



CalFresh Healthy Living, UC
FFY 2021 Annual Report
UCCE Central Sierra County
Serving El Dorado, Amador, Calaveras, and Tuolumne Counties

A. CalFresh Healthy Living, UC Program Overview

i. Key Integrated Work Plan activities

In FFY21, the Central Sierra CFHL, UC program (El Dorado, Amador, Calaveras, and Tuolumne Counties), made 2,174 direct education contacts (1,953 youth and 221 adult), teaching 591 sessions (virtual, hybrid, and face-to-face) for a total of 539 instructional hours. There were a total of 102,686 indirect education contacts made, with a focus on healthy eating and active living. Also, by working with 29 sites/organizations to implement 62 changes to their policies, systems, and physical environments, an estimated 8,716 people have greater opportunities to make healthy choices in their lives. These activities were delivered and supported by 9 dedicated professionals (6.9 FTE funded) and 217 volunteers who implemented dozens of different educational strategies and curriculum to improve the health of the most vulnerable Central Sierra residents.

- 1. Nutrition and Physical Activity Education in Schools:** CFHL UCCE’s presence providing nutrition and physical activity education in Central Sierra schools continues to comprise the majority of the program’s activities. In FFY21, 53% of the program’s direct education contacts (1,953 contacts) were made with youth in K-12 schools. In FFY21, 22 school sites received direct education, indirect education, and/or PSE support, 9 in El Dorado, 4 in Amador, 8 in Calaveras, and 1 in Tuolumne. The most commonly used direct education curriculum were:
 - o Serving Up MyPlate: A Yummy Curriculum
 - o Coordinated Approach to Child Health (CATCH K-5, 6-8th)
 - o TWIGS: Teams with Inter-Generational Support
 - o 4-H Cooking 101
 - o Harvest of the Month

Due to ongoing program changes in light of the COVID-19 pandemic, programming for youth included primarily virtual education. Towards the second half of the school year, opportunities for face-to-face and hybrid instruction became available at a few select schools. Throughout the school year, educational kits were provided to reinforce virtual education and provide hands-on activities. These kits reached more than 1,000 families and included a variety of nutrition education reinforcement items, hard-copy indirect education materials and/or other supplies to reinforce educational objectives, such as donated seeds to grow produce at home.

The CFHL UCCE Central Sierra program delivered curriculum virtually for the majority of the school year, utilizing the growing library of online resources being created and shared by teams throughout the state. The program also continued to use the flipped-classroom approach created in summer 2020 to deliver Serving Up My Plate virtual nutrition education;

this approach maximizes the use of synchronous, virtual time with classes, and utilized evaluation tools adapted to accompany this specific curriculum and delivery method.

2. **Gardens:** In the Central Sierra, much of CFHL UCCE’s education is enhanced by integration with gardens. School, community and ECE gardens continued to provide living laboratories for students to increase not just their nutrition knowledge, but also their food literacy. In FFY21, strong partnerships continued between the CFHL UCCE program and the UCCE Master Gardener program. Major programmatic activities in gardens include teaching in and helping to maintain school gardens; hosting classes and educational events for youth and adults in Master Gardener demonstration gardens; and creating take-home garden education kits for elementary schools, farmers markets, and community events. One of the CFHL UCCE Central Sierra staff members is an accredited Master Gardener, another staff member lives on a local farm, and one of the program’s volunteer extenders also leads a local agricultural organization in the Central Sierra. Other major partnerships that support garden work in the Central Sierra include:

- Maintaining relationships and communications with network of agriculture farms and educators in El Dorado (Ag in the Classroom), Amador (Farms of Amador), Calaveras (Calaveras GROWN and Gardens to Grow in) and Tuolumne Counties.
- Reinvigoration of school gardens at elementary, middle, and high schools, as well as, Head Start sites throughout El Dorado and Calaveras Counties.
- Collaborating with Master Gardeners to create and distribute Garden Kits in El Dorado, Calaveras and Tuolumne Counties.

3. **Harvest of the Month (HOTM):** Delivered regularly by all educators across the Central Sierra, HOTM is one of the program’s main tools for promoting food literacy. Prior to the COVID-19 pandemic, HOTM programming across the area included various components such as a school-wide cafeteria promotion, an experiential complement to in-class education, short videos featuring the seasonal item, and educational handouts sent home to parents or handed out at community gatherings.

Building on the success of the HOTM videos created last year, work on additional videos became a key activity for the whole team during the ongoing COVID-19 shut-downs and have become an integral part of the current outreach and ongoing virtual and hybrid education. Monthly newsletters sent to many partnering schools have also provided some continuity in HOTM education during COVID-19.

4. **Youth Engagement:** In partnership with the UCCE 4-H program and the UC Davis Center for Regional Change, the CFHL UCCE program continued its efforts to move beyond serving youth and towards engaging youth in FFY21. The Program Coordinator provided monthly TA assistance for youth engagement projects and collaborated on developing youth engagement trainings. El Dorado – South Lake Tahoe continued planning and implemented activities in summer 2021; funded partly by a grant from the USDA NIFA’s Children, Youth and Families at Risk program in collaboration with the CFHL UCCE and 4-H programs, this project aims to create Students Nutrition Action (SNAC) Clubs at two participating elementary schools. In

these clubs, youth in grades 4th-6th are empowered to look for ways to improve their school or community's food environments, and to serve as peer educators and role models to other students.

