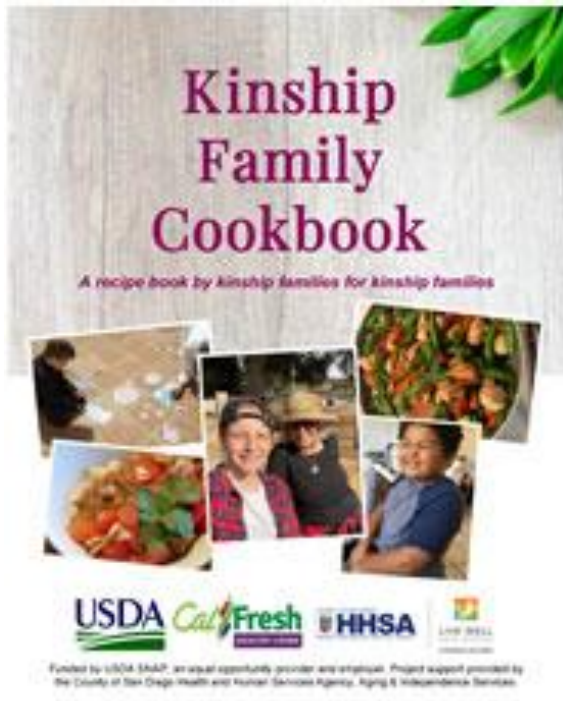
What was needed? Participants wanted their families to eat healthy, knowing that obesity was plaguing their community; however, the pandemic made it increasingly difficult to prioritize healthy meals, causing stress and feeling stretched thin.

## THE WORK

During classes, participants learned about the importance of self and family nourishment. They cooked with their grandchildren, swapped meal ideas, and discussed the need for easy, palatable recipes. Through candid conversations, participants came up with the idea of creating a cookbook by kinship families, for kinship families. Participants wanted to share recipes, their unique identities, and include reminders for self-care and good nutrition.



## THE IMPACT



Once the vision for the Kinship Family Cookbook was established, participants and program staff began compiling the content. The generations came together. United, the grandparents, and grandchildren gathered recipes and pictures for the project. Dieticians and dietetic interns from the local health department also provided expertise. After months of tireless work, the Kinship Family Cookbook was completed and published in English and Spanish.

## THE FUTURE

Through additional funding, the cookbook is now being made available to 1,000 kinship families in San Diego County. The class inspired participants to share what they had learned from the curriculum with their

community, and their Kinship Family Cookbook allows them to do just that. Kinship family participants are changing norms by showing other kinship families how to build stronger, healthier families.





# Eat Fresh, Feel Good: One Corner Store at a Time

Sandra Torres, Center for Wellness and Nutrition

## THE NEED

Only a small percentage of SNAP-ed eligible adults in Sacramento can find affordable prices of fresh fruits and vegetables at retail outlets. Previously conducted key informant interviews by the Center for Wellness and Nutrition (CWN) with managers of small, independent stores reveal that primary barriers to selling and promoting fresh produce and other healthy perishable items include lack of proper refrigeration and low customer demand.



## THE WORK

CWN was awarded a California Department of Food and Agriculture Healthy Store Refrigeration Grant, providing funds to purchase energy-efficient refrigeration units for local retailers to stock CA-grown fruits and vegetables. In 2021, Lo Market, Lucky Market, and Tapatio Brothers Market were some of the many retailers in low-food-access areas that received a new unit. CFHL funding has simultaneously supported these stores with non-monetary incentives.



## THE IMPACT

The refrigeration units have improved the selection, placement, and promotion of fresh fruits and vegetables in Lo Market, Lucky Market, and Tapatio Brothers Market. The refrigeration units encourage the purchase and consumption of CA-grown produce through promotional and marketing strategies reaching over 10,000 community residents.



## THE FUTURE



With the CFHL funds, CWN is supplementing the refrigeration program with marketing and promotional support for the refrigerator units, such as healthy message signage, produce baskets, produce sale tags, technical assistance, and more. Retail owners and managers will continue maintaining the refrigeration units by sourcing fresh CA-grown produce from distributors of their choice, which will result in desirable economic and health benefits for its residents.



# Parish Digs In To Improve Nutrition During Pandemic

Nancy Lewis, Catholic Charities of Los Angeles

## THE NEED

Food insecurity is a significant concern in LA County. A report on the impact of COVID-19 on food insecurity revealed that in a single month of 2020, nearly 40% of low-income households experienced food insecurity. Nearly half of these were families with children attending school. Extensive research concludes that the coexistence of food insecurity and obesity is expected, given that both are “consequences of economic and social disadvantage”.



Garden-based nutrition education can help address both.

## THE WORK

Following the advent of vaccines and improving COVID-19 numbers, students returned to St. Frances X. Cabrini Catholic School in a hybrid manner in April 2021. Working with the entire community, Catholic Charities of Los Angeles (CCLA) helped create a beautiful garden with vegetables, fruits, herbs and flowering plants, and implemented garden-based DE for the full student body 2 days a week, delivering it in-person and remotely at once.





## THE IMPACT

The garden has become a centerpiece of focus for the parish. More than 200 students and half a dozen teachers participated in creating and planting the beds, along with the nutrition classes. They learned the basics of where food comes from, how it gets processed and what makes certain foods, like fresh fruits and vegetables, more nutrient dense than others, and why those foods should fill half their plates. The opportunity to be physically active outdoors was also a highlight of the students' experience.



## THE FUTURE

Students have taken ownership of 'their' garden and view its plants as their 'babies'. Produce gleaned from the garden is given to families in the parish who may be experiencing food insecurity, and because the program has been so successful, the size of the garden will be doubled, enabling increased yields. Nutrition education for adults will also be implemented in the coming year, along with additional opportunities for physical activity both in and out of the garden.



# San Mateo County Park Rx A Public Health Model

Gloria Cahuich-Gonzalez and Justin Watkins, San Mateo County Health - Public Health, Policy and Planning

## THE NEED

Low-income residents of San Mateo County (SMC) underutilize County parks and open space. With increasing rates of chronic disease, mental health issues, and substance abuse disorders, promoting access to local parks to increase physical activity and improve mental health is critical. The San Mateo County Parks Prescription (Rx) program is designed to encourage SMC Health patients and clients, many who are low-income residents of color, to access local parks to experience the benefits of spending time in nature.



## THE WORK

CalFresh Healthy Living staff work with partners to remove barriers for low-income residents to access County parks. We partner with the San Mateo Medical Center to integrate the Parks Rx program into the workflow of medical providers. Health Care Team members may provide a written Parks Prescriptions to patients after well-child visits that serve as passes for entrance to County parks. The SMC Parks Foundation provides funding for the cost of admission to County Parks for patients that receive the Parks Rx and provides transportation to County Parks if needed.

### PRESCRIPTION:

Spend time in nature 1 hour, twice a week

#### Time spent in Nature:

- Benefits your **physical health**:
  - Reduces blood pressure and headaches
  - Promotes overall health and well-being
  - Faster healing time
  - Lowers stress
- Benefits your **emotional health**:
  - Increases academic performance and productivity
  - Improves mood and behavior
  - Reduces mental fatigue, anger, and frustration



#### Be a role model

##### DO:

- Plan weekly activities to the park for the whole family!
- Enjoy physical activity in green spaces
- Spend time relaxing in nature
- Explore different hiking trails and connect with others
- Include nature into your weekly routine



##### DON'T:

- Feel like you need to be overly active, just sitting in a park can be great for you too!

#### Here are some ideas...

What to do	Where to go
Hiking Meditation Walking Wildlife viewing Yoga	Coyote Point Edgewood Park Laurelwood Park Wunderlich Park Your Local City Park



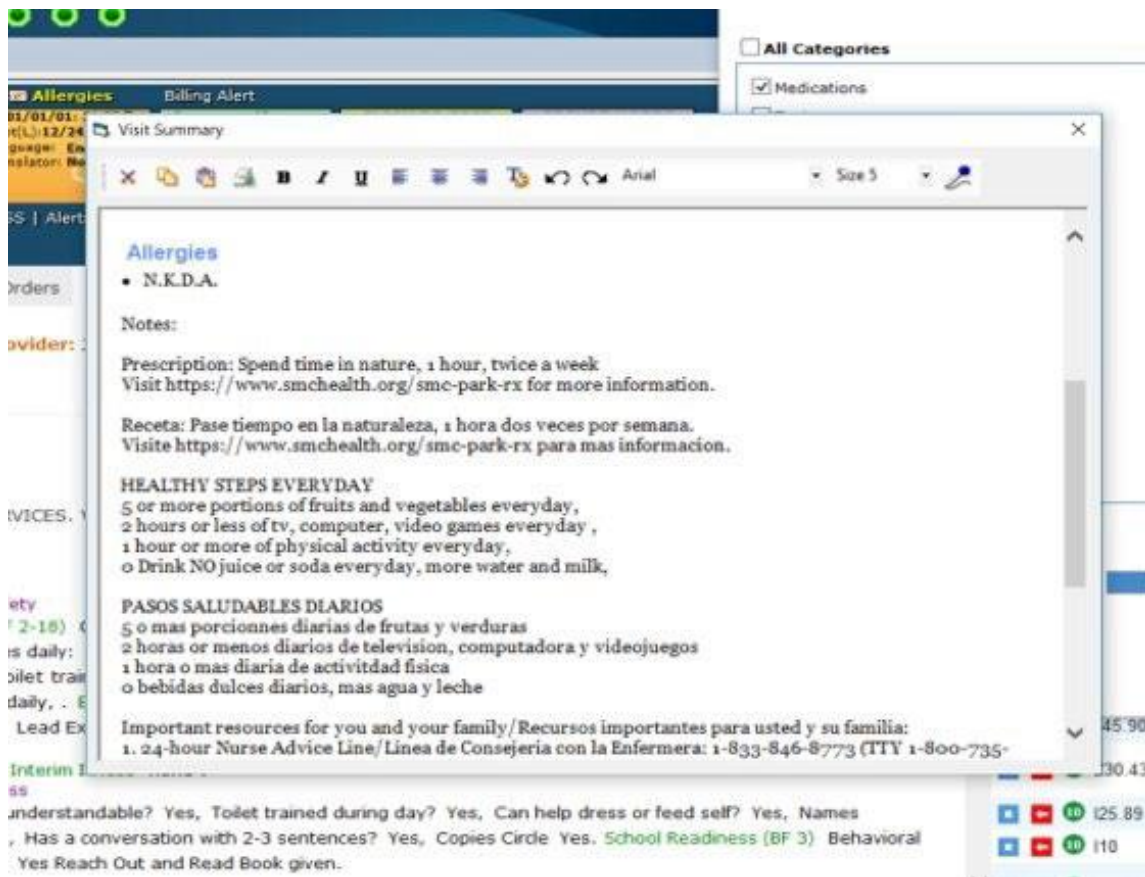
**SAN MATEO COUNTY HEALTH**

For more information visit:  
[www.smchealth.org/smc-park-rx](http://www.smchealth.org/smc-park-rx)



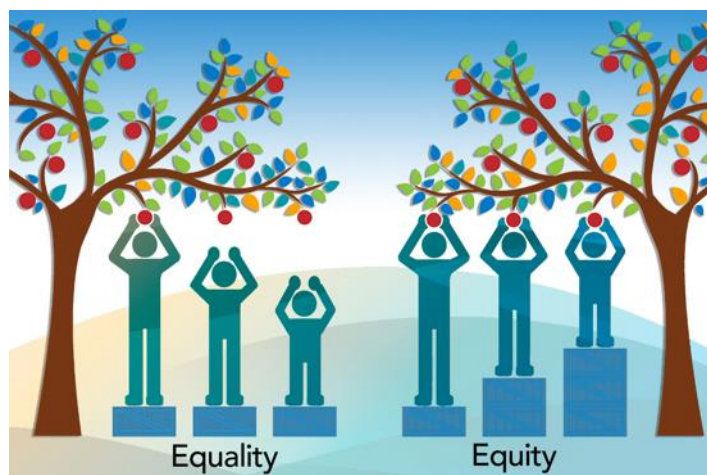
## THE IMPACT

The Parks Rx program reaches 7,000 SMC Medical Center patients and their families annually. When patients attend their well-child visits, they are asked about time spent outdoors as a health indicator and are given a prescription for nature to reinforce the health benefits in their daily lives. Patients and their families are also invited to various park events throughout the year, such as Community Nature Days. Transportation is provided if patients identify it as a need.



## THE FUTURE

CalFresh Healthy Living staff will continue to identify opportunities to engage patients and community members to better understand barriers to accessing open space and to identify solutions to increase accessibility to the parks. Ongoing program improvement is guided by community and patient feedback and the latest research. In 2022, the program will continue expanding nature therapy within SMC Behavioral Health Services and adult clinics.



