



UC Master Food Preserver Program Coordinator Meeting

Building Healthy Programs

September 12, 2019

“Preserve Today, Relish Tomorrow”



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

■ UC Master Food Preserver Program

Welcome!

2019 UC Master Food Preservers
Coordinator Meeting
September 12, 2019



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

■ UC Master Food Preserver Program

Agenda at a glance

- Introductions
- Dr. Glenda Humiston, Vice President, UC ANR
- State Office Updates
- Fundraising Workshop
- Lunch and networking
- Program Integration Workshop
- Volunteer Engagement Workshop
- Lightening Talks
- Adjourn



UC Master Food Preserver Program

State Office Updates

Katie Panarella

Director



UNIVERSITY OF CALIFORNIA
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■ UC Master Food Preserver Program

Presentation Outline

- Program Successes
- State Office Projects
 - Marketing
 - Training tools
 - UC MFP Strategic Plan
 - Volunteer Engagement Training
 - Program Administration
- UC ANR Strategic Plan
- 2019-2020 Priorities



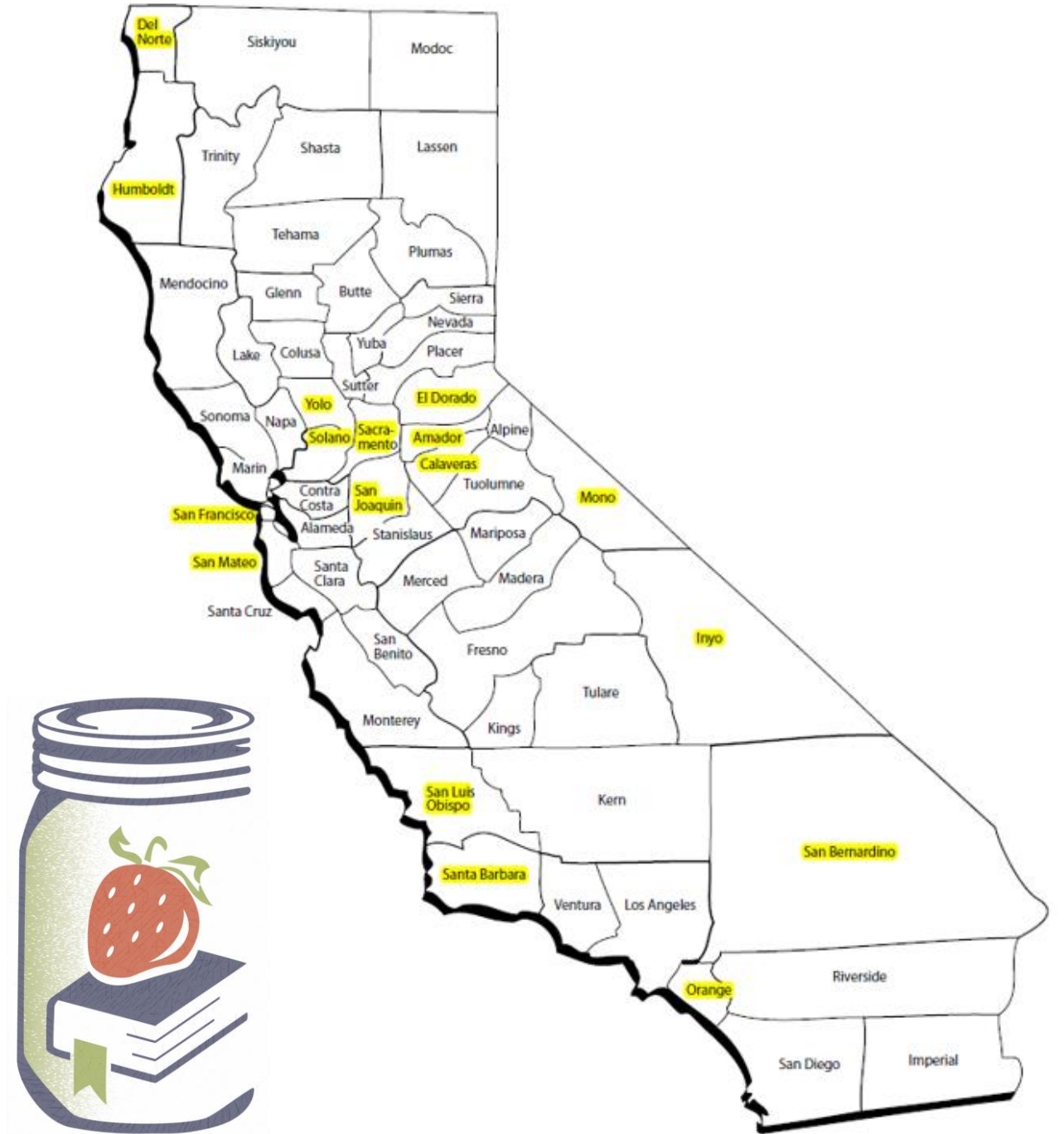
Mission

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



Where are the MFPs?

- Amador/Calaveras
- El Dorado
- Humboldt/ Del Norte
- Inyo/Mono
- Orange County
- Sacramento
- San Bernardino/ Riverside
- San Francisco/San Mateo
- San Joaquin
- San Luis Obispo/Santa Barbara
- Solano/Yolo
- *Sonoma: in progress*



Projects and Priorities – *SUCCESS!*

- ✓ Resource Development
- ✓ Training
- ✓ Marketing
- ✓ Program Administration



Statewide Resources

- Program identity
- Statewide website
- UC MFP logo
- Safety Manual
- Logos with County Identity
- Style Guide
- Training Manual
- Admin Handbook, SP Goal 9
- Advisory Committee
- Aprons
- Lanyards
- Pop up Banners
- Tagline
- Program Brochure
- Coordinator CT group
- Coordinator website
- Recognition Pins
- Name badges and badge bars
- Academic Training in Food Safety
- Coordinator and Volunteer Conference
- Repository Special Library
- VMS 3.1 Launched
- Patches



