

# Program Summary Narrative

## Introduction

On January 2<sup>nd</sup>, 2018, I started as Nutrition, Family and Consumer Sciences (NFCS) Advisor for the Central Sierra Multi-County Partnership (El Dorado, Amador, Calaveras, and Tuolumne counties) with my primary office in Calaveras County. My position includes administrative and academic oversight of the CalFresh Healthy Living-UC Program (CFHL-UC) in all four Central Sierra counties, and academic input for the Master Food Preserver (MFP) Program in El Dorado, Amador, and Calaveras counties. I supervise staff (11 FTE) spread throughout the five Central Sierra office locations.

This review period covers my first 21 months as NFCS Advisor. During this time, I began building a research and extension program that will improve community health and support local food systems. My work primarily aligns with the UC ANR Strategic Initiative of Healthy Families and Communities, but I also recognize that creating a sustainable, safe, and secure food system is essential to the health of Californians. My primary clientele includes the public health, medical and social service providers who support health and nutrition in the Central Sierra. Additionally, my clientele includes the low-income residents of the Central Sierra who are served by the CFHL-UC program and by my primary clientele.

In order to develop my NFCS program, I conducted a semi-formal assessment of health and nutrition needs in the Central Sierra. The major components of my needs assessment were: a review of U.S. Census data, local Community Health Needs Assessments, the California Breastfeeding Report Card, and other secondary data sources; regular attendance at multiple community health/nutrition collaborative groups in all four counties; and an open-ended survey of the staff of my CFHL-UC program.

Key findings from my assessment are included under my themes below as they contributed to the development of my projects. Overall, my needs assessment as well as my training and professional experience in public health have led me to focus my NFCS program on the following areas:

- Serving the health and nutrition needs of youth, pregnant and breastfeeding women, seniors, and low-income residents of the Central Sierra.
- Addressing a lack of county-specific data on health and nutrition issues in the less populated counties of Amador, Calaveras and Tuolumne.
- Addressing significant income and health disparities between Latino/Hispanic and non-Latino/Hispanic populations in the South Lake Tahoe area of El Dorado County.
- Strengthening the networks and communication channels that allow my program and other agencies to extend information on health and nutrition to each other and to the public.
- Finding new and effective ways to provide nutrition information and healthy living resources to adults, outside of traditional classroom settings.

While each Central Sierra county is unique, I have found that one of the biggest advantages of our multi-county partnership structure is that I am well-positioned to share and potentially replicate the good work from one county with partners in other counties. Having spent most of my life as a Central Sierra resident, meeting the needs of local clientele is important to me, and I hope to continue this work throughout my career. Being from this area also helped me to conduct my needs assessment and develop partnerships with my clientele, since I had an idea with whom I should have conversations and also had existing relationships with people and agencies in the southern part of the Central Sierra. The

major projects I began during this review period are described below, categorized by theme, and supporting documentation tables follow.

## **Theme #1: Safeguarding sufficient, safe, and healthy food for all Californians**

Everyone deserves sufficient food that will not make them sick, either in the short-term from acute illness or in the long term from chronic disease. Unfortunately, many of the healthiest foods are also the most expensive, meaning that low-income populations cannot always afford a diet that supports health. Vulnerable populations, such as young children, pregnant and breastfeeding women, and seniors, are more likely to suffer diseases caused by unsafe food handling or food insecurity. This is due partly to a lack of knowledge of safe food handling and strategies to manage limited resources, and partly to a lack of resources that makes accessing safe, healthy foods difficult or impossible.

Many residents of the Central Sierra are low-income (defined here as having a household income of less than 185% of the federal poverty level), putting them at risk for food insecurity (defined here as an inability to consistently access enough food of sufficient quality to maintain health). According to the 2018 California SNAP-Ed County Profiles, compiled annually by the California Department of Public Health, the percentage of the population estimated to be low-income or food insecure are as follows:

- El Dorado: 22% low-income, 12% food insecure overall, 17% of children food insecure
- Amador: 26% low-income, 13% food insecure overall, 20% of children food insecure
- Calaveras: 29% low-income, 13% food insecure overall, 20% of children food insecure
- Tuolumne: 31% low-income, 15% food insecure overall, 20% of children food insecure

My goal for this theme is to ensure Central Sierra residents, and particularly children, can realistically access and afford foods that are nutritious and will not make them sick. To accomplish this goal, I work to extend knowledge and conduct applied research to affect the following condition changes:

1. Improved food security
2. Improved food safety

Summaries of my major projects, results, and anticipated impacts under this theme follow.