# Sowing Seeds, Harvesting Hope

Jocelyn Farrell, Catholic Charities of the Diocese of Santa Rosa

## THE NEED

Despite historic drought conditions and mandatory water restrictions, causing many people in Sonoma County to abandon their gardens, Catholic Charities of the Diocese of Santa Rosa (CCDSR) knew the mental, emotional, even spiritual impact of gardening on the lives of vulnerable shelter residents was worth the cost. As a result, CCDSR's CalFresh Healthy Living program is committed to revitalizing the community garden at the Palms Inn in Santa Rosa.



## THE WORK

CCDSR CFHL staff surveyed the residents to gauge what they wanted to grow, then leveraged volunteer relationships to receive starts, which the residents planted themselves. With produce soon prolifically growing, residents also requested herbs to enhance their healthy home cooking. Finally, staff added pollinator-friendly flowers, knowing that when it comes to the mental benefits of gardens, making the space beautiful is as important as making it useful.



## THE IMPACT

Not only do residents now have access to fresh, nutritious produce right outside their doors, but it also affords them a reason to step out into the sunshine – which, for some suffering mental illness, is the only reason they can



muster up to leave their rooms. Residents are also now finding a source of connection with each other in the garden. It is a humanizing space to pause, reflect, ground oneself, reconnect to nature and its rhythms, and find purpose.

## **THE FUTURE**

Under the lead of two residents, the garden is primarily being sustained by those who live there, and the role of CCDSR CFHL program staff is diminishing. Program staff are there to support their efforts and occasionally provide resources. The residents have taken genuine ownership of the space, however, and the hope is that as more residents step up, the role of program staff will be further reduced to simply coming by to admire their work.





# Walk Audits Gone Virtual!

Sonali Suratkar and Justin Watkins, San Mateo County Health Policy and Planning

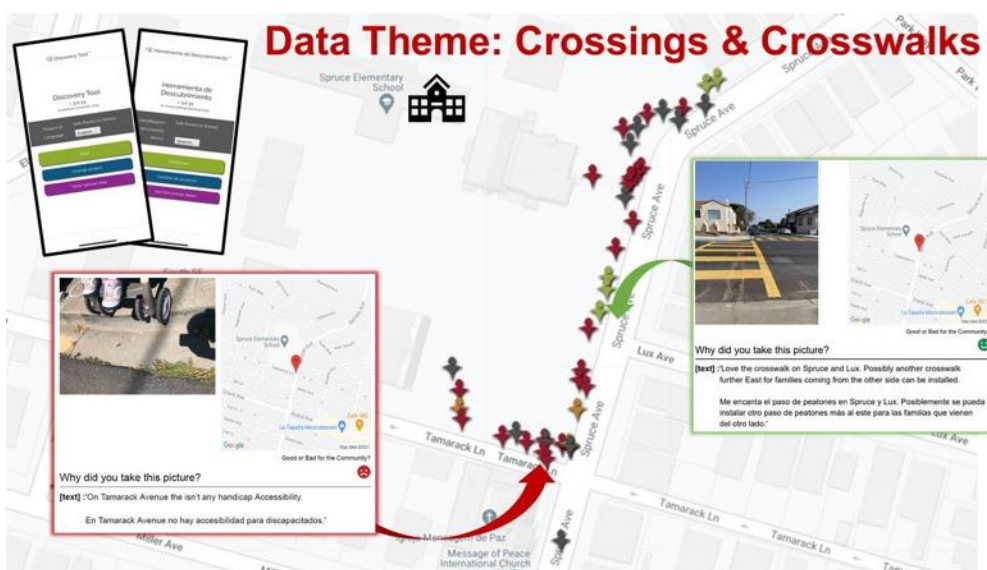
## THE NEED

Safe Routes to School (SRTS) encourage walking/biking to school, improve health outcomes and air quality, and reduce traffic congestion and collisions. As students return to class after a year of virtual learning, SRTS remains a high priority. SRTS walk audits are an important opportunity for the school community and city/county staff to collaborate for safe, active travel to school, given the high rates of collisions, especially near schools in vulnerable communities.



## THE WORK

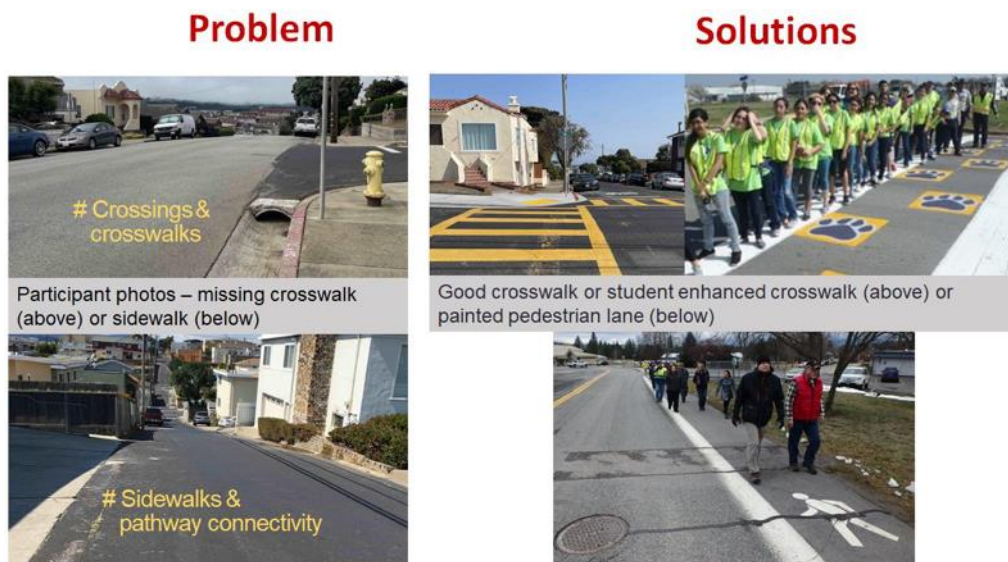
San Mateo County Health, San Mateo County Office of Education Safe Routes to School, Transportation Consultant Mark Fenton, and Stanford University's Our Voice Initiative partnered to offer virtual SRTS walk audits. In bilingual online training, community members, school staff, and city representatives learned to use the *Discovery Tool* mobile app to take photos of the neighborhood that facilitate/hinder active school travel. In facilitated virtual meetings, these "citizen scientists" discussed their collective data to generate solutions for positive change.





## THE IMPACT

Over 60+ data collection walks, SRTS citizen scientists have recorded 470+ photos with comments and ratings to help drive positive change. Data were coded into 8 themes and used to generate program, project, and policy recommendations to support safe active travel to school. The team worked to make the process as equitable and inclusive as possible with extensive outreach, bilingual communication materials, and virtual sessions, tablets for use, and on-call assistance where needed.



## THE FUTURE

This innovative virtual approach offers an equitable, inclusive, and scalable method for SRTS policy, system, and environmental changes. Future actions include:

- Track project-informed activities and outcomes
- Develop a public-facing website to share data and promote solution-oriented community discussion
- Offer flexible toolkit for tailored short-timeline projects
- Identify funding to support scale-up.

	Short term, lower cost	Longer term, more costly
<b>Programs</b>	<ul style="list-style-type: none"> <li>Develop suggested safer walking and biking routes to school.</li> <li>Place planters, student-designed art, posters, and signs in the red curb areas, to make very clear cars are not supposed to park there.</li> </ul>	<ul style="list-style-type: none"> <li>Launch walking school buses.</li> <li>Enhance safe walking &amp; biking education activities.</li> </ul>
<b>Projects</b>	<ul style="list-style-type: none"> <li>Share a priority list of safety improvements with City's Public Works Department.</li> <li>Place cones along the drop-off curb on Tamarack.</li> </ul>	<ul style="list-style-type: none"> <li>Create permanent flexible delineators, paint, and curbing to define the drop-off and pick-up lane along Tamarack.</li> <li>Daily place and remove plastic delineators, cones, and pedestrian crossing signs in front of school to direct proper vehicle behaviors.</li> </ul>
<b>Policies</b>	<ul style="list-style-type: none"> <li>Create designated parking or standing areas for drop-off/pick-up, such as by grade level.</li> <li>Preclude left-turns into driveway at arrival/dismissal.</li> </ul>	<ul style="list-style-type: none"> <li>Create an improved, structured drop-off and pick-up process or circuit.</li> </ul>

# YPAR Student Advocates Reach 1,319 Parents and Students with Critical Food Access Information During COVID-19

D. Valdez and C. Carlos, CFHL, UCCE Riverside County

## THE NEED

- In Riverside County, Ysmael Villegas is the only middle school in Alvard Unified School District without a permanent school garden.
- Students identified their school is located within a food desert.
- Students found that 41% of 7th graders in their school district were overweight or obese.
- The above findings influenced their YPAR project choice.

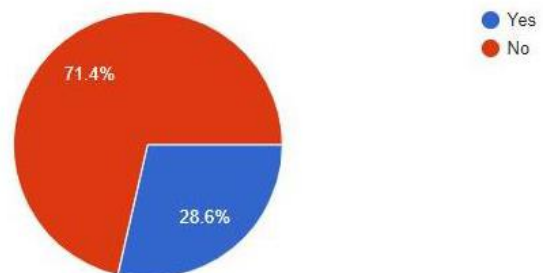


Students used data mapping tools to obtain information about the health of their community.

## THE WORK

- Met twice a week for 12 consecutive weeks to lead virtual Teams With Intergenerational Support (TWIGS) and Youth Participatory Action Research (YPAR) lessons with a Garden & Nutrition Career Technical Education (CTE) class.
- Used data mapping tools to better understand the determinants of health in their community and identify possible health disparities.

Are you familiar with CalFresh Food assistance benefits?  
35 responses



- Students developed a food access survey for their community during the Covid-19 pandemic.

71% of community members surveyed were not familiar with CalFresh benefits.

## THE IMPACT

- Survey results identified healthy food access awareness and resources as a need.
- Encouraged acceptance and use of SNAP/EBT benefits
- Distributed 180 grow-at-home garden kits to students and families for home gardening during the pandemic.
- Students gained critical thinking, research, advocacy, public speaking, and gardening skills.
- 1,395 (from DataQuest.gov) students and their families now have access to information boards on campus.
- CalFresh brochures are available in the school lobby
- The Principal allowed for the installation of a wheelbarrow school garden.



## THE FUTURE

- Strengthen partnership with school for additional youth-led policy, system, and environmental changes.
- Maintain a new wheelbarrow school garden with CTE class.
- Break ground on permanent school garden beds
- Initiate an after-school garden club that can provide fresh produce for families.
- Lead another 12-week YPAR project in the spring of 2022.
- Engage parents and students in food access and food literacy workshops.





# PARTNERSHIP/COALITION WORK

## CalFresh Healthy Living on College Campuses

Michele Buran and Naomi Stamper, Center for Healthy Communities

### THE NEED

With 52% of California State University (CSU) students receiving Pell grants, it is estimated that at least 52% are SNAP-Ed eligible. College campuses are unique micro-communities where students not only learn, but also live, work, play, and shop. This provides the ideal environment to engage students and teach them skills to eat healthy and be physically active. Campuses were selected for this project because of their existing work providing CalFresh Outreach for students.



### THE WORK

The Center for Healthy Communities (CHC) collaborated with nine CSU campuses to evaluate the impact of CalFresh Healthy Living programs targeting SNAP-Ed eligible students. In 18 months, nine campuses conducted 213 virtual classes reaching 2,788 students, and 96 indirect education promotions reaching 162,336 students. In addition, each campus developed and implemented a PSE strategy to make the healthy choice the easy choice for students. This project also leveraged 489 hours of student volunteer time



## College Campus Pilot Project

FFY 2020-2021 Summary  
July 1, 2020- Sept 30, 2021

9

### PSE Strategies

Nine CSU Campuses developed PSE strategies to enhance food systems, implement programs and policies that increase access to and demand for healthy food and create enhancements to the natural and built environment to increase physical activity opportunities.

213

### Direct Education Classes

A total of 213 classes were conducted virtually reaching 3,018 students. Fifty-nine series-based classes were conducted using Leah's Pantry Food Smarts Curriculum and 154 single session classes were conducted using the OC Nutrition curriculum.

35

### Days of Action

35 Days of Action took place to increase awareness of healthy snack and healthy beverage recipes and resources for students.

61

### Harvest of the Month Promotions

Sixty one Harvest of the Month promotions took place to showcase seasonal, "California Grown" food and share healthy recipes.

