

## Why Integrate?

If done well, integration of programs leads to mutual program benefits and greater impact. Read below for a list of practical elements needed to successfully integrate.

## What's Needed for Successful Integration?

### 1. Willing, Motivated Collaborators

- **Desire and Openness.** Be willing to work and learn together and be open to new ideas and experimenting.
- **Communication.** Commit to ongoing two-way communication to build trust, understanding of roles and collegiality.
- **Learn as you go.** Openly and collegially assess and learn together to improve.
- **Respect.** Respect each other's roles, knowledge and contributions.
- **Support.** Ensure you have both local (county) and state office support to proceed.

### 2. Mutual Need & Benefit

- **Shared Goals and Values.** Ensure goals and values align to bring complementary skills and knowledge together to better provide agreed solutions to help your target group.
- **Clarity of Benefit.** Articulate and ensure program benefits are clear and agreed.
- **Ease of Implementation.** Ensure the collaboration will make it easier to achieve goals with little or no extra work. Planning and implementation must mean "time well spent". Avoid duplication of effort.
- **Complementary knowledge.** Rely on each other's expertise and ensure respective program requirements are built into the roles and responsibilities of each staff.

### 3. Resources to Implement

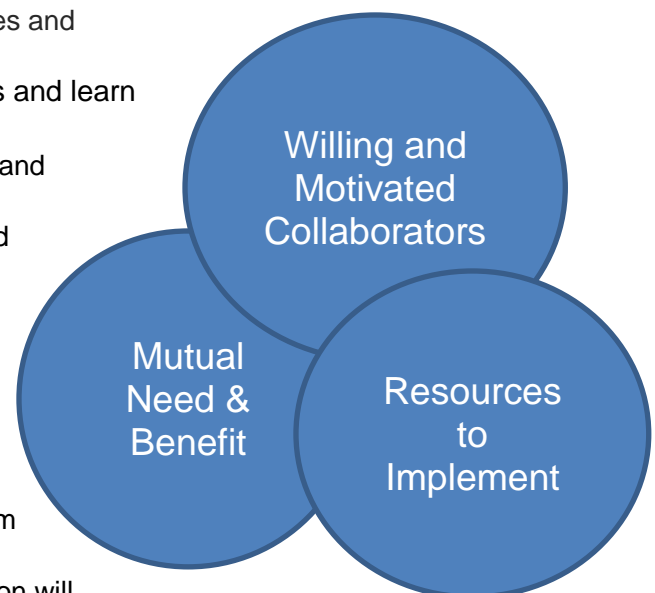
- **Clarity of Roles.** Identify and agree on staff roles – e.g., what will each offer in terms of skills, resources and audiences (e.g., UC CalFresh may have a community of educators and stakeholders active in early childhood centers and schools; UC MG has gardening expertise; UC 4-H has youth development expertise).
- **Clarity of Resource Contributions.** Identify what is needed and clearly articulate who contributes what in terms of time, money, staff, volunteers, etc.).

## Examples of Successful Integration

Successful examples of UC ANR program integration include 1) the Cooking Academy (Appendix 1) and the UC Master Gardener Demonstration Garden (Appendix 2). Note that a longer list of successful collaborations is being developed.



Complementary expertise yields greater results – e.g., UC Master Gardener + UC CalFresh – for a richer learning experience.



## Appendix 1. Example of Integration Success: “The Cooking Academy”

From the UC CalFresh, UC 4-H Youth Development Program as implemented in Sutter-Yuba (Shyra Murrey & Tracy Bishop) and based on the Yolo example (Marcel Horowitz and team).

### Basics of the program

- UC 4-H teens are taught to deliver the Cooking Academy Curriculum.
- UC 4-H teens teach school-aged students about healthy cooking.
- UC CalFresh oversees school activities and nutrition education.



### Partner benefits

- **UC CalFresh** benefits as UC 4-H teens expand the reach of the Cooking Academy, align with the youth engagement initiative, and enhance UC CalFresh comprehensive program delivery in schools and communities.
- **UC 4-H** has access to “new” youth audiences and valuable learning and teaching opportunities for their members (through UC CalFresh).
- **Schools** have valuable knowledge and skills taught as part of their afterschool programs.
- **Teachers** access evidenced based curriculum taught by collaborators.
- **Students** learn basic cooking skills and nutrition education.



### General Roles and Responsibilities (you may need to adapt based on local circumstances)\*

\***Note** - *Cooking Academy* was designed as a companion guide to the *4-H Cooking 101* curriculum series and approved for use in both UC CalFresh and UC 4-H.

### UC CalFresh provides

- access to schools through their strong, trusted relationships with schools and school districts
- recruitment of teens through these school based partnerships
- financial resources to purchase the curriculum, supplies and materials for the cooking and nutrition sections of the lessons
- oversight and support to teens as they teach

### UC 4-H provides

- enrollment of teens so they are covered under University sickness and accident coverage.
- recruitment of teens
- 4-H curriculum approved for use in UC CalFresh
- manage the teens who learn to teach the cooking academy



- modest resources (e.g., \$1,500) required for items that are not allowable with SNAP-Ed funds (e.g., teen incentives, snacks).
- partner to train staff and teens on youth engagement, ages and stages, experiential and inquiry-based learning. Training for staff on how to support, coach and mentor teens.

