

2023 CFHL FORUM POSTER BOOK

Equity in Action:
Supporting
Healthy
Communities
Together



Table of Contents

Authentic Community Engagement.....	1
Empowering Communities: Creating a Participant-Driven and Linguistically-Relevant Food Behavior Checklist.....	1
Activating Healthy Change Initiatives With the Torres Martinez Desert Cahuilla Indians Community Wellness Committee.....	3
Residents Guide Curriculum and PSE Choices.....	6
Breaking Down Language Barriers and Paving the Way for New Opportunities.....	8
Building Capacity for Authentic Youth Engagement.....	10
Utilizing Our Voice Approach in CalFresh Healthy Living, University of California Cooperative Extension (UCCE).....	12
Making the Healthier Choice, the Easier Choice at a College Campus Convenient Store.....	14
Cooking Up Change in Santa Clara County.....	16
California State University, Dominguez Hills: Fueling Healthy Together.....	18
Farmers Market Navigator Program Increases Access to Healthy, Local Foods.....	20
Our Voice: MORE Empowering Individuals With Disabilities to Enhance Quality of Life.....	22
SPROUTS: Teens as Teachers in the Garden.....	24
Introducing Madera’s New Culture, Wellness, and Collaboration.....	26
Cross-Sector Partnerships.....	28
Leveraging Cross-Sector Partnerships to Expand Reach and Impact in CFHL Adult Direct Education in Los Angeles County.....	28

Collaboratively Taking Action With Container Gardening.....	31
Addressing Food Insecurity Affecting Displaced Families In Kings County.....	33
The Impact of CalFresh Food Participation on College Students' Diets Among Campuses Participating in CalFresh Healthy Living.....	35
FoodSmarts for Colleges: Evaluating the Impact of a New Curriculum on SNAP-Ed Eligible College Students' Knowledge, Attitudes, and Behaviors Towards Healthy Eating.....	37
Libraries With Heart: A Collaborative Health Equity Initiative.....	39
Expanding Access to Healthy Food: California Food Assistance Program	41
Multi-Partner Collaboration to Support Low-Income Shasta County Schools.....	43
Let's Eat Healthy: Building Healthier Communities Together.....	45
Cross-Sector Partnerships in Trinity County.....	47
CalFresh Healthy Living (CFHL) Park-nerships and Recreation: A Community-Based Approach.....	49
Partnerships Increase Youth Voices on School Menu.....	51
Expanding and Enhancing Fresh Produce Cafeteria Taste Tests.....	53
Building Healthy Habits Initiative: Successful ABCs and 123s of PSEs in ECEs.....	55
Toward Job, Nutrition, and Health Security through a Partnership Between the Welding Training Center, the Community and CalFresh Outreach.....	57
Strengthening Fresno County Communities With CATCH.....	59
Westmorland Community Food Pantry is Blooming in Their Nutrition Pantry Program Gold Certification.....	61
Rethink Your Drink Day (RYDD) at Redlands East Valley High School: Partnership and Collaboration.....	63

Cooking Up Healthy Partnerships.....	66
Impact Over Intent.....	68
The Beach Kitchen at CSULB: A Policy, Systems, and Environmental (PSE) Partner for Reaching Food-Insecure College Students With Nutrition Education.....	68
CFHL, UCCE Kern: Positively Impacting Farm Worker Families.....	70
Seeding Success in Communities of Faith.....	72
Starting with Strengths.....	74
Using Photovoice to Amplify Student Voices: Madera County.....	74
Be Courageous and Try New Foods!.....	76
Armijo High School Youth-Led Multimedia Campaign for Healthy Local Foods.....	78
Starting With Strengths – Edible Community Garden.....	80
A Culturally Responsive Approach to Nutrition Education.....	82
Promotion of Healthy Meeting Guidelines Increase Staff Engagement.....	84
WCUSD’s Garden Gourmets: Harvesting Healthy Habits at Hurst Ranch With CalFresh Healthy Living, UCCE Los Angeles.....	86

AUTHENTIC COMMUNITY ENGAGEMENT

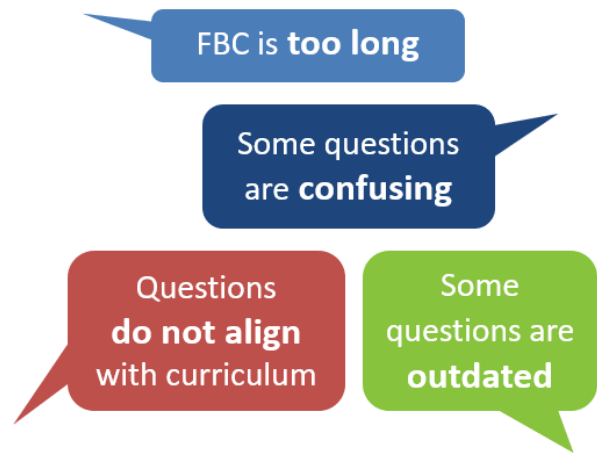
Empowering Communities: Creating a Participant-Driven and Linguistically-Relevant Food Behavior Checklist

Jennifer Joseph, *Catholic Charities of California*
Daisy Beltran, *University of California Agriculture and Natural Resources (UCANR)*
Dr. Daniel Perales, *Catholic Charities of California*
Dr. Mical Shilts, *California State University Sacramento*
Misty Reed, *University of California, Davis*
Dr. Karina Diaz Rios, *University of California Agriculture and Natural Resources (UCANR)*

COMMUNITY CONTEXT

The Food Behavior Checklist (FBC) is the tool most frequently used in California to evaluate CalFresh Healthy Living (CFHL) adult programs.

A participant-driven approach is being used to update the FBC to align with current programmatic needs. This new tool will align with medium-term SNAP-Ed evaluation framework indicators and will be able to evaluate a variety of adult curricula.



INVITATION to enroll in **Nutrition education**

this is a research project to help families stay healthy

who: Adults >18 years of age

what: 5-6 weekly nutrition classes each class lasts 60 minutes

receive up to \$200 for attending classes, completing surveys, and being interviewed

enroll now!

(000) 000-0000

CatholicCharities@email.org

COLLABORATIVE ACTION

Content validity: The original FBC content was revised with input from 6 subject-matter experts and evaluation partners of local implementing agencies to ensure alignment with medium-term behavior indicators.

Face validity: Cognitive interviews are being conducted with CFHL-eligible adults to ensure clarity, relevance, and interpretation accuracy.

Reliability: Test-retest reliability will be explored on the updated FBC to ensure responses remain stable over time in the absence of an intervention.

BUILDING STRENGTHS

To ensure the FBC reflects the program and participant needs, we coupled the expertise of content experts, evaluation partners, and CFHL-eligible adults.

The community and participant-driven approach applied throughout the process of updating and validating the FBC ensures a complete and culturally relevant tool that accurately measures behavior change.

SUSTAINING SUCCESS

By creating a complete and culturally relevant tool, we enhance the evaluation of CFHL adult nutrition education programs.

The process we are following to update and validate the FBC embodies the principles of authentic community engagement by centering the needs of the participants and those who utilize the tool to document the value of the CFHL adult nutrition education programs. This fosters a sense of ownership and empowerment within the community.



1. I eat more than one kind of fruit each day.

no

sometimes

often

everyday

Activating Healthy Change Initiatives With the Torres Martinez Desert Cahuilla Indians Community Wellness Committee

Joseph Mirelez, CWC Members, Torres Martinez Desert Cahuilla Indians

Andra Nicoli, CFHL, UC State Office

Jackie Velarde, Esmeralda Nunez, Vianca Nunez, Claudia Carlos, CFHL, UCCE Riverside County

COMMUNITY CONTEXT

In partnership with the Torres Martinez (TM) Desert Cahuilla Indians, CalFresh Healthy Living, the University of California (CFHL, UC), and UCCE Riverside County are supporting healthy change initiatives. Nutrition Educators Esmeralda Nunez, Vianca Nunez, and Jackie Velarde coordinate Community Wellness Committee (CWC) meetings, Good Food Healthy Minds (GFHM) lessons, and the A'Avutem Senior Garden with tribal members.



COLLABORATIVE ACTION

The CWC comprises 8 tribal members from the Tribal Council, A'Avutem, Youth Council, and TM community members.

In FFY 2023, with feedback from the CWC, CFHL, and UCCE, co-facilitated 9 CWC meetings, provided 7 GFHM lessons, hosted a Traditional Foods Event table, which included distributing Young Indigenous and Healthy Cookbooks, and convened 2 planting events in the A'Avutem Garden.



BUILDING STRENGTHS

Building on TM’s strengths, the CFHL team and CWC collaborated in structuring activities. CFHL, UC, and UCCE facilitated a community assets mapping exercise with the CWC. CFHL, UCCE seeks approval from tribal leadership before implementing programming. The history of CFHL, UC + UCCE collaboration with TM has been featured in 1 CFHL Tribal Ambassadors Committee meeting, 1 national SNAP-Ed Connection story, and 6 UC publications.



SUSTAINING SUCCESS

During FFY24, CFHL, UC is launching a SNAP-Ed Internship for two young adults interested in public health careers. Future plans are being discussed with the CWC, which include potentially:

- establishing another garden or small farm
- continuing monthly GFHM workshops & Traditional Food Events
- continuation of A'Avutem garden support



Residents Guide Curriculum and PSE Choices

Jenna McCarthy, Crystal Tovar, *Community Service Solutions*

COMMUNITY CONTEXT



Hung A Lel Ti community residents in rural Alpine County participate in a weekly Lunch and Learn hosted by Behavioral Health Services (BHS). BHS provides a healthy meal and invites partners to lead activities or lessons each week. The event seeks to improve participants' health and well-being, providing a safe space for participants to speak freely. CalFresh Healthy Living teaches a nutrition lesson and provides a taste test monthly.

COLLABORATIVE ACTION

Through informal conversation and more formal surveys, participants have shared their interest in gardening and different types of physical activity. Based on participants' feedback, our nutrition educator has learned a new curriculum, Fresh from the Garden, and chosen recipes for taste tests suited to the curriculum and participant preferences. Our team is also planning a ParkRx pilot to address their desire for physical activity.



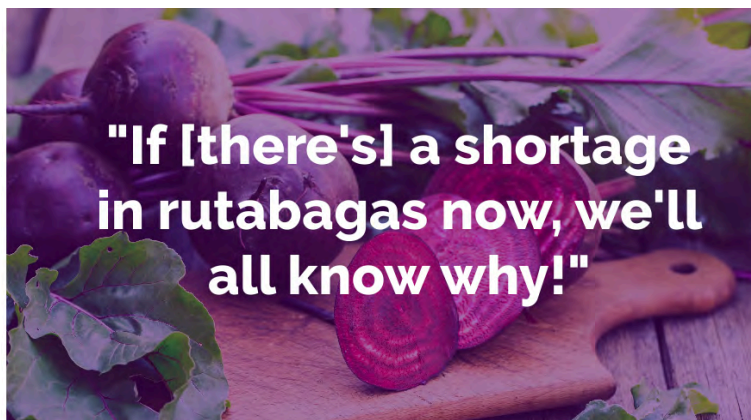
BUILDING STRENGTHS

Our nutrition educator is a lifetime resident of the area and establishes trust with community residents by attending community events and getting to know residents beyond their roles as "participants." She listens to their concerns and interests, and she weaves those into her lessons.

Participants share their garden expertise, personal experience, and ask questions to critically engage with the curriculum and enrich lessons.



SUSTAINING SUCCESS



Several participants have reported recreating taste tests at home, purchasing a new vegetable at the store after learning how to properly prepare it, or not wasting as much produce because they now know how to use all of it. Participants will continue to guide curriculum choices, and we will invite them to help plan ParkRx efforts in the coming year.

Breaking Down Language Barriers and Paving the Way for New Opportunities

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

COMMUNITY CONTEXT

Villa Alta Apartments provides low-income housing to older adults, many of whom are non-English speaking immigrants from various countries. As a result, many report being unaware of community resources and express feeling lonely and misunderstood. There is a lack of community functions at the apartment complex, as there is difficulty in understanding needs, promoting events, and providing interpretation.



COLLABORATIVE ACTION

Eat Smart, Live Strong was provided by staff in English, with interpretation in Spanish, Amharic, Mandarin, and Somali. Participants were eager to experience the class together in this unique opportunity to understand and be understood. In addition to learning about the importance of nutrition and physical activity, participants learned how to work together to identify barriers and improve their community.



BUILDING STRENGTHS

Participants reported missing the sense of community and the fresh produce from their countries. In learning about the residents' circumstances, Urban Life, a neighboring youth organization, invited the older adults to visit their urban farm and explore collaboration opportunities. Residents were offered a space to garden and engage with youth, which resulted in the fostering of a positive intergenerational connection.



SUSTAINING SUCCESS

Every Saturday morning, Villa Alta residents are invited to garden with Urban Life youth. They have all been trained in using a free interpretation phone application to support communication. To create a greater sense of community, residents initiated a quarterly cultural-sharing potluck at their apartment complex. In gratitude, they consistently invite Urban Life youth to join them.



Building Capacity for Authentic Youth Engagement

Kelly Hong, Mishelle Costa, Shannon Klisch, *CalFresh Healthy Living, University of California Cooperative Extension San Luis Obispo and Santa Barbara*

COMMUNITY CONTEXT

Due to structural barriers to participation, including program fees, transportation, scheduling, and inclusivity, 4-H programs have historically underserved Latino youth. CalFresh Healthy



Living, University of California Cooperative Extension in San Luis Obispo and Santa Barbara Counties (CFHL, UCCE) utilize community partners to establish 4-H Student Nutrition Advisory Council clubs (4-H SNAC) to minimize barriers and increase participation.