489

### Student Volunteer Hours

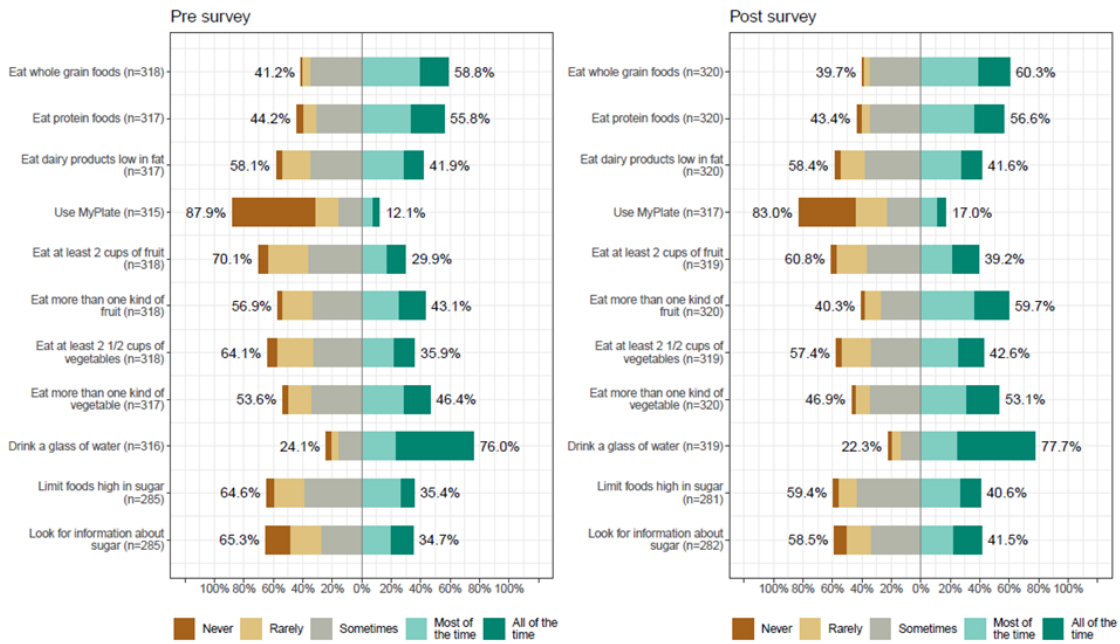
Four hundred eighty nine hours of student volunteer time was generated to support CalFresh Healthy Living activities on campuses.



## THE IMPACT

Student's nutrition and physical activity behaviors improved after participating in classes. The most prominent improvements were seen in the following areas.

- Eating 2 cups of fruit
- Eating more than one kind of fruit
- Eating at least 2 1/2 cups of vegetables
- Limiting foods high in sugar
- Buying less food with lower added salt
- Drinking less sugary beverages



## THE FUTURE

Partnerships were critical to the success of this project, especially with CalFresh Outreach staff, campus food pantries, housing, and dining services. This pilot project shows that campuses are poised and ready to implement nutrition education classes, indirect education, and PSE strategies. The hope is that CFHL can be offered on all CSU campuses to meet the needs of SNAP-Ed eligible college students.





# CFHL, UCCE Madera Partners with Master Gardeners for a Virtual Spring Garden Workshop

Karina Macias and Elizabeth Lopez, CalFresh Healthy Living, UCCE Fresno and Madera Counties

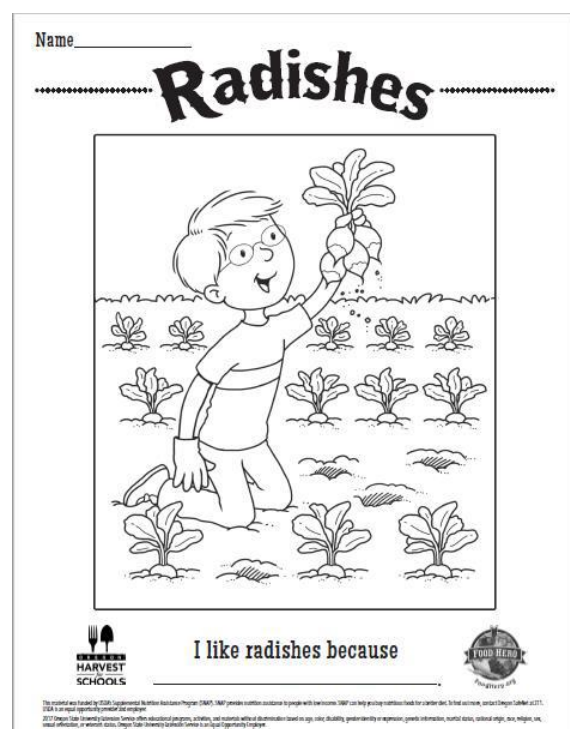
## THE NEED

During the Spring of 2021, CalFresh Healthy Living, University of California Cooperative Extension (CFHL, UCCE) Madera County partnered with Madera Unified School District (MUSD) Parent Resource Center (PRC) to provide a series of virtual adult education Eat Healthy Be Active (EHBA) workshops. Parent feedback following the series was so positive that the PRC requested additional parent education support and identified gardening as a topic of interest. CFHL, UCCE Madera reached out to the Madera Master Gardener Program to discuss the possibility of collaborating on a virtual gardening workshop.

## THE WORK

CFHL, UCCE Madera met with Madera County Master Gardener Program and MUSD PRC over a series of Zoom calls to plan and organize the workshop presentation.

- CFHL, UCCE, and Madera County Master Gardener Program delivered the tomato lesson from the curriculum Fresh from the Garden.
- CFHL and UCCE coordinated with the Madera Master Gardener Program to put together a garden kit that supported the content taught in the workshop.
- PRC promoted the workshop to parents district-wide.



## THE IMPACT

Workshop participants received technical assistance from the Master Gardener with their own gardens and were provided a garden kit that contained: soil, pot, seeds, a tomato plant, and a garden-themed coloring page for their children. The garden workshop reached 30 parents.

*“I learned so much, learned a little about how to treat infestations that can be found on our plants, how to take care of tomatoes, and what I was most surprised to learn was that avocado and cherry trees need to be next to another plant of their same species in order to pollinate themselves.” -Participant*



## THE FUTURE

Parents expressed the need to learn more about gardening to become better equipped with caring for their own gardens. CFHL, UCCE Madera County will continue to collaborate with the UCCE Master Gardener program and MUSD PRC to provide garden workshops for parents.

*“I would love to learn more about how to prepare soil before planting vegetables and how to make garden beds so that I don't have to plant in planters.” - Participant*



# COVID-19 Pandemic Comprehensive Programming Experience: Desert Sands Unified School District Early Childcare Education

Barahona, J, Nunez, E, and Carlos, C, CFHL, UCCE Riverside County

## THE NEED

CalFresh Healthy Living, UC Cooperative Extension (CFHL, UCCE) Riverside County has partnered with Desert Sands Unified Early Childhood Education (DSUSD ECE) since 2012. During the pandemic, CFHL, and UCCE Riverside pivoted to hybrid programming to continue this partnership. DSUSD ECE is located in the Coachella Valley, where 29.1% of adults live at or below 100% federal poverty level (harcddata.org), and over 40% of children have experienced one or more types of adverse childhood experiences (ACEs).



## THE WORK

In FFY 2021, CFHL, UCCE Riverside supported 17 DSUSD ECE teachers at 9 ECE/Head Start sites to:

- Reach 536 preschoolers through the delivery of 48 hybrid Go Glow Grow (GGG) curriculum lessons
- Provide 22 parents with virtual Plan, Shop, Save & Cook (PSSC) series & a virtual MyPlate workshop lesson

In FFY 2022, UCCE Riverside is partnering with the Food Service Director to provide Smarter Mealtime creative names for fruits & vegetables with plans for educational activities as allowed by school district and Riverside County Public Health mandates.





## THE IMPACT

In a follow-up teacher observation survey, 100% agree or strongly agree that compared to before the lessons, students are more aware of the connection between food and health.

*“Students are more aware of what healthy food looks like as well as what food does for our body.”* – DSUSD ECE Teacher

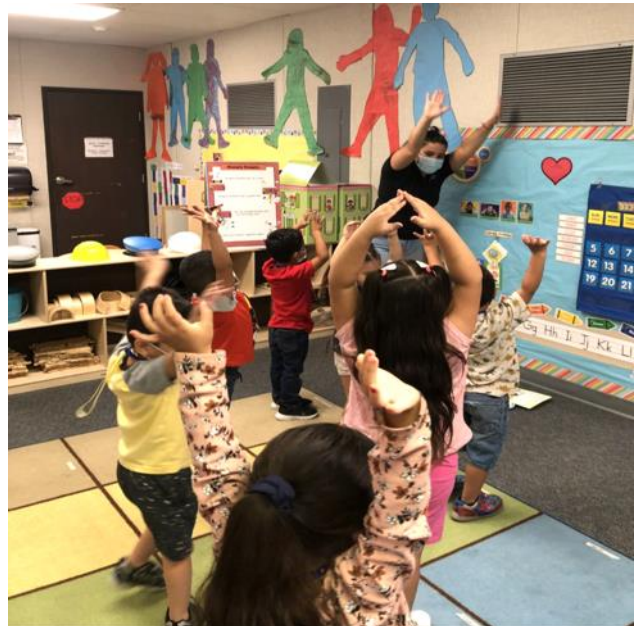


*“I will incorporate more vegetables into my family’s diet and use a shopping list when I go shopping.”* – DSUSD ECE Parent

## THE FUTURE

In FFY 2022, CFHL, UCCE Riverside plans to continue direct education delivery accompanied by impactful PSE implementation.

- Provide wellness reports at the Head Start Policy Committee Meetings
- Fun Night with Dad at TWIGS gardening lesson & Parent University lesson supporting healthy eating behaviors and physical activity
- Expand professional development opportunities



# Engaging Tribal Ambassadors to Strengthen Partnerships and Improve Culturally Appropriate Resources

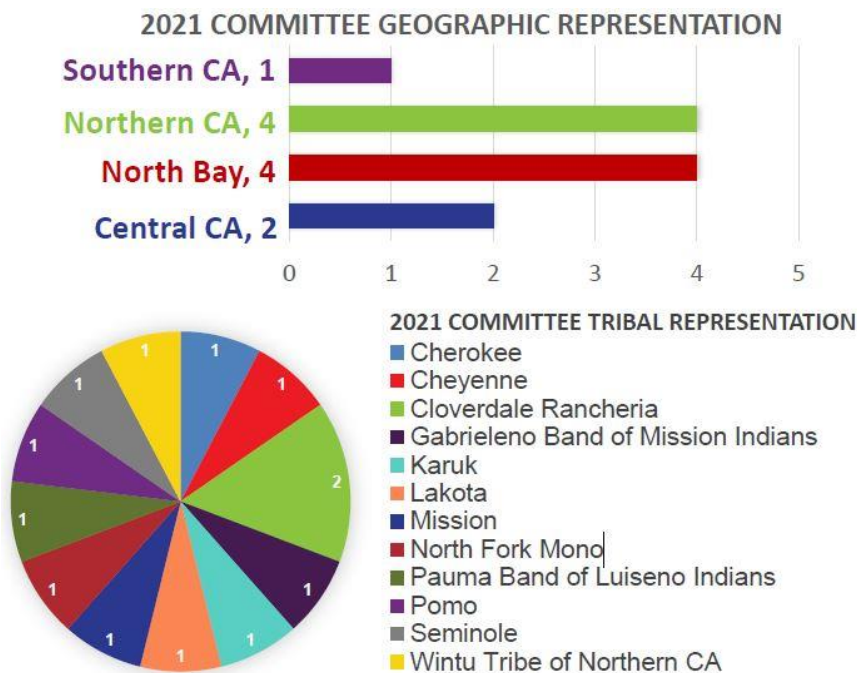
Metria Munyan, Public Health Institute Center for Wellness and Nutrition

## THE NEED

CFHL Tribal Expansion Project is intended to expand collaborative activities between CFHL and California Tribal Organizations. Generally, nutrition education resources for California American Indian Alaskan Native communities typically lack adequate representation. The long-term objective is to identify opportunities and barriers to expand collaborative nutrition education activities and strengthen partnerships with California Tribes.

## THE WORK

In FFY21, PHI CWN partnered with the California Indian Museum and Cultural Center to establish the Tribal Ambassadors Committee as the advisory council that ensures American Indian Alaskan Native community perspectives are represented in CFHL resources and programming. Eleven diverse Native American stakeholders from across California made up this committee.



## THE IMPACT


This project developed several culturally relevant nutrition education resources. The resources developed utilize different approaches at conveying the benefits of traditional



foods and encourage community members to integrate California Native American healthy traditions into their daily lives.

# PLANT ID GUIDE

## California Native Traditional Foods





**INTRODUCTION TO THIS GUIDE:**  
THIS PLANT IDENTIFICATION GUIDE WAS CREATED TO SUPPORT TRIBAL COMMUNITIES TO RECOGNIZE TRADITIONAL PLANTS AND THEIR USE IN COMMON FOODS. PLEASE NOTE THIS IS AN INTRODUCTORY GUIDE TO 12 TRADITIONAL FOODS. IT IS NOT AN OFFICIAL PLANT IDENTIFICATION GUIDE.

PRIOR TO GATHERING A NEW PLANT, ALWAYS ENSURE THAT IT IS THE CORRECT PLANT IN ORDER TO AVOID POSSIBLE ADVERSE HEALTH IMPACTS DUE TO INGESTING A MIS-IDENTIFIED PLANT. ALWAYS KEEP IN MIND THAT IT IS IMPORTANT TO CONSIDER WHETHER PESTICIDES HAVE BEEN SPRAYED IN THE REGION AS THIS WILL IMPACT YOUR EXPOSURE TO TOXINS IN THE ENVIRONMENT.