Three teens-as-teacher's projects continued in South Lake Tahoe and Calaveras County. These projects train youth to deliver CFHL UCCE curriculum in partnership with the 4-H program. In summer 2021, the South Lake Tahoe program partnered with the Boys and Girls Club and successfully trained teens to then teach in-person nutrition and cooking to 2nd graders.

In Calaveras County, the COVID-19 pandemic continued to hinder in-person delivery of the curriculum by the teens in Calaveras County. Virtual training and delivery methods were developed to encourage youth to stay involved with the project. One class formed an after school Farm to Fork Club, collaborating with a local supermarket to procure donations, which went to the school to be distributed during drive-through lunch pick-up.

5. **Community Activities Serving Adults:** In search of effective approaches to reach adults during the COVID-19 pandemic, the program focused on the following activities in FFY21.
- In El Dorado County – West Slope, the program continued to expand nutrition education for a site serving adults with disabilities to include classes in the UCCE demonstration garden, providing hands-on garden experiences to enhance education and Harvest of the Month tastings with this group.
 - In El Dorado County – South Lake Tahoe, CFHL UCCE provided virtual nutrition education to parents in partnering elementary schools through the Family Resource Center and Cafecitos program. This education contributed to more comprehensive education at the school site, and reinforced education delivered to students at the schools.
 - In Amador County, a class was created to welcome new SNAP/CFHL recipients and provide single session nutrition education opportunities. Flyers with class details were distributed by Amador County Public Health though participation was lower than expected. However, partners are excited about the idea and will be assisting in increasing participation in the coming year.
 - In Calaveras County, a virtual physical education class not only helped seniors improve their physical health, but also served as a helpful practice on how to access and participate in virtual education.
 - In Tuolumne County, a virtual Plan Shop Save Cook class was offered through Infant Child Enrichment Services; over 25 parents participated in the class series which previously saw much lower in-person attendance, so the agency is considering continuing collaborating on virtual education opportunities on an ongoing basis.
 - In all Central Sierra counties, the program collaborated with food banks to provide packets of recipes using all items in each month's commodities distribution, including the printed EatFresh.org recipes for every bag that is distributed in the county. Collaborations and reach included Calaveras County's The Resource Connection Food Bank, serving 250 families; El Dorado County – South Lake Tahoe's Bread and Broth, serving 300 families; Tuolumne County's ATCAA Food Bank, serving 500 families; and Amador County's Food Bank, serving 270 families.

ii. Major achievements/outcomes despite COVID-19

FFY 21 highlights for CFHL UCCE Central Sierra are summarized below by county.

- In El Dorado County – West Slope, themed nutrition kits were distributed via contactless delivery at an elementary school and at the local Native-owned farmers market throughout the year. In summer 2021, in-person programming started again outside serving an adults with disabilities site, in partnership with UC Master Gardeners.
- In El Dorado County – South Lake Tahoe, virtual newsletters continued, now distributed bi-weekly and reaching the entire school district. In late spring 2021, in-person programming started and over the summer 2021 a successful Teens-As-Teachers series was implemented.
- In Amador County, monthly virtual Harvest of the Month newsletters and additional indirect education resources were sent regularly to contacts at three partnering schools. Virtual delivery continues to be the preferred method of education across Amador County.
- In Calaveras County, strong partnerships provided continuation of established district-wide garden-enhanced nutrition education during the COVID-19 pandemic. The "Kids Day at Home" event convened partners to create garden themed kits. These kits were offered to 500 families. Donations from the non-profit organization Gardens to Grow In were secured to provide seeds, plants starts, soil, supplies from local hardware and soil companies for interested families to build a raised bed for a more extensive home garden at no cost. CFHL UCCE efforts for this project included helping to advise and form the program, helping to develop and educational materials, and helping to disseminate kits.
- The CFHL UCCE Central Sierra program coordinated the 5th annual Step It Up Challenge, a walking challenge for schools throughout Tuolumne County. This year, the challenge was expanded to include participation from other counties in the Central Sierra, and to include both youth and adults. The event was redesigned as a virtual walking challenge to fit the COVID-19 pandemic restrictions. Participants registered virtually, report progress online, and share pictures and updates on social media. They were also provided with guidance on safely walking outdoors during the COVID-19 pandemic, and with weekly messaging to encourage them to set goals and develop healthy habits. In total, 1,120 participants walked 17,367 miles over the course of the six-week challenge. Participants expressed that they enjoyed the weekly emails and feeling connected to others during the COVID-19 pandemic.

B. Summary FFY2021 Program Activities from PEARS

All tables provided by the CFHL, UC State Office based on PEARS data.

