

A. CalFresh Healthy Living, UC Program Overview

i. Key activities

Across the Central Sierra (El Dorado, Amador, Calaveras, and Tuolumne Counties), in federal fiscal year 2019 (October 1, 2018-September 30, 2019) the *CFHL, UC* program made **8,965 educational contacts** (8,465 youth and 500 adult), teaching 275 series of workshops and 99 single-session classes for a total of **1,506 instructional hours**. An additional **6,349 indirect education contacts** were also made, with a focus on promoting fruits and vegetables and normalizing healthy living. Also, by working with 30 sites/organizations to implement 86 changes to their policies, systems, and physical environments, an estimated **25,628 people have greater opportunities** to make healthy choices in their lives. These activities were delivered and supported by **13 professionals** (10.8 FTE) and dedicated community volunteers who implemented dozens of different educational strategies and curriculum to improve the health of the most vulnerable Central Sierra residents.

- **Nutrition and Physical Activity Education in Schools:**



CFHL, UC's presence providing direct education in Central Sierra schools continues to comprise the majority of the program's activities, with 89% of all educational contacts made in K-12 schools. In FFY19, 34 school sites received direct education, 13 in El Dorado, 6 in Amador, 9 in Calaveras, and 6 in Tuolumne. The most commonly used curriculum were:

- Learn! Grow! Eat! Go!
- Serving Up My Plate
- Eating Healthy from Farm to Fork
- CATCH

- **Gardens:**

In the Central Sierra, much of *CFHL, UC's* direct education is enhanced by integration with gardens. Thirteen school, community and/or ECE gardens continued to provide living laboratories for students to increase not just their nutrition knowledge, but also their food literacy. In FFY19, four *CFHL, UC* Central Sierra educators attended a three-day LifeLab school garden training, one educator completed the comprehensive UC Master Gardener certification, and two new staff members brought their extensive school garden and professional farming knowledge to the team. Increasing staff capacity to establish, maintain, and teach in gardens supports experiential learning and improves the effectiveness of nutrition education.



- **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. HOTM indirect education is adapted in a variety of ways to fit different settings: as an experiential complement to in-class education, as a cafeteria promotion, in handouts sent home to parents or handed out at community gatherings. This past year, a series of three short videos were also developed and shared with all elementary teachers in Lake Tahoe Unified School District, featuring cucumbers, carrots, and kiwis.

- **Youth Engagement:**

In partnership with the UC 4-H Program and the UC Davis Center for Regional Change, the *CFHL*, *UC* program increased its efforts to move beyond serving youth and towards engaging youth in FFY19. In addition to the existing YPAR project in El Dorado – West Slope, a new YPAR project in El Dorado – South Lake Tahoe and a teens-as-teachers project in Amador County were launched. Substantial informal youth engagement work also continued in Calaveras County, including helping high school students to lead farm field trips, and training middle school students to implement the Smarter Lunchrooms Scorecard and conduct a plate waste assessment in their cafeteria.



- **Community Activities Serving Adults:** In search of effective approaches to reach adults in rural areas, the program focused on the following activities in FFY19.

- In El Dorado County – West Slope, *CFHL*, *UC* piloted the Learn it! Grow it! Taste it! curriculum for developmentally disabled individuals with adults at a group day center.
- In El Dorado County – South Lake Tahoe, *CFHL*, *UC* provided nutrition education and created opportunities for intergenerational connection between adults, older adults, and local youth at the Bijou community/school garden.
- In Amador County, *CFHL*, *UC* piloted the UCCE Connects to You! curriculum, a hybrid curriculum that includes in-person, phone/video, and learn-at-home components, to assess its feasibility in rural areas.