SPRING SUMMER FALL WINTER

**HARVEST SEASON ICON KEY:**




FUNDED BY USDA SNAP-ED, AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

### BRODIAEA

*Brodiaea Californica*



**WHAT:** BRODIAEA IS A PERENNIAL HERB THAT IS OFTEN CHARACTERIZED BY ITS BEAUTIFUL, LAVENDER FLOWERS. IT COMMONLY GROWS IN AREAS WITH LOW MOISTURE AND A GOOD SUNLIGHT. IT IS COMMONLY FOUND IN BUTTERFLY GARDENS. IT FORMS AN IMPORTANT STARCH SOURCE THAT IS VITAL TO THE DIET OF MANY CALIFORNIA NATIVE PEOPLE. THIS PLANT IS KNOWN AS INDIAN POTATO BY CALIFORNIA TRIBAL COMMUNITIES.

**WHERE:** IT IS LOCATED IN OPEN, GRASSY PLACES, SOMETIMES WITH GRAVELLY CLAY.

**WHEN:** READY TO HARVEST IN MAY, BUT FLOWERING SEASON GOES WELL INTO SPRING/SUMMER.

**NATIVE USES:** IT IS TYPICALLY COLLECTED IN LARGE QUANTITIES BEFORE, DURING OR AFTER FLOWERING, DEPENDING ON THE DESIRED TASTE PREFERENCE. THE BULBS ARE EDIBLE.

HARVEST SEASON: 

### BLACK OAK

*Quercus Kelloggii*



**WHAT:** BLACK OAK IS AN OAK TREE THAT CAN GROW BETWEEN 30 AND 80 FEET TALL AND UP TO 4.5 FEET IN DIAMETER. ONE CAN DISTINGUISH A BLACK OAK TREE BY ITS DEEPLY LOBED LEAVES AND RELATIVELY LARGE ACORNS. THEY CAN LIVE TO BE 500 YEARS OLD, BUT ARE EXTREMELY VULNERABLE TO SUDDEN OAK DEATH. THEY ARE CONSIDERED THE OAK TREE WITH THE MOST DESIRABLE ACORNS BY NATIVE AMERICANS IN CALIFORNIA.

**WHERE:** IT IS LOCATED IN SLOPES AND VALLEYS BETWEEN 2,000 AND 8,000 FEET IN THE COAST RANGES, TRANSVERSE RANGE, PENINSULAR RANGE, AND LOWER ELEVATIONS OF THE SIERRAS.

**WHEN:** ACORNS ARE READY TO HARVEST IN THE EARLY FALL WHEN LEAVES ARE JUST TURNING BROWN.

**NATIVE USES:** TRADITIONAL USES INCLUDE: SOUP, MUSH BREAD, MEDICINE, DYES, UTENSILS, GAMES, TOYS, AND CONSTRUCTION MATERIALS.

HARVEST SEASON: 

### BUCKEYE

*Aesculus Californica*



**WHAT:** BUCKEYE IS A SHRUB OR SMALL TREE THAT CAN BE FOUND THROUGHOUT THE ENTIRE STATE. THEIR LEAVES ARE A DARK GREEN SHADE AND HAVE FIVE LEAFLETS. BUCKEYE IS AN EXTREMELY IMPORTANT NECTAR SOURCE TO BUTTERFLIES, BUT THEIR FLOWERS ARE POISONOUS TO HONEY BEES. IN THEIR HOME STATE, THE SEEDS CAN BE POISONOUS TO HUMANS IF INGESTED.

**WHERE:** THEY ARE LOCATED IN DRY SLOPES, CANYONS OR STREAM EDGES. MOST OFTEN IN THE COAST RANGES OR SIERRA FOOTHILLS.

**WHEN:** THEY ARE READY TO HARVEST THROUGHOUT FALL.

**NATIVE USES:** TRADITIONALLY USED FOR: MEDICINE, TO STUPEFY OR KILL FISH, FOOD, AND FOR SPINDLES IN FIRE MAKING KITS.

HARVEST SEASON: 

### ELDERBERRY

*Sambucus Nigra ssp. Coerulea*



**WHAT:** ELDERBERRY IS ONE OF THE MOST IMPORTANT FOOD SOURCES FOR BIRDS. THEY CAN BE FOUND ALL THE WAY FROM OREGON TO FLA. NEW GROWTH CAN BE FATAL TO LIVESTOCK DUE TO GLUCOSIDE. THEY GROW TOUGH AND RAPIDLY. THEY HAVE CREAM OR YELLOW FLOWERS IN THE SPRING FOLLOWED BY DELICIOUS PURPLE BERRIES IN THE FALL.

**WHERE:** LOCATED IN STREAM BANKS, SLOPE BOTTOMS, CANYONS, AND SLIGHTLY MOISTER PLACES THROUGHOUT THE STATE.

**WHEN:** THEY ARE READY TO HARVEST IN MIDSUMMER TO EARLY FALL.

**NATIVE USES:** THE BERRIES, LEAVES AND FLOWERS ARE USED FOR FOOD, MEDICINE, AND DYES. TWIGS AND WOOD ARE USED FOR MEDICINE, ARROW SHAFTS, AND MUSICAL INSTRUMENTS.

HARVEST SEASON: 

## CALIFORNIA INDIAN TRADITIONAL TEAS

### RE-CONNECTING TO ANCESTRAL BEVERAGES

Traditionally California tribes have used their vast knowledge and relationship with their traditional homelands to boost their health and wellness. Part of that health and wellness comes from the numerous positive health benefits that various traditional plants bring and the medicine they have to offer to us. As American culture relies on modern sugary drinks and beverages, Native communities turn to traditional teas to quench our thirst and meet the needs of our health.

Please note that every tribe and culture has traditional teas and medicine their ancestors turned to for their health as well. In this guide we share a few traditional tea combinations that were shared to us by our Native community.

Please strive to utilize the plants that are free of pesticides. We recommend organic and ethically harvested sources. If you gather your own medicine for these teas please also ensure to follow the cultural protocols of the region.







For more information visit: <https://calfresh.org>  
 For more information visit: <https://cwnn.org>  
 For more information visit: <https://www.cimcc.org>

## ROSEHIP & HONEY TEA

This delicious combination of tea mixes the perfect blend of sweet and tart. This delicious combination highlights:

Traditionally this tea is utilized in the winter months when the immune system needs an extra boost. It is recommended to drink when you are seeking to recover from a cold. Add honey as desired.

**Benefits:**

- a great source of vitamin C
- boosts your immune system
- is high in vitamin A
- rich in antioxidants (Healthline & Pearce)

**Ingredients:**

1 Teaspoon Dried Rosehips  
3g Grams Honey

**Instructions:**

Brew 1 teaspoon of dried herbs per 1 cup of water for 10-20 minutes

**Serves:** 1 Person  
**Serving Size:** 1 Cup  
**Cook Time:** 10 - 20 Minutes

**Nutrition Information Per Serving:**  
 Approximately 35 calories per serving, 3g of sugar, 10mg of sodium, 1g carbohydrates, <1g fiber, 0g protein.



For more information visit: <https://calfresh.org>  
 For more information visit: <https://www.cimcc.org>



## **THE FUTURE**

In FFY22, we continued the Committee, expanded to 16 members, developed additional culturally relevant CFHL resources, and administered a state-wide needs assessment to identify opportunities and barriers to expand collaborative activities.

In FFY23, the needs assessment results will drive the development and implementation of pilot demonstration projects with CTOs to facilitate local CFHL nutrition education and PSE change projects.

# CFHL, UCCE Fresno Reaches Unique Audience During Pandemic Restrictions

Nancy R. Zumkeller and Amber Viveros, CalFresh Healthy Living, UCCE Fresno and Madera Counties

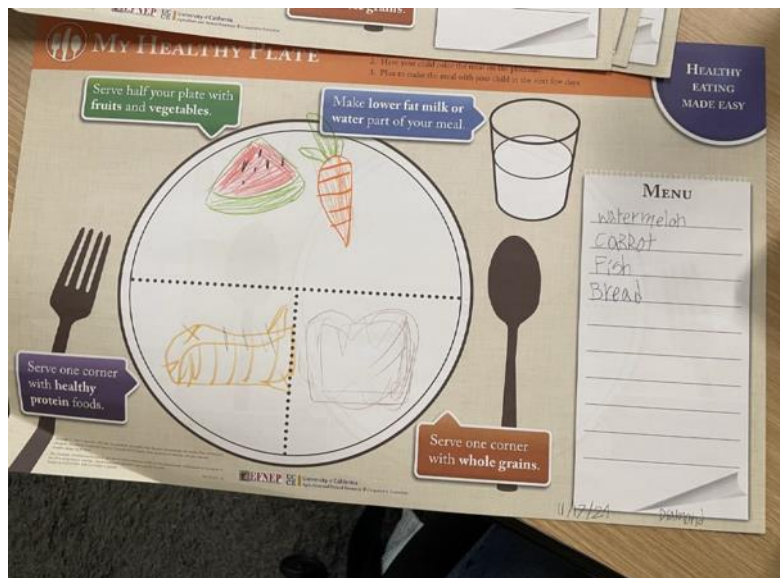
## THE NEED

The Fresno Unified Adult Transition Program (ATP) provides training, support, and education to young adults aged 18-24 with moderate to severe physical and/or mental challenges. ATP staff were interested in receiving nutrition lessons that would help their students make healthier choices and save money when transitioning into adulthood during the challenging COVID-19 pandemic stay-at-home mandate.



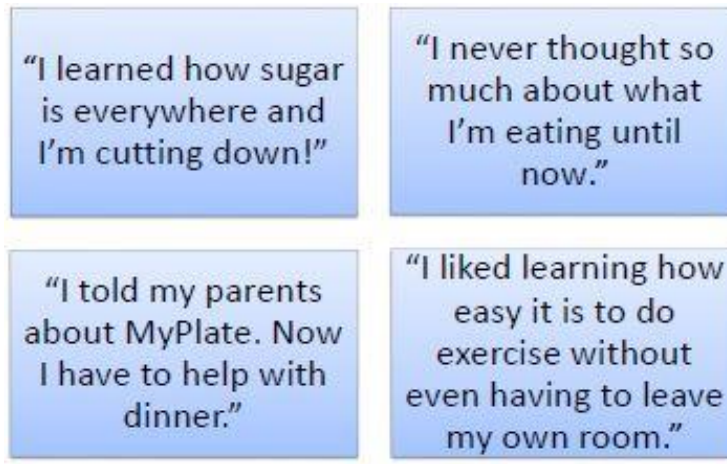
## THE WORK

In collaboration with ATP teachers, the CFHL State Office and CFHL, UCCE Fresno County, worked to find a curriculum that would support the needs of ATP students. The Eating Smart Being Active (ESBA) curriculum was chosen for virtual delivery and adapted to suit the students' literacy and comprehension needs.



## THE IMPACT

Between April and June of 2020, a total of 43 students completed the ESBA curriculum, and each received a certificate of completion. The shorter time span and increased frequency of the lessons allowed for the students to maintain focus and process the new information, according to one of the ATP teachers. The pace and physical activity enhancement activities met the unique needs of the students.



## THE FUTURE

CFHL, UCCE Fresno has expanded the curriculum available to teach this audience in consultation with ATP teachers and incorporated extra physical activity lessons. Despite the challenges of COVID-19 and restrictions to in-person learning, this partnership was re-established and is building momentum for expansion to additional classrooms, reaching more students in future years of collaboration.





## Just for the Health of it!

Jennifer Murphy and Kylie Gacad, Center for Healthy Communities at Chico State

### THE NEED

Colusa County Partners for Health (CCPH) has been an active coalition since 2018. Our mission is to act as a sustainable partnership that serves as a unified voice to support the health and well-being of Colusa County. The pandemic brought many challenges, including the inability to provide in-person programming. CCPH quickly brainstormed ways to continue the efforts to promote health and wellness for Colusa County during social distancing.

### THE WORK

CCPH joined together for a Facebook Live Event to celebrate National Nutrition Month. The two-day event, Just for the Health of It, showcased activities focused on health and wellness. Six organizations participated by presenting various activities to ensure that there was a demonstration for everyone in Colusa County.

### THE IMPACT

Just for the Health of It! was the first Facebook Live event for the CCPH. We joined together to provide live virtual adaptations of what each organization did in-person, pre-pandemic. Though implementing a Facebook Live event was new to CCPH, the results were even greater than expected. We received 1754 views, 491 engagements, and 32 new page likes and follows. This event reached 1,961 people, 10% of Colusa County's population!

**MARCH 27TH & 28TH**

**COLUSA COUNTY  
PARTNERS FOR  
HEALTH**

**Facebook Live!**

TUNE IN USING A COMPUTER, TABLET OR SMARTPHONE  
DATE: 3/27/2021 & 3/28/2021  
TIME: 10:00AM - 1:00PM  
LOCATION: @COLUSACOUNTYPARTNERSFORHEALTH  
FACEBOOK PAGE  
LIKE AND SHARE THIS PAGE TO JOIN THE FUN!