Safety Manual



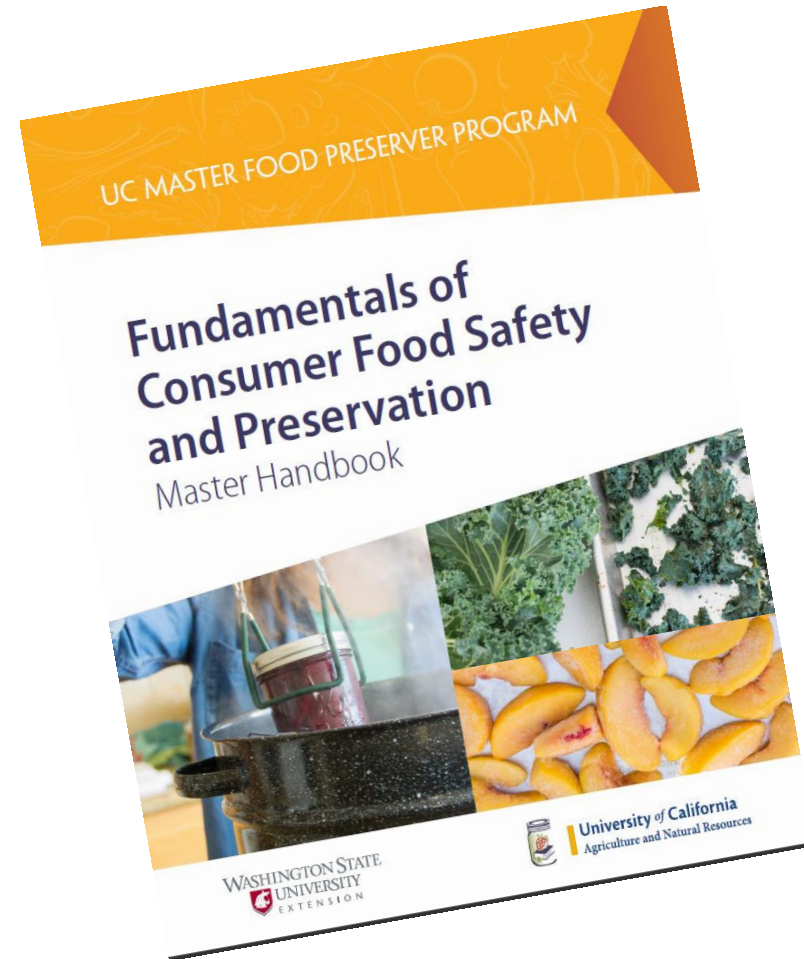
UC Master Food Preserver [Safety Notes](#) are one-page summaries of information to help you stay healthy and safe while working on home food preservation. The [UC Master Food Preserver Safety Manual](#) provides guidance for volunteers on best practices to reduce the risk of injury or illness during UC Master Food Preserver-sponsored activities.

- Safety Manual
- Safety Notes
- Food Safety Brochure



Washington State Manual

- Addendum
- Training manual adapted for CA
- Order through ANR Pubs!



Style Guide

- MFP Quick Style and Reference Guide
- MFP branding guidelines



Coordinator Tools

- Website
 - Resources just for Coordinators all in one place!
- Collaborative Tools Group



University of California, Division of Agriculture and Natural Resources

UC Master Food Preserver Coordinators

Home Contact Us Calendar Admin Financial Marketing News Publications Training

Preserve today, relish tomorrow.

Dear Program Coordinators, Advisors and County Directors,

Welcome to the new MFP Coordinator website and the UC Master Food Preserver Program! This is an exciting time for the UC Master Food Preserver Program. Currently, we are in 17 counties with 447 volunteers dedicating over 19,008 hours last year. Volunteer engagement by our coordinators is essential to the success of the volunteers and our program.

I had the pleasure of meeting many of you for the first time at our UC MFP Conference in June and hearing and learning more about the trainings, collaborations and so much of the great work being done locally. There is tremendous energy with UC MFP and it reverberated throughout the 3-day conference. We have come a long way over the last few years; building and strengthening the foundation of the UC Master Food Preserver Program. We can't do it without your commitment and dedication to this work and we are excited for what's to come.

This website will provide you the tools you need to coordinate your UC MFP Program, volunteers and support the mission to provide research-based home food preservation information to the public. You will find a list of Program Coordinators for you to network and connect, a calendar of events, reappointment guidance and links to necessary forms and waivers. In addition, you will find the Safety Manual, Conflict Resolution Guide, Administrative Handbook and training materials.

Thank you to everyone for your commitment to extending the best in research-based home food preservation techniques. I look forward to what our vision for the future holds.

Best,



Katie Panarella,
Director, UC Master Food Preserver Program



Volunteer Recognition

- Pins: 100, 250, 500, 750 hours
 - Includes MFP custom backing
 - \$2 each



Name Badges and Badge Bars

- Name badges
 - Bulk ordered
 - Delivered to all Programs

UCCE Master Food Preserver



Sacramento County
2001

**Rebecca
Willoughby-Anderson**

University of California
Agriculture and Natural Resources

UCCE Master Food Preserver



Sacramento County
2001

**Rebecca
Willoughby-Anderson**

University of California
Agriculture and Natural Resources

UCCE Master Food Preserver

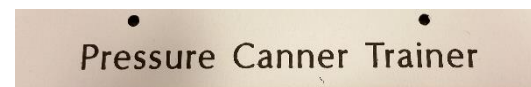
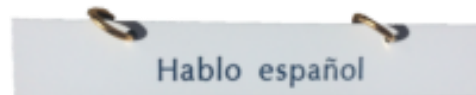


Sacramento County
2001

**Rebecca
Willoughby-Anderson**

University of California
Agriculture and Natural Resources

- Badge bars



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UC Master Food Preserver Program

