



Meet the UC ANR Directors!

4H, UC Master Gardener, UC Master Food Preserver, and Nutrition, Family & Consumer Sciences Programs

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Missy Gable, MS | Statewide Director, UC Master Gardener Program

NPI Brown Bag

December 6, 2018

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Nutrition, Family and Consumer Sciences (NFCS) Statewide Program

Katie Panarella MS, MPH
Statewide Director, NFCS

UC ANR

December 6, 2018

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Youth, Families and Communities (YFC) Statewide Program



Nutrition, Family and Consumer Sciences (NFCS)

- Expanded Food and Nutrition Education Program (EFNEP)
- UC Master Food Preserver (MFP)
- UC CalFresh Nutrition Education Program (UC Davis)



4-H Youth Development Program (4-H YDP)

- Project Learning Tree (PLT)



Nutrition, Family and Consumer Sciences Program

The **Nutrition, Family, and Consumer Sciences (NFCS)** program conducts **research-based extension and education** and **performs applied research** for individuals, community agencies, associations and non-profit groups to meet clientele needs in the general disciplinary area of nutrition and family and consumer sciences with an emphasis on:

- Strategies promoting food literacy, obesity prevention, nutrition and healthy lifestyles
- Increasing food security through food resource management practices
- Preventing food borne illness
- Financial literacy and consumer education



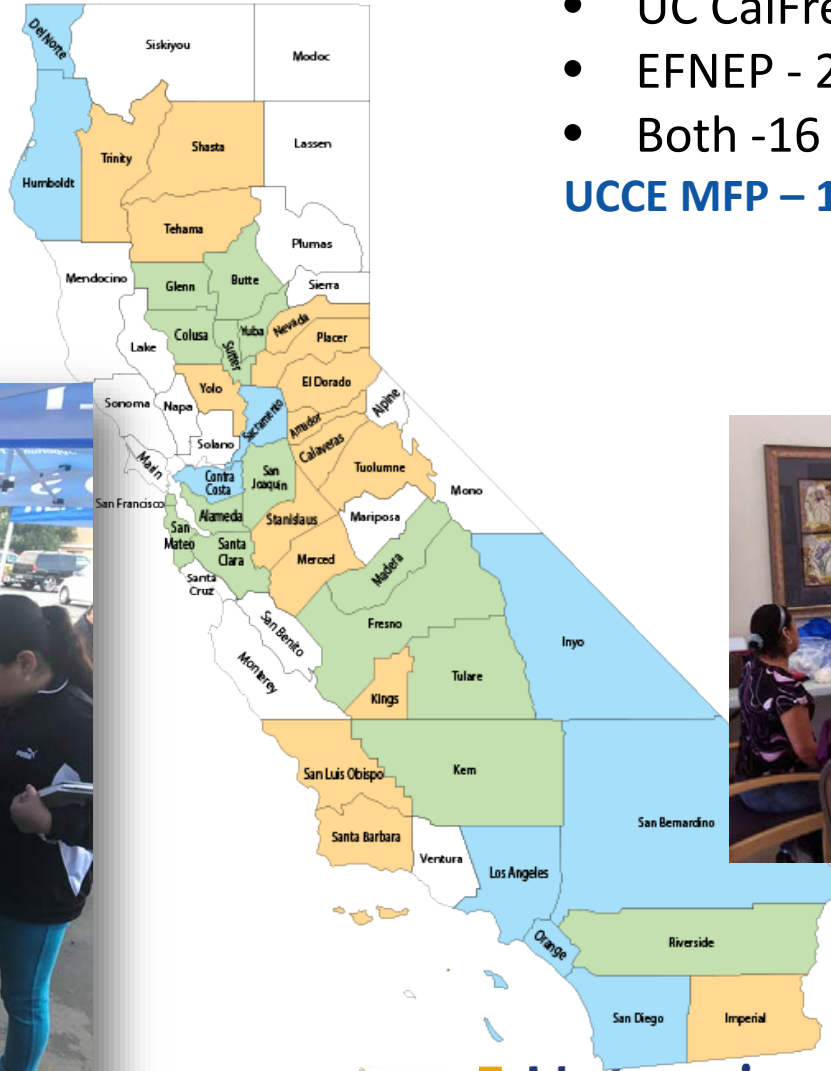
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- EFNEP & UC CalFresh
- EFNEP
- UC CalFresh

NFCS and YFC Advisors
as of April 2018

NFCS Academic Footprint:

- 35 counties
- 12 NFCS Advisors
- 5 YFC (4-H & NFCS) Advisors



UCCE Nutrition Education Programs:

40 counties

- UC CalFresh - 32 counties
- EFNEP - 24 counties
- Both - 16 counties

UCCE MFP – 17 counties



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NFCS In Action



Second from right:
Katie Johnson,
NFCS
Advisor,
Central
Sierra MCP



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Community Settlement Association Family Garden



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UCCE Nutrition Education Programs

The Expanded Food & Nutrition Education Program (EFNEP)



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- Est'd in 1969
- \$3.6 million
- Funding through USDA NIFA only to land grants
- 54 FTE/ 64 staff
- 24 counties
- Peer educators
- Direct nutrition education
- Series-based: Adult 10-12 hours; Youth 6 classes
- Low-income adults with children living in the home and youth
- Mandatory evaluation and 24HR Food Recall component