**MARCH 27TH & 28TH**

**COLUSA COUNTY PARTNERS  
FOR HEALTH**

**Facebook Live!**

**PRESENTERS:**



# THE FUTURE

The event was a sustainable way for Colusa County residents of all ages to learn at their own convenience. These videos are available to the public through the CCPH Facebook page as resources for the public to practice various life skills and healthy habits. The Just for the Health of It! Facebook Live reconnected us with the community and allowed CCPH to strengthen bonds and collaborate with CalFresh Healthy Living funded and non-funded partners.

## JUST FOR THE HEALTH OF IT!

A Colusa County Partners for Health Facebook Live Event!  
March 27th & 28th page insights.

SIX ORGANIZATIONS PARTICIPATED IN THE CCPH FACEBOOK LIVE EVENT TO PROMOTE HEALTH AND WELLNESS TO COLUSA COUNTY MEMBERS WITH FUN, EASY-TO-FOLLOW DEMONSTRATIONS.

1,961 REACH

The number of people who saw any of your posts at least once.

491 ENGAGEMENTS

The number of times people engaged with your post through reactions, comments, shares, and clicks.

VIEWS 1,754

Page views (1,018) + Video views (736)

32 NEW PAGE LIKES AND FOLLOWERS

A COLLABORATION OF COLUSA COUNTY PARTNERS FOR HEALTH.

Scan to view the CCPH Facebook page!

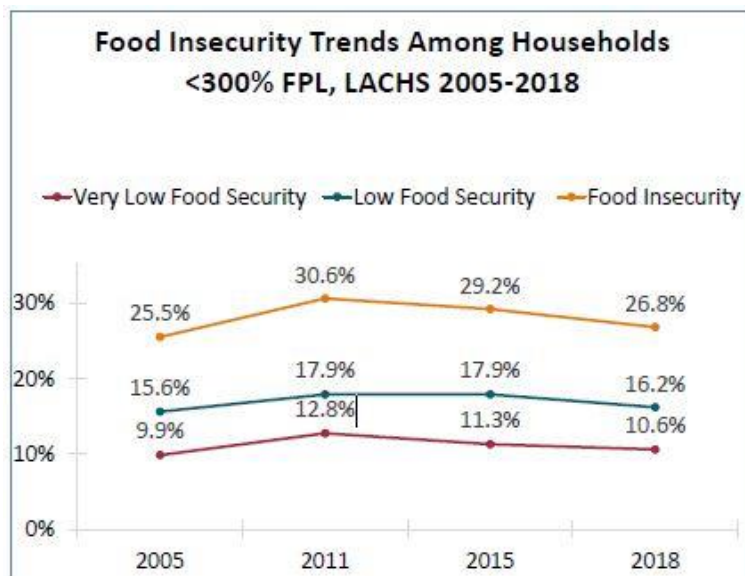
@ColusaCountyPartnersforHealth

# Leveraging County Nutrition Action Plan Partnerships to Improve Food and Nutrition Security Among CalFresh Healthy Living Participants in Los Angeles County

Kelly Warner, Los Angeles County Department of Public Health

## THE NEED

According to the Los Angeles County Health Survey, 26.8% of households with incomes less than 300% of the Federal Poverty Level experienced food insecurity in 2018. CalFresh and the Special Supplemental Program for Women, Infants and Children (WIC) are important programs for addressing food and nutrition security and are underutilized in Los Angeles County.



## THE WORK

Los Angeles County Department of Public Health (DPH) CalFresh Healthy Living (CFHL) funded partners can promote nutrition assistance programs to SNAP-Ed eligible participants at nutrition education classes, community-based events, and expanded/mobile produce distributions in early childhood education, schools, healthcare clinics and other community-based settings.





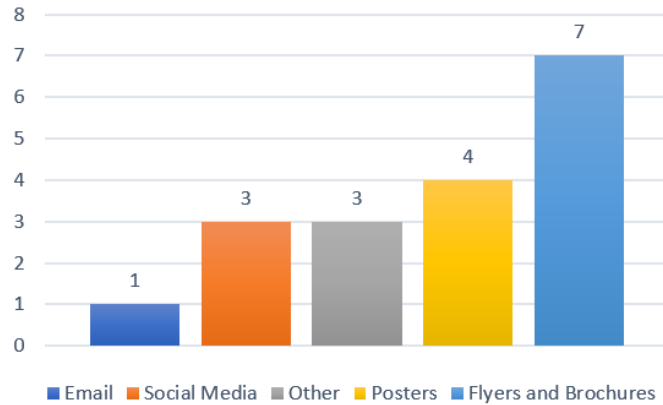
## THE IMPACT

DPH conducted a survey to better understand how CFHL partners were promoting nutrition assistance programs and assessed what materials, resources, training, and technical assistance were needed to promote this program. The survey findings identified a need to increase knowledge of nutrition assistance programs for non-CFHL funded staff to enhance promotion efforts.

## THE FUTURE

DPH convened County Nutrition Action Plan (CNAP) member organizations, including PHFE WICH and the Department of Public Social Services (DPSS), to conduct training for CFHL partners and other community-based organizations on CalFresh and WIC. Leveraging DPH's CNAP and CFHL partners to promote nutrition assistance programs to SNAP-Ed eligible participants can help increase enrollment in these programs in Los Angeles County.

## Materials and Resources Needed to Promote CalFresh Food at CalFresh Healthy Living Events



# Partnerships With Parks: Reaching High-Need Communities in LA County

Xochitl Valdivia and Tania Marquez, Los Angeles County Dept. of Public Health

## THE NEED

In 2019, the LA County Board of Supervisors adopted a motion to increase awareness and participation in food redistribution efforts in community hubs, such as parks. In 2020, the Department of Public Health's (DPH) CalFresh Healthy Living (CFHL) program partnered with LA County's Department of Parks and Recreation to integrate nutrition education, physical activity, and access to healthy food events in surrounding LA County communities.



## THE WORK

CFHL efforts targeted 19 park sites in neighborhoods experiencing high crime rates, food insecurity, and economic hardship. CFHL-funded partners collaborated with park staff and community stakeholders to plan events such as Parks After Dark and Winter Wonderland. During these events, county parks stay open late and provide free activities when crime rates are the highest and youth have fewer social and recreational opportunities.

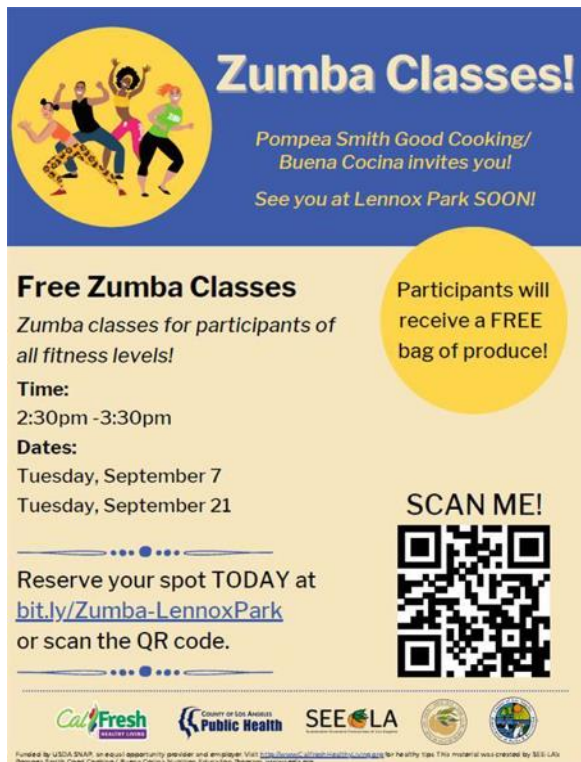


## THE IMPACT

As a result of DPH's partnership with Parks and Recreation, CFHL-funded partners conducted:

- 168 nutrition education and physical activity classes (e.g., Zumba or yoga) and 189 Rethink Your Drink (RYD) Activities
- 35 access to healthy food events distributing almost 16,000 pounds of fresh and free fruits and vegetables

Participants were also given RYD Take Home Kits so that they could make their own "spa water" at home.



**Zumba Classes!**  
 Pompea Smith Good Cooking/  
 Buena Cocina invites you!  
 See you at Lennox Park SOON!

**Free Zumba Classes**  
 Zumba classes for participants of all fitness levels!

**Time:**  
 2:30pm - 3:30pm

**Dates:**  
 Tuesday, September 7  
 Tuesday, September 21

Reserve your spot TODAY at [bit.ly/Zumba-LennoxPark](https://bit.ly/Zumba-LennoxPark) or scan the QR code.

Participants will receive a FREE bag of produce!

SCAN ME!

Logos: CalFresh, County of Los Angeles Public Health, SEE LA, and others.

Funded by USDA SNAP, an equal opportunity provider and employer. Visit <https://www.usda.gov/programs/food-and-nutrition-assistance> for healthy tips. This material was created by SEE LA. Pompea Smith Good Cooking/ Buena Cocina is a registered 501(c)(3) nonprofit organization.



## THE FUTURE

Park staff and participants have requested ongoing CFHL activities to further engage surrounding communities. In response, DPH, CFHL-funded partners, and the Department of Parks and Recreation expanded programming and will continue collaborating in FFY 2022. As the County gradually reopened during the pandemic, outdoor park events presented great opportunities to help turn parks into lively community centers.



# CFHL, UCCE San Joaquin County: A Legacy of Training Trainers

Lorena Hoyos, CalFresh Healthy Living, UCCE San Joaquin County

## THE NEED

The CalFresh Healthy Living, UCCE San Joaquin County (CFHL, UCCE) team has partnered with the Stockton Unified School District (SUSD), Early Childhood Education (ECE) Department for more than 10 years. During the 2019-20 and 2020-21 school years, the COVID-19 pandemic stimulated a transition to online learning.



## THE WORK

Due to the trust developed over the years, CFHL, UCCE San Joaquin County could pivot to remote delivery and continue SUSD preschool program activity. The CFHL, UCCE San Joaquin team trained 90 SUSD preschool teachers on remote delivery of the Go, Glow, Grow (GGG) curriculum, and an estimated 50 State and First 5 preschool teachers on Eat and Play Together lessons 1-3.



Source: Pixabay.com

## THE IMPACT

As a result of the remote training on the GGG curriculum, 48 SUSD preschool classrooms participated in GGG activities in FFY 2020-21, reaching approximately 738 preschool students. Eat and Play Together parent workshops were also delivered throughout the year, reaching 203 preschool parents.



## THE FUTURE

In 2021-22, the legacy of training teachers continues. The CFHL, UCCE San Joaquin team had presented a Go, Glow, Grow training for SUSD preschool teachers at the beginning of the school year. Eat and Play Together training will also be provided this year, along with training on the physical activity curriculum Coordinated Approach to Child Health (CATCH).



# QUALITY DIRECT EDUCATION

## Building Community and Promoting Health During COVID-19

Rosa Vargas, Melissa Rorabough, and S. Klisch, CalFresh Healthy Living, UC Cooperative Extension Santa Barbara County

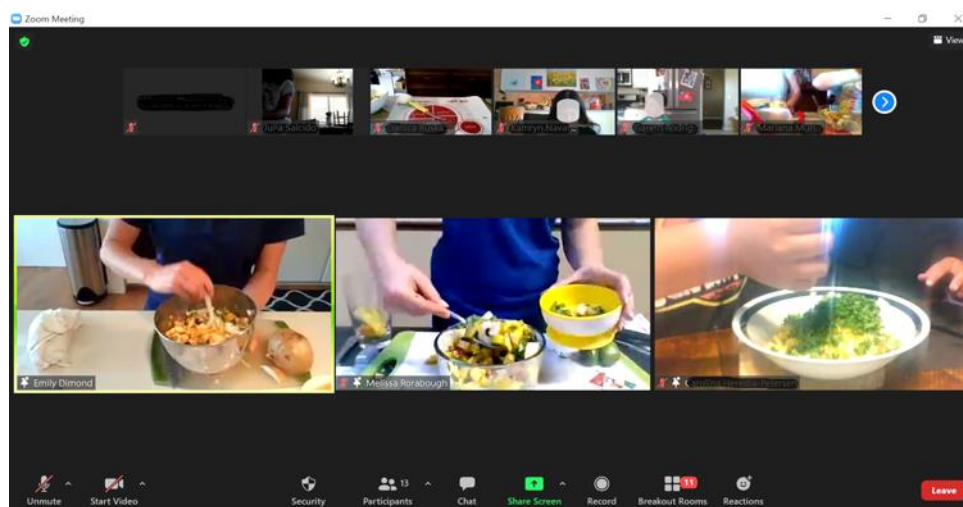
### THE NEED

The COVID-19 pandemic has exacerbated social inequities, increased food insecurity for children and families, and affected access to education for adults and youth. To address these issues, UCCE staff partnered with schools to host a virtual Family Cook Night series. For families that attended, online lessons were more accessible than traditional in-person classes. Transportation and childcare were not an issue and families could cook in their own homes.