- In Calaveras County, *CFHL, UC* partnered with all Head Starts to deliver education to parents of young children with the Healthy, Happy Families (HHF) curriculum. This also led to the Head Start Home Visiting Program choosing to implement HHF as trained extenders with their clients.
- In Calaveras County, *CFHL, UC* developed a system with The Resource Connection Food Bank to create packets of recipes using all items in each month's commodities distribution bag. *CFHL, UC* provides the printed EatFresh.org recipes for every bag that is distributed in the county, translated into Spanish when needed.
- In Tuolumne County, *CFHL, UC* coordinated the 3rd annual Step It Up Challenge, a walking challenge for school staff throughout Tuolumne County. The very popular team challenge encourages teachers and other school staff to consider their own health and role model regular physical activity for students.

ii. Major achievements/outcomes

Overall, evaluation of the Central Sierra *CFHL, UC* program in FFY19 shows that the majority of program activities are effective. Result highlights by county are described below.

El Dorado:

- *Teacher Observation Tool* (n=12 classes) found that over the course of the year, a majority of teachers thought more students practiced 3 healthy eating habits, 100% thought more students could identify healthy food choices, and 92% thought more students were willing to try new foods at school.
- *Youth Taste Test Tool* (n=4,733, 247 tastings) found 79% were willing to eat the food again and 74% were willing to ask for the food at home.
- *Adult Taste Test Tool* (n=33, 6 tastings) found 86% were willing to try the food again and 94% were willing to serve it to their families.
- *Plate Waste Assessment* of baby carrots served in two elementary school cafeterias found an average 40% reduction in carrot waste per student served after carrots were featured as Harvest of the Month.
- *Nutrition to Grow On pre-post survey* (n=38) found that for 16 of 20 questions assessed, at least 10% or more students improved their knowledge.
- *Hunger Attack pre-post survey* (n≥105) among high school students who attended the workshop series found statistically significant improvements for the following behaviors:
 - Increase in eating vegetables, not counting French fries ($p \leq 0.011$)
 - Increase in eating fruit, not counting fruit juice ($p \leq 0.015$)
 - Decrease in buying snacks at the movies ($p < 0.001$)
 - Increase in tracking how much is spent on food each week ($p \leq 0.003$)
 - Increase in using coupons at the grocery store ($p \leq 0.031$)
 - Increase in using coupons at restaurants ($p \leq 0.008$)
 - Increase in checking the expiration date before eating or drinking foods ($p \leq 0.015$)
 - Increase in choosing low-fat foods when eating out ($p \leq 0.020$)
 - Increase in joining a frequent buyers club at restaurants/coffee houses ($p < 0.001$)
- *PSE Changes*: Partnerships with 12 sites led to 27 PSE changes for an estimated reach of 3,988. The most common packages/initiatives were CATCH, HOTM and school gardens, and

the most common changes were improved opportunities for/quality of structured PA and cafeteria displays promoting healthy choices.

Amador:

- *Teacher Observation Tool* (n=11 classes) found that over the course of the year, a majority of teachers thought more students practiced 3 healthy eating habits, 100% thought more students could identify healthy food choices and that more students were willing to try new foods at school.
- *Youth Taste Test Tool* (n=728, 35 tastings) found 71% were willing to eat the food again and 68% were willing to ask for the food at home.
- *Intent to Change* (n=73) found 64% of those not already practicing a specific healthy behavior intended to adopt that healthier behavior after attending the class.
- *Plate Waste Assessment* of 4 days of school lunches in an elementary school cafeteria found an average of 0.48 lbs. of waste per lunch served and that white milk was the most wasted item on the menu; from 42% to 73% of the white milk served was thrown away, depending on the day.
- *PSE Changes*: Partnerships with 5 sites led to 7 PSE changes for an estimated reach of 866. The most common packages/initiatives were Smarter Lunchrooms Movement and school gardens, and the most common change was cafeteria displays promoting healthy choices.