## **Schools provide**

- a safe environment
- access to children to be taught
- the facility

## **Specific information from the Sutter-Yuba Collaboration**

UC CalFresh/UC 4-H partner to lead the training for teens. Below is the agenda for the first teen training. UC 4-H has the youth development knowledge and UC CalFresh provide food safety and nutrition expertise.

- All curriculum is evidenced-based
- Here's a link to a Shutterfly book with pictures and outcomes:  
<http://share.shutterfly.com/action/welcome?sid=mAauXLJi1csmTIY>
- Here is a link to the UC Delivers highlighting the Cooking Academy in Sutter/Yuba Counties  
<http://ucanr.edu/delivers/?impact=1054>

## Cooking Academy



## Teens as Teachers Cooking Academy Training

**Date:** Tuesday, July 25, 2017

**Time:** 9:00 am – 2:00 p.m.

**Location:** 1010 Wheatland Rd, Wheatland, CA 95692

### Training Objectives:

- Prepare teen teachers to plan and implement Cooking 101 lessons
- Identify MyPlate and use it as a guide to make healthy food and beverage choices
- Identify and practice proper hygiene and safety in the kitchen

## Agenda

1. Welcome! Ice Breaker and Brief introductions	9:00 - 9:15 a.m.
2. 4-H Paperwork	9:15 - 9:25 a.m.
3. Food Safety Training and Cooking Equipment Identification	9:25 - 10:00 a.m.
4. How to prepare for your lesson: What to do before and after	10:00 – 10:30 a.m.
5. UC CalFresh forms – TTT, Photo consent, Chef Pre- and Post Test	10:30-10:45 a.m.
6. Let's Cook: Prepare, clean up, present! <b>Trail Mix</b> <b>Black Bean and Vegetable Quesadilla</b> <b>Crisp Asian Tofu and Vegetable Stir Fry</b> <b>Delicious Berry French Toast</b> <b>Colorful Pinwheel Vegetable Wraps</b> <b>Creamy Stove Top Macaroni and Cheese</b> <b>Awesome Apple (Peach) pie cups</b>	11:00 a.m. - 1:00 p.m.
7. Transportation & Schedule	1:00-1:15 p.m.
8. Debrief, Questions	1:30-2:00 p.m.

## Appendix 2. Example of Integration Success: The Learning Garden Field Trip at the Yuba City Fairgrounds

From Sutter-Yuba: UC CalFresh and UC MG (implemented by Melissa Vang, Jan Kendel)

### Partner benefits

- **UC MG** reach Head Start students, teachers and parents - a more diverse and underserved audience with their learning garden
- **UC CalFresh** strengthens student learning beyond the UC CalFresh areas of nutrition and food expertise to include the basics of food gardening and connect student understanding of food to how it is grown
- **Schools** have a valuable educational field trip for their students
- **Teachers** access solid curriculum taught by collaborators
- **Students** learn basics of food production with some cooking and nutrition

General Roles and Responsibilities (you may adapt based on local circumstances)

The learning garden space is a partnership between the Sutter-Yuba fairgrounds and MG program. MG volunteers oversee the garden and utilize it as a teaching resource. The fairground provides the water and day-to-day physical maintenance.

### UC CalFresh provide

- access to schools through their strong trusted relationships with the schools
- the curriculum – a list of UC CalFresh approved curricula by focus and age group can be found through the UC CalFresh website
- resources for the post-field cooking and nutrition part of lessons

### UC MG provide

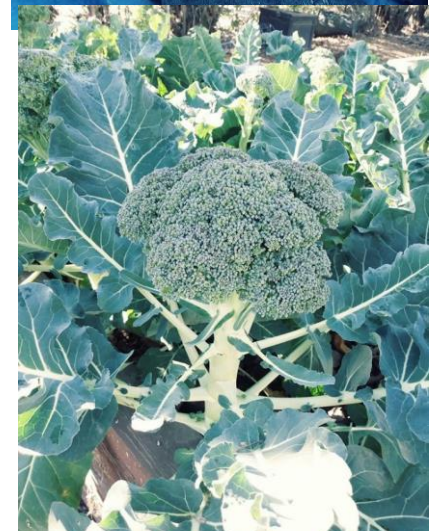
- the learning garden
- engaging hands-on stations and mini-presentations, such as vegetable tasting, herbs, pollinators, etc.

### Schools provide

- transport and supervision of the children during the activity

### Local Government health group provide

- Approval as work has to fit with the local integrated work plan



Participants harvest and eat food from the garden – under the supervision of UC MG for harvest and UC CalFresh for preparation.

## Specific information from the Sutter-Yuba Collaboration

- The Learning Garden field trip was a collaboration between UC CalFresh, UC MG and some assistance from the Local Health Department
- UC MG have a learning garden (that is suitable to teach children about vegetable and other gardening elements (e.g., herbs, insects, “smelly” plants...))
- UC MG volunteers came to an arrangement to utilize the garden space as a demonstration garden. The Sutter-Yuba fairgrounds provides the water and maintenance of the garden.
- UC CalFresh provided direct education (nutrition lessons) and tastings to enhance the garden lesson
- Lessons done with preschool-aged students
- Students rotate through stations to learn about (and harvest certain) vegetables and/or herbs
- UC CalFresh help students cook and understand nutrition basics about food seen and harvested.



**Participants harvest and eat food from the garden – under the supervision of UC MG for harvest and preparation (UC CalFresh).**