### THE WORK

UCCE educators hosted two 4-class series via Zoom using the Healthy, Happy Families curriculum at two school sites. Families learned about healthy behaviors, including how to involve youth in cooking, food safety, and the Dietary Guidelines for Americans. In addition, UCCE worked with the Santa Barbara Food Bank to provide ingredients and materials to 48 participants to prepare recipes at home to reinforce the lessons at one of the sites.





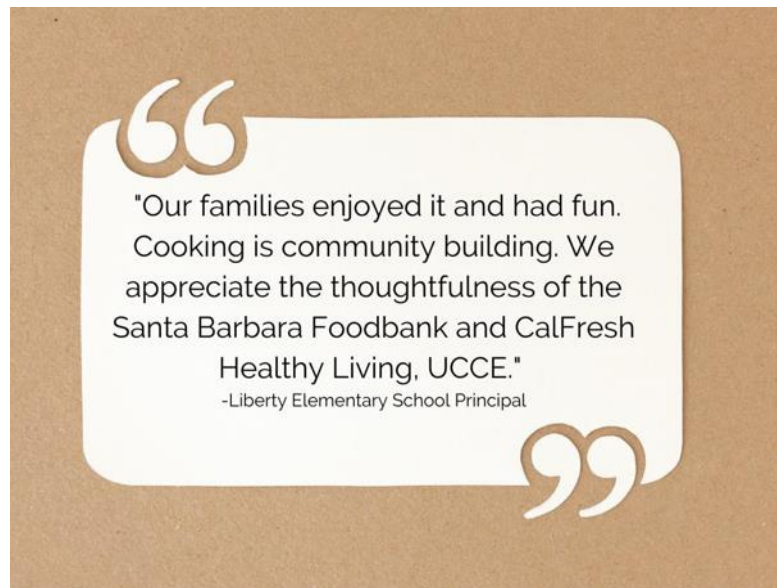
## THE IMPACT

Pre and post-surveys (n=64) indicated that the percentage of parents/guardians who would not offer a treat as a reward for eating other foods increased from 36% to 60%. Additionally, the proportion of parents/guardians who indicated that they would offer food to their child rejected more than once increased from 36% to 80%.



## THE FUTURE

Since the beginning of the 2021-22 academic school year, two qualifying sites have participated in a new series of Family Cook Nights with positive feedback on the virtual model. The virtual series not only helps meet community needs but keeps families and staff safe as the COVID-19 pandemic persists.



# CalFresh Healthy Living, UCCE Tulare-Kings Counties Promote Healthy Changes Among Children, Youth, and Families

Teresa Spicer, University of California Cooperative Extension Tulare-Kings Counties

## THE NEED

- Located in California's Central Valley, Tulare and Kings counties are characterized by high rates of poverty (17.1% and 14.5%). In Tulare County, 14% of children (2-11) are overweight, and in Kings County, 17% of children (2-11) are overweight. Tulare and Kings counties also rank among the highest for food insecurity compared to the national average.
- Quality nutrition education is key in encouraging children and families to eat healthy on a limited budget. Participants learn to adopt healthy lifestyle choices to reduce their risk of chronic disease.
- To address this need, CalFresh Healthy Living, UCCE Tulare-Kings Counties (CFHL, UCCE) worked with 22 SNAP-Ed eligible schools and communities to reach 12,793 participants during the COVID-19 pandemic.



## THE WORK

CFHL, UCCE worked strategically with teachers to:

- Identify learning needs and assess readiness and capacity to adopt a hybrid nutrition education program compatible with distance learning.
- Provide hybrid education using virtual Zoom and in-person lesson delivery.
- Deliver extender and direct education models to support a positive school learning environment.



## THE IMPACT

REACH: Over 2380 elementary school students reached 6 school districts. CFHL, UCCE:

- Delivered over 1373 hours of evidence-based nutrition education using garden-based education curriculum such as TWIGS.
- Distributed over 500 garden kits to support school and home garden activities.
- Participants reported enthusiasm for reconnecting in person and virtually!

*Students really enjoyed learning about healthy choices and planting their little seeds that sprouted into beautiful signs of life...it showed me that something as small as this is going to make a big change in their lives when they're older. – Mr. Reyna, READY Tutor, Roosevelt Elementary*



## THE FUTURE

CFHL, UCCE Tulare-Kings will continue to expand and identify ways to:

- Sustain access to healthy food through direct education and policy systems and environmental interventions.
- Collaborate with local community partners to deliver online virtual and in-person lessons.



# UP4it Obesity Prevention Activity Guides for 4th-5th Graders

Marcel Horowitz and Christie Hedrick, CalFresh Healthy Living, UCCE Yolo County

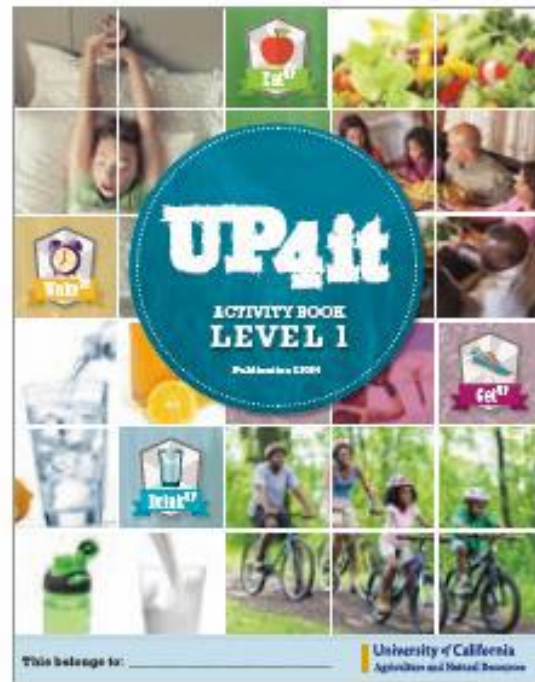
## THE NEED

A gap exists in the availability of curriculum that can help school-aged children learn how to make choices that impact their weight. A child who is overweight or obese is more likely to develop cardiovascular disease, diabetes, breathing problems, musculoskeletal problems, liver issues, and other physical maladies in childhood and throughout life. Childhood obesity is also associated with poorer mental health, such as lower self-esteem and depression<sup>1</sup>. Problems in school, including missed school days, are also correlated<sup>2</sup>. The University of California has identified reducing childhood obesity as a top health priority.

## THE WORK

UP4it was developed by the University of California Agriculture and Natural Resources. Activity guides utilize youth development principles that engage students in their learning, and use problem-solving, teamwork, and 21st-century skills. The activities require no additional resources beyond what would normally be found in a classroom. Activities link to California Common Core Standards. Materials target correlates to excess weight gain in youth, focusing on four key areas:

- WakeUP- Sleep ten hours at night to feel just right.
- EatUP- Select the right food for a better mood.
- DrinkUP- Choose water first for thirst.
- GetUP- Move and play at least an hour a day.



45 MIN

**ACTIVITY 1**

### How do you balance your fuel?

**Calories** are a way to measure the amount of energy in food. These calories power your body. Energy helps you to walk, run, think, breathe, keep warm, and do everything else with your body. If you do not eat or drink enough, you won't feel or think well. If you eat or drink too much, you also won't feel or think well, and you will store the extra as fat. Eating the right amount of calories will help you stay in the best shape. Students your age should have about 1,700 calories a day.

**A. Activity**

**DIRECTIONS**

1. Albert's story is based on a pretend day of eating and using up, or "burning," calories.
2. Have the teacher read the story and questions aloud. You and your classmates will be acting out the bolded words in the story while it is read. When the teacher asks the questions from the story, discuss answers as a class and write one idea down.
3. Stop at each stop sign. Find the difference or "burning calorie balance" and record your answer.
4. After completing the story and calculating the calories, write the answer to each question on page 6. Discuss as a class.

**B. Reflection**

**"Difference" is the amount you get when you're acting a smaller number from a larger number.**

## THE IMPACT

UP4it was evaluated with students (n122) participating in EFNEP. Evaluations indicated that:

- 72% of children improved their ability to choose foods according to Federal Dietary Recommendations.
- 27% of children improved their physical activity practices or gained knowledge.
- 31% of children used safe food handling practices more often or gained knowledge.

UP4it Teacher Observation Tool feedback from one teacher indicated that in 9/10 areas, students showed improvement.

“These programs greatly inspire me to include more health education throughout the school year.”

“Fantastic program! Very kid friendly.”

## THE FUTURE

**ACTIVITY 6**  
How do you identify "always" foods?

Some foods taste delicious but do not have all the nutrients you need. These foods are treats and should be eaten "rarely" if you eat them too often, you may gain extra weight, not feel very good, and possibly get sick from not eating enough vitamins and minerals.

Some foods are good for you in moderation. They are okay to eat in small amounts a few times a week but no more than once a day. These are called "sometimes" foods. And then there are the food all-stars! These are called "always" foods. When eating, it's important to choose "always" foods instead of "sometimes" foods. This helps keep your energy in balance and your body feeling good. Can you figure out which foods are "always" foods that you can always order?

**DIRECTIONS**  
**A Activities** 45 MIN.

1. Remove the food cards from your envelope.
2. Find and stack the cards that answer each challenge. You may have multiple cards.
3. Stack the correct cards on the blank space.
4. Review the answers as a class.
5. On the back of each correct card circle the word "always." These are foods and drinks that you can order more often.

**B Reflection**

6. What "always" food will you order next time you dine out? Share with the class.

**"Always" grain challenge**  
Which foods:  
- is in the grain food group (orange card)  
- is a whole grain food

**"Always" beverage challenge**  
Which beverages:  
- have NO added sugar  
- is not juice

**"Always" topping challenge**  
Which foods:  
- are a fruit or vegetable  
- are a burger or sandwich topping  
- are not fried

**"Always" protein challenge**  
Which foods:  
- are a protein food  
- are not fried  
- are not beef

**"Always" side challenge**  
Which foods:  
- are a fruit or vegetable  
- have NO added sugar  
- are not a juice  
- are something you would eat as a side  
- are not fried

UP4it level one and two were designed and written for 4th and 5th grade students. CalFresh Healthy Living, UC, and Expanded Food and Nutrition Education Program Educators have been trained to use these activity guides. Statewide, these programs are currently recruiting classrooms and implementing these materials. Materials are available for review at <https://anrcatalog.ucanr.edu/>

## References

1. <https://www.cdc.gov/obesity/childhood/causes.html>
2. Carey, F.R., Singh, G.K., Brown III, H.S. et al. Educational outcomes associated with childhood obesity in the United States: cross-sectional results from the 2011–2012 National Survey of Children’s Health. *Int J Behav Nutr Phys Act* 12, S3 (2015). <https://doi.org/10.1186/1479-5868-12-S1-S3>

# Virtual Gardening and Real-World Experience

Nancy R. Zumkeller and Robert Tapia, CalFresh Healthy Living, UCCE Fresno and Madera Counties

## THE NEED

Central Unified School District's GATE (Gifted and Talented Education) after school program was seeking an opportunity for students to fulfill a community garden project that was planned pre-pandemic. The initial goal was for each student to lead an on-campus garden at their respective school site. The pandemic restrictions created an opportunity for each student to start a home garden and participate in virtual TWIG's lessons each week.



## THE WORK

Students received virtual lessons from the TWIGs curriculum while learning how to garden at home with an at-home garden kit. CFHL, UCCE Fresno consulted on the contents of the garden kits, which were purchased by the extender with separate grant funds. Students shared that their families also learned about gardening with them and together were able to plant, maintain, and harvest the garden.



## THE IMPACT

Thirteen, 5th-grade students from 8 different elementary schools gained the knowledge of how to start and maintain a garden. The successes and challenges of the at-home garden project gave the students experiences that could only be learned through hands-on education. Many students involved their families in the project and enjoyed sharing what they learned about gardening and harvesting.





## THE FUTURE



As student leaders at their respective campuses, these students will share their garden knowledge and experiences at home school sites. CFHL, and UCCE Fresno staff will continue to provide support and direct education.

*"...I am writing currently to tell you how grateful I am that you helped me learn how to make a perfect garden! Because we did the greenhouse, I have many plants in my backyard. With your help, I and my mom were able to make a lot of food from my family, and we use it wisely..." -Student*

# A Virtual Tour of San Bernardino County

Sonia Colchado and Farrah Northcott, San Bernardino County Superintendent of Schools

## THE NEED

The San Bernardino County Superintendent of Schools (SBCSS) serves 33 school districts to support the educational needs of all students. Working through the CalFresh Healthy Living LEARN domain, SBCSS actively engages school districts, families, and communities by providing services, information, and leadership. During the 2020-2021 school year, San Bernardino County students attended school virtually. Educators experienced challenges in providing virtual activities with the same impact as in-person activities.



## THE WORK

The nutrition educators moved forward with direct education efforts in classrooms. A series of virtual tours were created that highlighted a local community partner and/or site that encouraged an outdoor activity. Each virtual tour was coupled with a nutrition education lesson featuring the Nutrition Nuggets curriculum.