Calaveras:

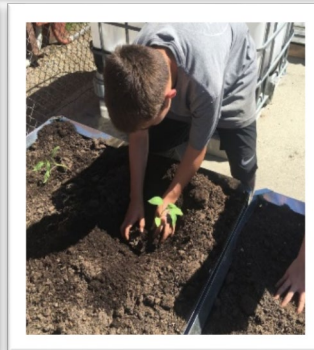
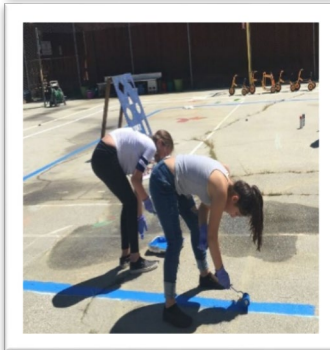
- *Teacher Observation Tool* (n=12 classes) found that over the course of the year, a majority of teachers thought more students practiced 3 healthy eating habits, 92% thought more students could identify healthy food choices and 100% thought that more students were willing to try new foods at school.
- *Youth Taste Test Tool* (n=876, 42 tastings) found 89% were willing to eat the food again and 88% were willing to ask for the food at home.
- *Adult Taste Test Tool* (n=112, 3 tastings) found 100% were willing to try the food again and to serve it to their families.
- *Intent to Change* (n=87) found 72% of those not already practicing a specific healthy behavior intended to adopt that healthier behavior after attending the class.
- *Plate Waste Assessment* of one day of school lunch in a middle school cafeteria found an average of 0.22 lbs. of waste per lunch served, and that white milk was the most wasted item on the menu; 62% of the white milk served was thrown away.
- *Healthy, Happy Families pre-post survey* (n=19) found that for 8 of 10 questions assessed, at least 25% or more parents/caregivers practice a specific healthy behavior, or will increase the frequency of a specific healthy behavior in their home.
- *PSE Changes*: Partnerships with 10 sites led to 42 PSE changes for an estimated reach of 5,963. The most common packages/initiatives were EatFresh.org, HOTM and school gardens, and the most common changes were maintaining food gardens, using garden produce for meals/snacks, and expanding the use of gardens for nutrition education.

Tuolumne:

- *Youth Taste Test Tool* (n=414, 23 tastings) found 82% were willing to eat the food again and 82% were willing to ask for the food at home.
- *Adult Taste Test Tool* (n=214, 8 tastings) found 89% were willing to try the food again and 88% were willing to serve it to their families.
- *PSE Changes*: Partnerships with 3 sites led to 4 PSE changes for an estimated reach of 14,811. The most common packages/initiatives were school wellness policies and school gardens, and the most common change was establishing a wellness policy.

iii. Building comprehensive programming to achieve CalFresh Healthy Living goals

In FFY19, the Central Sierra has continued and strengthened its comprehensive programming wherever possible, deepening program reach by working on multiple layers of the social ecological model. Roughly 1/3 of the Central Sierra’s DE sites now also include PSE work, and the majority also receive some form of IE. The examples of comprehensive programming below all combine DE to increase individuals’ knowledge and skills, IE to normalize healthy living and encourage public conversation about community health, and one or more PSE strategies to increase opportunities for individuals to apply their knowledge and support behavior change; all depend heavily on partnerships for their delivery.



El Dorado – West Slope: Georgetown Youth Participatory Action Research (YPAR)

- FFY19 was the third year that CFHL, UC



facilitated a YPAR project in a 6th grade class at the Georgetown School of Innovation. This year’s project continued the previous year’s plans to create a new school garden. The

class researched, planned, fundraised, and successfully built their garden space before the end of the school year. The space provides not only garden beds, but also playground stencils and other opportunities for physical activity and STEM learning. The students active in YPAR also received nutrition and PA education, as well as healthy food tastings, to ensure they were knowledgeable on health and nutrition issues relevant to their project. An open house for the new space provided an opportunity to extend their knowledge and to serve as role models for other students.