- i. FFY 2021 Direct Education Participants Reached by Age Group and Setting – tables to be provided by the State Office based on PEARS data

| County | 0-4 | 5-17 | Total Youth | 18-59 | 60+ | Total Adult | Total DE Participants |
|-----------|-----|-------|--------------|-------|-----|-------------|-----------------------|
| Amador | - | 59 | 59 | 29 | 2 | 31 | 90 |
| Calaveras | - | 1,301 | 1,301 | 93 | 4 | 97 | 1,398 |
| El Dorado | 13 | 428 | 441 | 52 | 4 | 56 | 497 |
| Tuolumne | - | 152 | 152 | 35 | 2 | 37 | 189 |

Reach by IWP Setting

Schools (K-12)

After School

| County(s) | 0-4 | 5-17 | 18-59 | 60+ | 0-4 | 5-17 | 18-59 | 60+ |
|-----------|-----|-------|-------|-----|-----|------|-------|-----|
| Amador | 1 | 59 | - | - | - | - | - | - |
| Calaveras | - | 1,300 | 20 | - | - | - | - | - |
| El Dorado | - | 283 | - | - | 13 | 145 | - | - |
| Tuolumne | - | 152 | - | - | - | - | - | - |

Early Childhood

Community

| County(s) | 0-4 | 5-17 | 18-59 | 60+ | 0-4 | 5-17 | 18-59 | 60+ |
|-----------|-----|------|-------|-----|-----|------|-------|-----|
| Amador | - | - | - | - | - | - | 29 | 2 |
| Calaveras | - | - | - | - | - | 1 | 73 | 4 |
| El Dorado | - | - | - | - | - | - | 52 | 4 |
| Tuolumne | - | - | 24 | - | - | - | 11 | 2 |

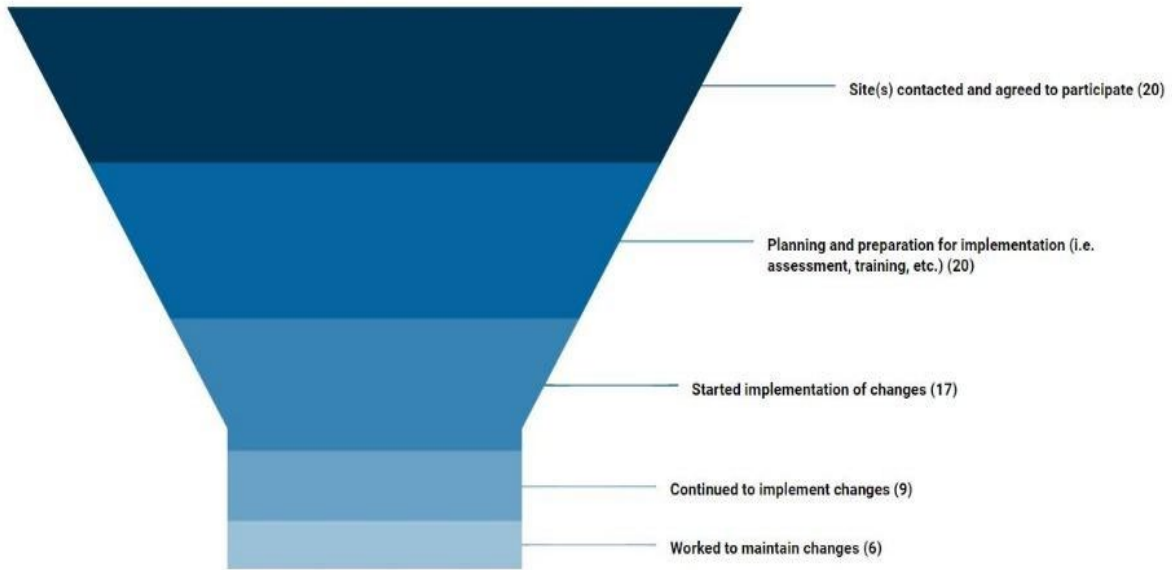
- ii. Indirect Education channels and reach (total and new) – to be provided by State Office

| Indirect Education | Amador | Calaveras | El Dorado | Tuolumne |
|---|--------------|---------------|---------------|--------------|
| Unique Reach | 9,453 | 22,840 | 67,475 | 2,918 |
| New Reach | 349 | 3,902 | 3,127 | 1,338 |
| Articles | - | - | - | - |
| Billboards, bus/van wraps, or other | - | - | - | - |
| Blog | - | - | - | - |
| Calendars | - | - | - | - |
| Community events / fairs - participated | - | 1 | 9 | - |
| Community events / fairs - sponsored | - | - | - | - |
| Electronic materials | 38 | 84 | 142 | 6 |
| Fact sheet | - | - | 6 | - |
| Hard copy materials | 3 | 7 | 53 | 5 |
| NERI | - | - | 15 | 2 |
| Other, please specify | - | - | - | - |
| Radio interview | - | - | - | - |
| Social media | - | - | - | - |
| TV public service announcements | - | - | - | - |
| Videos | 37 | - | 31 | - |

| | | | | |
|------------|---|---|---|---|
| Websites | - | - | - | - |
| Food Demos | - | 1 | 5 | - |