### ***Capturing Participants' Experiences of the 2019 CalFresh Food Assistance Benefit Disruption to Inform Future Policy***

Given the unacceptably high rate of food insecurity among Central Sierra residents identified in my needs assessment, I joined a research project intended to address that issue by informing policy development related to the Supplemental Nutrition Assistance Program (a.k.a. SNAP, CalFresh or food stamps). In collaboration with the Nutrition Policy Institute (NPI) and two other NFCS Advisors, with funding from a UC ANR opportunity grant, we conducted a qualitative research project to assess the impact of the 2019 federal government shut down on SNAP recipients. Four focus group were held across the state on very short notice in order to capture in real time the ways in which the 2019 disruption in SNAP benefit distribution affected the diets, health, and wellbeing of California's lowest income and most vulnerable people.

I worked with the Amador Tuolumne Community Action Agency Food Bank in Tuolumne County to schedule and recruit participants for the focus group that represented rural Californians in this project. I

chose to focus this work in Tuolumne County because of the strong partnership I have with the food bank there, and because among the Central Sierra counties it has the highest rate of food insecurity. I helped develop the research protocol, co-facilitated the Tuolumne County focus group, summarized that group's key findings, and collaborated with the other investigators to help develop statewide results. Overall, the participants of the Tuolumne County focus group asked to be treated with respect and consideration given that even small changes in the timing of when CalFresh benefits are distributed may impact them significantly. They described:

- Confusion about the benefit disruption and the SNAP program.
- A lack of trust in governmental organizations.
- Increased SNAP benefits led to the perception of improved health and food security.
- The schedule disruption increased stress and perception of poor health.
- The schedule disruption upset a careful balance between food and other essential household expenses, especially gas.

The results of this study were shared locally by Advisors and with national food security partners by NPI. A major national emergency food assistance organization, Feeding America, expressed that it is using these results to inform its efforts to extend the length of SNAP benefit distribution in an upcoming federal Continuing Resolution, to hopefully prevent similar disruptions from happening again. If this legislative change occurs, it could improve millions of SNAP recipients' food security in the event of any future government shut downs.

#### ***Guidance for the Central Sierra Master Food Preserver Program***

I provide guidance as needed on issues related to nutrition, food security and food safety for the Central Sierra MFP Program. This guidance primarily takes the form of continuing education and academic input for the Program Coordinator and program volunteers in El Dorado, Amador and Calaveras counties.

I also provide evaluation support for a current California Department of Food and Agriculture (CDFA) Specialty Crop Block Grant to expand MFP workshops to areas that do not currently have an MFP program. I worked with the project PI to refine workshop survey tools, performed the data analysis on workshop survey results, and have provided four summary evaluation reports for ongoing grant tracking. Final results are pending, but we expect that this project will ultimately increase safe food preservation practices and specialty crop use among workshop attendees.

#### ***Amador Connecting Hands Coalition***

In 2018, I was asked by community partners to assume a leadership role for a group of community health and nutrition providers in Amador County. I now convene and lead regular meetings of the group, which is comprised of many of my primary clientele in Amador. Through this structure, I maintain regular contact with existing clientele, invite new potential clientele, and efficiently extend information to the entire group. Coalition members collectively identified a key need to create an updated resource guide that lists food security programs available to Amador County residents (e.g., SNAP/food stamps, food bank distributions, senior meals, etc.). A resource to serve this purpose does not currently exist in Amador, which is a small, rural county without the benefit of a 2-1-1 helpline or similar services. With information gathered from coalition partners, I drafted this resource on behalf of the coalition and plan to finalize it early in 2020. I expect that once available, this guide will help connect Amador's low-income residents (around 1/4 of the county's population) with services to help ensure their food security.

## **Theme #2: Promoting healthy people and communities**

Over the last century, as medical discoveries have found effective treatments or vaccines for many of the most dangerous communicable diseases, technology has made many Americans' lifestyles less physically demanding and highly processed foods have become inexpensive and widely available. These factors have led to a rise in rates of chronic, non-communicable diseases, which have quickly become the largest threat to the health of Americans. These diet and physical activity-related diseases, including type II diabetes, cardiovascular disease, and many types of cancer, are the most common causes of death and disease in America today. As a result of this epidemic, children born in the 21<sup>st</sup> century are part of the first generation ever predicted to have a shorter life span than their parents' generation.