El Dorado – South Lake Tahoe: Harvest of the Month



- Through a Harvest of the Month (HOTM) seasonal produce initiative, *CFHL*, *UC*, school staff, Barton Health Centers, and parent volunteers promote food literacy at all four elementary schools in Lake Tahoe Unified School District (LTUSD). As part of LTUSD’s Local School Wellness Policy, this initiative aims to increase K-5 student familiarity with healthy produce items and their nutritional value through monthly cafeteria produce tastings and education about featured produce, including videos, handouts, and gardening activities. In-class nutrition education is also delivered to as many students as possible. The HOTM item is featured monthly on cafeteria menus in addition to being offered in school-wide tastings, and LTUSD’s food services division partners with *CFHL*, *UC* and parent organizations to select and purchase the seasonal produce. Students participate in the HOTM

cafeteria tastings by voting on the monthly item, and final vote tallies are a subject of conversation after they are announced school-wide.

Amador: Teens as Teachers

- In FFY19, *CFHL*, *UC* and UC 4-H began a teens-as-teachers project as part of the Healthy Habits Ambassadors program. Staff trained four teens from Independence High (a continuation high school) to teach the Learn! Grow! Eat! Go! curriculum, and then spent 10 weeks delivering the lessons to a class of 24 3rd grade students at Jackson Elementary. The teen teachers also participated in a wellness fair to promote healthy living to the wider community. Through this program, the teens increased their professional skills and served as positive role models, while younger students learned about healthy eating, and all involved learned more about gardening.



Calaveras: Food Literacy Project



- From 2017-2019, staff and volunteers from Calaveras Unified School District, UC ANR, Food Corps, and CalFresh Healthy Living (UC and Calaveras County Public Health) delivered comprehensive garden-enhanced nutrition education throughout the nine schools in the district. This education included hands-on garden time, cafeteria produce tastings, and classroom lessons connecting health and STEM learning to students’ diets. The CDFA funding that supported the implementation of this project ended in March, 2019, but the relationships developed over the course of this project continue, and are expected to support integrated community programming in the years to come.

Tuolumne: *Community Nutrition Security*

- In partnership with the *CFHL, UC* program, a Wellness Policy for the Amador Tuolumne Community Action Agency (ATCAA) Food Bank was written and adopted by the ATCAA board in early 2019. The wellness policy is used to inform procurement and donation solicitation guidelines for all of the food bank's programs, and will ensure that clients receive healthy foods whenever possible. Also, in partnership the Tuolumne County CNAP, in FFY19 the ATCAA Food Bank began hosting a health fair twice a year to connect clients with local health resources, at which *CFHL, UC* provides indirect education. This work supports *CFHL, UC*'s ongoing programming at the Tuolumne County Behavioral Health center, where adults at high risk of food insecurity receive nutrition education alongside a mobile distribution from the food bank, which *CFHL, UC* staff help to facilitate. To further reach the highest-need clients in the county, at the end of FFY19, *CFHL, UC* educators began serving the ATCAA Homeless Shelter to provide nutrition education and move towards PSE supports at that site. The result of these layers of programming is that high-risk clients in rural Tuolumne County are likely to encounter supportive nutrition services at one or more of these key locations in the community, where they now have increased opportunities to both learn about healthy eating and to access healthy foods.



B. Summary FFY2019 Program Activities from the Program Evaluation and Reporting System (PEARS)

i. FFY 2019 Direct Education Participants Reached by Age Group and Setting

Direct Education Reach	Amador	Calaveras	El Dorado	Tuolumne	Central Sierra
PARTICIPANT DEMOGRAPHICS	1,139	4,237	2,986	603	8,965
Female	575	2,000	1,458	288	4,321
Male	554	2,237	1,526	315	4,632
Unknown / Other	10	-	2	-	12
Hispanic / Latino	164	842	1,213	89	2,308
Not Hispanic / Latino	756	2,917	1,488	402	5,563
American Indian or Alaskan Native	17	16	19	4	56
Asian	1	16	52	-	69
Black or African American	9	7	18	-	34
Native Hawaiian or Other Pacific	1	10	1	-	12
White	743	2,859	1,614	377	5,593
YOUTH PARTICIPANTS	1,011	4,086	2,821	547	8,465
0-4	54	146	75	-	275
5-17	957	3,940	2,746	547	8,190
ADULT PARTICIPANTS	128	151	165	56	500
18-59	119	126	160	42	447
60+	9	25	5	14	53