- iii. PSE sites by stages, needs assessments conducted, reach by settings, changes adopted – information either provided by the State Office or available from PEARS Impact Dashboard

PSE Activity Pipeline



| | Amador | Calaveras | | El Dorado | Tuolumne |
|---|-----------------------|-----------------------------|------------------------|------------------------|-----------------------|
| Number of Assessments and PSE Sites/Organizations with Assessments* | Number of Sites (n=1) | Number of Assessments (n=6) | Number of Sites (n=13) | Number of Sites (n=10) | Number of Sites (n=3) |
| Total Needs Assessments / Environmental Scans | 0 | 6 | 6 | 0 | 0 |
| Smarter Mealtimes Scorecard | | 6 | 6 | | |
| Total Staff Readiness Assessments | 0 | 0 | 0 | 0 | 0 |
| Total Organizational Readiness Assessments | 0 | 0 | 0 | 0 | 0 |

*Reported for all PSE stages.

POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) SITES AND REACH

Total PSE Sites/Org and Number with One or More PSE Change Adopted and Reach*

| COUNTY | All Stages of Implementation | Only Implementation and Maintenance Stages | | | | | COUNTY REACH TOTALS |
|--------------------|------------------------------|--|--------------------------------|------------------------------|---------|---|---------------------|
| | Number of PSE Sites/Orgs | Schools (elementary, middle, and high) | Early care and education (ECE) | Before/ afterschool programs | Other** | Number of PSE Sites/Orgs with Changes Adopted | |
| Amador (County) | 1 | 0 | 0 | 0 | 1 | 1 | 70 |
| Calaveras (County) | 13 | 4 | 9 | 0 | 0 | 13 | 3,308 |
| El Dorado (County) | 10 | 2 | 0 | 1 | 0 | 3 | 883 |
| Tuolumne (County) | 3 | 0 | 0 | 0 | 3 | 3 | 1,050 |

*Summary statistics provided for PSEs in all stages of implementation and for those in the implementation and maintenance stages only.

**Other includes Farmers markets, Family resource centers, Food assistance sites, food banks, and food pantries, Faith-based centers/places of worship, Emergency shelters and temporary housing sites

Number of PSE Sites and Reach by Setting for *Implementation and Maintenance Stages**

| COUNTY | Schools (K-12, elementary, middle, and high) | | Early care and education facilities | | Before and after-school programs | | Farmers markets | |
|--------------------|--|-------|-------------------------------------|-------|----------------------------------|-------|-----------------|-------|
| | PSE Sites | Reach | PSE Sites | Reach | PSE Sites | Reach | PSE Sites | Reach |
| Amador (County) | - | - | - | - | - | - | - | - |
| Calaveras (County) | 4 | 2,532 | 9 | 776 | - | - | - | - |
| El Dorado (County) | 2 | 718 | - | - | 1 | 165 | - | - |
| Tuolumne (County) | - | - | - | - | - | - | 1 | 200 |

*Summary statistics include only those PSEs in the implementation and maintenance stages.

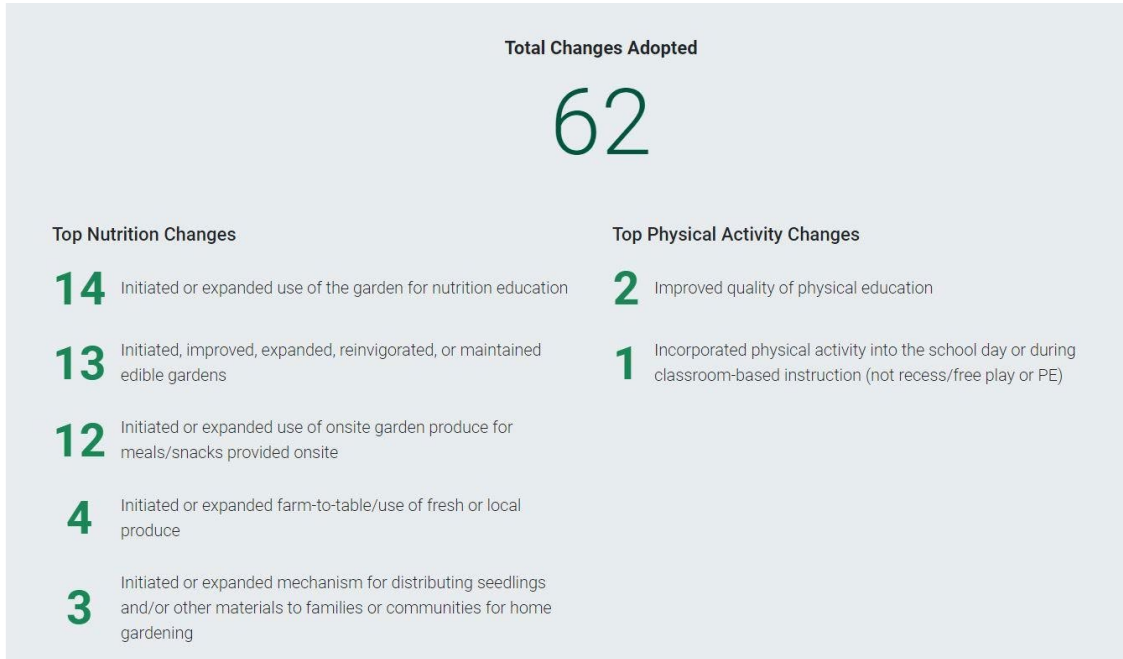
Number of PSE Sites and Reach by Setting for *Implementation and Maintenance Stages**