In the Central Sierra, according to the California Health Interview Survey approximately 64% of adults in Amador, Calaveras and Tuolumne counties and 59% of adults in El Dorado County are overweight or obese. Almost 7% of people in the Central Sierra are estimated to have been diagnosed with heart disease. In El Dorado, around 7 % have been diagnosed with diabetes, and in Amador, Calaveras and Tuolumne counties, around 11% have been diagnosed with diabetes.

To address these diet and physical activity-related conditions, community-wide approaches are needed. In California, building connections across different parts of the food system is essential to achieving healthy communities and a thriving agricultural industry, on which the public's nutritional security depends. A food literate public knows the value of agricultural products, has a connection to where and how their food is produced, understands how diet affects health, and appreciates the natural resources and agricultural workforce needed to produce their food.

My goals for this theme are to increase food literacy and reduce the burden of chronic disease in the Central Sierra. To accomplish these goals, I work to extend knowledge and conduct applied research to affect the following condition changes:

1. Improved health for all
2. Improved community health and wellness
3. Improved access to positive built and natural environments

Summaries of my major projects, results, and anticipated impacts under this theme follow.

### ***CFHL-UC in the Central Sierra and related projects (UCCE Connects to You Pilot, Learn it! Grow it! Taste it! Pilot, Harvest of the Month)***

In federal fiscal year 2019, staff of the CFHL-UC program in the Central Sierra taught 275 series of nutrition education workshops and 99 single-session classes for a total of 1,506 instructional hours. The majority of this education took place at 34 low-income schools, reaching thousands of K-12 students in the Central Sierra. Under my guidance, the program has also expanded healthy living projects to create healthier places where people live, work, learn, eat and play. During federal fiscal year 2019, staff worked with 30 different sites to make 86 positive changes to their policies, systems, and physical environments, including starting or strengthening 13 school/community gardens. In addition to administration, my contributions to the CFHL-UC program have included designing and leading a school food waste assessment in three counties, creating annual Harvest of the Month calendars that are tailored to promote produce in season in the Central Sierra, helping to train school food service staff members on how they can improve student health, contributing to the development of food bank wellness policies, and leading staff to pilot two new curricula. The UCCE Connects to You! pilot assessed

a remote-learning nutrition education project which is comparing outcomes from three different delivery methods for a series of adult nutrition education classes: traditional in-person delivery, delivery primarily by phone, and delivery primarily by video chat. The Learn it! Grow it! Taste it! pilot assessed a potential new curriculum intended for use with developmentally disabled youth and adults.

I have also supported increased programming for seniors within the CFHL-UC program; seniors were identified as a priority group in my needs assessment, because they make up around 1/5 to 1/4 of Central Sierra residents and low-income seniors face particularly high risks of poor nutrition, chronic disease, and social isolation. In Calaveras County, CFHL-UC staff have developed innovative intergenerational programming that brings together youth and seniors at a community garden, and staff in El Dorado, Amador and Tuolumne counties have increased their programming at senior centers and other senior-specific sites.

Key CFHL-UC evaluation findings from federal fiscal year 2019 include:

- A plate waste assessment of 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.
- In Calaveras County, an assessment of healthy food tastings for students that typically featured produce grown in school gardens (n=876) found 89% of students were willing to try the featured food again and 88% were willing to ask for it at home.
- A pre-post survey of high school students who attended the Hunger Attack nutrition education series in El Dorado County (n=105) found statistically significant improvements in self-report of the following behaviors:
  - Increase in eating vegetables, not counting French fries (p = 0.011)
  - Increase in eating fruit, not counting fruit juice (p = 0.015)

These and other results indicate that the CFHL-UC program is contributing to increased consumption of fruits and vegetables, which research shows is one of the most important strategies for maintaining a healthy weight and preventing chronic diseases.