Academic Training in Food Safety

Home Canning Foods History and Research



Milestones to Safe Home Canning

1824
1850's

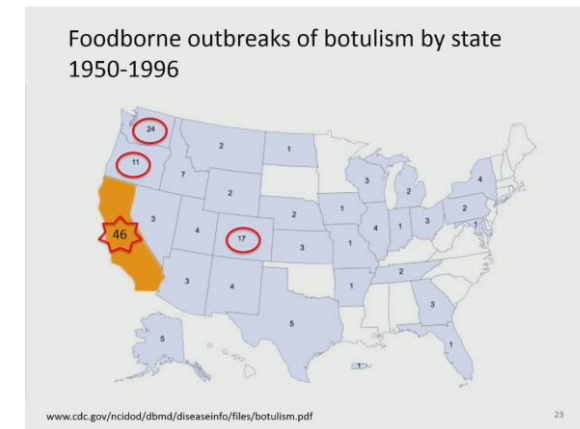
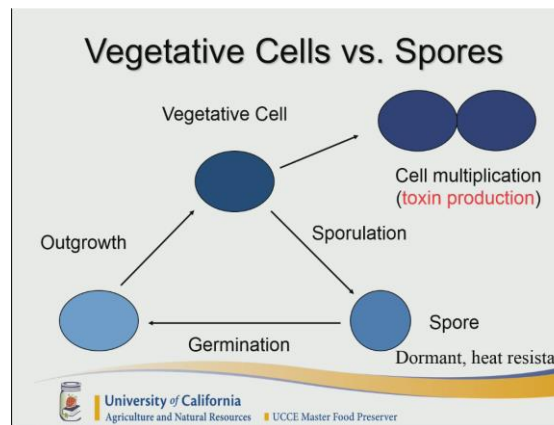
Apert (1749-1841), a French chef from Napoleon's time, developed the method for preserving food by sealing it in a jar.

WWI 1914-1918
1926
WWII 1939-1945
1946*

1970's

Commercial canners established: meat, seafood, condensed milk.

Present



Statewide Conference & Volunteer Management Institute

- 2017
 - June 1
 - Day 1: Volunteer Management Institute/Sharing and Comparing event (Coordinators, volunteer leaders)
 - June 2
 - Day 2: Statewide Conference
 - June 3
 - Day 3: Optional Hands-on Day
- Biennial Coordinator and Volunteer Conferences/Trainings



Aprons and Lanyards

- Aprons
 - Bulk ordered
 - Delivered to All Programs
 - Admin → Supplies
 - \$14 each
- Lanyards
 - Bulk ordered
 - Admin → Supplies
 - \$30 for 10



MFP Tagline

Sought tagline suggestions and conducted a statewide vote!

Winner was...

Preserve Today, Relish Tomorrow.

Submitted by Jon Passki from the UC Master Food Preserver Program of San Mateo/San Francisco!



Marketing Materials

- Pop up banners
- 6' banners
- Program brochure

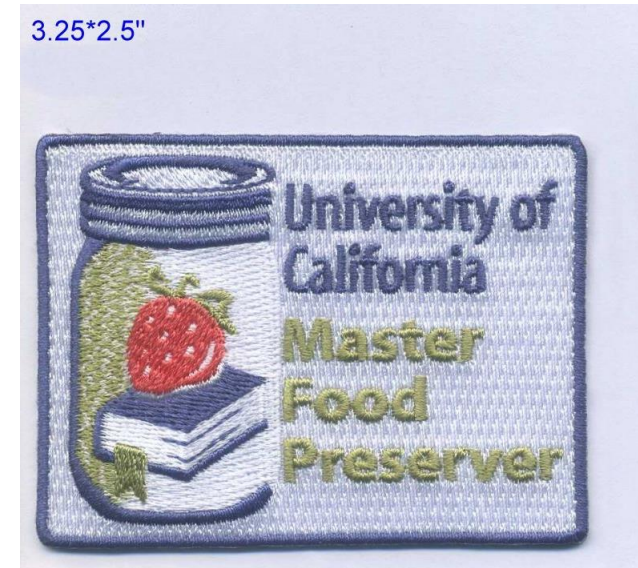


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■ UC Master Food Preserver Program

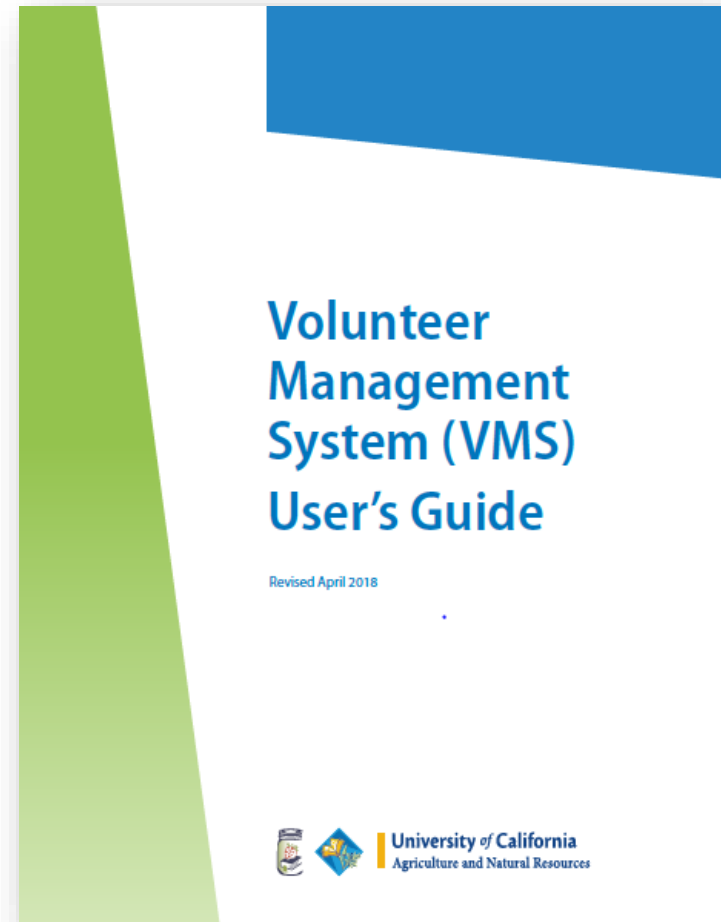
Patches

- \$20 for 10
- Will be posted on Coordinator website



VMS 3.1 Launched!