Direct Education Intervention	Amador	Calaveras	El Dorado	Tuolumne	Central Sierra
PARTICIPANTS REACHED BY INTERVENTION					
SCHOOL	975	3,802	2,677	545	7,999
0-4	25	-	-	-	25
5-17	950	3,802	2,599	545	7,896
18-59	-	-	77	-	77
60+	-	-	1	-	1
ACTIVITIES WITH EXTENDERS/VOLUNTEERS	3	114	12	1	130
SITES	6	9	15	6	36
AFTER/BEFORE SCHOOL	4	54	11	-	69
0-4	-	-	-	-	-
5-17	-	54	11	-	65
18-59	4	-	-	-	4
60+	-	-	-	-	-
ACTIVITIES WITH EXTENDERS/VOLUNTEERS	-	2	-	-	2
SITES	1	1	1		3
EARLY CARE EDUCATION	34	338	139	14	525
0-4	29	146	75	-	250
5-17	-	84	-	-	84
18-59	5	104	64	12	185
60+	-	4	-	2	6
ACTIVITIES WITH EXTENDERS/VOLUNTEERS	-	9	-	-	9
SITES	1	7	4	1	13
COMMUNITY	126	43	159	44	372
0-4	-	-	-	-	-

5-17	7	-	136	2	145
18-59	110	22	19	30	181
60+	9	21	4	12	46
ACTIVITIES WITH EXTENDERS/VOLUNTEERS	6	1	4	1	12
SITES	7	3	5	2	17
Community Site Settings					
Other, (e.g., USDA Summer Meal sites, foster youth, gardens, etc.)	-	1	-	-	1
Faith/Places of Worship	-	1	-	-	1
Health Care Services	5	-	-	-	5
Learning Sites (CRC's, FRC's,	-	-	1	-	1
Places People Play	-	-	-	-	-
Residential Sites	-	-	1	1	2
Senior Services	-	1	1	-	2
Worksites & Related	2	-	2	1	5

Program Activity Sites	Amador	Calaveras	El Dorado	Tuolumne	Central Sierra
NUMBER OF SITES BY SETTING	16	32	29	15	92
Adult education, TANF, etc.	1	6	2	3	12
Before and after-school programs	2	7	3	3	15
Community organizations	-	-	2	1	3
Congregate meals/senior centers	-	1	-	-	1
Early care and education facilities	1	7	5	1	14
Emergency shelters/temp. housing	-	-	-	1	1
Faith-based centers	-	1	-	-	1
Family resource centers	5	-	1	-	6
Gardens	-	1	-	-	1
Group living arrangements	-	-	1	-	1
Health care clinics and hospitals	1	-	-	-	1
Parks and open spaces	-	-	1	-	1
Schools	6	9	13	6	34
Worksites with low-wage workers	-	-	1	-	1

Sessions (Classes)	Amador	Calaveras	El Dorado	Tuolumne	Central Sierra
DELIVERY TYPE					
SINGLE SESSIONS	24	66	7	2	99
0-30	6	30	3	-	39
31-60	11	35	4	1	51
61-90	5	-	-	1	6
91-120	2	1	-	-	3
Over 120	-	-	-	-	-
2-4 SESSIONS	16	47	68	3	134
0-30	28	47	66	-	141
31-60	13	68	135	2	218
61-90	-	1	18	6	25
91-120	-	3	6	-	9
Over 120	-	-	-	-	-
5-9 SESSIONS	25	25	30	-	80
0-30	121	6	93	-	220
31-60	45	180	96	-	321
61-90	-	-	1	-	1
91-120	1	8	-	-	9
Over 120	-	-	-	-	-
10+ SESSIONS	5	28	5	23	61
0-30	20	86	14	-	120
31-60	39	200	29	342	610
61-90	2	20	17	-	39
91-120	-	33	-	-	33
Over 120	2	-	-	-	2
Total Activities Involving Extenders/Volunteers	9	126	16	2	153
Total In-Kind Hours	2	809	108	4	923
Direct Education Delivery Hrs.	181	671	360	294	1,506
Total # of Program Activities	70	166	110	28	374

ii. Indirect Education channels and reach (total and new)