(table continued from above)

| COUNTY | Food assistance sites, food banks, and food pantries | | Emergency shelters and temporary housing sites | | TOTALS | |
|--------------------|--|-------|--|-------|-----------|-------|
| | PSE Sites | Reach | PSE Sites | Reach | PSE Sites | Reach |
| Amador (County) | - | - | 1 | 70 | 1 | 70 |
| Calaveras (County) | - | - | - | - | 13 | 3,308 |
| El Dorado (County) | - | - | - | - | 3 | 883 |
| Tuolumne (County) | 1 | 800 | 1 | 50 | 3 | 1,050 |

*Summary statistics include only those PSEs in the implementation and maintenance stages.

PSE Changes Adopted



iv. Total Partners and Partners by Type and Number of Coalitions and Members by Sectors of Influence

| Partnerships by type | Amador | Calaveras | EI Dorado | Tuolumne |
|--|---------------|------------------|------------------|-----------------|
| Agricultural organizations | - | 2 | 1 | 1 |
| Community members/individuals | - | - | 1 | - |
| Early care and education facilities | - | 1 | - | 1 |
| Faith-based groups | - | - | - | 1 |
| Food banks/food pantries | - | - | 2 | - |
| Food stores | - | - | 2 | - |
| Foundations/organizations/ nonprofits | - | - | 1 | - |
| Government program/agency | - | 2 | - | - |
| Hospitals/healthcare organizations | - | - | - | - |
| Human services organizations | - | 1 | - | - |
| Indian Tribal Organizations | - | - | - | - |
| Labor/workforce development | - | - | - | - |
| Local governments/agencies | - | - | - | - |
| Other | - | - | - | - |
| Other commercial businesses | - | - | - | - |
| Parks and recreation centers | - | - | - | - |
| Public health organizations | - | 1 | - | - |
| Public/low-income housing groups | - | - | - | - |
| Schools (colleges and universities) | - | - | - | - |
| Schools (K-12) | 2 | 2 | 4 | - |

| | | | | |
|----------------------------------|---|---|---|---|
| Senior housing | - | - | - | 1 |
| Shelter/temporary housing groups | - | - | - | - |
| Worksites | - | - | - | - |

| Coalitions by Sector | Amador | Calaveras | El Dorado | Tuolumne |
|---------------------------|--------|-----------|-----------|----------|
| Agriculture | - | 2 | - | - |
| Community design | - | - | 1 | 1 |
| Education | 2 | 5 | 8 | - |
| Food industry | - | - | - | - |
| Government | 2 | - | 1 | - |
| Other (please specify) | - | - | - | 1 |
| Public health/health care | 6 | 1 | 8 | 1 |
| Public safety | - | 1 | 1 | - |

C. Success Stories, Challenges and Planned Improvements for FFY 2021

I. Success – See PEARS Success Story entry

| PEARS ID | Title | County |
|----------|---|-----------|
| 22739 | CFHL UCCE Central Sierra: Calaveras Farm to Fork Nutrition Club | Calaveras |
| 22737 | CFHL UCCE Growing with Nutrition Newsletter Reaches 2,270 Students in South Lake Tahoe During COVID | El Dorado |
| 22797 | CFHL UCCE Central Sierra: Online Parenting Classes Remove Barriers | Tuolumne |

II. Responding to the COVID-19 Challenge

The CFHL UCCE Central Sierra team responded to the challenge of COVID-19 by largely moving to virtual delivery of nutrition education, and by creating take-home nutrition and gardening education kits that have reached over 1,000 families.

Virtual Education

Working from home, educators created county-specific newsletters and 24 short, engaging educational videos about nutrition, gardening and physical activity. Reaching remote and hybrid learners throughout entire school districts, these virtual resources included nutrition facts, recipes, and activities to do at home. In FFY20, the team had also adapted the entire USDA Serving Up MyPlate curriculum for virtual delivery to 1st-6th grades using a Flipped-classroom approach and creating 20-30 minute videos to augment all nine lessons. This approach aims to make efficient use of highly limited virtual class time with students. The series using this new delivery format was delivered when possible throughout the year in all four counties, and a new IRB approved evaluation tool was administered.

In order to accomplish these goals, the entire team dedicated themselves to learning how to produce quality videos from their homes. Within a matter of just a few weeks and using only their existing tools of Zoom, PowerPoint, and their laptops in most cases, staff were able to create animated, interactive,

educational videos. Educators learned techniques for video production and filming, while administrative support staff learned how to close-caption videos and support their accessibility. Supervisors managed the overall project, helped edit videos, oversaw content and curriculum fidelity, and provided support to staff as they transitioned to working on these new tasks. Educator and administrative staff also learned advanced techniques for using more than a dozen different online tools and platforms in order to effectively deliver virtual education and collaborate with each other. As a result, a library of virtual resources for educators throughout the state is available to utilize.