- One sheet highlighting new features
- Updated VMS Coordinator Webpage
- Power Point templates with script
 - Users
 - Administration level
- Updated VMS Public Webpage
- Users Guide
 - Users
 - Administration level
- How-To Videos for Common Tasks
- VMS 3.1 Feedback Survey



Youth, Families and Communities (YFC) Statewide Program

Nutrition, Family and Consumer Sciences (NFCS)

- **UC Master Food Preserver (MFP) -*effective July 1, 2018**
- Expanded Food and Nutrition Education Program (EFNEP)
- UC CalFresh Nutrition Education Program (UC Davis)



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

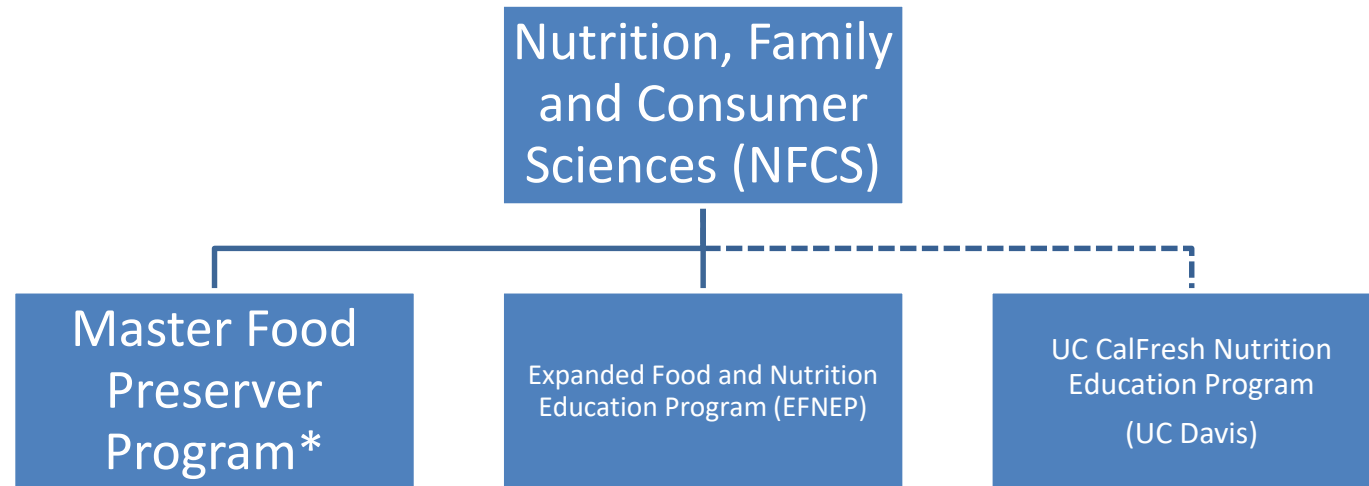
- Project Learning Tree (PLT)



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UC Master Food Preserver Program

Nutrition, Family and Consumer Sciences Program



***Effective July 1, 2018**



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



UCCE Nutrition Education Programs

The Expanded Food & Nutrition Education Program (EFNEP)

- Est'd in 1969
- \$3.6 million
- Funding through USDA NIFA only to land grants, Smith-Lever 3(d)
- 48.2 FTE/ 59 staff
- 24 counties
- Peer educators
- Direct nutrition education
- Series-based
- Low-income adults with children living in the home and youth



UC CalFresh Nutrition Education Program

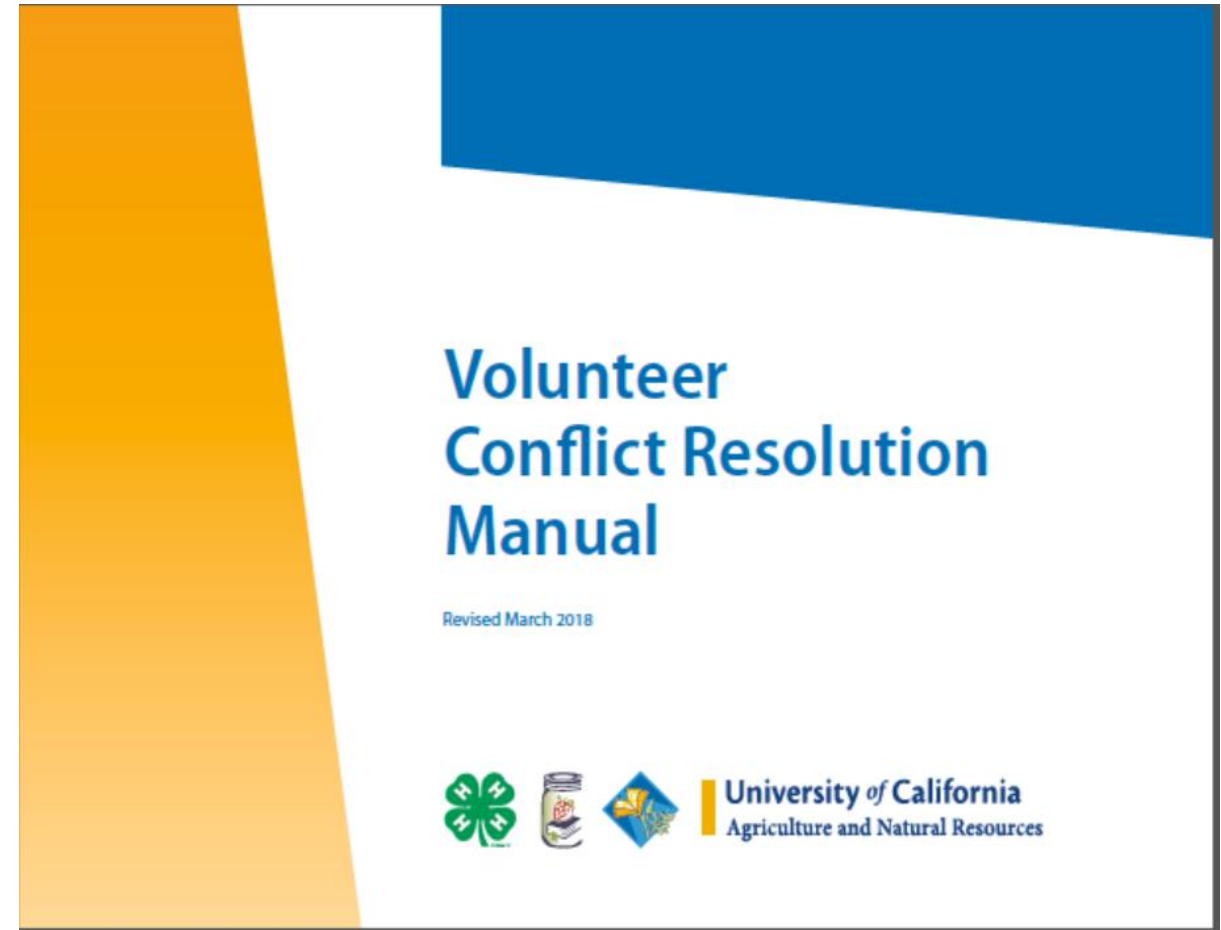


- \$10 million FY 17 plus \$3.7million for special projects from CDSS
- Funded through USDA FNS to CDSS to UC Davis to UCCE
- 86 staff
- 32 counties
- Direct nutrition education and policies, systems and environment changes (PSE)
- SNAP eligible audiences



Volunteer Management

- UC ANR Strategic Plan Goal 9: Improve Volunteer Management
- MG Volunteer Engagement Coordinator, Marisa Coyne! (*she's here today!*)
- Conflict Resolution Manual
- *Building Volunteer Engagement Training*



New Resources!