#### ***Youth Participatory Action Research Capacity Assessment, 4-H Student Nutrition Action Councils and other youth engagement work***

One of the biggest opportunities I have identified to strengthen existing Central Sierra CFHL-UC programming is program integration within UC ANR. The CFHL-UC program works extensively with youth, but does not always fully take advantage of the knowledge and resources on positive youth development available from partner UC 4-H programs and academics. To move more towards a model of engaging youth, rather than the traditional CFHL-UC model of serving youth, I have partnered with the Central Sierra 4-H Advisor to bring the Healthy Habits Ambassadors project to three Central Sierra counties, which provides a structure for teens-as-teachers delivery of CFHL-UC curriculum. I have also supported existing Youth Participatory Action Research (YPAR) projects in El Dorado County, and joined a research project with other NFCS/4-H Advisors to assess what staff capacities are needed within CFHL-UC to effectively facilitate YPAR projects. Recently, I also collaborated with UC 4-H partners and University of Nevada Cooperative Extension nutrition and 4-H programs to seek funding to launch 4-H Student Nutrition Action Councils (SNAC) in the South Lake Tahoe area of El Dorado County. Our project was successfully funded towards the end of this review period, and will support the development of 4-H SNAC programs based on the model developed by UCCE San Luis Obispo/Santa Barbara.

The South Lake Tahoe area was chosen for this project partly because my needs assessment identified it as an area experiencing significant income disparities. The service-based tourism economy in South Lake Tahoe has led to a large divide in incomes in the area, with many of the low-income, year-round population identifying as Latino/Hispanic. To address the need to serve this population, I have prioritized hiring bilingual Spanish-English staff in the area and plan to continue to partner with 4-H and possibly other grant-funded programs to bring additional resources to the area.

### ***Calaveras Food Literacy Project***

This CDFA-funded project aimed to improve the local agricultural economy and health of Calaveras County community members by increasing knowledge about and consumption of locally grown fruits and vegetables. I assumed the role of project PI and academic oversight of the grant shortly after starting as NFCS Advisor at the request of the previous PI. Project activities reached both children and adults, with garden-enhanced nutrition education, cooking lessons, and farm field trips throughout Calaveras providing education, and a school-based CSA box distribution program providing local produce access. The project evaluation was conducted by the UC ANR Sustainable Agriculture Research and Education Program. Key evaluation results are summarized below.

- After a semester of educational activities, a pre-post survey of 409 4th-6th graders found:
  - 55% increase in students who correctly identified when peaches are harvested in California (26% to 67%).
  - 19% increase in students eating 2+ fruits the previous day (56% to 75%)
  - 13% increase in students eating 2+ vegetables the previous day (42% to 55%)
  - 5% increase in students who reported they grew their own fruits or vegetables at home (57% to 62%)
- Of 207 adults surveyed after attending a Cooking Seasonally workshop, 99% said they intended to eat more fresh produce.
- New sales of local produce at schools and farmers markets totaled \$24,542.

### ***Community Breastfeeding Support***

In collaboration with local breastfeeding coalitions, I work to promote community support for breastfeeding. My needs assessment found that while rates of initial breastfeeding start out high, the majority of women who intend to exclusively breastfeed do not reach their goals. Effective support from medical providers is a crucial contributor to breastfeeding success, so I have chosen to focus on extending research-based information to medical providers who see breastfeeding women in the Central Sierra. In collaboration with local breastfeeding coalitions, we prepare packets of up-to-date research, best practices, and recommendations on special considerations for the care of breastfeeding women and infants, which we present annually to all Tuolumne County medical providers who see breastfeeding women. In 2019, I made significant contributions to the content of these packets, and I was responsible for extending this provider outreach into parts of neighboring Calaveras County for the first time in over a decade. Over time I expect this work will contribute to higher rates of exclusive breastfeeding in the Central Sierra. Research shows that breastfeeding lowers risks of acute illness and overweight/obesity among breastfed children, and lowers risks of type II diabetes, breast cancer and ovarian cancer among women who breastfeed.

### ***Media and Communication Channels***

Over the course of my needs assessment, many of my clientele from community agencies expressed a difficulty in communicating about the resources and services they provide with the public and with each

other. This need is particularly strong in the more rural counties that have few mass communication channels. To begin to address this need, I have started and contributed to multiple electronic communication channels, including social media accounts, newsletters, and an improved website.