Take-Home Educational Kits

Creating take-home kits allowed the team to supplement their virtual education with hands-on activities and materials for continued at-home learning, using a distribution method that is appealing and convenient for participants. These kits reinforced virtual direct education and PSE projects by providing an experiential component that would otherwise be absent from virtual programming. In many cases, staff worked with partnering organizations to help fund and distribute these kits, allowing the program to reach far more participants than they would have been able to otherwise.

- GT School of Innovation: 300 victory garden kits were sent home with students to create their own home garden, in partnership with UC Master Gardeners.
- Kids Day at Home: 200 kits were distributed to families with young children in Calaveras County at a drive-through event, in partnership with First 5 Calaveras and other community organizations, the kit contained garden related items and nutrition activities.
- Farm to You: 189 gardening kits in Amador county were distributed to two elementary schools, in partnership with Dairy Council of California and UC Master Gardeners
- Kids Day at the Market: 200 at-home gardening kits were distributed to families in Tuolumne County, in partnership with UC Master Gardeners and Tuolumne County Public Health Department.



Together, virtual education and take-home kits comprised a more comprehensive approach to providing SNAP-Ed services at a physical distance. While staff look forward to resuming in-person educational activities, many of the skills and techniques gained during this time will facilitate program implementation long-term.

III. Data to show COVID-19 Impact Modified

| County(s) | Cancelled | | Modified | | New | | No Impact | | Postponed | |
|-----------|---------------|-------|---------------|-------|---------------|-------|---------------|-------|---------------|-------|
| | DE Activities | Reach | DE Activities | Reach | DE Activities | Reach | DE Activities | Reach | DE Activities | Reach |
| Amador | - | - | 1 | 55 | 1 | 5 | - | - | - | - |
| Calaveras | 50 | 50 | 8 | 94 | 3 | 71 | 36 | 996 | 1 | 8 |
| El Dorado | - | - | 20 | 374 | - | - | 10 | 123 | - | - |
| Tuolumne | - | - | 1 | 24 | 3 | 101 | - | - | 1 | 64 |

IV. Additional Challenges

The program’s major challenge this year was adapting to the uncertainty and constant changes due to the COVID-19 pandemic. Although staff were able to offer virtual programming, connectivity in the rural Central Sierra counties and regular virtual attendance were consistent issues. Hybrid and in-person classes adapted to restrictions with food tastings and recipe demonstrations. In addition, staff invested a large part of the beginning of the fiscal year rebuilding relationships with sites and partners.

Major challenges this year included staff turnover and the difficulty of hiring new staff. While the Central Sierra program was funded for 10.5 FTE in FFY21, a combination of staff departures, a hiring freeze, staff leaves due to COVID-related illness and/or childcare, and staff maternity and parental bonding leave, the CFHL UCCE Central Sierra program was only staffed at a level of approximately 6 FTE over the course of the year.

An ongoing challenge for the program is the breadth of the many different agencies and systems under which it operates. Navigating the systems, regulations, and procedures from USDA, CDSS, the CFHL, UC State Office, UC ANR, and UCCE Central Sierra requires a significant investment of time. In the Central Sierra, the work must also be done across four counties, including managing four integrated work plans, four site lists, and four sets of community partners within one administrative area and one budget. The scope of administrative work necessary to learn how to effectively operate the program, and train staff how to work within such a large and decentralized system, reduces the time available for other more strategic activities.

V. Planned Improvements

The program will focus on continuing to adapt existing programming to virtual, hybrid, and in-person delivery methods for use during the COVID-19 pandemic. New materials will continue to be developed as needed in order to meet community needs as best as possible, while aligning with the area’s IWP’s, and new approaches to deliver effective PSEs virtually. Two new approaches to reaching adults will be piloted. One is to engage groups of adult champions in community assessments and PSE programming, using a framework similar to Youth Participatory Action Research, but adapted for adults. Another will be promoting a single-session lesson as an introduction to participate in the full EatFresh.org mini-course online, with an emphasis on serving households newly enrolled in the SNAP/CalFresh program whenever possible. Potential agreements with local agencies to refer their clients to these lessons will be pursued.

Administratively, the focus will be on staff capacity building and training to implement virtual, hybrid, and in-person education. In addition, filling the vacancies of 4.5 FTE will be instrumental in rebuilding program impact over the next fiscal year. Once these critical positions are filled, much more administrative time will be available to support staff development, facilitate community connections, and increase staff effectiveness in program implementation.

Finally, the program will continue to evaluate effectiveness of virtual education, as it is offered. For in-person and hybrid evaluations, the program will continue to use the recommended evaluation tools and guidance provided by the CFHL, UC state office. Administrative items will include training staff and continuous quality check-ins on new policies and procedures as they become available to the program.