Collaboration with the design team of Integrated Pest Management (IPM) to create **quick tips cards** for how to keep insects out of the kitchen

- Insects covered include rats, cockroaches, house mouse, pantry pests, and ants
- Updated Earthquake Food Safety
- All Quick Tip Cards are translated to Spanish

Earthquake Food Safety


To keep food safe and to avoid food poisoning, know what foods to store before an earthquake and how to handle foods afterward.

PREPARE YOUR FOOD

Because gas and electric power systems may be damaged during an earthquake, it is important to have food on hand that does not need refrigeration. Experts recommend at least a three day supply of food and water. Store one or two manual can openers with the emergency food supply or buy canned items with a tab. Use single-serving sizes because leftovers not kept chilled can lead to food poisoning. Include:

- canned foods such as ready-to-eat canned meats, fruits and vegetables.
- smoked or dried meats such as jerky
- juices - canned, powdered or crystalized
- soups - canned or dried; bouillon cubes
- milk - canned, dried, or shelf-stable cartons
- high-energy foods - peanut butter, jelly, crackers, nuts, trail mix, cereal, granola bars
- water - store at least one gallon of water per person per day (3 gallons per person)
- paper goods, utensils, trash bags, hand sanitizer
- non-perishable pet food if applicable

Check dates on all items and replace as needed.



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Quick Tips

Pantry Pests



Adult Indian meal moth.

Pantry pests are insects such as certain moths or beetles that can attack almost any kind of stored food, from spices to cereal to chocolate.

Pantry pests usually enter your home in an infested package of food. You might not notice these small insects until you see moths flying around your kitchen or beetles crawling in your food. Get rid of these pests by removing infested food, tightly sealing stored dry food, and thoroughly cleaning the area.

Types of pantry pests and their damage

- The Indian meal moth is the most common moth found on food products in the home.
- Several species of beetles, including the warehouse beetle, the sawtoothed grain beetle, the red flour beetle, and the cigarette beetle, commonly attack a variety of foods.
- Infested food can be contaminated with insect hairs, droppings, webbing, and secretions.
- Food contaminated with warehouse beetle hairs can irritate your mouth, esophagus, and digestive tract.
- Pantry pests can introduce microbes that rot food, especially in warm, humid conditions.

Detecting pantry pests

- Adult moths or beetles are usually easier to spot than the larvae.
- Inspect all packages, especially those that have been opened.
- Webbing in tight places of a package or tiny holes in a food container are signs of a pantry pest infestation.
- Use a pheromone trap labeled for pantry pests to detect them.
- By the time you spot a pantry pest, it has usually spread to other food packages.

For more information about managing pests, visit ipm.ucanr.edu or your local University of California Cooperative Extension office.

Quick Tips

Plagas de la Alacena



Una palomilla india de la harina.

Las plagas de la alacena son insectos que se encuentran en la casa dentro de paquetes de alimentos infestados. Es posible que usted vea a estos pequeños insectos hasta que vea a las palomillas o a los escarabajos que se an por sus alimentos. Deshágase de estas plagas eliminando los alimentos infestados, sellando herméticamente los alimentos secos y limpiando muy bien el área.

Tipos de plagas de la alacena y su daño.

La palomilla india de la harina es la que se encuentra más comúnmente en los productos alimenticios en el hogar. Las especies de escarabajos, incluyendo el escarabajo almacén, el gorgojo granero, el gorgojo rojo de la harina y el escarabajo de trigo, atacan comúnmente una variedad de alimentos. Los alimentos infestados pueden estar contaminados con pelos de insectos, excrementos, telarañas y secreciones. Los alimentos contaminados por el pelo del escarabajo bodeguero pueden irritar la boca, esófago y tracto digestivo. Las plagas de la alacena pueden introducir microbios que pudren los alimentos, especialmente en condiciones cálidas y húmedas.

¿Cómo detectar a las plagas de la alacena.

Las palomillas o escarabajos adultos son generalmente más fáciles de detectar que sus larvas. Inspeccione todos los paquetes, especialmente los que ya se han abierto. Las telarañas en partes estrechas de los paquetes o pequeños agujeros en los mismos, son señales de infestación en la alacena. Para detectar plagas, use una trampa de feromonas etiquetada para plagas de la alacena. Cuando detecta una plaga en la alacena, generalmente, se ha extendido a otros paquetes de alimentos.

Para más información, visite ipm.ucanr.edu o visite su oficina local de Extensión Cooperativa de la Universidad de California.



Coming soon!

Customizable UCCE Quick Tip Style Card Template

• UCCE MFP Specific Bilingual Spanish Handouts in:

- Keep Your Food From Spoiling
- Freezing Basics
- Core Canning Techniques
- Colorful Pickles & More!
- Drying Food Indoors
- Dehydrating Basics

Evite que sus alimentos se echen a perder

Mantenga los alimentos almacenados en buen estado (seguros)

¿Le sobran alimentos? Haga rendir su presupuesto para alimentos y manténgalos en buen estado durante el tiempo posible.

Evite perder los alimentos

Los alimentos pueden perderse o deteriorarse por la actividad de microorganismos (bacterias y mohos) y/o a la actividad de las enzimas naturalmente presentes en los alimentos. En el hogar, la actividad de los microorganismos y la actividad de las enzimas pueden ser influenciadas por la humedad, temperatura, presencia de oxígeno y el tiempo.

KEEP YOUR FOOD FROM SPOILING

KEEP STORED FOODS SAFE

Got extra food or leftovers? Stretch your food dollars and keep the food safe to eat as long as possible.