### **Theme #3: Providing administrative leadership**

I am the local PI for the CFHL-UC grant sub-award in the Central Sierra. In this role, I have administrative responsibility for the 4-county program, including oversight of the project budget (\$778,377 in federal fiscal year 2019 and \$1,015,474 in federal fiscal year 2020); supervision of up to 13 full- and part-time staff (11 FTE, depending on vacancies); planning and coordinating local project evaluation; and ensuring the quality of research-based education delivered by staff. Administration of this program is an effective means of extending research-based nutrition education to a large audience in the Central Sierra, and I continuously work to align the activities of the CFHL-UC program with my NFCS goals. I ensure that our team is well-equipped to provide the best and most current nutrition information available, and that we comply with federal, state and organizational regulations in order to maintain continued program funding. Over my first 21 months as NFCS Advisor, my primary administrative achievements have been:

- Learning about the large and multi-faceted CFHL-UC program, both statewide and locally.
- Negotiating an annual CFHL-UC budget increase of 30% during a fiscal cycle where many other programs were asked to make cuts.
- Personally reviewing and approving all local CFHL-UC grant expenditures.
- Developing a new set of team procedures to bring local practices in line with the many requirements of the CFHL-UC grant and to standardize practices across the 5-office team.
- Serving as acting Program Supervisor for August-September 2019 and beyond due to this key position being vacant, and leading or serving on five staff hiring committees.

### **University & Public Service**

Since starting as NFCS Advisor, I have learned more about the unique traits of the many communities in the Central Sierra. I aim to serve these communities by actively participating in and/or serving on the board of: the El Dorado Healthy Eating Active Living Collaborative, the Tuolumne County Breastfeeding Coalition, the Tuolumne County Community Nutrition Action Partnership, the Amador/Calaveras Breastfeeding Coalition, the Calaveras Wellness Coalition, and the California Farm to School Network.

Towards the end of 2018 I was asked to serve as Co-Chair of the Food Literacy and Healthy Lifestyles Program Team, which has allowed me to learn more about UC ANR and how I might best serve the division. As Co-Chair, I have been involved in substantial hands-on planning for the annual in-person meeting, helped to plan and facilitate regular Zoom meetings, and pursued other work to connect members of the Program Team. I have also joined the EFNEP/CFHL-UC Joint Curriculum Committee, including providing formal curriculum reviews and helping to bring two research-tested curricula into use within the CFHL-UC program, provided input on the newly developed MFP strategic plan, and contributed to the ANR academic position call process. I have appreciated these opportunities to engage with colleagues statewide and serve the University's mission beyond my home counties.

## **Professional Competence**

Much of my effort to improve my professional competence during this review period focused on trainings required or recommended to accomplish my NFCS goals. These trainings included content related to the CFHL-UC program, the MFP program, University policies, staff supervision, research and evaluation design, and current research on healthy eating and infant nutrition. By participating in a range of learning opportunities, I gained a better understanding of the processes and systems within UC ANR, CFHL-UC, and UCCE Central Sierra. Many of these trainings also benefitted my work with community and University partners, increasing my capacity for productive facilitation and collaboration. I also demonstrated evidence of professional competency by:

- Providing two rounds of peer review for an ANR publication related to my professional qualification as an International Board Certified Lactation Consultant.
- Personally presenting four posters at national and state professional conferences, and collaborating on the development of seven other posters presented by staff or collaborators.
- Hosting a comprehensive 2-day site visit for CFHL-UC funding agencies at which I presented a detailed overview of the program across the four Central Sierra counties.

## **Affirmative Action**

Meeting affirmative action goals is a critical priority for my NFCS program. Many low-income and racial/ethnic minority populations face a lack of resources, and structural and historical barriers to equitable access to resources, which may negatively impact their health status. My program will maintain a focus on serving all populations equitably as long as disparities in health outcomes continue to be felt by low-income communities and communities of color in California. This goal aligns with the overall objectives of the CFHL-UC program, which are to increase measures of diet- and physical activity-related health among low-income Americans, and to reduce disparities in those health measures between people in different racial, ethnic, or income groups.