UC CalFresh Nutrition Education Program

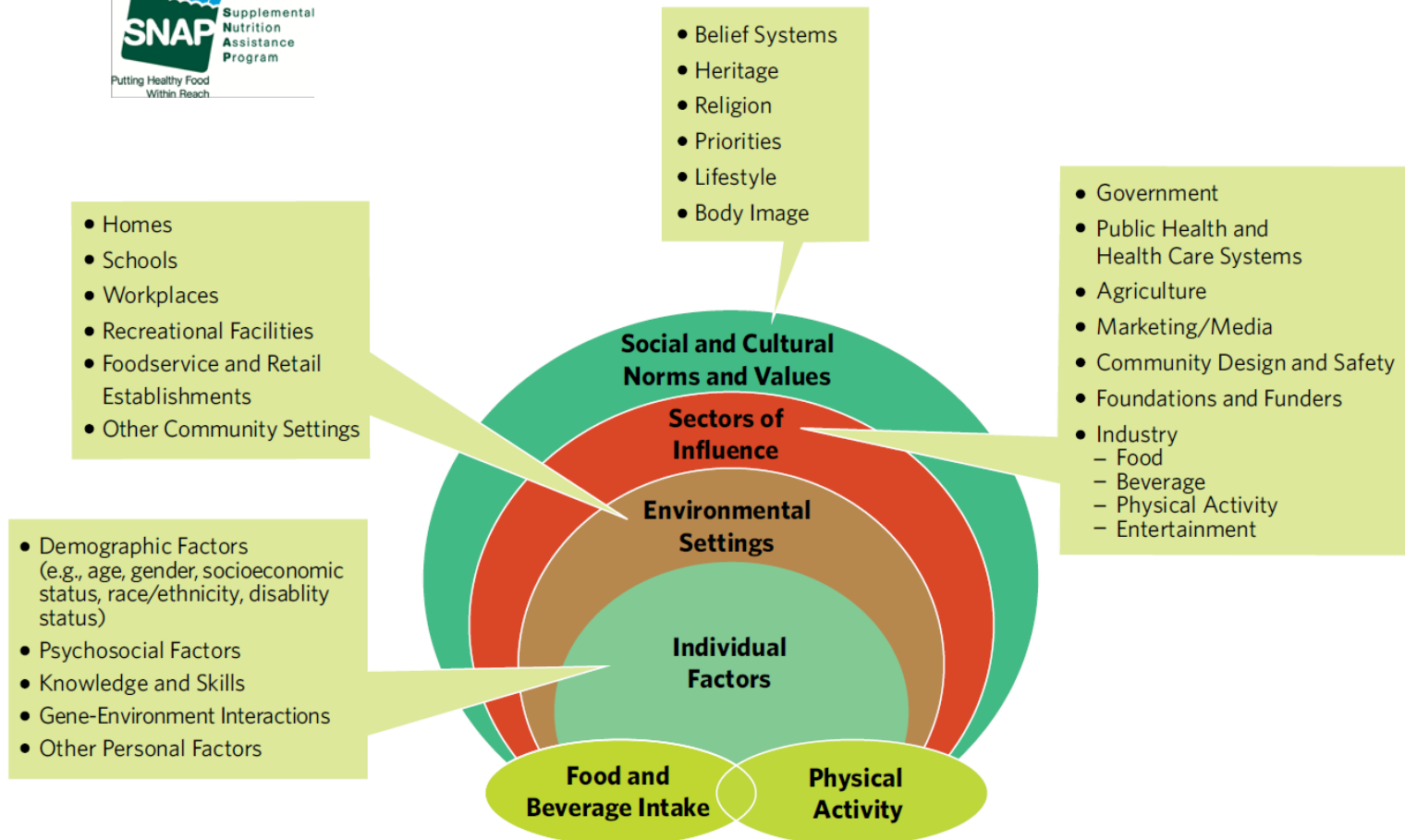
UNIVERSITY of CALIFORNIA
cal fresh Nutrition Education

- EST. 1988
- \$10 million FY 17 plus \$3.7million for special projects from CDSS
- Funded through USDA FNS to CDSS to UC Davis to UCCE
- 110 FTE/ 120 staff
- 32 counties
- Direct nutrition education and policies, systems and environment changes (PSE)
- SNAP eligible audiences



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Social-Ecological Model



Mission of California EFNEP

To assist low-income youth and families to acquire knowledge, skills, attitudes, and behavior necessary to:

- choose nutritionally sound diets,
- contribute to their personal development, and
- improve the family diet and nutritional welfare.

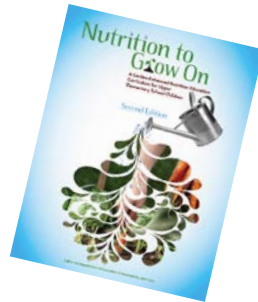
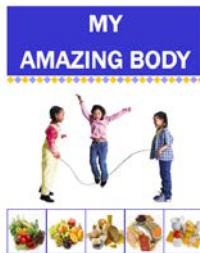


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Research-based Curricula



**EATING SMART
BEING ACTIVE**



Hunger Attack!
Feed Your Appetite—Protect Your Wallet



**IT'S MY CHOICE...
EAT RIGHT! BE ACTIVE!**



Happy Healthy Me...
Moving, Munching & Reading
Around MyPlate



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Adult Evaluation

EFNEP | Expanded Food and Nutrition Education Program

About Me

Lesson 1

Date: _____ Phone: () - _____

Name: _____ Email: _____

Address: _____ Age: _____ Female Male

City: _____ Zip: _____

Program? Y N
 Housing? Y N
 Hispanic? Y N

Check one or more.