Presentations, Publications and Awards

i. Conference Presentations and Posters, Publications

Conference Presentations:

- Johnson, C. (March, 2021). Health Equity in SNAP-Education. Oral presentation at the 2021 California SNAP-Education Local Implementing Agency Forum, Virtual.
- Marrs, A., Mills, M., Munniks, K. (March, 2021). Using School Gardens to Improve Food Security and Gardening Skills during the Pandemic. Oral presentation at the 2021 California SNAP-Education Local Implementing Agency Forum, Virtual.
- Padilla, C., Thorpe, W. (March, 2021). Community Engagement in Rural Environments. Oral presentation at the 2021 California SNAP-Education Local Implementing Agency Forum, Virtual.

CFHL, UC Active NewsBeet:

- Munniks, K., Johnson, C. (April 20th, 2021). CFHL, UCCE Calaveras County Kids Day in the Garden. <https://us7.campaign-archive.com/?u=a7bcc27755ff6e98f62827c28&id=fe0f667bf3>
- Johnson, C. (May 18th, 2021). Central Sierra “Steps It Up” Virtually. <https://us7.campaign-archive.com/?u=a7bcc27755ff6e98f62827c28&id=5dd6a36f6d>

CDSS Newsletter:

- Johnson, C., Padilla, C. (September, 2021). CalFresh Healthy Living: Stay Connected. https://mcusercontent.com/ed0cd170b7db38c91aed141c7/files/3237e464-ab3a-78f0-516c-9ec699ce7f15/Finalized_CFHL_Oct_2021_Newsletter.pdf

Publications:

- Johnson, C., et al. (February, 2021). Evaluating the Impact of COVID-19 on CalFresh Healthy Living, UC Program Delivery: Results from key informant interviews of CalFresh Healthy Living, UC state office and county staff.

UC ANR Blogs:

- Johnson, C. (July, 2021). Harvest of the Month Blackberries. Blog post on UC ANR Healthy Central Sierra. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=47622>
- Johnson, C. (June, 2021). Harvest of the Month Green Beans. Blog post on UC ANR Healthy Central Sierra. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=46610>
- Johnson, C. (May, 2021). Move Your Way This Summer. Blog post on UC ANR Healthy Central Sierra. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=47667>
- Johnson, C. (May, 2021). Harvest of the Month Apricots. Blog post on UC ANR Healthy Central Sierra. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=46400>
- Johnson, C. (April, 2021). Prevent Food Waste. Blog post on UC ANR Healthy Central Sierra. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=46484>
- Johnson, C. (April, 2021). Harvest of the Month Onions. Blog post on UC ANR Healthy Central Sierra. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=46184>
- Johnson, C. (March, 2021). Celebrate National Nutrition Month by Personalizing Your Plate. Blog post on UC ANR Healthy Central Sierra. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=45929>
- Johnson, C. (March, 2021). Harvest of the Month Asparagus. Blog post on UC ANR Healthy Central Sierra. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=45941>
- Johnson, C. (March, 2021). New & Noteworthy this March. Blog post on UC ANR Healthy Central Sierra. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=46183>

Virtual Newsletters:

- Giron, M. (October, 2020). Growing with Nutrition Newsletter –Broccoli Raisin Salad. Virtual newsletter sent to schools. Giron, M. (October, 2020). Growing with Nutrition Newsletter –Sesame Broccoli. Virtual newsletter sent to schools.
- Lewis, A. (October, 2020). Wellness Prospector – Broccoli. Virtual newsletter sent to schools.
- Giron, M. (November, 2020). Growing with Nutrition Newsletter –Orange and Pomegranate Salad. Virtual newsletter sent to schools.
- Giron, M. (November, 2020). Growing with Nutrition Newsletter –Pomegranate Smoothie. Virtual newsletter sent to schools.
- Giron, M. (December, 2020). Growing with Nutrition Newsletter –Mashed Turnips and Potatoes. Virtual newsletter sent to schools.

- Giron, M. (December, 2020). Growing with Nutrition Newsletter –Maple Glazed Turnips. Virtual newsletter sent to schools.
- Lewis, A. (December, 2020). Wellness Prospector – Pumpkin. Virtual newsletter sent to schools.
- Giron, M. (January, 2021). Growing with Nutrition Newsletter –Kale Dip. Virtual newsletter sent to schools.
- Giron, M. (January, 2021). Growing with Nutrition Newsletter –Kale Salad. Virtual newsletter sent to schools.
- Lewis, A. (January, 2021). Wellness Prospector – Kale. Virtual newsletter sent to schools.
- Giron, M. (February, 2021). Growing with Nutrition Newsletter –Tropical Fruit & Nut Snack Mix. Virtual newsletter sent to schools.
- Giron, M. (February, 2021). Growing with Nutrition Newsletter –Trail Mix. Virtual newsletter sent to schools.
- Lewis, A. (February, 2021). Wellness Prospector – Dates. Virtual newsletter sent to schools.
- Giron, M. (March, 2021). Growing with Nutrition Newsletter – Roasted Asparagus. Virtual newsletter sent to schools.
- Giron, M. (March, 2021). Growing with Nutrition Newsletter – Asparagus and Red Quinoa Salad. Virtual newsletter sent to schools.
- Lewis, A. (March, 2021). Wellness Prospector – Reducing Sodium. Virtual newsletter sent to senior center.
- Giron, M. (April, 2021). Growing with Nutrition Newsletter – Quick Pickled Onions. Virtual newsletter sent to schools.
- Giron, M. (April, 2021). Growing with Nutrition Newsletter – French Onion Soup. Virtual newsletter sent to schools.
- Lewis, A. (April, 2021). Wellness Prospector – Blueberries. Virtual newsletter sent to schools.
- Lewis, A. (April, 2021). Wellness Prospector – Healthy Oils. Virtual newsletter sent to senior center.
- Giron, M. (May, 2021). Growing with Nutrition Newsletter – Apricot Oatmeal Cookies. Virtual newsletter sent to schools.