Nutrition educators also extended this platform to local parents and families with recipe demonstrations and lessons on MyPlate, physical activity, and Rethink Your Drink.

## THE IMPACT

The virtual tour series reached 22 school districts, 82 school sites, and 7,098 students. For the parent education direct education component, we reached 167 parents. We also had the opportunity to partner with local community organizations such as the Dairy Council of California, Amy's Farm, Huerta del Valle Community Garden, YMCA of the East Valley, and the Cucamonga Water District.



## THE FUTURE

SBCSS continues to look towards the future with innovative approaches to connecting schools, families, students, and communities to nutrition education opportunities. The relationships developed with teachers, community organizations, and school administrations through this approach have provided a foundation to continue to grow our efforts beyond nutrition education in the classroom, and further extend our interventions toward policy, systems, and environmental changes.





# Bay Area Jobseekers Get a Boost From Nutrition Education

Laura Vollmer, CalFresh Healthy Living, UCCE Santa Clara Cluster

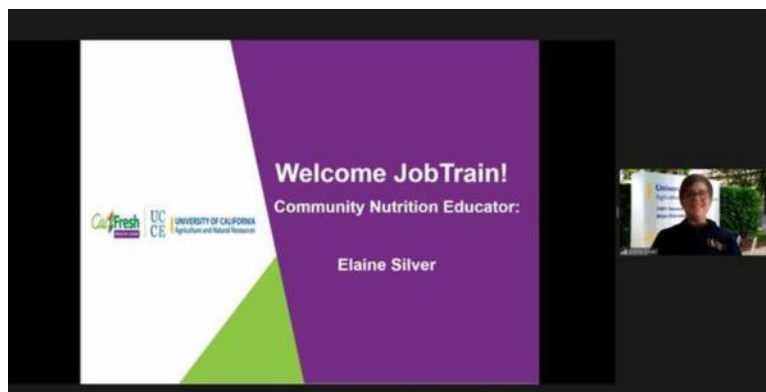
## THE NEED

- CalFresh Healthy Living, UC Cooperative Extension (CFHL, UCCE) has partnered with JobTrain, a nonprofit job training agency for more than 10 years to provide nutrition and food resource management education.
- Adult students from medical assisting, culinary arts, construction, and certified nursing assistant programs participate.
- Classes support students' food security & chronic disease prevention concerns and provide a strong foundation of nutrition knowledge to support their future careers.



## THE WORK

- Before the pandemic, CFHL, and UCCE educators provided in-person nutrition education to the job-training students.
- Beginning in June 2020, due to COVID restrictions, Plan Shop, Save & Cook (PSSC) classes were offered through virtual education.
- In FFY 2022, 366 students in San Mateo and Santa Clara counties have benefited from virtual lessons that often complement their future occupations.



## THE IMPACT

- Pre/Post surveys from adults (n=55) participating in PSSC showed statistically significant improvements in food resource management (FRM) behaviors.
- 88% of adults reported improving at least one FRM behavior.
- Surveys also showed that 28% of participants reported their food security improved after participating in the PSSC lesson series.

Food Resource Management Behaviors	Percent Improved
Plan meals ahead of time	51%
Compare unit prices before buying food	43%
Shop with a grocery list	46%
Consider healthy choices when feed family	49%
Use “Nutrition Facts” to make food choices	60%
Use MyPlate to make food choices	71%

## THE FUTURE

CFHL, UCCE will continue to work to further develop the partnership with JobTrain to support nutrition and physical activity through:

- PSE changes to improve the nutrition and physical activity environment at JobTrain.
- Connecting participants to additional resources, like farmers’ market coupons and parking passes for local parks.



# Engaged Native American Youth Developed Culturally Tailored Video Series to Increase Physical Activity

Katherine Hawksworth and Jesse Tedrick, Public Health Institute & Center for Wellness and Nutrition

## THE NEED

Native American (NA) youth are 30 percent more likely than non-Hispanic white adolescents to be obese. Physical Education (PE) and Physical Activity (PA) opportunities are generally not inclusive of traditional NA activities (e.g., gathering and dance).

## THE WORK

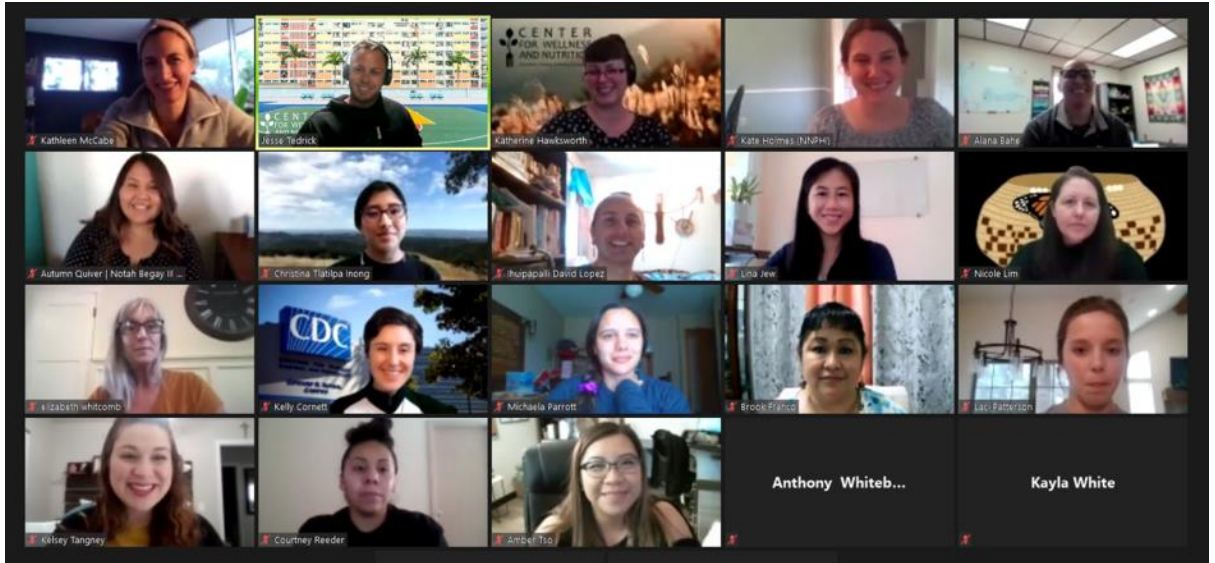
PHI Center for Wellness and Nutrition partnered with the National Network of Public Health Institute and eight tribal community health and education organizations to 1) discuss the impact of COVID-19 on mental and physical well-being and how it has affected physical activity and physical education among tribal youth and 2) provide training and develop resources for and with Native American youth.

## THE IMPACT

- Two roundtable discussions conducted to identify professional development needs and considerations for schools serving NA youth
- One 3-hour virtual training developed and conducted with tribal and educational organizations
- Six PA cards adapted, and eleven videos created with youth input







## THE FUTURE

Engaging Native American youth to develop, culturally tailor and adapt, and demonstrate and promote physical activity is a promising practice for CalFresh Healthy Living to consider when working to increase PA among Native American children and adolescents.



# Engaging Student Leaders to Teach TWIGS Lessons in the Garden and Lead Guided Tours

Abbi Marrs and Rosa Vargas, CalFresh Healthy Living, UC Cooperative Extension Santa Barbara County

## THE NEED

UCCE educator partners with low-income schools to train youth and adult extenders in providing evidence-based nutrition and garden enhanced nutrition education to 600 students in grades TK-6. Over the course of the pandemic, evidence has increasingly shown that COVID-19 is much less likely to spread in an outdoor setting, so offering lessons in the garden or outdoor classroom can be a great way to continue to provide nutrition education to school partners.



## THE WORK

The UCCE educator worked closely with teachers and students at Hapgood Elementary to offer a 4-week in-person summer school program, using the TWIGS curriculum to train 34 fifth and sixth-grade leadership students to help deliver lessons. Students gained more experience and expertise and learned about their fruit tree orchard, composting systems, and the hydroponic gardens on their campus. They began to lead garden lessons on their own with the support of the UCCE educator.



## THE IMPACT

Youth leaders engaged in peer-to-peer teaching and provided a total of 18 garden tours. Participating TK-6th grade classes, learned about growing their own food and eating fruits and vegetables. Because of the help and support from the youth leaders, lesson support activities could be completed to reinforce the lesson taught.



*“We had a very knowledgeable young lady share valuable information with us and explained thoroughly when students asked questions. One question being why were some of the tree trunks painted.” - Teacher*

## THE FUTURE

New leadership students are being trained during this school year to run the garden program. They will do weekly garden walk-throughs, weeding, harvesting, planting, and caring for the hydroponic towers and assisting with teaching lessons and teaching them independently. Student leaders will also give garden tours to classes school-wide.





# Going the Extra Mile to Enhance Direct Education in a Virtual World

Brendan Rea, Catholic Charities of San Francisco

## THE NEED



The COVID-19 pandemic abruptly shut down Catholic Charities of San Francisco, Marin, and San Mateo Counties (CCSF's) in-person nutrition and physical activity education CalFresh Healthy Living (CFHL) program in mid-March 2020. CCSF CFHL staff struggled to provide the resources to distance learners that were so readily available when classes were taught in person. However, with constant communication with school site staff, CCSF staff developed creative

solutions to continue delivering impactful programming. After a month-long pause, the programming shifted to the new world of virtual programming.

## THE WORK



CCSF staff developed creative solutions to continue delivering impactful programming. CDC guidelines allowed CCSF's physical education staff to return for in-person instruction by mid-October, but unfortunately, nutrition classes and cooking demonstrations were deemed too high-risk to return in person. The shift to a "flipped classroom" model allowed an interactive lesson plan that was delivered by virtually prerecorded lessons developed by CCSF staff. Screen sharing allowed for interactive

activities like cooking demonstrations and curriculum activities.

## THE IMPACT



To enable students to participate in hands-on cooking demonstrations, CFHL staff procured hundreds of bags of fresh produce and other ingredients with outside funding, and delivered the ingredients to the schools so that students could still participate in hands-on recipe demonstrations and taste testing. Providing ingredients for recipe demonstration was crucial so the students could cook along with the video as they watched it. These

activities were also paired with the existing CATCH physical activity programming delivered to students daily on campus by CCSF's on-site physical education staff, along with stencils that were implemented at one site.

## THE FUTURE

In addition to returning to in-person cooking classes with K-8 students, staff plan to implement even more cooking workshops and community events to make up for lost time. Moreover, staff are also in the planning stage of implementing stencils at more program sites, to enhance the existing CATCH programming.

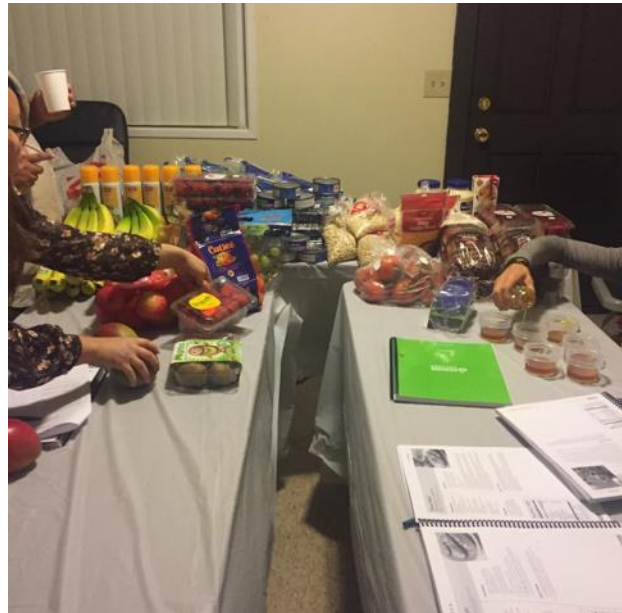


# Innovative Virtual Nutrition Education During a Pandemic

Montserrat Papias and Sandra Torres, Center for Wellness and Nutrition

## THE NEED

In 20-21, Sacramento County's CalFresh Healthy Living efforts faced challenges reaching the target populations. In-person nutrition education delivery methods were canceled due to closures caused by the COVID-19 pandemic and continue to be an ongoing challenge. In partnership with Sacramento Housing and Redevelopment Agency (SHRA), the Center for Wellness and Nutrition (CWN), a subcontractor of the Sacramento LHD, provided a family-centered, virtual nutrition education workshop series for residents in SHRA's Resident Opportunities for Self-Sufficiency Program (ROSS).



## THE WORK

ROSS is a voluntary program that was established to help families become free of public assistance through the achievement of self-sufficiency by assisting residents with life skills, training, education, and a host of community outreach services. CWN holds the license to provide Cooking Matters classes, a program run by Share Our Strength. The Cooking Matters at Home curriculum was used and tailored as a series of 6-single 30-minute sessions held virtually in the late afternoon, meeting participants' time availability.