COLLABORATIVE ACTION

4-H SNAC clubs utilize the resources and expertise of CFHL and 4-H, to integrate positive youth development through SNAP-Ed programming in elementary schools. 4-H SNAC clubs focus on youth engagement projects related to nutrition, physical activity, and gardening, where youth are trained on how to facilitate their own meetings and make group decisions to use their skills and voices to make positive change in their community.



BUILDING STRENGTHS

Unlike traditional 4-H clubs, 4-H SNAC clubs function as afterschool clubs to minimize the need for additional transportation and build on the existing relationships with principals, teachers, and students. These efforts use the strengths of local partners to reduce barriers for underserved communities by youth enrichment programs and build capacity for collaboration to support youth engagement and community wellness.



SUSTAINING SUCCESS

As a result of participating in a 4-H SNAC event, students shared that they were “helping as a leader,” “working with others,” and “learning how to cook on their own.” Moving forward, CFHL, UCCE aims to connect youth and families to more UCCE resources through collaborations with the UC Master Food Preserver and UC Master Gardeners programs to engage 4-H SNAC students in healthy living and physical activity through food preservation and gardening.



Utilizing Our Voice Approach in CalFresh Healthy Living, University of California Cooperative Extension (UCCE)

Kelley Brian, Barbara MckNelly, *CalFresh Healthy Living, University of California State Office*

Maria Ines Campero, Ann Banchoff, *Stanford University*

Christopher Wong, *CalFresh Healthy Living, University of California Cooperative Extension Imperial County*

Beatriz Rojas, *CalFresh Healthy Living, University of California Cooperative Extension Kern County*

Cailin McLaughlin, Cristina Luquin, *CalFresh Healthy Living, University of California Cooperative Extension Central Sierra Counties*

COMMUNITY CONTEXT

CalFresh Healthy Living, University of California, piloted Stanford University's Our Voice approach with UCCE in Imperial, Kern, and El Dorado Counties. UCCE teams partnered with diverse groups of citizen scientists to assess different environments:

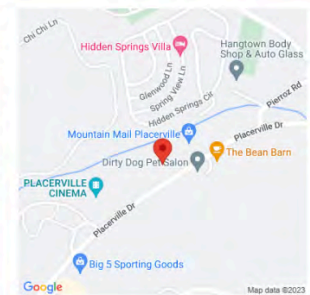
- Older adults in neighborhoods around public housing
- Parents around schools and a family resource center
- Adults with disabilities at a community site
- Youth in community neighborhoods



COLLABORATIVE ACTION

Citizen scientists identified community needs and assets around physical activity access:

- Older adults and youth championed sidewalk and park enhancements (Imperial).
- Parents identified multiple walkability improvements and the need for speed bumps around schools (Kern).
- Adults with disabilities elevated ideas to expand physical activity access around a community site (El Dorado).



Good or Bad for the Community?



Why did you take this picture?

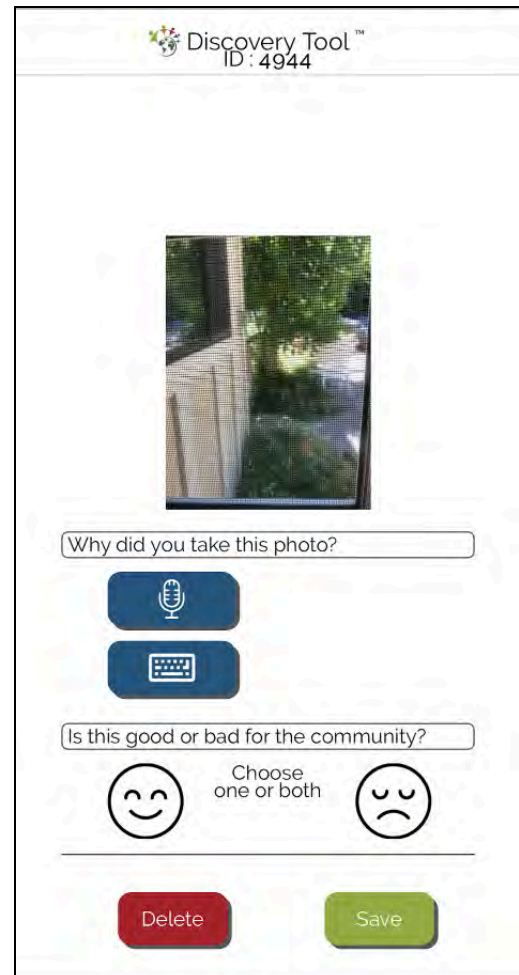
[text] :Safe handrails. Unsafe because there's no yellow paint on the steps

BUILDING STRENGTHS

Using the multilingual Our Voice Discovery Tool app, citizen scientists recorded geotagged photos and comments that address a question about what makes it easy or hard to be physically active or access healthy food in their local environments. After reviewing their own data, these citizen scientists generated solutions and strategies, identified local allies, and used their findings to activate change to support a healthier community.

SUSTAINING SUCCESS

The Our Voice approach centers on those most impacted by change, supporting community members as co-creators and decision-makers in identifying assets and barriers to health, planning for change, and serving as leaders to advance nutrition and physical activity through a health equity approach. As empowered community leaders emerge, opportunities to sustain improved nutrition and physical activity progress.



Discovery Tool™
ID: 4944

Why did you take this photo?

Choose one or both

Delete Save



Making the Healthier Choice, the Easier Choice at a College Campus Convenient Store

Macey Briones, *California State University, Sacramento, CalFresh Healthy Living*

Jennifer Campbell, *California State University, Sacramento, Student Health Counseling and Wellness Center*

Alyson Wylie, Marisol Mendez, *California State University, Chico, Center for Healthy Communities*

Carolina Rodriguez, Ruby Gonzales, Danny Vang, *California State University, Sacramento, CalFresh Healthy Living*

Leslie Avina, *California State University, Sacramento, Student Health Counseling and Wellness Services*

COMMUNITY CONTEXT

Students at California State University, Sacramento, often find that options for nutritious grab-and-go items are limited on campus. The Store, a convenience store on campus with a large reach to students, provides several nutrient-dense food choices. During the Spring of 2023, the student team at Student Health Counseling and Wellness Services (SHCWS) utilized CalFresh Healthy Living (CFHL) funding and partnered with The Store to help bring awareness of the nutritious food items available to students.



COLLABORATIVE ACTION

SHCWS, an integrated health center located in the same building as our campus recreation center, and The Store worked together on several fronts. The Store provided wall space for health promotion posters and an area for educational tabling. This allowed SHCWS to redesign an endcap to feature more nutrient-dense options. Additionally, they worked together to order and place dietary preference labels for Vegan and gluten-free options on the item tags. This made it easier for students to distinguish these options if desired.



BUILDING STRENGTHS

College students are critical thinkers. Often, they know what choices will benefit them, but it can be difficult to find the tools to put these choices into action. College students are also motivated learners and willing to explore information applicable to their daily lives. The Store is centrally located on campus in our University Union and interacts with about 1000 customers daily. Students stop by for a quick snack or to pick up school supplies; thus having an easy and nutritious option appeals to busy students.



SUSTAINING SUCCESS

This year was the beginning of a great new partnership. Thanks to CFHL funding, SHCWS and The Store can have periodic check-ins to see what can be improved and built upon, as well as what the students find most appealing or gravitate towards. Additionally, posters and dietary preference labels can be a lasting reminder of the nutritious options The Store offers students for years to come.



Cooking Up Change in Santa Clara County

Jenny Nguyen, Alondra Hernandez, Ana Leandro, Celeste Cordeiro-Vera, Santa Clara County Public Health Department CFHL

Daniela Curiel, Julie Lefko, University of California Cooperative Extension CFHL

COMMUNITY CONTEXT

Santa Clara County, Campbell Union School District (CUSD)

- Middle school students were expressing disinterest in the current lunch options available.
- Middle school students wanted more diverse foods that reflected their cultural preferences.
- Expanded learning programs sought opportunities for students to participate in the school community.



COLLABORATIVE ACTION

- Collaborative decision-making included: CUSD Nutrition Food Services and Expanded Learning departments, CalFresh Healthy Living Programs of Santa Clara County Public Health Department, University of California Cooperative Extension, and Sutter Health's 5210 Program.
- The five agencies developed an annual Cooking Competition among three afterschool programs at Sherman Oaks, Rolling Hills, and Monroe Middle School.



BUILDING STRENGTHS

- 1st year: Local Implementing Agencies (LIA) led a Food Smarts nutrition curriculum and a Youth Action Partnership Research (YPAR) project with three CUSD expanded learning afterschool programs.
- 2nd year: LIAs developed a formalized curriculum and trained site managers from the expanded learning program to lead the Cooking Competition. The curriculum included YPAR, survey methods, data collection, and research.



SUSTAINING SUCCESS

Students exhibit decision-making power by feeling empowered to share their opinions both formally and informally.

As a result of the competition:

- Nutrition Services and students have established a sense of trust, leading to positive changes in the food environment at the schools.
- A feedback survey was administered to students and site leads to inform updates and changes to the curriculum.
- The winning dish is added to the school lunch menu.

MIDDLE SCHOOL LUNCH MENU				
Monroe & Rolling Hills Middle School				
August, September, & October 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 30%;"> <p>Child Nutrition Services Eat to Learn, Learn to Eat</p> <p>Universal FREE Meals Free Meals for ALL Students, ALL Year!</p> <p>The following entrees are available daily:</p> <ul style="list-style-type: none"> • Cheese or Pepperoni Pizza Slice • Sandwiches & Wraps • Parfaits • Chicken Sandwiches • Cheeseburgers <p>MENU ITEMS WILL VARY</p> </div> <div style="width: 65%; text-align: right;"> </div> </div>				
<p>Welcome to School</p>				
<p>AUG 16 Buffalo Wings F or Turkey Taco Nada</p>	<p>AUG 17 Chicken Chimichanga or Grilled Cheese Sandwich V</p>	<p>AUG 18 Orange Chicken with Rice or All Natural Hot Dog</p>	<p>AUG 21 Cheesy Breadstick Bites with Marinara V or Bean & Cheese Burrito V</p>	<p>AUG 22 Chicken Nuggets with Emoji Potatoes or Bacon & Cheddar Croissant P</p>
<p>AUG 23 "CUSD Cooking Competition Winner" Carne Asada Torta F or Al Pastor Burrito PF</p>	<p>AUG 24 Teriyaki Beef Blastar with Rice or Turkey Corn Dog</p>	<p>AUG 25 Southwestern Chicken Tornado or BBQ Pulled Pork with Seasoned Potatoes PF</p>	<p>AUG 28 Kickin' Nuggets with Potato Rounds V</p>	<p>AUG 29 Turkey Taco Nada or Chicken Chimichanga</p>
<p>AUG 30 Buffalo Wings F or Chile Verde Burrito PF</p>	<p>SEP 1 Pancakes with Chicken Apple Sausage or Chicken Fried Rice with Pot Sticker F</p>	<p>SEP 2 Pasta with Meat Sauce & Garlic Bread F or Ham & Cheese Croissant P</p>	<p>SEP 5 Chicken Nuggets with Emoji Potatoes</p>	<p>SEP 6 Cheesy Chili with Tortilla Chips F or Turkey Taco Nada</p>
<p>SEP 6 "CUSD Cooking Competition 2nd Place" Beef Singang or Barbacoa Burrito F</p>	<p>SEP 7 Orange Chicken with Rice or All Natural Hot Dog</p>	<p>SEP 8 Cheesy Chili with Tortilla Chips F or Turkey Taco Nada</p>	<p>SEP 11 Cheesy Breadstick Bites with Marinara V or Bean & Cheese Burrito V</p>	<p>SEP 12 Turkey Taco Nada or Cheese Calzone V</p>
<p>SEP 13 "CUSD Cooking Competition Winner" Carne Asada Torta F or Al Pastor Burrito PF</p>	<p>SEP 14 Chicken Tikka Masala with Rice F or Turkey Corn Dog</p>	<p>SEP 15 Southwestern Chicken Tornado or BBQ Pulled Pork with Seasoned Potatoes F</p>	<p>SEP 18 Cheesy Garlic French Bread V or Cheese Raviolis with Marinara V</p>	<p>SEP 19 Chicken Nuggets with Emoji Potatoes</p>
<p>SEP 20 Buffalo Wings or Chile Verde Burrito PF</p>	<p>SEP 21 Pancakes with Chicken Apple Sausage or Chicken Fried Rice with Pot Sticker F</p>	<p>SEP 22 Pasta with Meat Sauce & Garlic Bread F or Ham & Cheese Croissant P</p>	<p>SEP 25 Pretzel Bites with Cheese Sauce V or "Cooking Comp 3rd Place" Grilled Cheese & Tomato Soup</p>	<p>SEP 26 Chicken Chimichanga or Meat Balls with Mashed Potatoes F</p>
<p>SEP 27 Chicken Leg with Waffle or Barbacoa Burrito F</p>	<p>SEP 28 Orange Chicken with Rice or All Natural Hot Dog</p>	<p>SEP 29 Cheesy Chili with Tortilla Chips F or Turkey Taco Nada</p>		

California State University, Dominguez Hills: Fueling Healthy Together

Giselle Corral, California State University, Dominguez Hills

COMMUNITY CONTEXT

CSU Dominguez Hills (CSUDH) is located in an area where access to affordable and nutritious food is limited. CSUDH is known for serving a diverse range of students from various backgrounds. In 2021, over 15,000 students were enrolled, with 65.5% Hispanic Latino, 10.8% Black African American, 7.6% Asian, 6.2% White, 4.8% non-resident, 2.7% unknown, 2% two or more races, 0.2% Native Hawaiian/ Pacific Islander, and 0.1% American Indian/Alaskan Native.