# Supporting Documentation

## A. Project Summary

Project Title	Role	Collaborators	Support Amount/Duration (if applicable)	Support Source
<b>Safeguarding sufficient, safe, and healthy food for all Californians (3)</b>				
Capturing Participants' Experiences of the 2019 CalFresh Food Assistance Benefit Disruption to Inform Future Policy	Co-Investigator	Natalie Price, Wendi Gosliner, Wei-ting Chen @ Stanford University	N/A – No funds distributed to me directly	UC ANR Opportunity Grant
Guidance for Central Sierra Master Food Preserver Program	Collaborator	Sue Mosbacher, JoLynn Miller, Katie Panarella	N/A – No funds distributed to me directly	UC ANR
Amador Connecting Hands Coalition	Coordinator	Amador Connecting Hands Coalition	N/A – No dedicated funding	N/A
<b>Promoting healthy people and communities (8)</b>				
Calaveras Food Literacy Project	Principal Investigator/ Supervisor (starting May 7, 2018)	Scott Oneto, Kevin Hesser @ Calaveras Unified School District	UCCE sub-award: \$45,198 12/1/16-3/31/19 Total project budget: \$272,487 12/1/16-3/31/19	CDFA Specialty Crop Block Grant
Community Breastfeeding Support	Collaborator	Tuolumne County Breastfeeding Coalition, Amador/Calaveras Breastfeeding Coalition	N/A – No dedicated funding	In-kind
UCCE Connects to You Pilot	Collaborator	Chutima Ganthavorn, Tammy McMurdo, Marissa Neelon	N/A – No dedicated funding	In-kind
CalFresh Healthy Living, UC in the	Principal Investigator/	Katie Panarella, Kamaljeet Khaira, CalFresh Healthy	UCCE Central Sierra annual sub-	UC Davis, CalFresh

Project Title	Role	Collaborators	Support Amount/Duration (if applicable)	Support Source
Central Sierra	Supervisor	Living, UC State Office	awards: \$778,377 10/1/18-9/30/19; \$1,015,474 10/1/19-9/30/20	Healthy Living (USDA grant)
4-H Student Nutrition Action Councils in South Lake Tahoe	Co-Investigator	JoLynn Miller, Anne Iaccopucci, Cristina Luquin, Aurora Buffington @ University of Nevada, Reno, Kelly Webber @ University of Nevada, Reno, Carrie Stark @ University of Nevada, Reno	UCCE Central Sierra sub-award: \$174,000 7/19-6/24 Total project budget: \$1,280,000 7/19-6/24	Children Families and Youth at Risk (NIFA grant)
Youth Participatory Action Research Capacity Assessment	Co-Investigator	UC Davis Center for Regional Change, Marissa Neelon, Charles Go, Yu Meng	N/A – No dedicated funding	In-kind
Learn it! Grow it! Taste it! Curriculum Pilot	Co-Investigator	Chelsey Slattery @ Yuba City Unified School District	N/A – No dedicated funding	In-kind
Harvest of the Month	Collaborator	CalFresh Healthy Living Program	N/A – No dedicated funding	In-kind

## B. Professional Competence and Professional Activity

### *Professional Development and Training*

Begin Date - End Date	Location	Name, Description and Occurrence of Activity
Jan 10, 2018 - Jan 11, 2018	Sacramento	2018 SNAP-Ed LIA Forum. I attended the statewide meeting for all SNAP-Ed agencies to learn about program direction and federal/state updates.
Jan 12, 2018	online	Safe Driver Awareness training. I completed this training required for UC ANR employees.

Begin Date - End Date	Location	Name, Description and Occurrence of Activity
Jan 18, 2018	online	UC Cyber Security Awareness trainings for UC ANR employees (3 trainings total). I completed these trainings required for UC employees.
Jan 18, 2018 – Sep 30, 2019	webinars on CFHL-UC programming	I attended 7 webinars to learn about grant program evaluation requirements and programming opportunities for CFHL-UC.
Jan 19, 2018	online	UC Sexual Violence and Sexual Harassment Prevention Training for Supervisors and Faculty. I completed this training required for UC employees in supervisory positions.
Jan 20, 2018	San Andreas Senior Center	Master Food Preserver Orientation. I attended this public overview meeting to learn more about the operation of the MFP Program in order to provide effective academic input.
Feb 20, 2018 (Ongoing)	Online	UC CalFresh Town Hall. I attend monthly statewide calls to learn about program updates and best practices.
Feb 22, 2018	Davis	Nutrition, Family and Consumer Sciences Program Orientation. I met with the statewide NFCS Director to learn about the goals and structure of the NFCS program.
Feb 22, 2018	UC Davis	UC CalFresh Program Orientation. I met with the Director and State Office staff of the UC CalFresh program to learn about the goals and structure of the program, as well as my role and responsibilities as a local Principal Investigator.
Feb 28, 2018 - Mar 1, 2018	UC Davis	Nutrition Updates Conference. I attended the conference convened by UC Davis Department of Nutrition to showcase current nutrition-related research from UC Davis and UC ANR academics.
Mar 3, 2018 - Jun 16, 2018	UC Davis and UCCE Amador County office	Master Food Preserver Training Program. I attended the majority of training workshops to prepare new volunteers in Calaveras and Amador Counties to become Master Food Preservers, in order to learn about the operation of the MFP Program and effectively provide academic input.
Mar 26, 2018	Online/Zoom	UC ANR Government and Community Relations. I attended this presentation to learn more about how to engage with elected officials as an ANR academic.
Apr 9, 2018 - Apr 12, 2018	Ontario, CA	UC ANR 2018 Statewide Conference. I participated in many training sessions and meetings to learn about Program Teams, Workgroups, Strategic Initiatives, and NFCS program-specific content.