Native American
 Asian
 Black
 Pacific Islander
 White

Programs you and your family use.

School meals
 Indian reservation foods
 Head Start
 Other _____
 CalFresh (food stamps, SNAP)
 CalWORKS (TANF)
 Emergency food (pantry, food bank, commodity)
 WIC

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Enrollment

EFNEP

NAME: _____ ENTRY: DATE: / / EXIT:

Expanded Food and Nutrition Education Program Food & Physical Activity Questionnaire

Please mark the response that **best** describes how you **usually** do things.

1. How many **times a day** do you eat fruit?
 Examples of **fruits** are apples, bananas, oranges, grapes, raisins, melon and berries. Include fresh, frozen, dried, or canned fruit. *Do not include juice.*

I rarely eat fruit
 Less than 1 time a day (a couple times a week)
 1 time a day
 2 times a day
 3 times a day
 4 or more times a day

2. How many **times a day** do you eat vegetables?
 Examples of **vegetables** are green salad, corn, green beans, carrots, potatoes, greens, and squash. Include fresh, canned and frozen vegetables. *Do not count french fries, potato chips or rice.*

I rarely eat vegetables
 Less than 1 time a day (a couple times a week)
 1 time a day
 2 times a day
 3 times a day
 4 or more times a day

3. Over the last week, how many **days** did you eat red and orange vegetables?
 Examples of **red or orange vegetables** are tomatoes, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.

I did not eat red and orange vegetables
 1 day a week
 2 days a week
 3 days a week
 4 days a week
 5 days a week
 6 or 7 days a week

4. Over the last week, how many **days** did you eat dark green vegetables?
 Examples of **dark green vegetables** are broccoli, spinach, dark green lettuce, turnip greens, or mustard greens.

I did not eat dark green vegetables
 1 day a week
 2 days a week
 3 days a week
 4 days a week
 5 days a week
 6 or 7 days a week

5. How often do you drink regular sodas (not diet)?

Never
 1-3 times a week
 4-6 times a week
 1 time a day
 2 times a day
 3 times a day
 4 or more times a day

6. How often do you drink fruit punch, fruit drinks, sweet tea or sports drinks?

Never
 1-3 times a week
 4-6 times a week
 1 time a day
 2 times a day
 3 times a day
 4 or more times a day

There is more on the next page →
 efnep-2004002-01m

Food Behavior and Physical Activity Questionnaire

Food Tracker

What I ate yesterday

Name: _____ Date: / /

Lesson 1 or 2
 Lesson 7 or 8

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EFNEP | Expanded Food and Nutrition Education Program

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24-hr Food Recall

Youth Evaluation



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Expanded Food and Nutrition Education Program

About My Class

Teacher/Volunteer

Name _____
 School _____
 Contact Information _____
 Phone Number _____ E-mail Address _____

Gender Female Male Hispanic/Latino Yes No Check one or more:
 Black or African American Pacific Islander
 Asian White
 Native American

I commit to teach a minimum of 6 (six) hours in my classroom and return an evaluation

Signature _____ Date _____

Students

Gender
 Female Male Total

Grade Level	Race		
	Not Hispanic/Latino	Hispanic/Latino	Not Provided
Kinder	Native American		
	Asian		
	Black or African American		
	Pacific Islander		
	White		
1st	Not Given		
	Native American and White		
	Asian and White		
	Black and White		
	Native American and Black		
2nd	All others		
	Multiple Races		
	Once in a while		
	Sometimes		
	Most of the time		
3rd	Always		
	Never		
	Once in a while		
	Sometimes		
	Most of the time		
4th	Always		
	Never		
	Once in a while		
	Sometimes		
	Most of the time		
5th	Always		
	Never		
	Once in a while		
	Sometimes		
	Most of the time		
6th	Always		
	Never		
	Once in a while		
	Sometimes		
	Most of the time		
7th	Always		
	Never		
	Once in a while		
	Sometimes		
	Most of the time		
8th	Always		
	Never		
	Once in a while		
	Sometimes		
	Most of the time		

Enrollment

Eat Well + Move

Name or ID _____ Date _____

1. Circle kids being active.

Illustrations: A girl on a swing, a boy on a bicycle, a girl sitting on the floor, a boy sitting on the floor.

DE NUTRITION EDUCATION SURVEY PRE POST

DATE _____

The survey you should be/are/are. This survey is voluntary.

Each question, circle the answer that best describes you. The first 4 questions ask about food you ate or drank.

Question	None	1 time	2 times	3 times	4+ times
How many times did you eat...					
How many times did you eat...					
How many times did you eat...					
How many times did you eat...					

The next 2 questions ask about how often you choose certain foods.

Question	Never	Once in a while	Sometimes	Most of the time	Always
When you eat grain products...					
When you eat out at a restaurant or fast food place...					

Developed by the EFNEP Youth Evaluation Committee
 Rev. 8/2004
 www.efnep.org

National Evaluation Tools K-2, 3-5, 6-8, 9-12



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FY 2017

➤ **6,362** families received nutrition education in 24 counties, benefiting nearly **51,640** family members

➤ **23,673** youth were reached in 13 counties

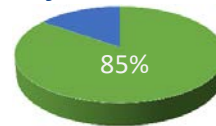
EFNEP targets California's low-income families from diverse backgrounds...