COLLABORATIVE ACTION

CSUDH is a subcontractor on the CalFresh Healthy Living on Campus pilot program. Using an



approved curriculum created by Leah's Pantry, such as Food Smarts for Colleges, students are given the opportunity to attend cooking workshops and demonstrations. A partnership was formed with University Housing to hold sessions in an auditorium linked to a kitchen. Other partnerships with student groups such as the LatinX Resource Center, Housing, and Toro Guardian Scholars ensured a wider reach and a more diverse audience for nutrition education.



BUILDING STRENGTHS

CSUDH addresses food challenges among students and provides support through its Basic Needs Initiative. This includes access to a campus Food Pantry, assistance with CalFresh, and distribution of Farm Boxes from the student farm and the office of Sustainability. CSUDH Basic Needs specifically caters to under-represented groups, including but not limited to first-generation college students, individuals from low-income households, and those from diverse communities.

SUSTAINING SUCCESS

Students enjoy participating in the cooking workshops. The expectation is that they will watch the presentation and learn how to make these dishes themselves. This program will have sustained success due to the strong partnerships they have acquired with the many groups and organizations on the CSUDH campus. By facilitating the Leah's Pantry Food Smarts for Colleges lessons, which cater specifically to the busy lifestyles of college students, they can encourage healthy, nutritious eating.



Farmers Market Navigator Program Increases Access to Healthy, Local Foods

Rosa Vargas, Mishelle Costa, Shannon Klisch, *CalFresh Healthy Living, UCCE San Luis Obispo and Santa Barbara Counties*

COMMUNITY CONTEXT

In response to the underutilization of CalFresh and Market Match at farmers markets in San Luis Obispo County, CFHL, UCCE convened partners to develop a Farmers Market Navigator program. The primary goal of the program is to support the health of individuals by improving access to and consumption of locally-grown produce while enhancing the sustainability of our local food system.



COLLABORATIVE ACTION

UCCE staff collaborated with the local Promotores Collaborative (community health workers) to train community leaders to become Farmer's Market Navigators. Throughout the development of the program, community engagement strategies were implemented to ensure two-way communication with the communities served, including focus groups to assist with the development of the program and regular check-ins.

BUILDING STRENGTHS

Navigators worked to increase community awareness of CalFresh and Market Match through extensive community outreach, flier distribution, and social media messaging. At the markets, they welcomed market goers, introduced CalFresh use, and served as a bridge between Spanish and Mixtec-speaking community members and the market managers. Navigators also educated market managers and vendors on barriers to access in the community.



SUSTAINING SUCCESS

Having Navigators at the markets resulted in a substantial increase in farmer's market traffic in a short period of time. Total CalFresh customers increased from 80 in 2021 to 212 in 2022 (165% change) and new CalFresh customers increased from 18 to 49 (172% change). The CalFresh and Market Match tokens redeemed at the two markets increased from \$2,109 in 2021 to \$5,722 in 2022 (171% change).

Our Voice: MORE Empowering Individuals With Disabilities to Enhance Quality of Life

Cailin McLaughlin, Maria Garcia, *CalFresh Healthy Living, UCCE*
Maria Ines Campero, *Stanford Medicine Our Voice Project*
Kelley Brian, *CalFresh Healthy Living, UC*

COMMUNITY CONTEXT

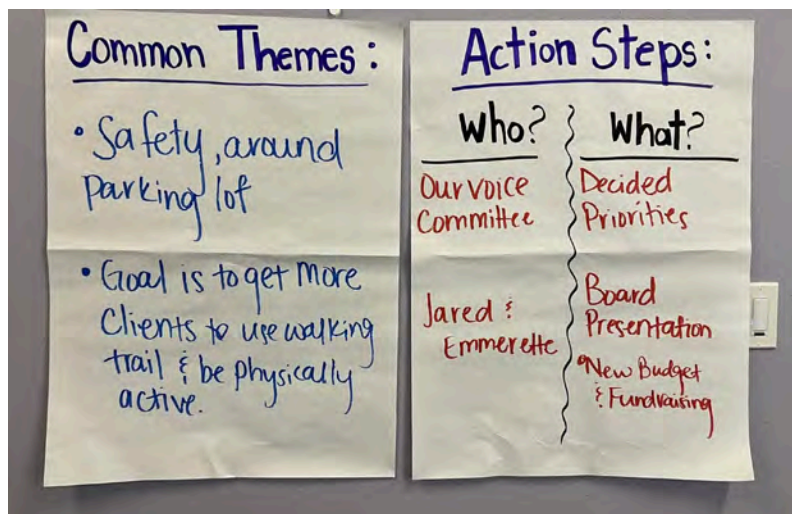
Motherlode Rehabilitation Enterprise (MORE) is a non-profit organization in Placerville, El Dorado County. MORE's mission is to "empower individuals with disabilities to enhance their quality of life" through an inclusive environment. CalFresh Healthy Living (CFHL), UCCE, and MORE have built unique programming with policy, systems, and environmental change initiatives (PSE) for clients since 2017.



COLLABORATIVE ACTION

CFHL, UCCE, and MORE have partnered to conduct a Stanford Our Voice Community Participatory Action Project focusing on access to physical activity at their community center.

- MORE community members created the Our Voice Committee.
- The group focused on the facility's walking path and potential safety measures that need to be taken to make it accessible to all clients.



BUILDING STRENGTHS

CFHL, UCCE Nutrition Educators provided training and ongoing technical assistance that enabled clients to utilize the Stanford Our Voice Discovery Tool mobile app to capture geotagged images and comments.

- Empowered with their own findings, the Our Voice Committee identified the need for signage, a crosswalk, and painted curbs to make their walking path more accessible.



Good or Bad for the Community?

Why did you take this picture?

[👤 1] :This crosswalk is good because there's rails to use in case we need to fall.

[text] :It's good because it has rails to hold onto if we need it.

SUSTAINING SUCCESS

The MORE Our Voice Committee presented their action items and desired changes to the Heffernan Insurance Company. Impressed by their presentation, Heffernan Insurance presented the Our Voice Committee with a grant to fund the implementation of the action items they had proposed. This approach has allowed MORE's clients to actively advance their health equity by being their own advocates and leading community-driven change.



SPROUTS: Teens as Teachers in the Garden

Abbi Marrs, Mishelle Costa, Shannon Klisch, *CalFresh Healthy Living University of California Cooperative Extension San Luis Obispo and Santa Barbara*

COMMUNITY CONTEXT

CFHL, UCCE in Santa Barbara supported a USDA Farm to School grant by providing training and technical assistance to teen leaders and staff on garden-enhanced nutrition education. Led by the Community Action Partnership of San Luis Obispo (CAPSLO) and an agriculture class at Pioneer Valley High School, CFHL, UCCE staff trained students to deliver *TWIGS* curriculum to elementary students and offered further technical assistance to partners.



COLLABORATIVE ACTION



CFHL, UCCE staff delivered four 90-minute training sessions for 11 students in grades 9 to 12, where they learned about classroom management, food safety, garden basics, delivering *TWIGS* lessons, and working with neurodiverse youth. In May of 2023, 28 Kindergarten students from a neighboring school attended a walking field trip to Pioneer Valley High School, where Sprouts students delivered the “Starting with Seeds” lesson.

BUILDING STRENGTHS

Partnering with multiple organizations that have different areas of expertise expands the capacity for garden nutrition education work. Additionally, training teens to deliver garden nutrition education to their peers and other students allows opportunities for positive youth development, including increasing their confidence, skill sets, and overall leadership abilities.



SUSTAINING SUCCESS



Students who were previously trained will deliver the next set of Sprouts trainings. Concluding the training, teen leaders completed the Youth Leader retrospective survey. Teens improved their comfortability with leading group discussions from 29% (pre) to 71% (post) and their confidence in teaching others from 57% (pre) to 100% (post). Lastly, 87% of teens felt supported, recognized, and set up for success.

Introducing Madera's New Culture, Wellness, and Collaboration

Andrea Fillebrown, Evelyn Ramirez, Maribel Gonzalez, *Madera County Department of Public Health*

COMMUNITY CONTEXT

Madera's poverty rate exceeds CA by (13%) and US by (12%). To help address barriers and promote health equity, the Local Health Department worked to establish the Resident Champions (RC)/Community Health Workers (CHW) group who are influential messengers and agents of change in the community. RCs connect and empower by engaging residents to prevent chronic diseases and advocate for Policy, System, and Environmental (PSE) changes.



COLLABORATIVE ACTION

To focus on authentic community engagement to establish a foundation of trust, capacity building, and power sharing, CalFresh Healthy Living (CFHL) Madera has partnered with Madera Unified School District (MUSD)-Parent Resource Center and the RCs to develop an inclusive process for connecting, implementing, evaluating, and sustaining nutrition security, physical activity (PA), and PSE changes for Madera.



BUILDING STRENGTHS

Resident Champions (RCs) conduct assessments addressing food insecurity and walk audits to improve physical activity and safety.

RC's input is crucial for revising promotional material before publication to ensure information is culturally appropriate and community-friendly.



SUSTAINING SUCCESS



CFHL Madera works positively to help prevent health conditions in the youth population such as obesity and many others. As part of the sustainability plan, CFHL staff have implemented stencils in seven schools at MUSD to increase access to PA opportunities. Additionally, CFHL staff and RC's have been part of the MUSD-PRC Annual Parent Resource Conference planning committee.

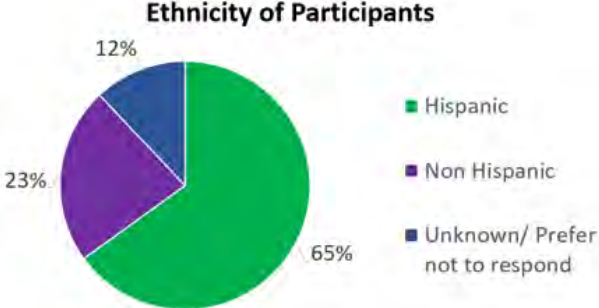
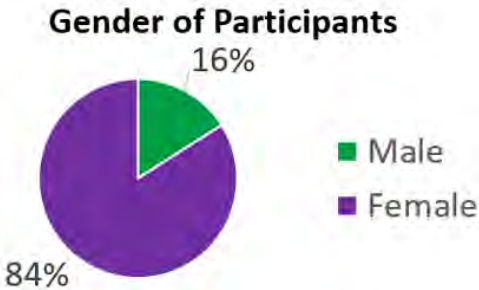
CROSS-SECTOR PARTNERSHIPS

Leveraging Cross-Sector Partnerships to Expand Reach and Impact in CFHL Adult Direct Education in Los Angeles County

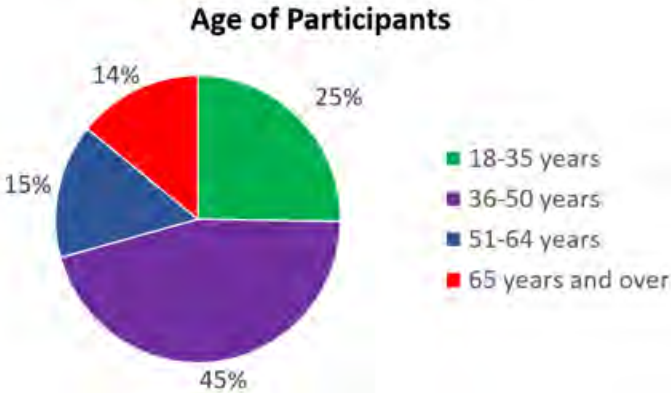
Victoria Ayala, Los Angeles County Department of Public Health, Nutrition and Physical Activity Program

COMMUNITY CONTEXT

Los Angeles (LA) County is ethnically diverse, with nearly 10 million residents, making it the most populated county in the United States. In LA County, one out of every 10 adults has type 2 Diabetes, demonstrating a need for initiatives that help CFHL participants overcome obstacles to eating healthy and being active to achieve optimal health. One such initiative is providing evidence-based nutrition education and physical activity classes in community-based settings.



*Ethnicity data from PEARS demographic data cards





COLLABORATIVE ACTION

The LA County Department of Public Health’s Nutrition and Physical Activity Program (DPH) partnered with several organizations across LA County during FY2022 to implement nutrition education and physical activity classes. Ten adult direct education curricula were implemented across seven settings, including healthcare clinics, early childhood education centers, schools, a university, food pantries, and community-based sites.



BUILDING STRENGTHS

DPH supports the CBO partners to integrate adult direct education with other CFHL activities by facilitating cross- sector networks and providing support such as programmatic oversight and technical assistance. Through these efforts, 888 adult participants were reached during FY 2022, and matched data (n = 245) showed reductions in SSB consumption and food insecurity, improvements in the use of Nutrition Facts Labels, and fruit and vegetable intake.