Indirect Education	Amador	Calaveras	El Dorado	Tuolumne	Central Sierra
NEW REACH BY CHANNEL					
Community events / fairs – in which participated	-	-	580	500	1,080
Electronic materials	-	-	100	-	100
Hard copy materials	87	2,757	740	-	3,584
Nutrition education reinforcement	-	-	190	-	190
Other, Tasting	-	241	1,024	-	1,265
Videos (like YouTube)	-	-	130	-	130
TOTAL REACH & NEW REACH					
TOTAL REACH	929	6,727	11,446	670	19,772
* Total NEW REACH	87	2,998	2,764	500	6,349

**New Reach is the estimated number of individuals not reached by DE or PSE.*

iii. PSE sites, stages, settings, packages, changes, reach multi-component strategies, sustainability

PSE Intervention	Amador	Calaveras	El Dorado	Tuolumne	Central Sierra
TOTAL REACH BY SETTING*	866	5,963	3,988	14,811	25,628
Schools	866	5,317	3,870	-	10,053
ECE	-	132	72	545	204
Family resource centers	-	-	46	-	46
Food assistance sites	-	264	-	14,783	15,047
Faith-based centers	-	250	-	-	250
Emergency shelters/temp. housing	-	-	-	28	28
# OF SITES BY SETTING*	5	10	12	3	30
Schools	5	7	7	1	20
ECE	-	1	4	-	5
Family resource centers	-	-	1	-	1
Food assistance sites	-	1	-	1	2
Faith-based centers	-	1	-	-	1
Emergency shelters/temp housing	-	-	-	1	1
SITES IMPLEMENTING MULTI-COMPONENT INTERVENTIONS**	4	10	11	2	27
Evidence-based education	3	9	11	1	24
Marketing	1	3	3	1	8
Parent/Community involvement	-	9	6	1	16
Staff training	3	5	4	1	13
CHANGES MADE**	5	10	12	3	86
NUTRITION CHANGES	6	40	15	2	63
Sites with sustainability measures	-	7	7	2	16
NUTRITION & PA CHANGES	1	2	-	2	5
Sites with sustainability measures	-	7	7	2	16
PHYSICAL ACTIVITY CHANGES	-	6	12	-	18
Sites with sustainability measures	-	4	2	2	8

PSE Supports	Amador	Calaveras	El Dorado	Tuolumne	Central Sierra
SITES USING PROGRAMS, PACKAGES, INTERVENIONS**	4	10	11	2	27
Harvest of the Month	3	8	5	-	16
CATCH	1	4	6	-	11
EatFresh.org	-	9	-	-	9
Smarter Lunchrooms Movement	3	4	2	-	9
Farm to School	-	5	2	-	7
ReThink Your Drink	-	4	-	1	5
School Wellness Policy	1	-	1	2	4
Farm to Preschool	-	1	-	-	1
Playground Stencils	-	-	1	-	1
YPAR	-	-	1	-	1
Gardens (“Other” category)	1	7	4	1	13

*Includes totals from sites in all phases, including planning, implementation and maintenance.

**Includes totals only from the 27 sites in the implementation/maintenance phases; 3 sites were in planning phases and had not yet made changes.

iv. Partners (by Type) and Coalitions (by Sectors of Influence)

Partnerships & Coalitions	Amador	Calaveras	El Dorado	Tuolumne	Central Sierra
PARTNERSHIPS	1	1	5	2	9
Foundations/philanthropy	-	-	2	-	2
Government program/agency	-	-	1	-	1
Public health organizations	-	-	-	1	1
Schools (K-12)	1	1	2	1	5
Worksites	-	-	-	-	-
COALITIONS	1	1	2	1	5
Amador					
Amador Connecting Hands Partnership (CNAP)					
Calaveras					
Calaveras Wellness Coalition					
El Dorado					
El Dorado Healthy Eating and Active Living Leadership Group (formerly CNAP)					
Lake Tahoe Collaborative					
Tuolumne					
Tuolumne County Community Nutrition Action Partnership (CNAP)					

C. Success Stories, Challenges and Planned Improvements for FFY 2019

i. Successes – See PEARS Success Story entry

El Dorado County: *Harvest of the Month brings local produce to the classroom.* PEARS ID # 13636.