95% of families were below 185% of the Federal Poverty Level

76% of families were Hispanic/Latino

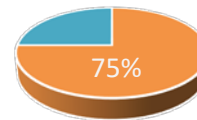
Nutrition education is delivered to families in their native languages: **Spanish, Chinese, Vietnamese, Hmong, Russian, and English**

Eating healthy requires savvy food budgeting skills for low income families...



of adults improved food resource management

Food safety prevents foodborne illness...



of adults improved food safety practices such as thawing and storing foods correctly

Nearly all adults showed positive changes in food choice, and included more fruit, vegetables, whole grains, and lean protein in their diets

EFNEP graduates reported an average \$38 monthly food cost savings, which collectively saved California EFNEP families:

\$2,916,340.80

* Poverty level for a family of 4: \$24,600 and 185FPL is \$44,955, source: <https://aspe.hhs.gov/poverty-guidelines>




New Models for Success

EFNEP Intervention Delivered in a Medical Clinic Setting

- Title: Obesity Risk, Parenting and Diet Quality Assessment Tools for Spanish-speaking Families with Preschool Age Children: EFNEP, Head Start, Medical Clinic sites
- Funder: USDA National Institute of Food and Agriculture, Human Nutrition and Obesity Grant





PRESERVE TODAY, RELISH TOMORROW.

UC Master Food Preserver Program

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Mission

To teach research-based practices of safe home food preservation to the residents of California.



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Impact Today

- 442 volunteers
- 21,186 hours
- 12 programs
- 17 counties
- 14,520 contacts



Credit: Missy Gable



Intended Outcomes

1. Instruct on safe food handling.
2. Teach food preservation techniques inc. boiling water bath and pressure canning, pickling, dehydrating and freezing.
3. Encourage home food preservation as a means of increasing nutrition and decreasing food costs.
4. Address the Strategic Vision of UC ANR.



Credit: UC Archives (*top*),
Sue Mosbacher (*bottom*)



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Open Garden Day



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4-H partnership



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UC Master Food Preserver A Vision for the Future

- Decrease food costs
- Increase food security
- More nutritious choices
- Efficiently use abundant garden produce
- Decrease food waste
- **Increase economic development through support of small food entrepreneurs**



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Growth Opportunities

Partnership Potential

- Food Banks
- Farmer's Markets
- Gleaning Organizations
- Cottage Foods Workgroup
- Food Co-ops

Funding Potential

- Waste reduction programs
- Food Incubator programs



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Questions?

**Katie Panarella,
Statewide Director, NFCS:**

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- EFNEP <http://efnep.ucanr.edu/>
- UC Master Food Preserver
<http://mfp.ucanr.edu/>



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***A world in which
youth and adults
learn, grow, and
work together as
catalysts for
positive change***

*Shannon J. Horrillo,
PhD, Statewide 4-H
Director*

4-H Mission

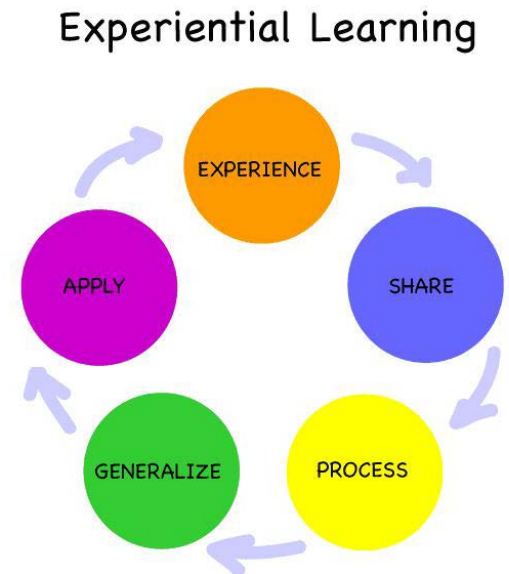
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4-H Youth Development Program...



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Core Elements of 4-H

- Delivered in every county in CA
- Youth aged 5 to 19
- Educational program
- Delivered in a positive youth development context
- Learning through hands-on, project based work
- Volunteers (youth and adults) as extenders of knowledge