Daily Average Consumption (in cups) from Pre to Post

	Pre	Post	Change	p-value
Fruit	1.2	1.6	0.37	0.0031
Vegetable	1.3	1.8	0.48	0.001

SUSTAINING SUCCESS

The DPH-CBO partnership model contributes to a high reach and demonstrates positive results. However, the CBO partners reported greater challenges of lower participation for caregivers in Early Childhood Education and K-12 settings. To sustain and expand success for CFHL adult direct education, additional innovative strategies are needed to support caregiver participation in adult direct education, such as offering concurrent programming for children during classes or childcare services.

Challenges with Caregiver Participation (notes from meetings with partners)

CBO partners struggled with caregiver recruitment and internally tried to figure out what help was allowed.

CBO partners reported that caregiver involvement was an issue. Many caregivers were not interested in what was being offered and connecting to the population was challenging.

CBO partners reported that class numbers varied, but the average was 5 or less caregivers per class. Some caregivers showed up one week and did not attend the following week. Some schools had no-shows.

Collaboratively Taking Action With Container Gardening

Sonya Gonzalez, CalFresh Healthy Living, University of California Cooperative Extension
Veronica VanCleave-Hunt, University of California Cooperative Extension

COMMUNITY CONTEXT

The CalFresh Healthy Living, UC Butte Cluster (CFHL, UC Butte Cluster) team launched their third annual “Great Tomato Challenge” in May 2023. The Challenge aimed to promote container gardening among low-income apartment residents. *Fresh from the Garden* workshops were conducted at four residential sites in Sutter and Butte Counties. The workshops were advertised and taught in English, Spanish, and Hmong.



COLLABORATIVE ACTION

The partnership between CFHL, UC Butte Cluster, and UC Master Gardeners, with the Community Housing Improvement Program (CHIP) brought together expertise in nutrition and gardening education and community engagement. Introducing a tomato contest further encouraged participants to engage with the UC Master Gardener’s in their respective counties.



BUILDING STRENGTHS



“The Great Tomato Challenge” capitalized on the community's enthusiasm for gardening to encourage active participation and sustained interest.

By offering participants a tomato plant, the challenge leveraged their eagerness to engage in hands-on activities and empowered residents' creativity through photo, drawing, and recipe contest entries using tomato plants as the subject. One participant commented, “...it was amazing to watch it grow!”

SUSTAINING SUCCESS



The impact of “The Great Tomato Challenge” is visible through evaluation results and social media analytics. In 2022, the results of the *Intent to Change Survey* indicated a positive shift in 7 participants' intentions to incorporate more vegetables into their diets. Social media analytics for the 2023 Tomato Challenge showed that over 90 people were reached and over 20 engaged in posts related to the contest.

Addressing Food Insecurity Affecting Displaced Families In Kings County

Teresa Spicer, Arianna Nava, Sue Lafferty, Eldon Bueno, *CalFresh Healthy Living, UCCE Kings County*

COMMUNITY CONTEXT



Kings County is a largely rural county in California's Central Valley with one of the highest obesity and poverty rates in California. Poverty, food insecurity, and limited access to physical activity opportunities were identified as the most prevalent health determinants impacting SNAP-Ed-eligible families. CalFresh Healthy Living, UCCE (CFHL, UCCE) collaborates with Kings Community Action Organization (KCAO) and community partners to empower children, youth, adults, and seniors to live healthier lives by increasing access to healthy and affordable food.

COLLABORATIVE ACTION

In collaboration with KCAO, CFHL distributed food boxes to program participants after completing *Plan, Shop, Save & Cook* classes. Many families live in temporary and unsheltered housing with limited access to stoves, refrigeration, and microwaves. To be sensitive to the housing restrictions of the participants, food demonstrations were tailored to meet the specific needs of the families. After completing the classes, families were equipped with food preparation skills to enrich daily meals.



BUILDING STRENGTHS

SNAP-Ed LIA partners utilized a collective, equity-centered approach to address community-level challenges and maximize program delivery and impact. Through this collaboration, CFHL and KCAO will continue implementing measures to sustain and strengthen partnerships and increase food security in Kings County. Nutrition education paired with food distribution is a viable solution to addressing the risk of food insecurity among low-resourced families living in transient housing conditions. CFHL will continue collaborating with KCAO and partners to build community capacity and prioritize health equity among those most impacted by food and nutrition insecurity in Kings County.



KINGS COMMUNITY
KCAO
ACTION ORGANIZATION

SUSTAINING SUCCESS

Plan Shop Save & Cook Pre/Post Survey Results (n=29)

Of the 29 participants surveyed, 100% reported remarkable improvements in all five Food Resource Management behaviors. In addition, tastings were conducted with 23 participants; of these participants, 97% were willing to serve the food again.

“...This nutrition class met the needs of our specific parent population...this parent engagement class increased protective factors in our students’ home lives and family systems...” HESD Social Worker

Survey results indicated an increased frequency of food security in the following areas

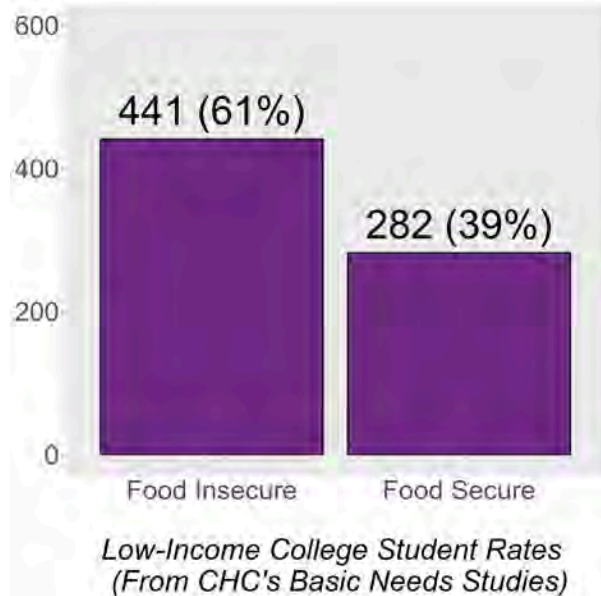
SMART Objective	Pre	Post
<i>Meal Planning</i>	45%	83%
<i>Using a grocery list when shopping</i>	41%	90%
<i>Using the “Nutrition Facts” on the food label to choose foods</i>	28%	93%
<i>Think about healthy food choices when deciding what to feed their families</i>	41%	100%
<i>Greater food security (not running out of food at the end of the month)</i>	10%	90%

The Impact of CalFresh Food Participation on College Students' Diets Among Campuses Participating in CalFresh Healthy Living

Stephanie Bianco, Shady Shamy, Robin Donatello, Hayley Heino, Kristin Gruneisen, Naomi Stamper, Michele Buran, *Chico State Center for Healthy Communities (CHC)*

COMMUNITY CONTEXT

Many college students face financial challenges, with reported food insecurity rates between 20% - 50%¹. Our studies, described in the Collaborative Action section, show a 61% self-reported rate among low-income students. In addition, according to the *American College Health Association's* reports, college students' fruit/vegetable intake is below recommendations². As college expenses rise, lower-income students tend to buy cheaper, more convenient processed foods over more expensive nutrient-rich foods, posing a concern for their long-term health.



COLLABORATIVE ACTION

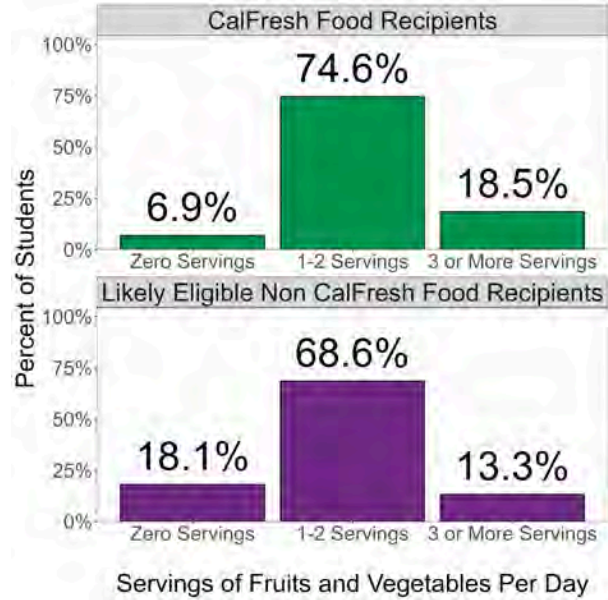
As of 2023, 13 of the 50 college campuses participating in the CalFresh Outreach (CFO) contract also participate in the *CalFresh Healthy Living (CFHL) on Campuses* pilot study to target CalFresh-eligible students for CFHL activities. The Basic Needs and Student Success Survey (BNS3) was administered to likely CalFresh-eligible students on six CFO/CFHL campuses. The survey assessed factors including but not limited to food insecurity rates, eating habits, and the impact of CalFresh Food benefits.

869 students (63% Hispanic and 72% female) from 6 CSU campuses participating in CFO and CFHL were included in this analysis

Inclusion criteria: Students must be in an Educational Opportunity Program (low-income and first generation), not on a campus meal plan, and must be undergraduates

BUILDING STRENGTHS

Eighty-six percent of surveyed students in the Educational Opportunity Program were likely eligible for CalFresh, while only 30% received CalFresh Food benefits. Using a regression model with various covariates, CalFresh Food participation was associated with minor significant improvements in college students' fruit/vegetable consumption. Despite CalFresh Food use, 81.5% of students receiving CalFresh Food benefits consumed two servings or less of fruits/vegetables per day.



SUSTAINING SUCCESS

Chico State's Center for Healthy Communities has existing CFO contracts overseeing 50 college campuses. With willing or supportive campus staff, faculty, and students, this is an excellent opportunity to collaborate with CFHL to provide additional support to low-income students. Targeting CalFresh-eligible students to participate in CFHL may help increase students' fruit/vegetable intake and help promote long-term behavior changes.

References

¹Freudenberg, N., Goldrick-Rab, S., & Poppendieck, J. (2019). College Students and SNAP: The New Face of Food Insecurity in the United States. *American journal of public health*, 109(12), 1652–1658. <https://doi.org/10.2105/AJPH.2019.305332>

²American College Health Association National College Health Assessment. *Undergraduate Student Reference Group Data Report Fall 2022.*; 2023. Accessed Sep 15, 2023. https://www.acha.org/documents/ncha/NCHA-III_FALL_2022_UNDERGRADUATE_REFERENCE_GROUP_DATA_REPORT.pdf

FoodSmarts for Colleges: Evaluating the Impact of a New Curriculum on SNAP-Ed Eligible College Students' Knowledge, Attitudes, and Behaviors Towards Healthy Eating

Michele Buran, Hayley Heino, *Center for Healthy Communities, Chico State*
Ashley Wicochea, *California State University, San Bernardino*

COMMUNITY CONTEXT

FoodSmarts for Colleges is a new modified curriculum developed by Leah's Pantry in collaboration with the Center for Healthy Communities (CHC) and nine California State Univ. Campuses (CSU). The curriculum is geared toward college students eligible for SNAP-Ed benefits, focusing on their interests in food and nutrition. Created with input from student focus groups, it highlights engaging themes, focusing on cooking skills and culturally relevant discussions.



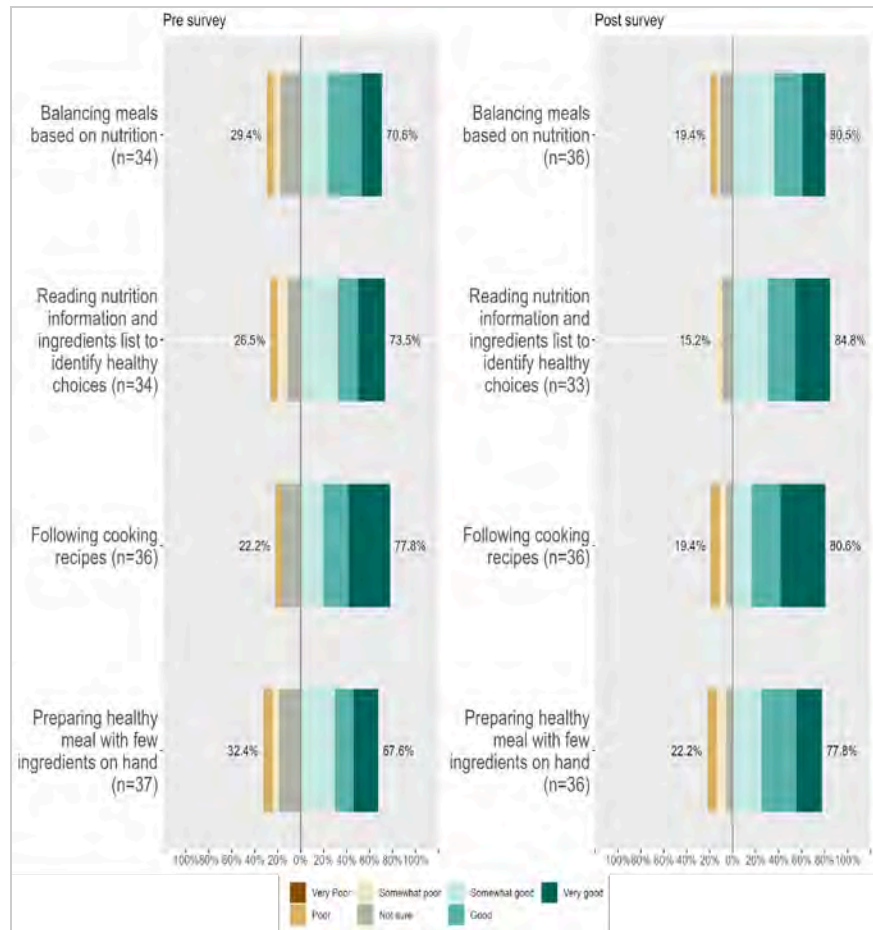
COLLABORATIVE ACTION

Implemented across 13 CSU campuses, FoodSmarts for Colleges lessons focus on cooking skills and engaging discussions relevant to this transitional period in their lives. Campus collaborations extend to kitchens and pantries, enabling interactive sessions with available pantry ingredients. The evaluation includes pre- and post-intervention surveys, instructor feedback, and observations of curriculum implementation.