Amador County: *Teens Making a Difference in Amador County.* PEARS ID # 12895.

Calaveras County: *Fresh Friday at Calaveras High School.* PEARS ID # 13639.

Tuolumne County: *Encouraging Wellness with the ATCAA Food Bank.* PEARS ID # 13637.

ii. Major Setbacks and/or Challenges

The program’s major setback this past year has been staff turnover, including the loss of the previous Program Manager. It is challenging to retain talented staff without a path for career advancement available. Hiring supervisory staff willing and able to manage programming across the Central Sierra’s five-office, semi-remote mountainous area is especially difficult within UC ANR’s restricted salary scale.

It is also an ongoing challenge to administer a program accountable to four different governmental entities (UC ANR, UC Davis, CDSS, and USDA), each of which have differing practices and regulations. The split between UC ANR and UC Davis is a particular challenge for the CFHL, UC program in that SNAP-Ed grant requirements are not widely understood within UC ANR. HR and fiscal services provided by UC ANR do not always provide full compliance with SNAP-Ed requirements, necessitating additional CFHL staff time to complete largely redundant functions (e.g. expenditure tracking, time reporting, etc.) Another setback was the large amount of time needed to transition to new/updated systems, which in FFY19 included the new Integrated Work Plan template, UCPath, and Talent Acquisition Management System, and the updated SharePoint, Time Reporting System, and PEARS.

Finally, the Central Sierra's large, four-county structure creates ongoing challenges for program delivery and administration. The varied geographic area, which covers more than 5,000 square miles, presents significant physical barriers to program delivery as a result of distance between sites, annual road maintenance, seasonal flooding, and in some areas snow accumulation. Some of the highest-need and least-served areas are also the most remote, which creates a difficult balance between community needs and *CFHL*, *UC* program capacity. The limited number of all-wheel drive vehicles available to program staff was a particular issue during the winter of 2018-2019. Communication infrastructure is absent or unreliable in some rural/remote areas, and a lack of work cell phones for program staff who spend the majority of their time out of the office (at sites or driving to/from sites) further complicates program communication.

The scope of the Central Sierra also presents challenges for program administration, as it can be difficult and expensive to bring staff together in-person. The administrative requirements involved in covering four counties are also magnified, requiring four IWPs, four Site Lists, attendance at many community coalitions/committees, and significant time needed to maintain and develop relationships across the entire Central Sierra.

iii. Planned Improvements

The most significant modification planned for FFY20 is to implement a more cohesive and strategic evaluation plan. The EATS pre-post survey will allow for an assessment of the effectiveness of most in-school education delivered throughout all four Central Sierra counties. Also, the large-group TTT and new functionality to track tastings in PEARS will enable a full look at the HOTM initiative for the first time, as it has not been tracked consistently due to the variation in strategies used under the umbrella of HOTM.

The Central Sierra will also continue to implement comprehensive programming as it is the best approach to reach people in multiple areas of their lives, and also the most economical use of program resources in the Central Sierra's rural, dispersed area. Similarly, the program will continue to strive to integrate its activities with the activities of community partners, including other UCCE programs (i.e. UC 4-H, Master Gardeners, and Master Food Preservers). In particular, youth engagement efforts will be expanded with the establishment of a new teens-as-teachers Cooking Academy project in Calaveras, and the development of Student Nutrition Action Council (SNAC) Clubs in South Lake Tahoe, in partnership with UC 4-H.

Finally, the program will continue to look for ways to support virtual collaboration and sharing within the semi-remote team structure, and for ways to improve efficiency in administrative processes. Administrative items will include incorporating new processes for data management and quarterly data checks, and a new expenditure tracking process that will allow for a real-time look at expenses in a way that hasn't been possible in the past.