Areas of Emphasis



Science, Technology
Engineering &
Mathematics



Healthy Living



Civic Engagement &
Leadership



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Youth Participation

4-H Organized Clubs



Long Valley 4-H Community Club Meeting



Dry Creek 4-H Community Club Rocketry Project



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Youth Participation

School Enrichment



4-H Embryology



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Youth Participation

Afterschool Programs



UCCE San Mateo/SF Healthy Living Ambassadors (HLA) Garden Program



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Youth Participation

Camping Programs



*UCCE Placer County 4-H Summer Camp
Nature Hike*

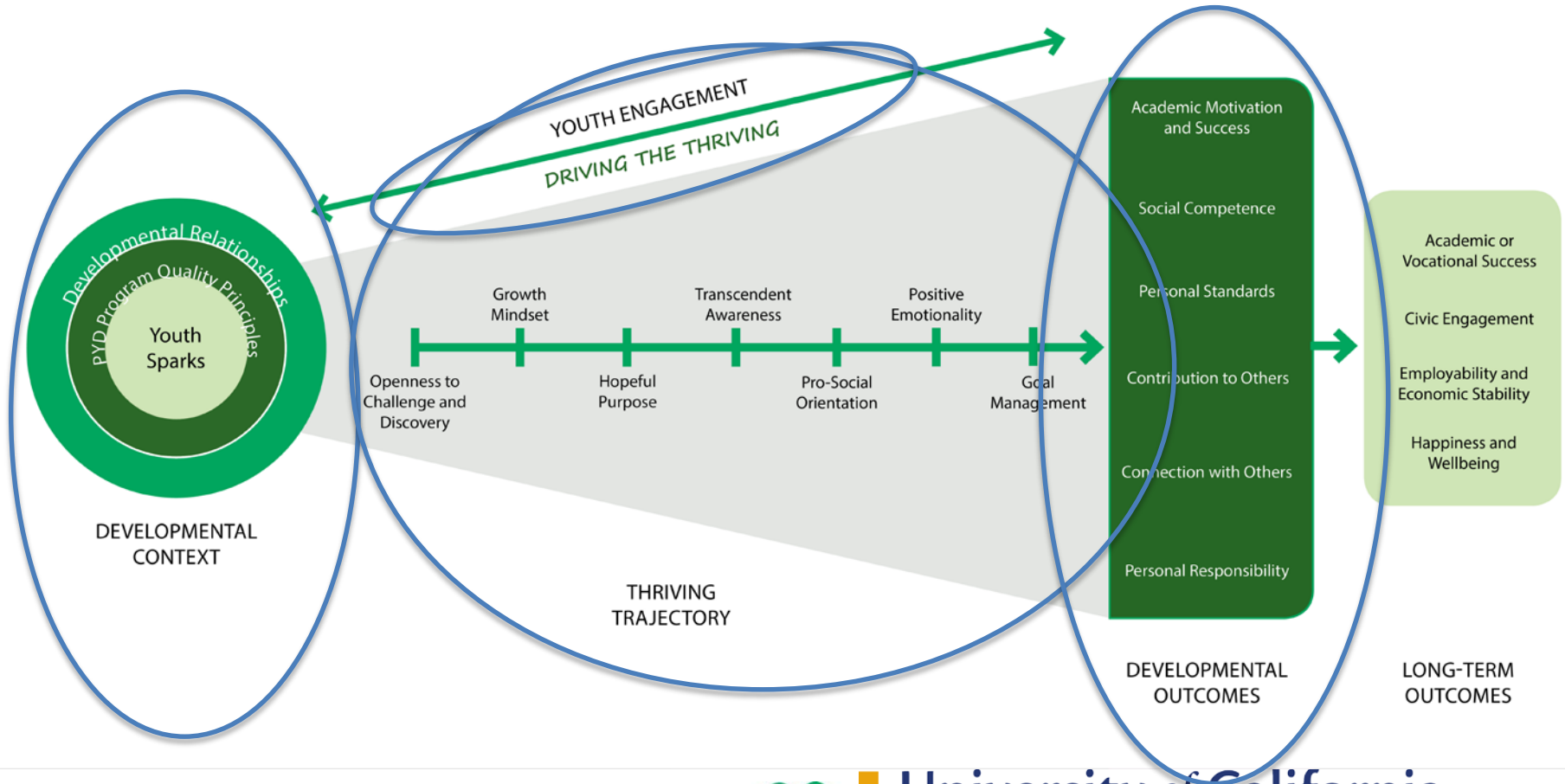


UCCE Imperial County 4-H Sustainability Camp



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4-H Thriving Model



Youth Engagement

Meaningful Youth Engagement can be defined as involving youth in responsible, challenging action that meets genuine needs, with the opportunity for planning and/or decision-making affecting others...

National Commission on Resources for Youth, 1974



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Meaningful Youth Engagement

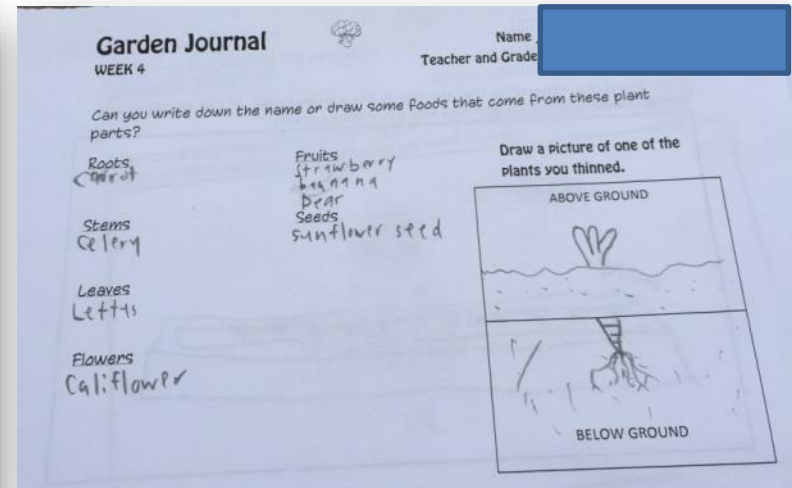
Means:

- ① Young people have opportunities to participate in decision-making
- ② Young people have opportunities to develop and practice leadership
- ③ Young people experience a sense of belonging
- ④ Young people and adults are working together, with both groups sharing equally in the decision-making



Healthy Living Ambassador Program

- Teens as Teachers + Garden Labs + Nutrition Education Programming



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Emerging Results

Elementary school children reported increased preference for vegetables, gardening, and science after participation in the HLA program.