BUILDING STRENGTHS

- Students reported improvements in cooking and meal-planning skills (see Figure).
- 41% "often" or "always" ate more than one kind of fruit after the series compared to 38% before.
- 38% "often" or "always" ate more than one kind of vegetable each day after the series compared to 19% before.
- 94% "learned how to be healthier," and 80% "made at least one healthy change" due to the pilot classes.



SUSTAINING SUCCESS

The curriculum emphasizes cooking skills, and culturally relevant discussions that resonate with the diverse student population, fostering an environment conducive to learning and behavior change. Incorporating available pantry ingredients and partnerships with campus facilities further accentuates the practicality and applicability of the program. Thirteen CSU campuses will continue to implement lessons into the coming year.

Libraries With Heart: A Collaborative Health Equity Initiative

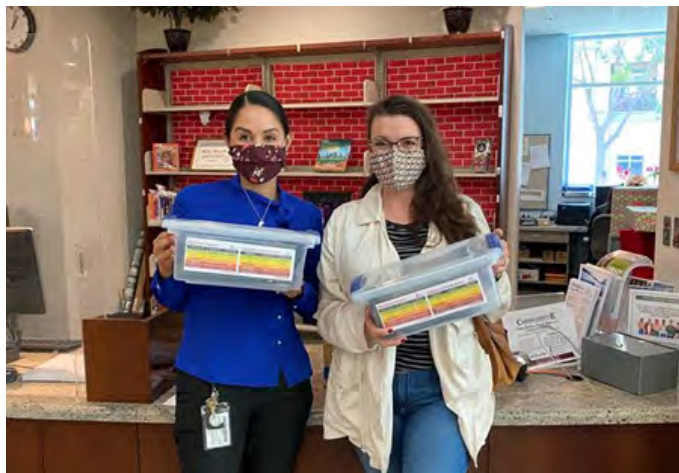
Bobby Lou Moll, Alejandra Sanchez, Robin Ronkes, *San Bernardino County Department of Public Health, Nutrition and Wellness Services*

COMMUNITY CONTEXT



The leading cause of death in California is heart disease, with high blood pressure being a risk factor. In 2021, 29% of adults in San Bernardino County (SBC) had high blood pressure and in 2019, 9.1% were uninsured. The number of uninsured SBC residents has continued to increase over the years, contributing to inequitable access to healthcare. The Libraries with Heart (LWH) Project is an innovative effort to address the drivers of health disparities, including the barriers to access to quality healthcare for low-income individuals.

COLLABORATIVE ACTION



As a champion of health equity, the SBC Department of Public Health Nutrition and Wellness Services (SBCDPH NWS) was instrumental in linking the American Heart Association, Ontario City Library, and public health centers to launch the LWH Project. This initiative strives to improve blood pressure and supports CalFresh Healthy Living food security efforts by providing nutrition/health education handouts, food assistance referrals, linkages to health care and community resources along with blood pressure kits for check-out in libraries.

BUILDING STRENGTHS



The LWH Project also utilizes libraries as a resource center by linking individuals to follow-up care at public health centers and connecting them to food resources. The LWH team collaborated to host a kick-off event to promote the launch of the kits by providing education, handouts, community resources, and connections to public health centers. Presentations were simultaneously translated into Spanish to increase community reach. Since the launch on February 3, 2022, the kits have been checked out from the Ontario Libraries 90 times.

SUSTAINING SUCCESS

Libraries with Heart Toolkit



At the request of the American Heart Association, a toolkit was developed to aid in the replication and implementation of an LWH Project within other cities/counties. The toolkit includes an explanation of the project, steps for implementation, library protocols,

staff training, bilingual educational handouts, and more. As a result of the success of LWH, this initiative expanded to the Lewis Family Branch Library. Further collaboration initiated by NWS has continued with other libraries in SBC to implement the LWH initiative.

How to Offer a Self-Measured Blood Pressure Monitoring Program in Your Library



This toolkit is partially funded by USDA SNAP, an equal opportunity provider and employer. Visit CalFreshHealthyLiving.org for healthy tips.

Expanding Access to Healthy Food: California Food Assistance Program

Adriana Lechuga, Marilyn Ramirez, Danh Vong, *California Department of Social Services*

COMMUNITY CONTEXT



More than one-quarter of California is composed of immigrants, who are a critical piece of California's diversity and its economic and social landscape. Despite their invaluable contributions, immigrants face barriers in accessing food due to their immigration status and are more likely to experience food insecurity due to many factors, including ineligibility to programs like CalFresh. To address the gap, the California Food Assistance Program (CFAP) was developed as a food safety net program for non-citizens. Through advocacy and collaboration across sectors, eligibility for CFAP will expand to individuals aged 55 and older, regardless of immigration status beginning October 2025.

COLLABORATIVE ACTION

Creating cross-sector partnerships with food banks, advocacy groups, community-based organizations, immigration and refugee resettlement agencies, healthcare, and educational systems has been instrumental in advancing food security for California's immigrant communities. These partnerships bring a wide range of perspectives and resources while ensuring voices of those who have been historically excluded are at the table to influence the decision-making process toward equitable program access.



BUILDING STRENGTHS



Partnerships with our stakeholders are regularly cultivated and strengthened through transparency and participatory decision-making in ongoing meetings, committees, forums, and policy guidance. Stakeholder feedback, inquiries, advocacy, and support create a mutually beneficial partnership built on trust and collaboration.

SUSTAINING SUCCESS

Community strengths, strategies, and ownership are central to the CFAP's long-term viability. To ensure sustainability CFAP will continue to engage in ongoing partnerships while developing new partnerships. In addition, CFAP will foster a sense of community ownership by continuing to involve stakeholders and community members in the decision-making process. Partnerships will continue to be leveraged to set the foundation for future expansions and, ultimately, food for all in California.



Multi-Partner Collaboration to Support Low-Income Shasta County Schools

Tenneal Bringle, *CFHL*

COMMUNITY CONTEXT

Collaborative efforts in Shasta County aim to combat food insecurity in low-income schools. Partners implement edible gardens, greenhouses, and hydroponics systems. Despite challenges, passion drives sustainable changes for the community's underserved students.



COLLABORATIVE ACTION

Community action creates access to healthy food in Shasta County. CFHL, EESD, and Shasta College Corp collaborate on edible gardens, greenhouses, and hydroponics. Despite challenges, the impact on students is significant. Ongoing efforts aim to sustain success and promote health and wellness within the school community.



BUILDING STRENGTHS

Building on strengths empowers the community in Shasta County. CFHL, EESD, and Shasta College Corp harness strengths in education, green initiatives, and volunteer support. By leveraging resources and collaboration, they continue to promote healthy food access, enhancing student well-being.



SUSTAINING SUCCESS

Sustaining success in Shasta County demands continued commitment. CFHL, EESD, and Shasta College Corp focus on training staff, maintaining greenhouses, and expanding outdoor gardens. Building on community partnerships and ongoing support ensures access to healthy food for students, fostering long-term health and wellness.



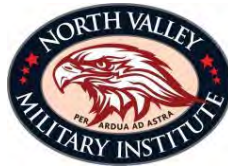
Let's Eat Healthy: Building Healthier Communities Together

Sonia Fernandez Arana, Dairy Council of California

COMMUNITY CONTEXT

The Let's Eat Healthy grants activated by the Dairy Council of California engaged a statewide, multi-sector network of champions to address the diverse nutritional needs of communities through:

- Authentic engagement
- Innovative and tailored community-based solutions
- Amplification of best practice



COLLABORATIVE ACTION

Let's Eat Healthy engaged three sectors, including a local government, school and community organization, through the Let's Eat Healthy grant partnership to advance access to nutrition education, agricultural literacy, and food access. Nutrition intervention strategies included:

- Teens as Teachers
- Family-Centered Nutrition Literacy
- Dairy's Role in Sustainable Nutrition



BUILDING STRENGTHS



Partnerships generate meaningful impact by building upon the actions and commitment of one another. Through grant partnership, the City of Rancho Cucamonga, Centennial Farm, and North Valley Military Institute engaged seven diverse collaborators as part of the grant to provide expertise, resources, support, and community perspective resulting in the authentic development of programming that met the needs of their diverse communities.

SUSTAINING SUCCESS

Let's Eat Healthy forges strategic partnerships to support California school districts and community organizations in cultivating community-informed, innovative, and sustainable solutions to promote healthy eating. This multi-faceted approach involves leveraging the collective expertise and resources of over 620+ registered statewide partners that comprise the Let's Eat Healthy network, including CalFresh Healthy Living (CFHL). The network inspires coordination, collaboration, and co-creation through cross-sector partnerships and engages CHFL at the state and local levels to support the implementation of policy, system, and environmental change strategies, including school wellness and the Smarter Lunchrooms Movement.

"Healthy cooking skills are vital in supporting the well-being of teens and will inspire them for the future and beyond."

Joanna Marrufo, Youth Advisor, City of Rancho Cucamonga

Cross-Sector Partnerships in Trinity County

Michelle Harris, *Center for Health Communities*
Arina Erwin, *Trinity County HHS Public Health Branch*

COMMUNITY CONTEXT

Organizations serving Trinity County collaborated to promote awareness of food assistance (FA) locations and highlight CalFresh (CF) application assistance. This aligns a diverse network of organizations committed to improving food security and provides an opportunity to strengthen communication which is crucial due to increased fuel and food prices, especially in rural areas, along with the end of CF emergency allotments earlier this year.



COLLABORATIVE ACTION

Center for Healthy Communities (CHC) PSA 2 CFHL collaborates with their CF Outreach team to create comprehensive weekly flyers to improve communication of FA locations throughout Trinity County. Trinity County Public Health CFHL staff ensure the accuracy of flyers, foster new partnerships, and have integrated efforts on the FA flyers to support the community women, infants, and children.



BUILDING STRENGTHS

Trinity County Health & Human Services, and Shasta County Office of Education, collaborate to ensure residents, especially older adults, can easily access CF application support. In coordination with Trinity County Food Bank, translated FA flyers have a greater impact in reaching the Hmong community. FA flyers are shared weekly through various methods to ensure widespread distribution. FA partners play a key role in sharing timely information and updates.

TRINITY COUNTY

KEV PAB ZAUB MOV.

<p>CHAW NYOB POST MOUNTAIN – FOUR CORNERS TRINITY PINES</p> <p>LUB 6 HLI VAS THIB 21 (JUNE 21) THAUM 12:00 TAV SU MUS TXOG 1:00</p>	<p>CHAW NYOB HAYFORK FAIRGROUNDS HAYFORK</p> <p>LUB 6 HLIS VAS THIB 14 (JUNE 14) THAUM 8:30 MUS TXOG 10:00 SAWV NTXOV</p>
<p>KEV PAB ZAUB MOV CHAW NYOB TRINITY PINES-FOUR CORNERS</p> <p>HNUB 7/19 , 8/16 , THIAB 9/20</p>	<p>KEV PAB ZAUB MOV CHAW NYOB HAYFOR FAIRGROUNDS</p> <p>HNUB 7/12 , 8/9 , THIAB 9/13</p>

Koj puas xav tias koj yuav tau txais nyiaj muas noj (CalFresh)?

Peb muaj neeg uas yuav pab tau koj ua koj li ntaub ntawv ntawm Trinity Health & Human Services.
Hu tau rau peb ntawm tus xov tooj (530) 623-1265. Nias tus lej 3

Tau Pab Nyiaj los ntawm USDA SNAP, yog lub chaw muab kev pab thab chaw ua haujwm uas muaj vaj huam sib luag. Mus xyuas CalFreshHealthyLiving.org rau cov triv yim taog fob kev koj gab faas fuv.

SUSTAINING SUCCESS

Trinity County Local Implementing Agencies and partners are committed to continue working together to support the food needs of Trinity County. This robust network has grown to over 24 organizations, cultivated a pathway to share information, and collectively support food access to all Trinity County residents.

**AUGUST
14TH-28TH**

TRINITY COUNTY

WIC Program

WIC provides nutrition and breastfeeding education along with food benefits for pregnant/postpartum women, Infants and Children under the age of 5 who meet income qualifications.