- Giron, M. (May, 2021). Growing with Nutrition Newsletter – Apricot Fruit Leather (Roll-Up). Virtual newsletter sent to schools.
- Lewis, A. (May, 2021). Wellness Prospector – Apricots. Virtual newsletter sent to schools.
- Lewis, A. (May, 2021). Wellness Prospector – Reducing Sugar. Virtual newsletter sent senior center.
- Giron, M. (June 2021). Growing with Nutrition Newsletter – Green Beans with Onion and Almonds. Virtual newsletter sent to schools.
- Lewis, A. (July, 2021). Wellness Prospector – Eating More Fruits and Vegetables/Eating Local. Virtual newsletter sent to senior center.
- Lewis, A. (August, 2021). Wellness Prospector – Whole Grains. Virtual newsletter sent to senior center.
- Giron, M. (September, 2021). Growing with Nutrition Newsletter – Baked Tomatoes with Cheese. Virtual newsletter sent to schools.
- Giron, M. (September, 2021). Growing with Nutrition Newsletter – Farmers Market Salsa. Virtual newsletter sent to schools.
- Lewis, A. (September, 2021). Wellness Prospector – Label Reading and Reducing Food Waste. Virtual newsletter sent to senior center

Virtual Newsletters in Spanish

- Giron, M. (octubre, 2020). Creciendo con Nutrición –Ensalada de Brócoli y Pasas. Boletín virtual enviado a las escuelas.
- Giron, M. (octubre, 2020). Creciendo con Nutrición –Brócoli con Ajonjolí. Boletín virtual enviado a las escuelas.
- Giron, M. (noviembre, 2020). Creciendo con Nutrición –Ensalada de Naranja y Granada. Boletín virtual enviado a las escuelas.
- Giron, M. (noviembre, 2020). Creciendo con Nutrición –Batido de Granada. Boletín virtual enviado a las escuelas.
- Giron, M. (diciembre, 2020). Creciendo con Nutrición –Puré de Nabos y Papas. Boletín virtual enviado a las escuelas.

- Giron, M. (diciembre, 2020). Creciendo con Nutrición –Nabos con Glaseado de Maple. Boletín virtual enviado a las escuelas.
- Giron, M. (enero, 2021). Creciendo con Nutrición –Salsa de Col Risada. Boletín virtual enviado a las escuelas.
- Giron, M. (enero, 2021). Creciendo con Nutrición –Ensalada de Col Risada. Boletín virtual enviado a las escuelas.
- Giron, M. (febrero, 2021). Creciendo con Nutrición –Botana de Fruta Tropical y Nueces Mixtas. Boletín virtual enviado a las escuelas.
- Giron, M. (febrero, 2021). Creciendo con Nutrición –Mezcla de Frutas Secas. Boletín virtual enviado a las escuelas.
- Giron, M. (marzo, 2021). Creciendo con Nutrición –Espárragos Asados. Boletín virtual enviado a las escuelas.
- Giron, M. (marzo, 2021). Creciendo con Nutrición –Ensalada de Espárragos y Quinoa Roja. Boletín virtual enviado a las escuelas.
- Giron, M. (abril, 2021). Creciendo con Nutrición –Cebollas Encurtidas Rápidas. Boletín virtual enviado a las escuelas.
- Giron, M. (abril, 2021). Creciendo con Nutrición –Sopa de Cebolla Francesa. Boletín virtual enviado a las escuelas.
- Giron, M. (mayo, 2021). Creciendo con Nutrición –Galleta de avena con albaricoque. Boletín virtual enviado a las escuelas.
- Giron, M. (mayo, 2021). Creciendo con Nutrición –Cuero de frutas de albaricoque. Boletín virtual enviado a las escuelas.
- Giron, M. (junio, 2021). Creciendo con Nutrición –Ejotes con Cebolla y Almendras. Boletín virtual enviado a las escuelas.
- Giron, M. (septiembre, 2021). Creciendo con Nutrición –Tomates con Queso al Horno. Boletín virtual enviado a las escuelas.

- Giron, M. (septiembre, 2021). Creciendo con Nutrición –Salsa del Mercado de Agricultores. Boletín virtual enviado a las escuelas.

Awards Received

N/A