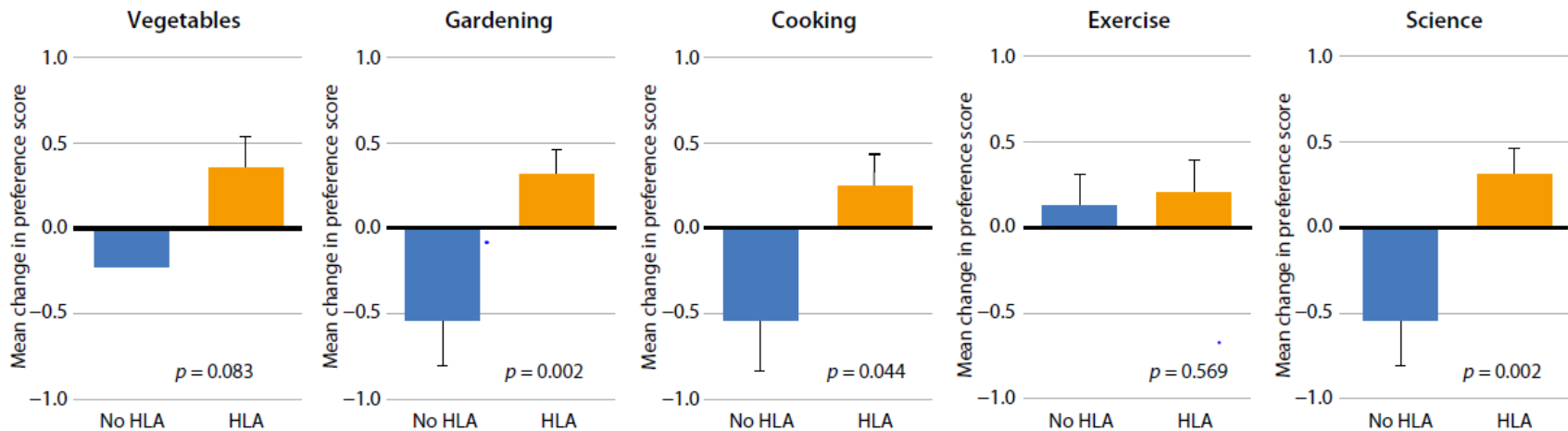


FIG. 1. Increases in elementary school children's preferences toward gardening ($p = 0.002$), cooking ($p = 0.044$), and science ($p = 0.002$) were significantly higher after the HLA program ($n = 71$) compared to controls ($n = 22$). The scale used was based on 0 = sad face and 5 = happy face. A Mann-Whitney test (two-tailed) was performed for these comparisons. Data represents mean and SEM.

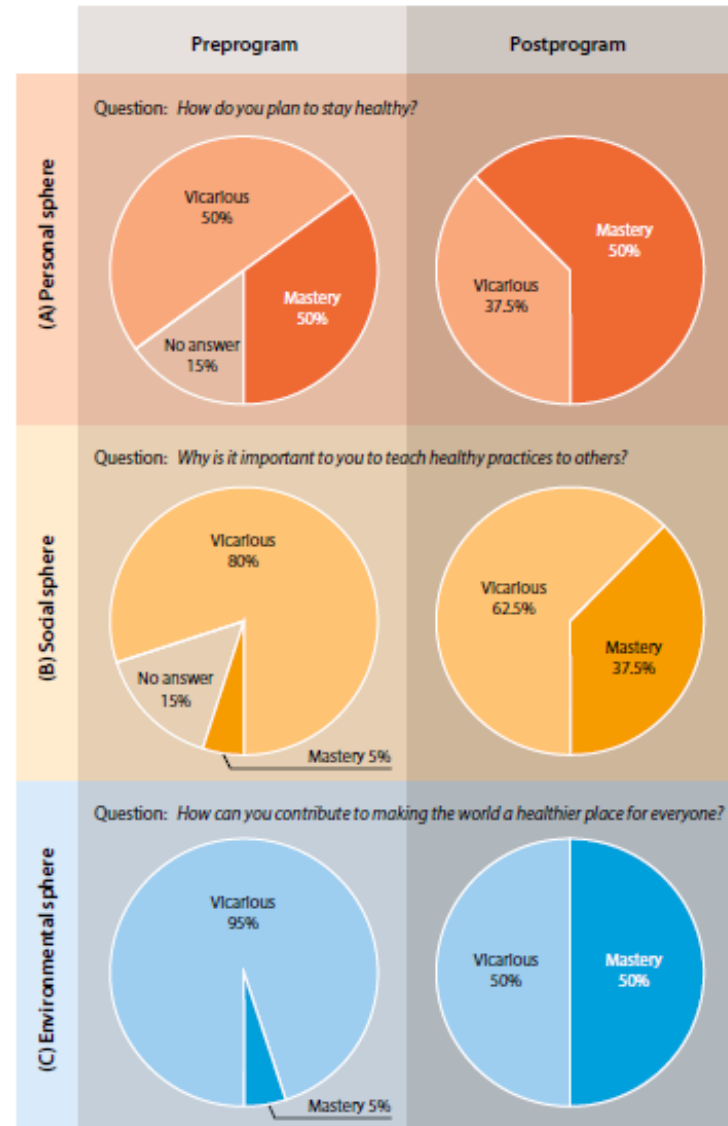


Emerging Results

- Teens reported more mastery experiences after participating in the program, thereby increasing self-efficacy.

“...before, I wasn’t that much of ... a green person ... but I actually have changed my diet. I rarely eat ... bad food now, and I’m always having salads for lunch ...”

Bolshakova, Gieng, & Sidhu (2018)



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Thank you!



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We are the UC Master Gardener Program

Advice to Grow By...Ask Us!