(530) 623-1358 or 1-800-851-5658 ext. 6
<https://www.trinitycounty.org/WIC>

Food Assistance: Commodities

<p>Big Flat/Big Bar</p> <ul style="list-style-type: none"> 1st Friday, 11AM-12PM Downriver Volunteer Fire Dept. 70 Firehouse Rd. <p>Coffee Creek</p> <ul style="list-style-type: none"> 1st Thursday, 11AM-12PM Coffee Creek Community Church 420 Coffee Creek Rd. <p>Douglas City:</p> <ul style="list-style-type: none"> 2nd Tuesday, 11AM-12PM Douglas City Fire Station 101 Steiner Flat Rd. <p>Hawkins Bar:</p> <ul style="list-style-type: none"> 1st Friday, 1PM-2PM Hawkins Bar Fire Hall 71 Trinity Ct. <p>Hayfork:</p> <ul style="list-style-type: none"> 1st Tuesday, 10AM-11AM Eskaton Senior Apartments Residents Only 125 Hyampom Rd. 2nd Wednesday, 8:30AM-10AM Hayfork Fairgrounds 6000 State Hwy 3 <p>Hoaglin/Zenia:</p> <ul style="list-style-type: none"> 1st Tuesday, 1PM-2PM 4001 Peek Rd. <p>Hyampom:</p> <ul style="list-style-type: none"> 1st/3rd Tuesday, 12PM-2PM Food for Folks Hyampom Community Center 71 Corral Bottom Rd. 	<p>Junction City:</p> <ul style="list-style-type: none"> 1st Monday, 10:30AM-11:30AM JC Community Center 71-A Dutch Creek Rd. <p>Lewiston:</p> <ul style="list-style-type: none"> 1st Monday, 9AM-10AM Lewiston Community Center 103 Texas Avenue <p>Mad River:</p> <ul style="list-style-type: none"> 1st Wed. following 1st Tues. of a month 10AM-12PM 3211 Van Duzen Rd. <p>Ruth:</p> <ul style="list-style-type: none"> 1st Wed. following 1st Tues. of a month 3PM-5PM Ruth Community Center 17350 Mad River Rd. <p>Trinity Pines</p> <ul style="list-style-type: none"> 3rd Wednesday, 12PM-1PM Post Mountain @ 4 Corners Rattlesnake Rd. & Post Mountain Rd. <p>Weaverville:</p> <ul style="list-style-type: none"> 1st Thursday, 12PM-1PM Weaverville Senior Apts. Residents Only 80 Browns Ranch Rd 2nd Saturday, 11AM-12PM Trinity County Food Bank 51-B Memorial Dr. <p>Wildwood:</p> <ul style="list-style-type: none"> 1st Wednesday, 11AM-12PM Wildwood Rd & Highway 36 2721 Wildwood Rd.
--	--

CalFresh Healthy Living (CFHL) Park-nerships and Recreation: A Community-Based Approach

Katie Rawson, Los Angeles County Department of Public Health, Nutrition and Physical Activity Program

COMMUNITY CONTEXT

In Los Angeles County, communities living in historically red-lined areas often face economic hardship, have inadequate environments that provide social/recreational opportunities, and have a lack of access to healthy foods. These factors have contributed to a high prevalence of crime and diet-related chronic diseases in these communities. To address these issues, the Department of Public Health's Nutrition and Physical Activity Program (DPH) partnered with the Department of Parks and Recreation (DPR) to support its Parks After Dark (PAD) program. Parks participating in PAD stay open during summer evening hours when crime rates are the highest. DPH worked with their CalFresh Healthy Living (CFHL) funded partners to provide nutrition education and physical activity classes to help residents overcome challenges to healthy eating and regular physical activity.



COLLABORATIVE ACTION

Since 2020, DPH's CFHL-funded partners have provided evidence-based nutrition education and physical activity classes in 19 CFHL-qualifying parks across LA County. In addition, DPH brought together multi-sector organizations, including several community-based organizations, to coordinate and facilitate produce redistribution to increase access and availability of fresh, surplus fruits and vegetables.

BUILDING STRENGTHS

Since October 2020, CFHL-funded partners have conducted:

- 154 free produce distribution events, distributing 518,597 pounds of produce
- 536 nutrition education and physical activity classes and 213 Rethink Your Drink Demonstrations



SUSTAINING SUCCESS

Participants and park partners have requested ongoing CFHL activities to address nutrition security and to build on community wellness. In response, DPH, CFHL-funded partners, and the Department of Parks and Recreation will continue collaborating in FFY 2024.



Partnerships Increase Youth Voices on School Menu

Julie Lefko, Daniela Curiel, *UC Cooperative Extension Santa Clara, San Mateo, and San Francisco Counties*

Ana Leandro, Celeste Cordeiro-Vera, Jenny Nguyen, Alondra Hernandez, *Santa Clara County Public Health Department*

COMMUNITY CONTEXT

- Campbell Union School District (CUSD) Food Service reported student interest in having more variety available in lunch menu options
- CUSD Expanded Learning Program wished to expand student program opportunities, specifically for students to have an active voice in the school community
- Developed an annual cooking competition among CUSD after-school programs, following National School Lunch Program school meal nutrition guidelines



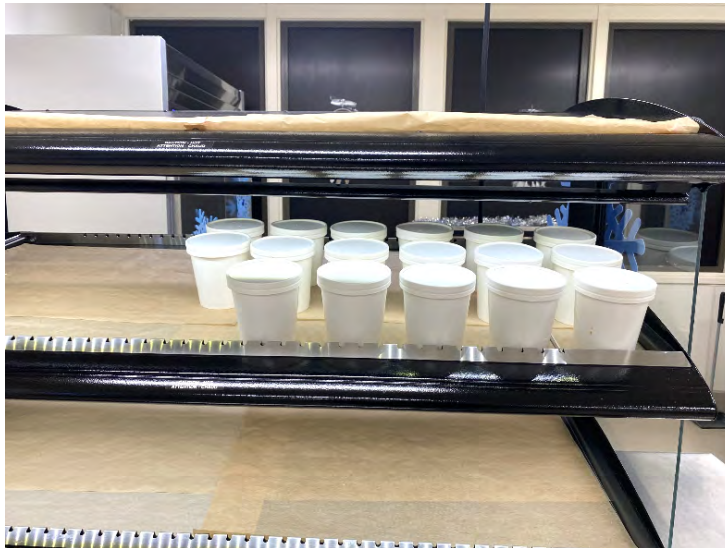
COLLABORATIVE ACTION

- Partnered with the local health department and a non-CFHL funded health education program to develop an extender curriculum for the cooking competition
- Held extender training to review curriculum and provide technical assistance throughout programming
- Partners included: CFHL UCCE Santa Clara, CFHL Santa Clara County Public Health, Sutter Health 5210, CUSD



BUILDING STRENGTHS

- Built relationships with the school district through a variety of programming in physical activity, nutrition, and cafeteria tastings before introducing the cooking competition
- Constant communication and established trust allowed for an easier transition from the direct education model to the extender model
- Incorporated feedback from key decision-makers to tailor the curriculum to what worked best for the students and the district partners



SUSTAINING SUCCESS

- Students had a voice regarding new school dishes, developing their own recipes and presenting justification to district stakeholders
- Developed important nutrition skills through nutrition curriculum and hands-on cooking practice
- Identified a district-wide student interest for more cultural diversity within school lunch dishes



Expanding and Enhancing Fresh Produce Cafeteria Taste Tests

Julie Lefko, Laura Vollmer, *UC Cooperative Extension Santa Clara, San Mateo, and San Francisco Counties*

Celeste Cordeiro-Vera, *Santa Clara County Public Health Department*

COMMUNITY CONTEXT

- California has abundant fresh produce that school food service directors are eager to provide for students; however, concerns about student acceptance, the cost of produce, and food waste are barriers
- The CFHL Santa Clara Cluster has expanded and enhanced our cafeteria taste tests to further the acceptance and consumption of fresh produce in our region's student community



COLLABORATIVE ACTION

Partnered with local health departments and non-CFHL funded health education programs so various schools within school districts benefit from tastings.

- Partnerships support multiple district-wide efforts to increase produce consumption
- A total of 14 school districts are supported in tastings by CFHL UCCE Santa Clara Cluster, CFHL Santa Clara County Public Health, CFHL San Mateo County Public Health, and/or Sutter Health 5210, UCCE Healthy Living Ambassadors Program



BUILDING STRENGTHS

- Developed a way to bring the information home to families that is fun and engaging for the students. After participating in the taste test, students received an “I tried a local ___ at lunch!” sticker for the produce item they tasted that day
- Taste test stickers are available in English, Spanish, and Tagalog



SUSTAINING SUCCESS

- Students try new fresh fruits and vegetables
- Potentially reduced food waste in school cafeteria
- Items tried may be added to the lunch menu
- Tasting items correlate with fruits and vegetables grown in school gardens
- Continued messaging home to the families regarding produce items tasted at school
- Piloting youth-led taste tests



Building Healthy Habits Initiative: Successful ABCs and 123s of PSEs in ECEs

Katherine Hawksworth, Jeannette Hughes, *Public Health Institute Center for Wellness and Nutrition*

Heather Posner, *Carquinez Garden School*

Nicole Stovall, *The YMCA of the East Bay*

COMMUNITY CONTEXT

One in three California children ages 2 to 5 are overweight or obese. Many experience limited food and nutrition security and lack structured and unstructured physical activity and other outdoor experiences.

Early literacy and nutrition are interconnected. Nourishing, well-balanced diets and opportunities for physical activity are essential for proper health and well-being and reduced risk of chronic diseases later in life.



COLLABORATIVE ACTION

PHI Center for Wellness and Nutrition (PHI CWN) partnered with the Carquinez Garden School (CGS) and the YMCA of the East Bay (YMCA) to implement the CDSS-supported Building Healthy Habits Initiative (ECE-BHHI) to advance Early Care Education activities including the testing of resources, building partnerships, and implementing Policy, Systems, and Environmental changes (PSEs).



BUILDING STRENGTHS

Building on the strengths of CGS and the YMCA, nutrition resources (English/Spanish) were tested by ECE staff and parents/caregivers, multiple partnerships were built, and 17 PSEs at ten different sites were implemented throughout Contra Costa and Yolo Counties.

Results:

- Nutrition Education Resources Testing: 76 feedback forms completed and submitted.
- Edible Gardens: 2 gardens | 66 children reached.
- Structured Physical Activity: 118 classes | 334 children reached.
- Improved free water access: 7 water dispensers | 281 children reached



SUSTAINING SUCCESS

The environmental and systems changes are still in effect. With ongoing training, support, and guidance from PHI CWN, both CGS and the YMCA continue to build new partnerships and expand their PSE implementation and reach with additional sites. ECEs are an important setting for teaching healthy habits that can last a lifetime.



Toward Job, Nutrition, and Health Security through a Partnership Between the Welding Training Center, the Community and CalFresh Outreach

Esther Epp, *Reignite Hope*
Jina Chung, *Harbor UCLA Medical Center*

COMMUNITY CONTEXT



Reignite Hope (RH) is a non-profit welding training center in Gardena (Service Planning Area 6) for community members experiencing prior or current homelessness, prior convictions or unemployment. Since 2011, 100% of over a thousand graduates have passed the national welding certification tests and strived toward job security. Food and nutrition security (FNI) remains a daily issue for many, as was for 79% of the recent class. 52% currently reside in food deserts, which epitomizes the ethical challenge in access, availability, and affordability of healthy food.

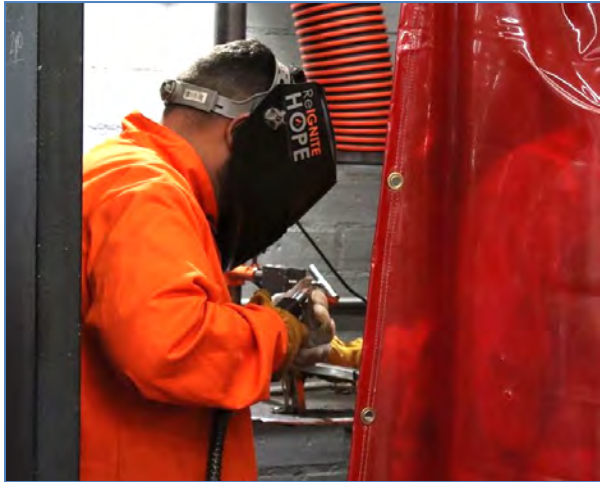
FNI impedes learning during physically demanding training. A student expressed, “It’s hard to weld efficiently while hungry.”

COLLABORATIVE ACTION



RH trains over 150 students a year. Each class began incorporating FNI surveys and CalFresh enrollment assistance during the second week to identify and meet the FNI needs. Community volunteers prepare and serve nourishing lunches daily and build on SNAP-Ed resources such as eatfresh.org. They began partnering with the Los Angeles Regional Food Bank CalFresh Outreach Team to offer individual assistance to all 29% of the current class who requested it in May 2023.

BUILDING STRENGTHS



Students at RH are motivated by “an opportunity for a better life,” “a new career,” “a second chance,” and “a better-paying job to provide for the family.” Their partnership with staff, community volunteers, CalFresh, and SNAP-Ed is critical in their journey toward job, education, and health security.

SUSTAINING SUCCESS



Community volunteers will continue incorporating SNAP-Ed education resources for lunch. RH is also working on expanding FNI surveys for each class across multiple locations and following up with one-on-one CalFresh enrollment assistance.

Strengthening Fresno County Communities With CATCH

Nancy R. Zumkeller, Karina Macias, *CalFresh Healthy Living, University of California Cooperative Extension (UCCE), Fresno/Madera Counties*

COMMUNITY CONTEXT



Fresno County data identified poverty, food insecurity, and environmental influences on healthy eating (e.g., access to health food choices) as the most impactful social determinants of health for vulnerable populations, especially children. Drawing from this, SNAP-Ed LIA's are collaboratively delivering the *Coordinated Approach To Child Health (CATCH)* physical activity curriculum by leveraging partnerships with 6 local organizations.