Why Food Spoils

Foods spoil due to the growth of microorganisms (bacteria, yeasts, and molds) and/or the activity of enzymes naturally present in the food. The growth of microorganisms and the activity of enzymes are influenced by moisture, temperature, and presence of oxygen.

Food Safety

Foodborne pathogens grow most rapidly between 40°-140°F, sometimes doubling in number in as little as 20 minutes. This range is called the food safety Danger Zone.

To keep food out of the Danger Zone:

- Never leave food out of refrigeration over 2 hours. If the temperature is above 90°F, the limit is 1 hour.
- Keep hot food hot — at or above 140°F. Place cooked food in chafing dishes, pre-heated steam tables, warming trays, and/or slow cookers.
- Keep cold food cold — at or below 40°F. Place food in containers on ice.

When In Doubt, Throw It Out

- Most bacteria that cause foodborne illness are odorless, colorless, and tasteless.
- Never taste food that looks or smells strange to see if it can still be used.

Practical Food Storage Tips

Start storing it right as you buy it.

- Get what you can eat in a reasonable amount of time. (*Make a list and stick with it!*)
- Check expiration dates before purchasing food.
- Put cold/frozen foods in your cart last.
- Bring insulated bags or an ice chest to bring cold and frozen foods home, especially in the summer.
- Put food away as soon as you get home, starting with refrigerated and frozen foods.

Understand Packaged Food Dates

Manufacturers provide sell by/use by/expiration dates to help consumers decide when food is the best quality to eat; it does not indicate if food is unsafe to eat. With the exception of infant formula, properly stored pre-packaged food is safe to eat until there are signs of spoilage.

Sell by date: This date tells the store how long to display the product for sale. You can safely eat the food after the sell-by date.

Use by date: This is the recommended shelf life for best flavor or quality. You can safely eat the food after this date, the quality may not be as high as if it were fresher, but it's safe to eat. The only exception is infant formula or baby food—do not purchase or use after its "use by" date.

Consejos prácticos para almacenar alimentos

Guárdelos de manera correcta al comprarlos.

- Cumpla lo que puede comer en un tiempo razonable. (*Haga una lista y apéguese a ella!*)
- Bájelos las fechas de caducidad antes de comprar los alimentos.
- Ponga los alimentos fríos o congelados en su carrito al final.
- Lleve consigo una bolsa aislada o hielera para transportar los alimentos fríos o congelados a la casa, especialmente durante la época de verano.
- Guarde los alimentos tan pronto como llega a casa, empezando con los alimentos refrigerados o congelados.

Ponga atención en las fechas de los alimentos empaquetados

Los fabricantes ofrecen fechas límites para:

- refrigerador durante más de 2 horas. Si la temperatura sobrepasa los 90°F, el límite es de una hora.
- Mantenga calientes los alimentos que se sirven calientes — a más de 140°F. Caliente los alimentos cocidos en calentaplatos, mesas de vapor, charolas de calentamiento y/o en ollas de cocción lenta.
- Mantenga fríos los alimentos que sirven fríos — a o menos de 40°F. Coloque los alimentos en recipientes sobre hielo.

Cuando tenga dudas, tirelo a la basura

- La mayoría de las bacterias que causan las enfermedades por alimentos en mal estado no tienen olor, color o sabor.
- Nunca pruebe alimentos que tienen una apariencia u olor extraño para saber si todavía se pueden consumir.

UCCE Master Food Preserver Program | mfp.ucanr.edu



Waiver of Liability



Administrative Handbook



The [UC Master Food Preserver Program Administrative Handbook](#) for program staff and volunteers covers the policies and procedures that govern the UC Master Food Preserver Program, an educational and public service component of the University of California Division of Agriculture and Natural Resources (UC ANR).

* The UC Master Gardener Program Administrative Handbook will serve as the resource for all policies and procedures that govern the UC Master Food Preserver Program until the release of the official UC Master Food Preserver Administrative Handbook.

ANR Strategic Plan Goal 9: will be a combined ANR Administrative Handbook for Volunteers then will create UC MFP program-specific Policy Manual



UC MFP Logo w/ County Identity



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San Mateo and San Francisco Counties



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San Mateo and San Francisco Counties



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UC Master Food Preserver Program

Repository

- Need to find an alternative
- Special Library developed
 - UC Master Food Preservers
- Houses images for MFP Program use

	MFP Frozen peaches 3	2017
	MFP Frozen peaches 2	2017
	MFP Frozen peaches	2017
	MFP Canned Peaches	2017
	MFP Kale chips 2	2017
	MFP Kale chips	2017



By the numbers..

- 416 volunteers
- 21,186 hours
- 11 programs
- 17 counties
- 19,580 contacts



- *Volunteer effort valued at \$538,759 **

*2018 values: https://independentsector.org/resource/vovt_details/



Credit: Missy Gable
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Agriculture and Natural Resources

UC Master Food Preserver Program

Reappointment Update

County	2014	2015	2016	2017	2018	2019
Amador/Calaveras	25	18	23	26	24	15
El Dorado	76	66	68	66	44	39
Humboldt/Del Norte	40	43	37	28	39	50
Inyo/Mono	12	8	16	12	18	11
Orange	40	42	34	42	50	42
Sacramento	58	70	75	47	55	58
San Bernardino	46	45	43	40	43	41
San Joaquin	7	15	22	24	24	22
San Luis Obispo/Santa Barbara		13	22	19	23	25
San Mateo/San Francisco	17	17	23	29	30	18
Solano/Yolo				7	18	13
Total Volunteers	321	337	363	340	368	334

2014-2018 numbers are from a 10/28/2018 presentation slide; Solano/Yolo have been combined to mirror the current program configurations)

2019 as 9/10/19



2019-2020 Program Priorities

- ✓ Onboarding of New Staff
- ✓ 2019 Coordinators Meeting
- Brown Bag Webinars
- Quarterly Newsletter
- Social Media presence
- Strategic Plan Workplan
- Business Plan