Missy Gable
Statewide Director



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Mission Statement

“To extend research based knowledge and information on home horticulture, pest management, and sustainable landscape practices to the residents of California and be guided by our core values and strategic initiatives.”



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Program Statistics

2017-2018

- Average **65** volunteer hours per individual
- **2.2 million** face to face contacts!
- An astounding **4,084** projects statewide, **144,268** events and **1,000+** garden locations



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Program Statistics

2017-2018

- **6,116** active UC Master Gardener volunteers
- Programs in more than **50** counties
- Donated more than **398,266** outreach hours!



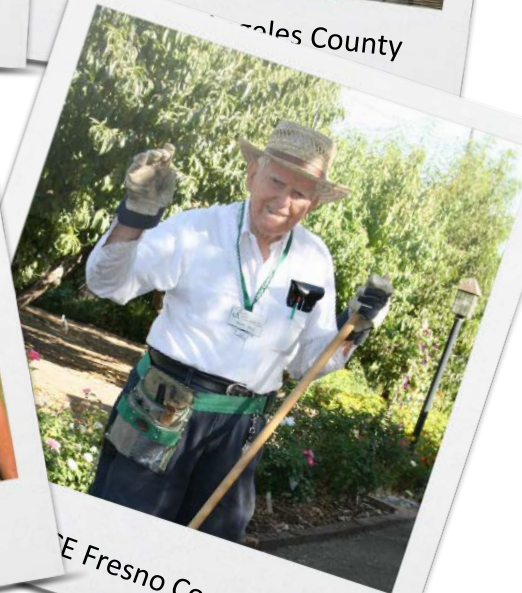
UCCE San Joaquin County



Colusa County



UCCE Orange County



UCCE Fresno County



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Program Highlight Video



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Program Impacts



Food Gardening

Knowledge/skills in food production; Knowledge/skills in harvest and short-term storage of produce