COLLABORATIVE ACTION



In FFY 2023, Fresno County SNAP-Ed LIA's collaborated in delivering the CATCH curriculum training to 6 key community organizations. These organizations, which largely serve children and youth in the area, are increasing their programmatic footprint in identified communities with high percentages of children at-risk for childhood overweight/obesity and other related chronic diseases.

BUILDING STRENGTHS



The CATCH curriculum training in Fresno County aims to build the capacity of local partners and organizations in delivering and promoting health and wellness with school aged children. The overall approach of the work is guided by health equity practices to ensure equitable access to resources and physical activity opportunities for participants.

SUSTAINING SUCCESS



The collaboration between SNAP-Ed LIA's reflects the power of synergistic efforts to build a healthier environment while simultaneously expanding programmatic reach through the capacity development of community organizations and stakeholders. SNAP-Ed LIA's will conduct ongoing evaluations with local partner agencies to understand programmatic gaps and strengthen impact.

Westmorland Community Food Pantry is Blooming in Their Nutrition Pantry Program Gold Certification

Corina Marie Ojeda, Vanessa Alvarizares, *Imperial County Public Health Department*

COMMUNITY CONTEXT



In 2018, approximately 26,740 residents of Imperial County experienced food insecurity. The Westmorland Community Presbyterian Church in Westmorland, CA, took action and established the Westmorland Community Food Pantry (WCFP). The Church encountered hurdles, such as insufficient funding, limited staffing, and constraints posed by COVID-19, including restrictions related to in-person education and food distribution.

COLLABORATIVE ACTION



Since June 2019, the Imperial County Public Health Department's CalFresh Healthy Living Program (ICPHD-CFHL) has collaborated with WCFP. The goal is to provide guidance, technical assistance, and support to plan, implement, and certify WCFP under Leah's Pantry's Nutrition Pantry Program (NPP) using the Healthy Food Pantry Assessment (HFPA).

BUILDING STRENGTHS



WCFP aimed to establish a distribution approach centered around clients' needs and successfully overcame challenges by adopting a drive-thru food distribution system. Both the leadership at WCFP and the staff of ICPHD-CFHL collaborated to enact modifications that granted clients access to personalized nutrition education, culturally and dietary-appropriate provisions, supplementary resources, food resource guides, and a comprehensive WCFP policies and procedures handbook.

SUSTAINING SUCCESS



WCFP achieved Gold certification under Leah's Pantry's NPP. Ongoing technical assistance and support are still being provided by the ICPHD-CFHL staff. Additionally, WCFP has embarked on a garden bed initiative in partnership with ICPHD-CFHL at the neighboring Westmorland Union Elementary School. This project aims to educate students about gardening, thus contributing to the prevention of future food insecurity among them.

Rethink Your Drink Day (RYDD) at Redlands East Valley High School: Partnership and Collaboration

Alejandra Sanchez, Sonia Vega, *San Bernardino County Department of Public Health*
Robin Ronkes, *San Bernardino County Department of Public Health, Nutrition and Wellness Services*

COMMUNITY CONTEXT

In 2021, 36% of San Bernardino County adolescents were overweight or obese. Nearly 44% of children and teens consumed one or more sugary beverages per day. To address this concern, Redlands Unified School District (RUSD) incorporated hydration stations on school campuses in the district. San Bernardino County Department of Public Health Nutrition and

Wellness Services (SBCDPH NWS) partnered with RUSD to celebrate Rethink Your Drink Day (RYDD).



COLLABORATIVE ACTION



SBCDPH NWS initiated collaboration with RUSD Child Nutrition and Redlands East Valley High School (REVHS) principals/staff to plan the 2023 RYDD campaign event on campus. Together with representatives from KCAL 96.7 radio, American Heart Association, Smile SBC, Inland Empire

Health Plan, SBCDPH Public Information Office (PIO), and RUSD PIO, we provided messaging, education, taste testing, music, activities, photo booth, pledges, giveaways, and conducted a brief survey to gain student feedback.

BUILDING STRENGTHS

This joint effort, which focused on drinking more water, reached an estimated 500 students. It was a success since teens tend to be a hard-to-reach demographic when it comes to nutrition education. RYDD also spotlighted the new hydration stations installed in 25 RUSD schools of which six are at REVHS. Dr. Betty Crocker, Child Nutrition Director, explained, “Having 105 hydration stations allows us to feature nature’s best beverage with every meal service. The coolest thing is to see the students line up with their reusable water bottles.”



SUSTAINING SUCCESS

Greater access to water has been well received by students. One student commented, “Love the hydration stations.” RUSD is also partnering with the American Heart Association to incorporate *Model Water Access Policy Language* into the District’s Wellness Policy to solidify its commitment to improving water access.



Cooking Up Healthy Partnerships

Cristina Luquin, Alejandra Giron, CalFresh Healthy Living, UCCE

COMMUNITY CONTEXT

Since 2021, the Boys & Girls Club of Lake Tahoe (BGCLT) has partnered with CalFresh Healthy Living, UCCE (CFHL, UCCE), and 4-H to establish youth development programming in afterschool settings. Students involved in their local Student Nutrition Advisory Council (SNAC) Club gain the following:

- Nutrition knowledge- MyPlate food groups, using food labels
- Cooking skills- reading recipes, using sharp and hot tools
- Leadership skills- hosting community projects for peers
- Teaching skills- using the 5 essential teaching skills



COLLABORATIVE ACTION

Through the Children, Youth, and Families at Risk (CYFAR)* grant, CFHL, UCCE, and 4-H have been collaborating and partnering with BGCLT to provide nutrition lessons with hands-on cooking demonstrations and youth leadership opportunities. As a result, the following occurred:



- **41** 4th-5th graders received interactive cooking lessons.
- **13** 1st graders participated in teen-taught lessons.
- **3** community projects reached **145** additional students.
- **205** community members were reached via student efforts.

BUILDING STRENGTHS



In the past 3 years, SNAC Clubs have been established in three different sites. Youth are building life skills that include cooking, clear communication, and leadership which are fundamental to establishing a healthy lifestyle.

"I enjoy the cooking lessons, they have taught me new things, and also been able to try new things that my parents at times can't afford."

-Stephanie, 5th-grade youth member

SUSTAINING SUCCESS

CFHL, UCCE has been invited to assist BGCLT leadership in their Wellness Policy development which consists of increasing physical activity and promoting drinking water. These written policies will ensure that future students and staff at BGCLT will continue to benefit from more physical activity opportunities and consistent water access. Due to the success of this partnership, BGCLT has awarded CFHL and UCCE the Community Program Partner award during their Bright Futures awards ceremony.



IMPACT OVER INTENT

The Beach Kitchen at CSULB: A Policy, Systems, and Environmental (PSE) Partner for Reaching Food-Insecure College Students With Nutrition Education

Virginia Gray, Department of Family and Consumer Sciences, *California State University Long Beach*

Danielle Muñoz, Basic Needs, *California State University Long Beach*

Ruffo Morales, Jocelyn Liao, Monica Castro, *California State University Long Beach*

COMMUNITY CONTEXT

- Recognition of and response to food insecurity among college students is growing.
- Transition to college is a multifactorial period of nutritional risk, providing an opportunity for intervention.
- Recent research suggests a relationship between exposure to SNAP-Ed policy, systems, and environmental (PSE) changes and diet quality.



COLLABORATIVE ACTION

The Beach Kitchen is a teaching kitchen that operates in partnership with the Beach Pantry. By partnering with the Beach Kitchen, we aligned our programming to strengthen:

- Recruitment to CFHL classes
- Program visibility
- Partnerships across campus
- Storage and preparation practices
- Student experience



BUILDING STRENGTHS

Key improvements resulting from the partnership include:

- Targeted recruitment via Beach Pantry listserv + partners
- Highly visible location in the teaching kitchen near the student union
- 7 to 15 partners
- 14 to 22 classes per semester
- Students as active participants!



SUSTAINING SUCCESS

- Partnering with the Beach Kitchen builds synergy across shared values to address food insecurity and provide skills-based nutrition education for CSULB students.
- We plan to revisit program aims and outcomes as we strategically plan each semester's activities to meet the goals of CHFL and the Beach Kitchen.



CFHL, UCCE Kern: Positively Impacting Farm Worker Families

Beatriz Rojas, Andrea Castillo, *CalFresh Healthy Living, University of California Cooperative Extension Kern County*

COMMUNITY CONTEXT

CalFresh Healthy Living, the University of California Cooperative Extension Kern County (CFHL, UCCE Kern) partnered with the Community Action Partnership of San Luis Obispo (CAPSLO), which has five migrant Head Start centers in Kern County. CAPSLO provides no-cost childcare and preschool services to low-income families whose primary occupation is agricultural production and harvesting in the Arvin, Lamont/Weedpatch, Wasco, and Delano communities.



COLLABORATIVE ACTION

CFHL, UCCE Kern County Supervisor trained 19 teachers on the *Coordinated Approach to Child Health Early Childhood Education (CATCH ECE)* curriculum. Teacher extenders have implemented 123.5 hours of CATCH ECE activities to date, reaching 127 children. CFHL, UCCE Kern Nutrition Educators also provided *Go, Glow, Grow* lessons in English and Spanish. *Go, Glow, Grow* introduces preschoolers to nutritious food and how it keeps them healthy.



BUILDING STRENGTHS

To reach entire families, the CFHL, UCCE Kern Adult Educator implements direct education in Spanish to preschool parents. *Plan, Shop, Save, and Cook* and *Healthy Happy Families* provide food resource management lessons. Direct education services are offered in the evenings in person or via ZOOM to accommodate working parents. One hundred fifteen parents have received direct education as of August 2023.

SUSTAINING SUCCESS

CFHL, UCCE Kern, and CAPSLO have established a 3-year Memorandum of Understanding (MOU) to sustain and expand opportunities for nutrition and physical activity education for all students and families.

“I really like how teachers and children are physically active with CATCH. The nutrition sessions given to the parents also make it more impactful for the whole family.” – Maria, Center Director



Seeding Success in Communities of Faith

Jasmin Rodriguez, Stephanie Torres, Nancy Lewis, *CalFresh Healthy Living, Catholic Charities of Los Angeles*

COMMUNITY CONTEXT

Los Angeles County youth experience high rates of food insecurity and obesity that are concentrated in some communities. Schools and parishes in the Archdiocese of Los Angeles have partnered with Catholic Charities of Los Angeles' (CCLA) CalFresh Healthy Living program for more than eight years to bring physical activity, gardening, and nutrition education to youth and adults in communities dominated by fast food outlets, mini marts, and liquor stores.



COLLABORATIVE ACTION

Funding support from the Archdiocese has enabled communities to acquire the materials and supplies to build gardens in schools and parishes. Administrators, teaching staff, students, and volunteers have eagerly engaged with CCLA's CFHL team to learn, share expertise and experiences, and work together to sow the seeds of success in their communities.



BUILDING STRENGTHS

On-site gardens established through these partnerships have helped connect communities to fresh produce and have provided opportunities to engage in hands-on learning experiences, such as clay seed ball making, which utilizes an ancient method for seed dispersal that achieves a very high rate of germination success and eliminates the use of plastic pots or trays.

SUSTAINING SUCCESS

Through ongoing partnerships and collaboration that incorporate continual feedback and evaluation of efforts, CCLA's CFHL program looks forward to building on successes while working with more schools and parishes to deepen connections and create healthier communities.



STARTING WITH STRENGTHS

Using Photovoice to Amplify Student Voices: Madera County

Elizabeth Lopez, Karina Macias, *CalFresh Healthy Living, University of California Cooperative Extension Madera County*

COMMUNITY CONTEXT

In Federal Fiscal Years 2022 and 2023, student leaders at James Madison Elementary School in Madera County documented the unsafe conditions of their drinking fountains through a photovoice project. This Youth Participatory Action Research (YPAR) was led by 25 sixth graders, their class teacher, and Jessica Gil-Bautista of CFHL, UCCE Madera.



COLLABORATIVE ACTION

The students' YPAR project highlights the need to replace old and rusty drinking fountains on campus. Driven by their research findings, the students successfully secured funding to purchase new water bottle filling stations for the school. The huge success of the project is now in its 2nd year, with more engagement from fifth-grade students.



BUILDING STRENGTHS

Building on the work of their peers, 24 fifth-grade students monitored the use of the new drinking fountains through a photovoice project. They provided the school administration with a list of solutions and action steps to ensure other students use the new water bottle filling stations properly.

“I enjoyed taking pictures of the fountains and interviewing the adults that work here. I also learned that we need to take better care of the fountains.” - Student



SUSTAINING SUCCESS

The students developed an educational video highlighting the “Do’s and Don’ts” of using the new water bottle filling stations on campus. CFHL, UCCE Madera continues to support this student-led initiative and commits to expanding youth engagement efforts to further improve their school environment.

“I really enjoyed it and I’m happy Ms. Gil was here to give us this amazing experience. And I hope to have something like this again next year. Overall, I really enjoyed the project.” - Student

Solutions for next school year

1. Show our video at the beginning of the school year
2. Make rules
3. Create fountain monitors
4. Speak up and say something

CalFresh HEALTHY LIVING | **UC CE** UNIVERSITY OF CALIFORNIA Agriculture and Natural Resources

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

Jessica

Be Courageous and Try New Foods!