UC MFP Statewide Office Staff



Katie Panarella
Director



Anna Otto
UC MFP Program
Coordinator



Erin DiCaprio
UCCE Specialist,
Community Food
Safety



Trisha Dinh
YFC Business Office
Manager



Linda Harris
UCCE Specialist, Food
Microbiology



UC MASTER FOOD PRESERVER STRATEGIC PLAN OVERVIEW



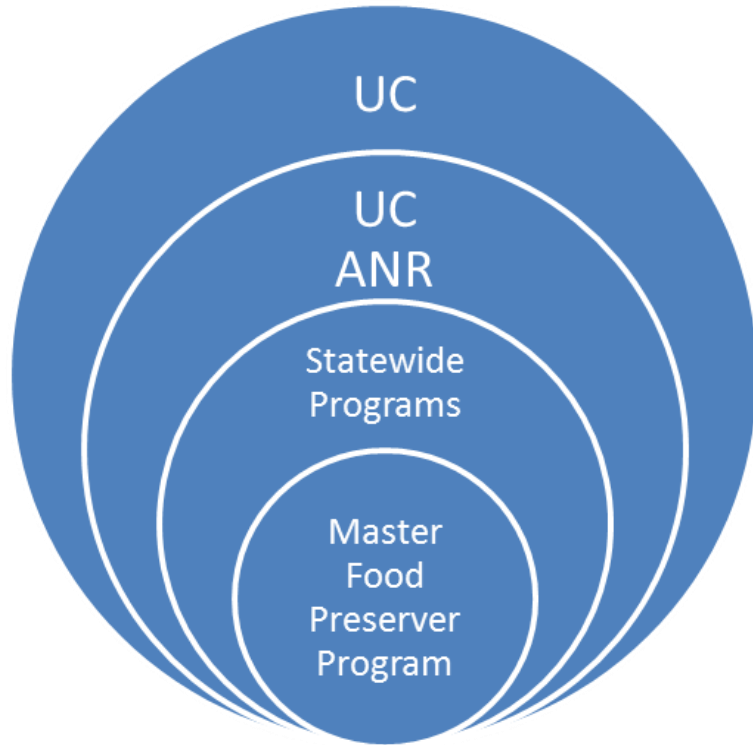
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■ UC Master Food Preserver Program

Strategic Planning Committee

COMMITTEE MEMBER	COMMITTEE MEMBER AFFILIATION
Katie Panarella	UC Master Food Preserver Program, Director
Wei-ting Chen	UCCE, Interim County Co-Director San Mateo and San Francisco, NFCS Advisor
Erin DiCaprio	UCCE, Assistant Specialist in Cooperative Extension
Cynthia Goldberg	Yolo Food Bank, volunteer
Kamaljeet Khaira	UC CalFresh, Director
Megan Marotta	UC ANR , Program Integration Coordinator
Karla McNeil-Rueda	Cru Chocolate, Owner/Founder
Sue Mosbacher	UCCE Master Food Preserver Program, Coordinator
Natalie Price	UCCE, Nutrition, Family, and Consumer Sciences Advisor
Zac Salinger	UC Master Food Preserver, Food Entrepreneurship Academic Coordinator I
Tom Schrader	UCCE Master Food Preserver, Volunteer
Katherine E. Soule	UCCE, County Director in San Luis Obispo & Santa Barbara Counties, Youth, Families, and Communities Advisor
Nilofar Gardezi	UC ANR Program Planning and Evaluation Analyst
Jennifer Caron-Sale	UC ANR Program Planning and Evaluation Analyst

Strategic Planning



- **Timeline**

- October 2018-January 2019: *Strategic Assessment Phase*
- February 2019: *Strategy Formulation Phase*
- September 2019: *Completion Date*
- *Final phases*



UC ANR Strategic Vision

Program Area

Food Literacy and
Healthy Lifestyles

Sustainable Food
Systems

Public Value

Safeguarding abundant and
healthy food for Californians

Promoting healthy people and
communities

Promoting economic
prosperity in California

Developing a qualified
workforce for California

Condition Changes

Improved food safety
Improved food security

Improved health for all
Improved community health and
wellness

Improved individual and household
financial stability

Increased civic engagement
Increased effective public leaders



Public Value Statements

What is public value?

The value of a program to those who do not directly benefit from the program.

Laura Kalambokidis
University of Minnesota
Extension

[UC ANR Public Value Statements and Condition Changes](#)



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UC Master Food Preserver Program

Strategic Plan: Key Areas

Program consistency throughout the state while identifying how/where to collaborate with other statewide programs (UC MG, EFNEP, CalFresh)