D. Presentations, Publications and Awards

i. Conference Presentations and Posters, Publications

Posters:

- Ramirez, G., Luquin, C., Ochoa, H., Johnson, C. (July, 2019). Veg the Vote: Evaluation of a Cafeteria Produce Tasting Initiative. Poster presentation at the 10th Biennial Childhood Obesity Conference, Anaheim, CA.
- Johnson, C., Hesser, K., Capps, S., Feenstra, G. (July, 2019). Growing Food Literacy in Calaveras County. Poster presentation at the 10th Biennial Childhood Obesity Conference, Anaheim, CA.
- MckNelly, B., Keihner, A., Thao, B., Slattery, C., Srivastava, D., Johnson, C., Chen, W. (July, 2019). The SNAP-Ed Evaluation Framework and CalFresh Healthy Living, UC's Obesity Prevention Strategies. Poster presentation at the 10th Biennial Childhood Obesity Conference, Anaheim, CA.
- McMurdo, T., Nicoli, A., Thao, B., Klisch, Lewis, A., Johnson, C., Soule, K. (July, 2019). Fostering Partnerships to Prevent Childhood Obesity in School-Based Programs. Poster presentation at the 10th Biennial Childhood Obesity Conference, Anaheim, CA.
- Johnson, K., Hammack, K., Borges, L., Ochoa, H., Truelsen, D. (January, 2019). The Role of SNAP-Ed in a Community-Wide Initiative to Promote Seasonal Produce. Poster presentation at the California SNAP-Ed Local Implementing Agency Forum, Sacramento, CA.
- Hammack, K., Ochoa, H., Johnson, K. (January, 2019). High School-Led Youth Field Trips. Poster presentation at the California SNAP-Ed Local Implementing Agency Forum, Sacramento, CA.
- Capriotti, M., Padilla, C., Ochoa, H., Johnson, K., Xiong, N., Louie, B. (January, 2019). Partnerships Are the Key to Success for Georgetown Elementary YPAR. Poster presentation at the California SNAP-Ed Local Implementing Agency Forum, Sacramento, CA.
- Luquin, C., Ramirez, G., Ochoa, H., Johnson, K. (January, 2019). Harvesting Wellness Policies in Schools. Poster presentation at the California SNAP-Ed Local Implementing Agency Forum, Sacramento, CA.
- Lewis, A., Ochoa, H., Johnson, K., Fernandez Arana, S. (January, 2019). Amador County Partnerships. Poster presentation at the California SNAP-Ed Local Implementing Agency Forum, Sacramento, CA.
- Skillman, W., Ochoa, H., Johnson, K., Hendersen, P., Ramos, E. (January, 2019). Joining Forces: Tuolumne County's LIAs Team Up for Extra Impact. Poster presentation at the California SNAP-Ed Local Implementing Agency Forum, Sacramento, CA.

UC ANR Blogs (Food Blogs, Communities, etc):

- Johnson, Cathryn. (September 25, 2019). Smarter Lunchrooms in Calaveras County. Healthy Central Sierra blog. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=31409>.

News coverage – Print and Electronic Media:

- Befu, Mindi. (October 17, 2018). Community partners bring "Farm-to-School" program to South Lake Tahoe schools. South Tahoe NOW.
<http://southtahoenow.com/story/10/17/2018/community-partners-bring-farm-school-program-south-lake-tahoe-schools>.
- Petersen, Tracey. (April 3, 2019). Lace Up And Head Out For Health. MyMotherLode.
<https://www.mymotherlode.com/news/local/616219/lace-up-and-head-out-for-health.html>.

News coverage - Broadcast Media:

- O, Todd. (March 26, 2019). Interview with Guadalupe Ramirez. Tahoe Today TV.
<https://www.youtube.com/watch?v=bxaZvloT57E&feature=youtu.be>.

ii. Awards Received

N/A