Pawnee Maiden, *Catholic Charities of the Diocese of Santa Rosa*

COMMUNITY CONTEXT

In Sonoma County, despite being a rich agricultural zone with access to various fruits and vegetables, picky eating is a major concern for parents and caregivers as it can lead to underweight, stunted growth, and nutritional deficiencies. School garden-based programs have been shown to be a cost-effective intervention to promote healthy eating habits in children. Integrating gardening and nutrition education can significantly improve children's nutritional knowledge and attitudes towards fruits and vegetables.



COLLABORATIVE ACTION

Catholic Charities of the Diocese of Santa Rosa (CCDSR) partnered with Park Side Elementary School in Sebastopol to fund five new garden beds. Each grade is responsible for designing, building, developing, and maintaining their garden bed, which helps children appreciate the value of garden produce and encourages them to try new foods. Children are involved in bed preparation, seed planting, seedling transplanting, and plant growing and nurturing.



BUILDING STRENGTHS

Nutrition Educators from CCDSR lead a series of classes at the elementary school during garden time. The classes involve a food demonstration using seasonal produce from the garden, and children go out and pick the produce themselves. During a lesson on Eating the Rainbow, a student who identified as a picky eater was reluctant to try anything new. However, after picking purple broccoli, parsley, and yellow kale buds from the garden and placing them on top of hummus and a whole wheat tortilla to resemble a rainbow, the student took a small bite and then exclaimed, *"This is the best thing I've ever tasted! I could eat a hundred of them!"*



SUSTAINING SUCCESS

These positive food experiences encourage students to be courageous and try new foods. CCDSR will continue its partnership with Park Side Elementary School and support the school garden, developing relationships with parent volunteers and teachers. Through continuing to expose children to these experiences, CCDSR is setting them up for a better and healthier future.

Armijo High School Youth-Led Multimedia Campaign for Healthy Local Foods

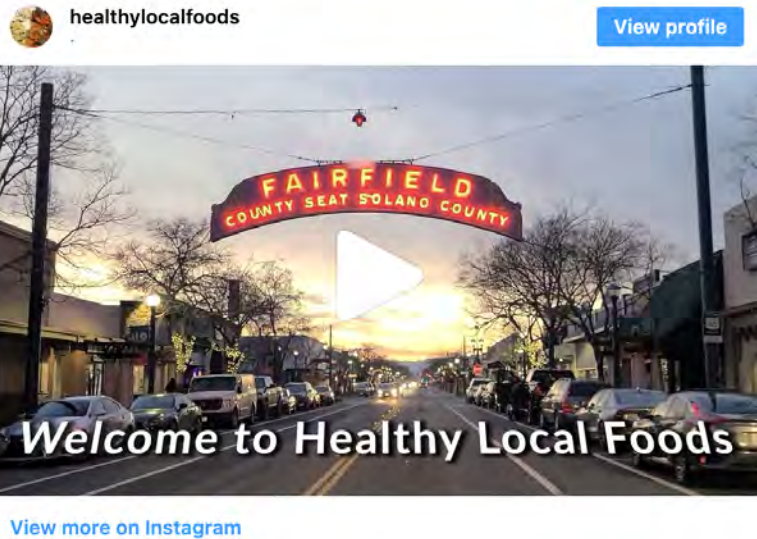
Dr. Norma Lisenko, *Innovative Health Solutions*

Allison Nagel, *Sustainable Solano*

Sylvia Herrera, *Armijo High School Garden*

COMMUNITY CONTEXT

As is often the case, young people are leading the way in making progress. Many youth organizations use social media to educate their peers about health-related topics, often developing innovative ideas. They use podcasts, social media challenges, and short videos to present public health issues in a fun and easy-to-understand way. Check out @healthyllocalfoods on Instagram to learn more.



COLLABORATIVE ACTION

Armijo High School in Fairfield collaborated with Innovative Health Solutions and Sustainable Solano to launch the Healthy Local Food multimedia campaign project. The initiative was primarily led by students from the school's garden and multimedia clubs and ran throughout the 2022-23 academic year. The project aimed to encourage the consumption of nutritious foods and physical activity through cooking and garden education. Every week, 30 students utilized multimedia content to support the project.



BUILDING STRENGTHS

The project’s facilitators received training in trauma-informed facilitation, which cultivated a supportive environment that encouraged the students to work together. The nutrition education curriculum was incorporated into the gardening and culinary aspects of the program. In the end, the students shared their newfound knowledge. The students bonded over a shared meal, fostering a sense of community, which created a welcoming and familial atmosphere. The final project was showcased using multimedia, allowing the students to share their work with their families, community partners, and local newspapers.



SUSTAINING SUCCESS

Promoting local food systems and cultivating leadership and workforce skills among youth for a brighter tomorrow is challenging. These efforts are intricate topics, and it’s essential to present them in a way that is accessible to a broad audience. This can be challenging, as they must find a way to be engaging and informative simultaneously.



Starting With Strengths – Edible Community Garden

Noelle DiSano, *Center for Healthy Communities*

COMMUNITY CONTEXT



Eskaton Kennedy Manor, located in Willows, sits on five acres of beautifully landscaped grounds, complete with walking paths, park benches, covered patios, and lighting for evening walks. This low-income housing site provides accommodations for 80 older adults. PSA 3 CFHL staff partnered with Eskaton Kennedy Manor to install an edible garden.

COLLABORATIVE ACTION



PSA 3 staff partnered with the site to host community meetings to plan the edible community garden. Residents had an overwhelming response to the garden, playing an active role in determining which herbs and vegetables to be planted during the upcoming growing season. The initial plan was to install a raised garden bed and an ADA-compliant elevated self-watering garden planter box. However, the residents' enthusiasm compelled the site administrator to support an additional inground garden.

BUILDING STRENGTHS



Onsite staff tilled the inground garden bed and installed the irrigation system. PSA 3 CFHL staff encouraged residents to take an active role in building the garden, ensuring that staff were available to support their needs. With the help of residents, PSA 3 CFHL staff built the edible community garden on-site in a common area for all residents. Residents who could not physically assist were also present to participate in the excitement.

SUSTAINING SUCCESS



This onsite edible community garden provides fresh vegetables and herbs and opportunities for physical activity for 80 older adults. Residents who are garden novices/experts who have taken the lead to ensure the garden thrives. PSA 3 CFHL staff continue to support the community by regularly checking the maintenance of the garden and receiving feedback from residents, providing an opportunity to cultivate interpersonal relationships with residents.

A Culturally Responsive Approach to Nutrition Education

Dalila Guillen, Maria Del Carmen Herrera, *Catholic Charities of Orange County*

COMMUNITY CONTEXT

UC Irvine Medical Center's 2022 Community Health Needs Assessment reported that Latino adults are more likely to be obese (61.8%) compared to other races in Orange County. The CFHL team has partnered with various centers to reach more of the Latino community to provide nutrition opportunities for healthy eating and physical activity, culturally relevant to the population.



COLLABORATIVE ACTION

Catholic Charities of Orange County (CCOC) partnered with Cantlay Center's food pantry, which assists an average of 2,100 individuals and families weekly. The pantry and the onsite *Garden of Hope* provide the CFHL team with ingredients for their nutrition classes and cooking demonstrations and to give to participants so they can take them home and make the recipes with their families.



BUILDING STRENGTHS

The CFHL team ensures that all programming, including nutrition education classes, food demos, and physical activities, are culturally relevant. Food demos include modifications to recipes to fit the population's tastes and incorporate ingredients that clients can access in the food pantry and onsite garden. During physical activity classes, the team ensures that the music selected includes songs that participants are familiar with. As a result of these efforts, the CFHL team has noticed increased enthusiasm and participation.



SUSTAINING SUCCESS



To sustain the success, the educators will continue to offer culturally relevant cooking demonstrations and physical activity routines to participants and connect participants to the garden to reinforce the content taught in the nutrition class and make the healthy choice the easy choice. The continued partnership with the Cantlay Center will enable future classes to be held in the garden.

Promotion of Healthy Meeting Guidelines Increase Staff Engagement

Jennifer Murphy, *Center for Healthy Communities*



COMMUNITY CONTEXT

The Center for Healthy Communities (CHC) is a leader throughout CA committed to healthy eating and active living. The State Physical Activity and Nutrition (SPAN) Program provided the opportunity to create the Healthy Meeting Guidelines for nutrition, physical activity, and sustainability as recommendations for meetings, events, and daily work. The pandemic brought many challenges to guideline development, including barriers to coming together in person as an organization. CHC quickly pivoted and altered the way meetings took place while continuing efforts to promote health and wellness for

staff. A digital version was created with interactive features, including a navigation panel allowing users to select exactly where they want to go within the document and downloadable resources, visuals, website links, and documents.



COLLABORATIVE ACTION

In January 2023, the CHC Worksite Wellness (WW) committee took over promoting and engaging with the guidelines. The committee worked to embed these guidelines into all wellness activities and marketing approaches. This document is shared annually with all staff, is part of the new staff onboarding, and has been shared with external partners. The CHC Steering, RD, and WW committee and SPAN project director review the guidelines annually to ensure the document is up to date, concerns, if any, are addressed, solicit input, and work to develop activities to engage staff.

CHC
Wellness Passport

The PDF format can be printed or downloaded to your computer to cross off boxes, or you can download the PNG version to check off on your phone.

Complete at least 5 Passport activities to be eligible for one of the smaller prizes, at least 12 activities for one of the larger prizes, or at least 20 activities for one of the grand prizes!

Visit your local Farmers Market	Attend a Worksite Wellness event	Take a walk with a colleague or friend	Try a new recipe	Visit a nearby park	Thank a coworker for something they've done
Volunteer somewhere	Eat at a local restaurant	Listen to a Wellness podcast	Complete the Healthy Meeting Policy Trivia	Make a grocery list before going to the store	Watch the sunset or sunrise
Call a friend or family member	Drink an extra glass of water	Meditate for 10 minutes	Take the stairs instead of the elevator	Try a new activity or hobby	Perform a random act of kindness
Use a suggestion from the Healthy Meeting Policy	Walk 10,000 steps in a day	Do something creative (draw, color, etc.)	Get 7-9 hours of sleep two times in a week	Write three things you're thankful for	Read for 20 minutes before bed

Don't forget to submit your passport before May 30th!

BUILDING STRENGTHS

Results from the guidelines have evolved over this past year. It started with the development and revision of the guidelines for full-on staff engagement. The WW Committee took ownership and pushed the messages and strategies forward. There is representation from the CHC PR and Marketing team on the committee, as activities and strategies are developed, this team develops approaches to share broadly the work CHC is doing. Creative staff engagement activities were implemented, including the Healthy Meeting Guidelines Trivia, social media posts, and the Spring Wellness Challenge, which incorporated multiple ideas directly from the guidelines.

Healthy Meeting Policy Trivia

TEST YOUR KNOWLEDGE AND WIN PRIZES!

Complete Trivia by 4/21 @4pm

Review the [Healthy Meeting Policy](#)

Take the [Trivia](#) to win a prize

TRIVIA

If you complete the Trivia you can receive

- Water bottle
- OR
- Lunch bag

Center for Healthy Communities
Cincinnati, South Lebanon, Ohio

SUSTAINING SUCCESS

Steps we are taking to maintain the success of our work include embedding all strategies and promotions from the Healthy Meeting Guidelines within the Worksite Wellness Committee. By doing this, all messages will be encouraged and promoted consistently. Our media team is part of the committee, so the social media engagement will continue. New staff on-boarding and annual staff training is also a practice built into our policies and procedures, including review, and sharing of the Guidelines.

WCUSD's Garden Gourmets: Harvesting Healthy Habits at Hurst Ranch With CalFresh Healthy Living, UCCE Los Angeles

Benjamin Melendrez, Daisy L. Valdez, *CalFresh Healthy Living, UC Cooperative Extension Los Angeles*

COMMUNITY CONTEXT

West Covina United School District (WCUSD) serves 14,630 students; 69.8% qualify for free or reduced-price school meals (Source: cde.ca.gov/dataquest). In FFY 2023, the Garden Gourmets: Harvesting Healthy Habits (GG: HHH) program extended its services to 491 WCUSD students, engaging all 17 fourth-grade classes.



COLLABORATIVE ACTION

GGG: HHH is a collaborative program between the WCUSD and the Hurst Ranch Historical Center. In fiscal year 2022, the program underwent challenges, such as losing its long-time nutritionist and decade-old community health grant. WCUSD reached out to CFHL and UCCE Los Angeles to provide nutrition education programming, ensuring the continuity of the program while expanding its reach to all 4th-grade students in the district.



BUILDING STRENGTHS

Building on a strong partnership, CFHL delivered lessons from the *Teams with Intergenerational Support* curriculum. Students learned about nutrition and food safety while engaging in cooking lessons and garden activities. Social-Emotional Learning was integrated into the lesson through mindfulness, gratitude, deep breathing, and using all senses to savor the meals prepared. Students also provided feedback on lessons and recipes.



SUSTAINING SUCCESS

The CFHL, UCCE LA team's efforts garnered recognition from the WCUSD School Board for exceptional program delivery and increased reach. In FFY 24, students will benefit from twice the number of garden-based nutrition education lessons. Further, our next goal is to expand and support 1 to 2 elementary school gardens and partner with the **Expanded Food and Nutrition Education Program (EFNEP)** to foster active involvement with parents.





Journal of Trauma-Informed Community
Health, Nutrition, and Physical Activity

Posters in this book were presented at the CFHL Forum held October 23 - 25, 2023, and approved by authors for publication in J-TICH.