## THE IMPACT

A total of 18 participants registered for the workshop series, with three completing the 6-week series. Of the 18 registered, 8 attended at least one of the single sessions. To address common concerns related to nutrition education classes, CWN implemented strategies to increase attendance and engagement. Participants were given opportunities to provide input on the classes. SHRA residents who attended all six classes received a \$50 gift card provided by SHRA.



## THE FUTURE

CWN will explore SHRA's interest in hosting more virtual nutrition education sessions for their residents, along with collaborating with interested community partners. We continue to explore innovative strategies to maintain community partnerships during these critical times when direct nutrition education activities and time commitment from participants continue to be a challenge.



# Lone Pine Students Cook Virtually as a Safe After School Activity

Jenna McCarthy, Community Service Solutions

## THE NEED

Because of COVID-19, Lone Pine students were attending school in the mornings only and had limited opportunities for socialization and extracurricular activities the rest of the day.

The county coalition had offered cooking classes to the students in previous years, but many who had taught these lessons were redirected and unable to provide this education.

"I saw the ingredients (strawberries and carrots) and it looked sooooo healthy. Thanks again for a highly successful session!!!"  
– Superintendent

## THE WORK

Our agency provided virtual after-school cooking and nutrition classes for 12 students grades 6-12, teaching the four-lesson Around the Table series. We created individual bags with taste tests and curriculum materials, which students took home before each lesson.

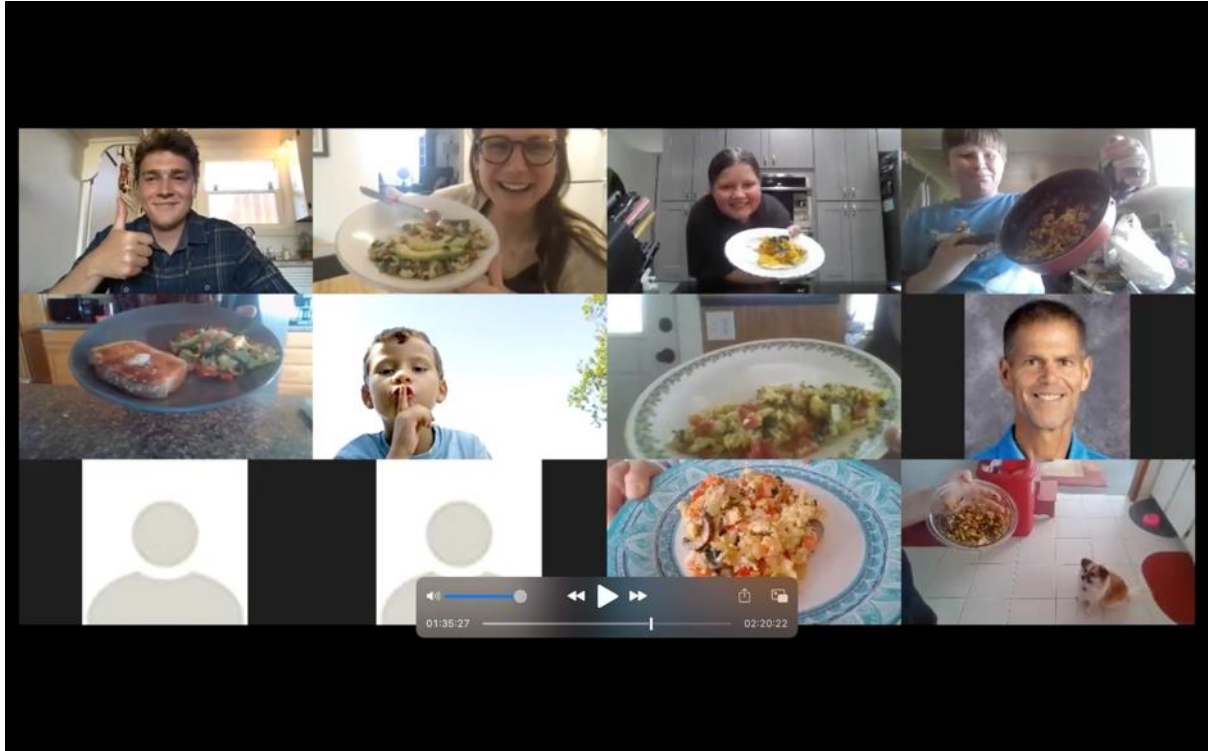
School administration went above and beyond to help coordinate and promote this class.



## THE IMPACT

Multiple students emailed between classes to express their enthusiasm, and post-surveys showed they wanted more cooking classes with harder recipes.

Because students were cooking in their own homes, they learned where kitchen tools were located and shared their finished products with their families, coming together for a healthy snack.



## THE FUTURE

We referred students to our YouTube channel and provided cookbooks and recipe websites as resources. The principal also told us that one of the parents offered a cooking class later in the year due to student demand!

We hope to offer another course this spring to discuss nutrition in more depth and see how their cooking skills have improved.

**“what exactly are we  
[ganna] be making  
next week [pls] put  
the ingredients down  
also YESTERDAY WAS  
SO FUN.”  
– Student**

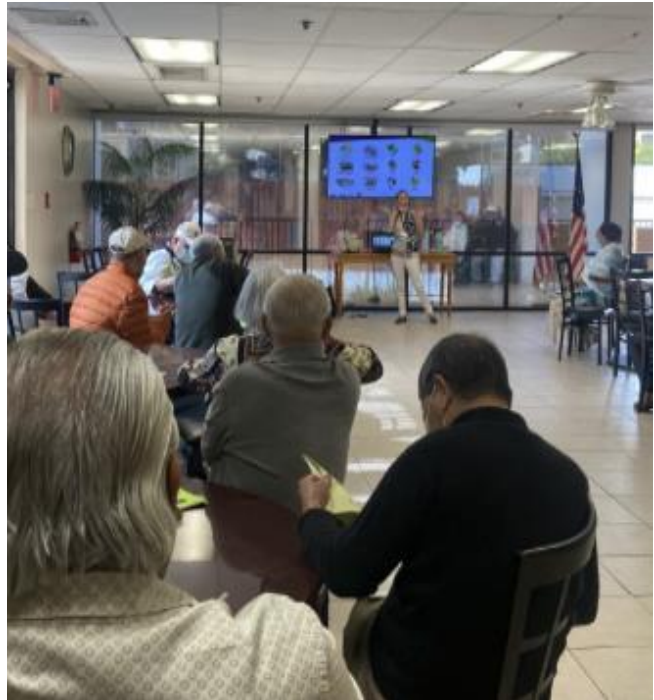


# Older Adults Become Tech Savvy During the COVID-19 Pandemic

Maria Barraza and Susan Nguyen, Catholic Charities Diocese of San Diego

## THE NEED

In the midst of the COVID-19 pandemic, older adults are adapting to a new way of life. Many older adults have negative associations with technology, and many have low computer literacy. As shown by the Pew Research Center, technology use varies substantially by age among older adults. Catholic Charities Diocese of San Diego (CCDSD) older adult participants have similar needs, and many find technology overwhelming. Seeing the challenges in both counties, CalFresh Healthy Living (CFHL) partnered with another internal program, the Foster Grandparent Program/Senior Companions (FGP/SC), to support the older adults served in these programs.



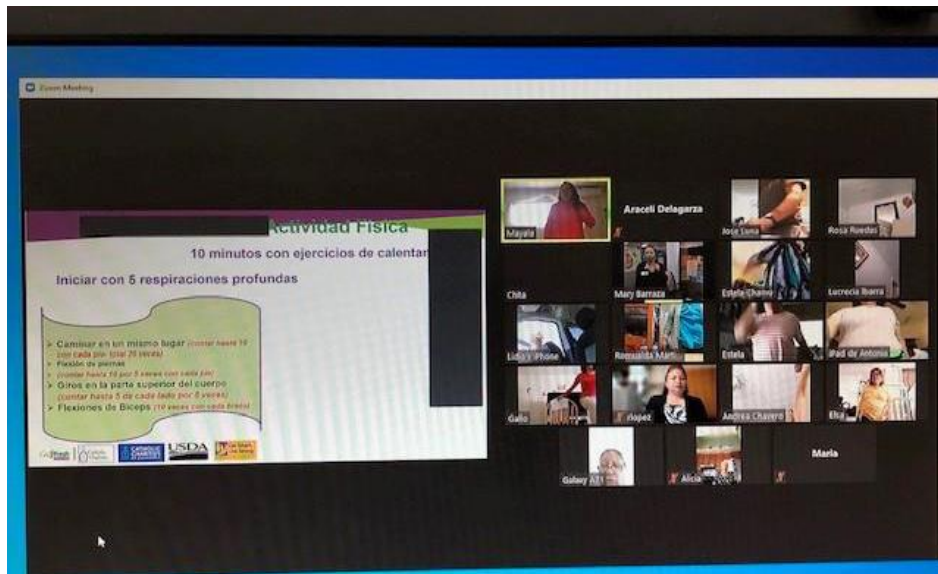
## THE WORK

CFHL and FGP/SC coordinated to provide virtual nutrition and physical activity classes for older adults using Zoom, using the Eat Smart, Live Strong Curriculum. CFHL staff worked to provide training and technical support for downloading and connecting to Zoom. When participants needed assistance, FGP/SC and CFHL team members guided them through the process ten minutes before the class so they could participate successfully, and materials were printed and distributed to participants ahead of classes.



## THE IMPACT

The Zoom classes are very interactive and get participants motivated. Participants are always encouraged to share recipes, ideas, and feedback. In the first class, many of them had the camera turned off, however, as the instructors started integrating Physical Activity and motivating participants to join in, more people were willing to utilize the camera feature. Participants shared their positive feedback with others, who joined the following classes.



## THE FUTURE



CalFresh Healthy Living and Foster Grandparents Companions will continue working to provide classes to older adults to encourage healthy eating and a physically active lifestyle. Catholic Charities Diocese of San Diego will also seek to partner with more local communities – virtually and in-person, to promote healthy habits and continue promoting creative ways to be physically active. CFHL staff will continue to virtually encourage and train older adults in San Diego and Imperial County to become tech-savvy so they can tap into the many resources available to them.

# Rethink Your Drink Social Media Campaign

Jesse Tedrick and Sandra Torres, Center for Wellness and Nutrition

## THE NEED

In South Carolina alone, approximately 504,000 people, or 13% of the adult population, have been diagnosed with diabetes. An additional 123,000 people in South Carolina have diabetes and don't know it, greatly increasing their health risk.

## THE WORK

The Center for Wellness and Nutrition partnered with Clemson University Youth Learning Institute SNAP-Ed program to customize and implement a six-week digital Rethink Your Drink (RYD) social media campaign that included beverage-label educational media posts and healthy drink recipes. The campaign included 12 unique social media posts customized for Facebook and Instagram, 2 flyers, 1 drop-in article, and 1 campaign guide. A tracking log of the reach of the campaign was provided and feedback was collected from partners in a brief online survey.

## THE IMPACT

Six partner sites participated by sharing campaign materials with the target audiences through social media, electronic mail, and/or physical mail distribution channels (ST7a, MT12a). The campaign reached 7,913 individuals and made 41,819 social media impressions (MT12b). Social media platforms used by partner sites included Facebook and Instagram. A total of 57 social media posts, 13 printed flyers, and an estimated 1,137 digital drop-in articles were shared.





## THE FUTURE

For future campaigns, recommendations included extending the campaign, offering weekly office hours, and paid social media posts to have a higher reach within the campaign.

With the simplicity of the intervention, promising reach results, and positive partner feedback suggests that the Rethink Your Drink Social Media campaign can be replicated in the future for CalFresh Healthy Living programming.



# A PILOT PROGRAM

## Everyone Loves Line Dancing!

Norma Lisenko, Innovative Health Solutions

### THE NEED

Many adults are looking for fun, interactive classes, that help them improve physical and mental health and include time to socialize. Good nutrition and consistent exercise are proven to reduce chronic disease. Group activities are a way to break down barriers and improve both mental and physical health. Line dance classes provide a welcoming space for all older adults.



### THE WORK

Line dancing is a fun way to exercise. It is a low-impact way to encourage older adults to move and socialize. There is no need for a partner in this type of dancing. At the end of a class, participants are provided with a 10 to 20-minute nutrition class and a food demonstration. The program can be provided at any site for example parks, health events, affordable housing locations, senior centers, etc.



### THE IMPACT

We completed 4 series, with 6 classes per series, at 4 sites in Solano County. We had over 907 interactions with participants in classes. A total of 223 individuals attended at least one class, with



many regulars attending more. Matched pre/post-tests were completed by 56 people. Each class had an average of 25 participants; rooms were full of energy and movement, and many smiling faces.

## THE FUTURE

We are pilot-testing a curriculum providing 4 types of line dancing: Soul, Latin, Country, and Filipino. We are testing at sites in Solano, Napa, Contra Costa, Sacramento, and Stanislaus counties. The curriculum has 6 one-hour lesson plans along with videos created to showcase line dancing choreographies that are easy to follow. Lessons can adapt to participants with different abilities and mobility needs.