Food is grown more successfully

Human nutrition is improved



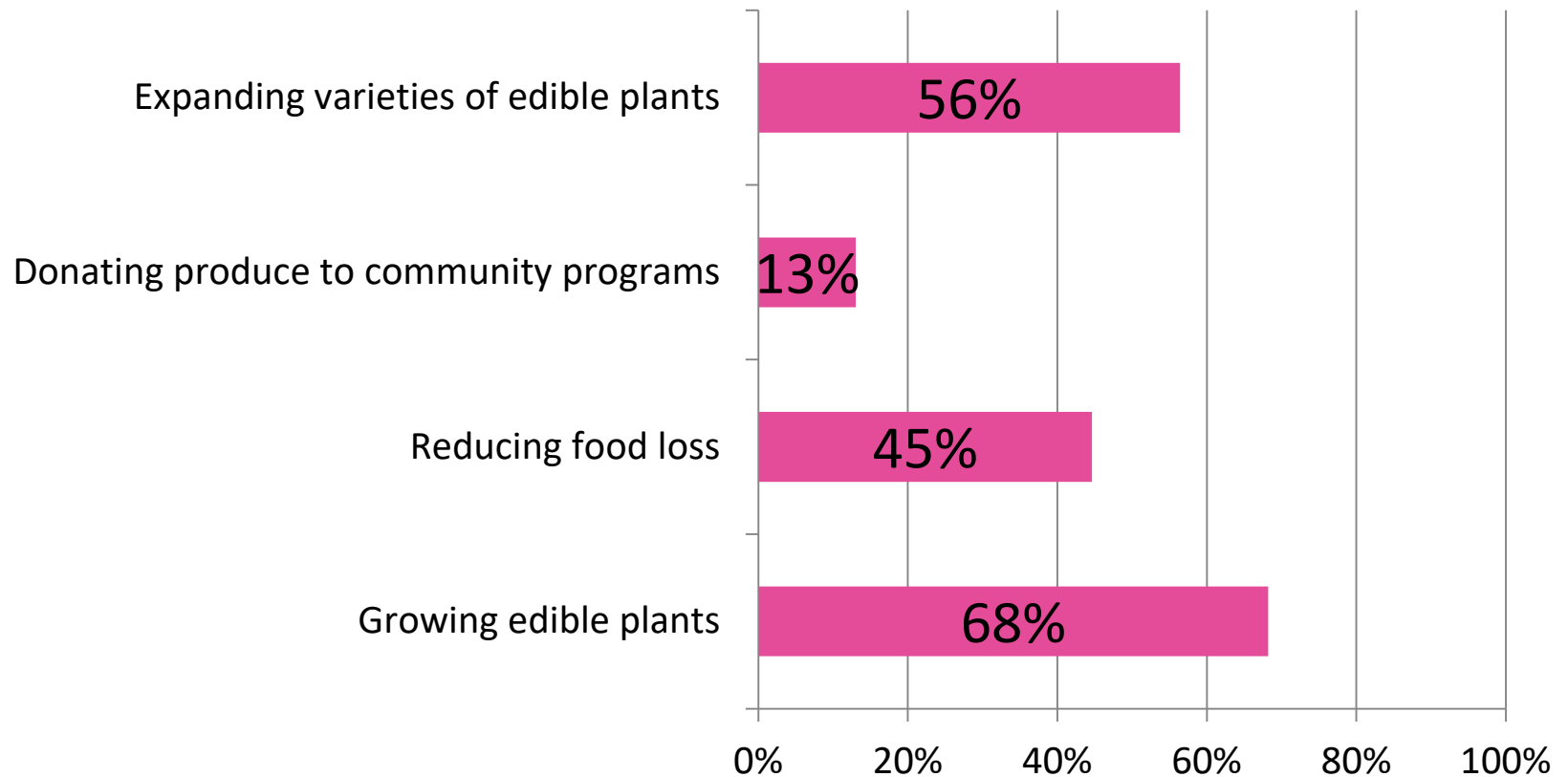
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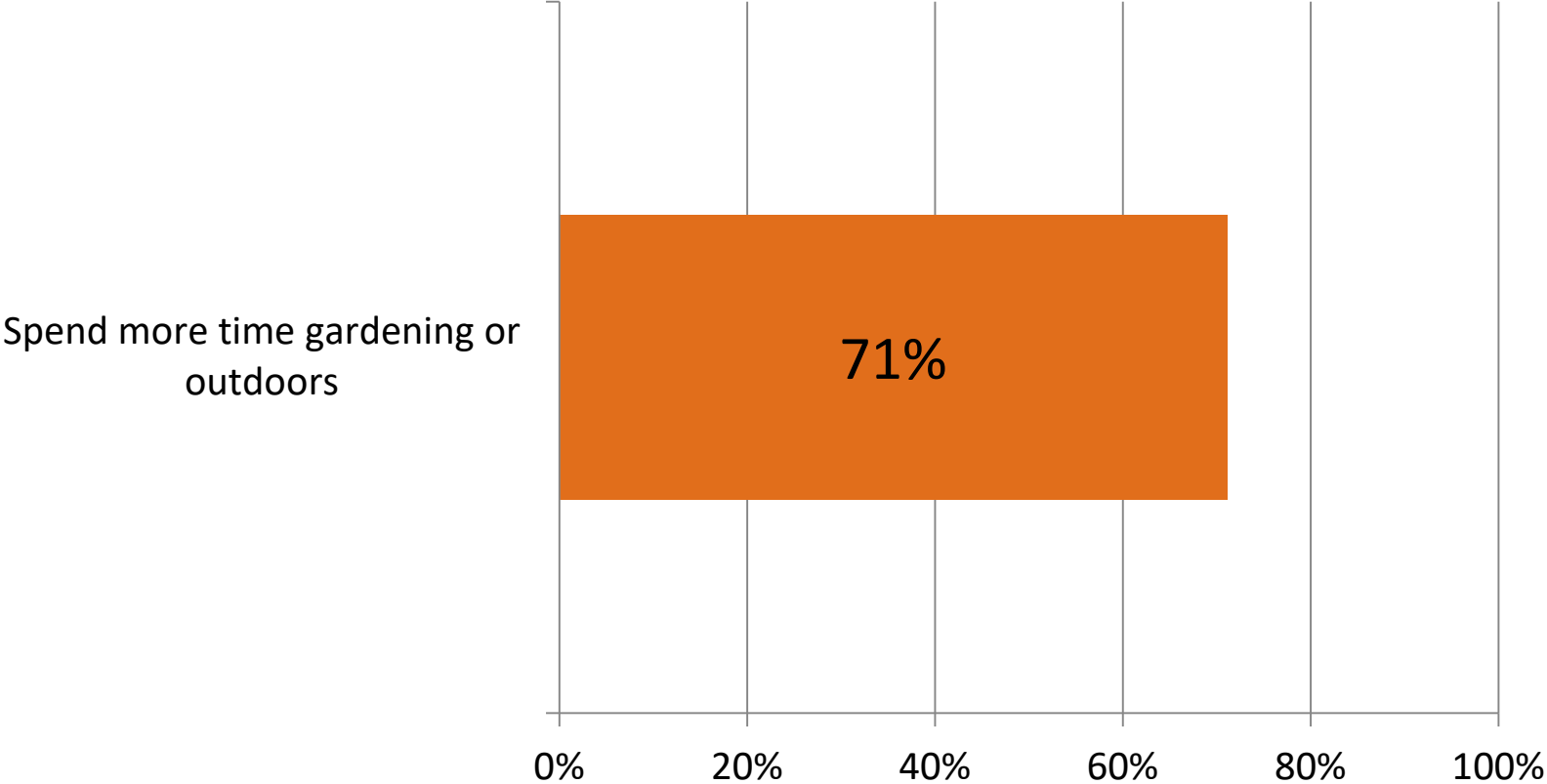
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Food Gardening

(% respondents that started/improved practices)



Spending More Time Gardening (% respondents that started/improved practices)



Project Examples: Rancho Cielo in Monterey

- Audience is young adults 18-24, 85% of whom have been incarcerated
- UC Master Gardener volunteers created a learning opportunity while renovating 47 fallow raised beds to become the “Learning Garden”
- Volunteers provide ongoing on-site training to participants in the culinary academy & Silver Star Program
- Participants receive practical knowledge in garden-related projects, and organic garden maintenance



Project Examples:

Fresno-Merced UC CalFresh collaboration

- Collaboration between UC Master Gardener volunteers and UC CalFresh educator
- Volunteers advise on sustainable gardening practices, fill in knowledge and skill gaps, & provide information to address immediate garden needs
- Volunteers teach on-site classes and workshops in the garden
- UC CalFresh clientele are more excited about making lifestyle changes



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Project Examples:

Sonoma Produce Safety Research

- Question: Are produce and eggs exposed to fire, ash and fire retardants safe to consume?
- October 2017 citizen science effort by UC Master Gardener volunteers to collect produce and egg samples from contaminated areas
- Engaged UC Davis and UC Berkeley researchers to analyze samples



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Thank you!



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