Identifying a sustainable financial/business model



How to evaluate program outcomes



Extension plan to reach low-income audiences



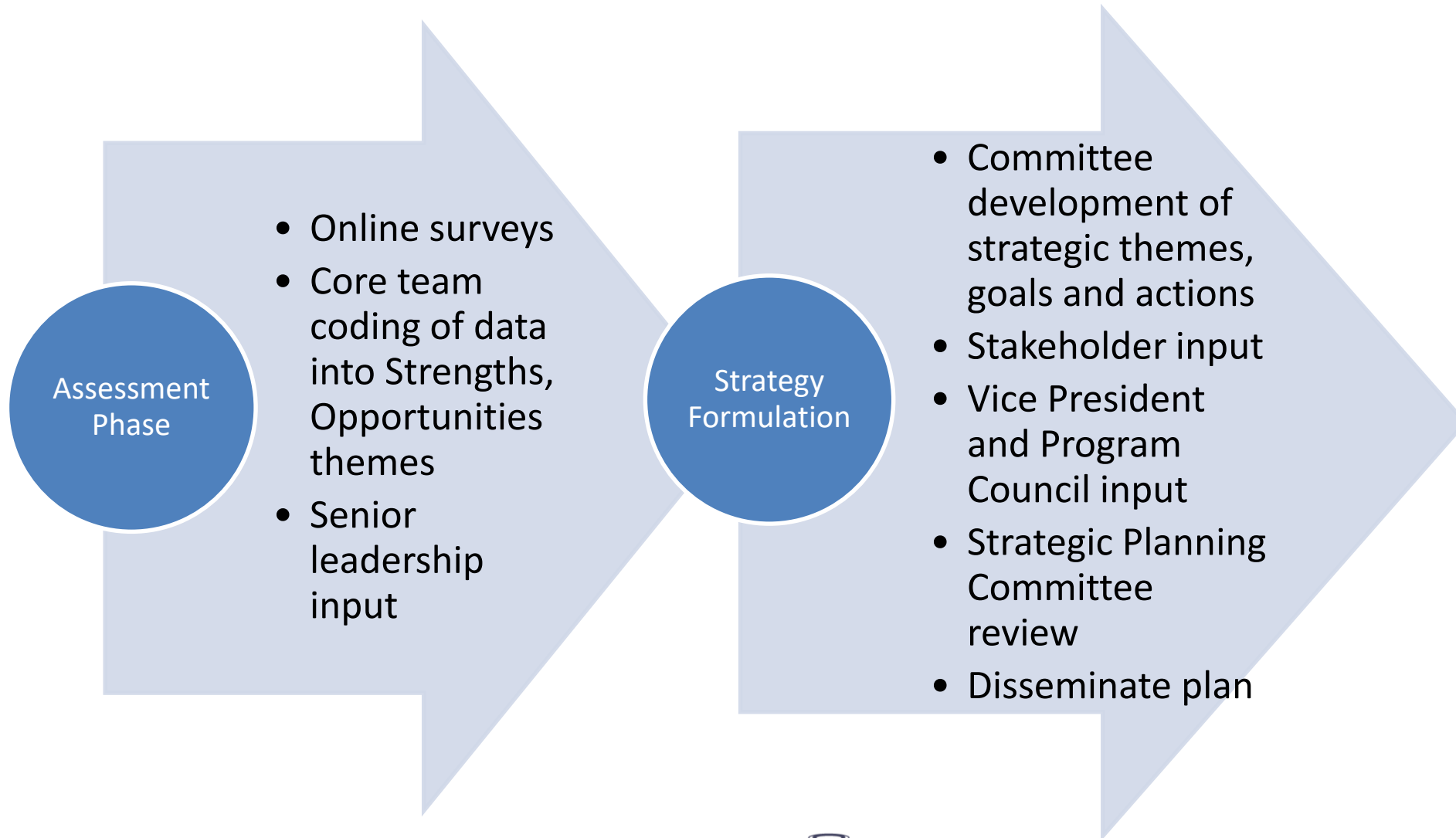
How to expand the Junior UC MFP program



How UC MFP fits with UC ANR Strategic Plan entrepreneurship goal



Process at a Glance



Expanding the Scope of UC Master Food Preserver

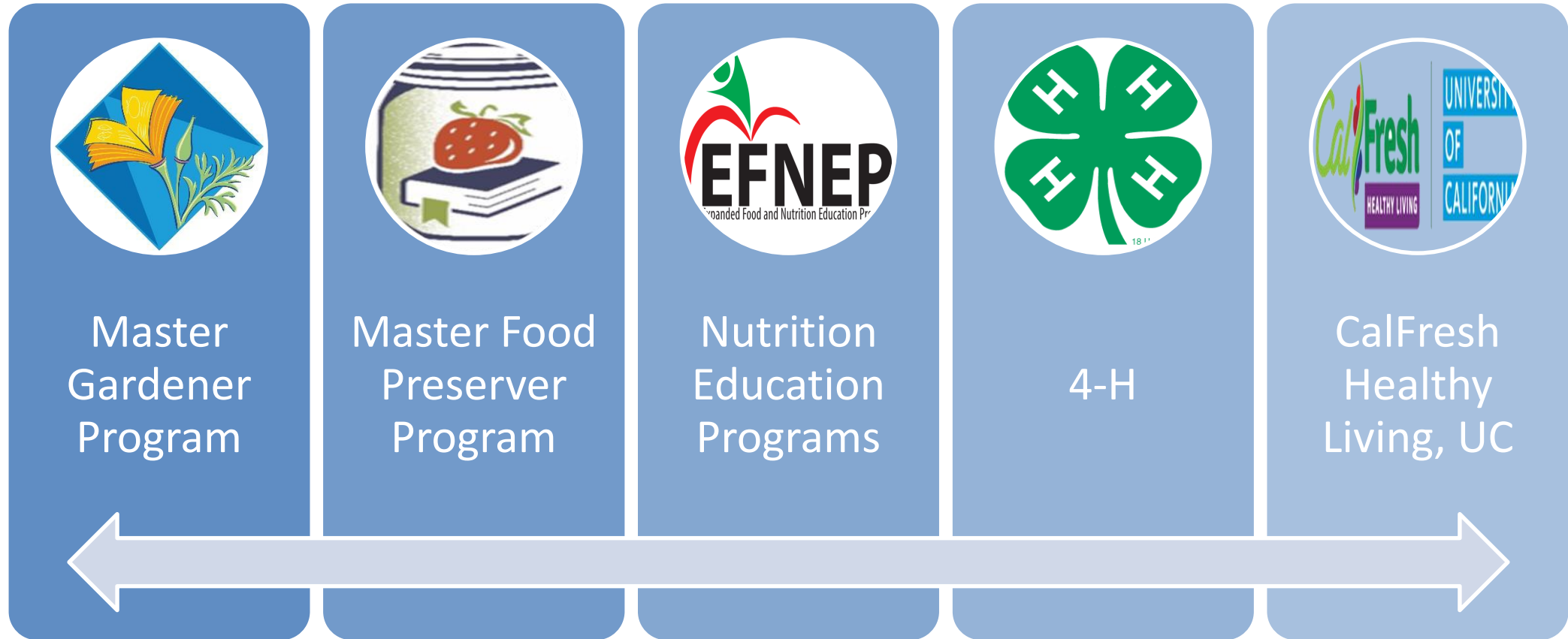
Increased
interest in
home food
preservation

Increased
funding for
organizations
reducing food
waste

Increased
environmental
need to
reduce food
waste



Partnership Potential within UC Cooperative Extension



Strategic Plan Development

- Participatory process with assessment and strategy formulation phases
- The plan includes
 - Strategic goals
 - Objectives
 - Key Actions
 - Implementation Responsibilities
 - Deliverables



Strategic Directions

SD 1: Be a widely recognized leader of food safety & food resource management research and program delivery

SD 2: Increase diversity, cultural relevancy, and inclusion to better serve all Californians

SD 3: Strengthen program administration

SD 4: Secure new fund sources to support the program



We need to hear from you!

Final phases of Strategic Planning:

- 1) Success Story/ Impact Statement
 - 2) New models of program delivery
- What are you interested in trying out?
 - What are you planning on?
 - What is working that is different?

We want to know! Stay tuned!



Thank you!

Any Questions?

Katie Panarella

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