Begin Date - End Date	Location	Name, Description and Occurrence of Activity
Apr 23, 2018	online	UC Compliance and Conflict of Interest for Researchers. I completed this training required for UC academics.
May 1, 2018	UCCE Placerville office	UC ANR Contracts and Grants Workshop. I attended this workshop to learn about the contracts and grants process, and the resources available from the Office of C&G.
May 7, 2018	Davis	Site Builder Training. I attended this training to learn how to develop UC ANR web pages.
May 9, 2018	Zoom	UCCE Connects to You training call. I participated in this call to learn the details and expectations of this pilot project.
May 31, 2018 - Jun 1, 2018	UC Davis	Qualitative Evaluation Workshop. I participated in this training to learn qualitative analysis software and best practices for needs assessments in an extension context.
Jun 5, 2018	CITI Program online	Collaborative Institutional Training Initiative (CITI) Program for Social and Behavioral Responsible Conduct of Research.
Jun 12, 2018 - Jun 13, 2018	Davis	Crucial Conversations. I participated in this training to develop effective skills for staff supervision and navigating professional relationships.
Jul 12, 2018 - Jul 13, 2018	Alameda, CA	Technology of Participation Facilitation Methods. I participated in this training to develop my facilitation and management skills.
Sep 27, 2018	Davis	UC ANR Grant Funding Workshop. I attended this workshop to learn effective strategies for writing grant proposals.
Oct 5, 2018	Stockton, CA	Training on Trauma-Informed Nutrition Education from Leah's Pantry
Oct 25, 2018	Davis	Attended Workshop on Practical Methods to Measuring Outcomes for UC ANR
Oct 26, 2018	Davis	Attended Workshop on Writing Strong Impact Statements for UC ANR
Nov 5, 2018 - Nov 7, 2018	Davis	Attended the Fall 2018 UC ANR Youth, Families and Communities Research Methods Development Institute
Jan 22, 2019 - Jan 24, 2019	Sacramento	2019 SNAP-Ed LIA Forum. I attended the statewide meeting for all SNAP-Ed agencies to learn about program direction and federal/state updates.

Begin Date - End Date	Location	Name, Description and Occurrence of Activity
Mar 18, 2019	Sonora, CA	Tuolumne County Bi-Annual Breastfeeding Conference. I helped plan and attended a local conference to earn continuing education towards my certification as a lactation consultant.
Apr 8, 2019 - Apr 10, 2019	Davis	Attended the Spring 2019 UC ANR Youth, Families and Communities Research Methods Development Institute
Apr 23, 2019 - Apr 25, 2019	Kearney, CA	Attended the 2019 UC ANR Programmatic Orientation for new academics
May 2, 2019 - May 3, 2019	Reno, NV	UNC/UC ANR Collaboration Development Meeting. Attended a meeting with University of Nevada and ANR academics and leadership designed to learn from each other and facilitate research/programmatic collaboration across the state line.
May 14, 2019 - May 15, 2019	Davis	Attended Aligning the Food System for Improved Nutrition in Animal Source Foods, a workshop hosted by the UC Davis World Food Center
May 30, 2019	Stockton, CA	Attended ANR California Communities Program Team Meeting
May 31, 2019	Stockton, CA	Attended Uprooting Racism in the Food System workshop
Jul 15, 2019 - Jul 18, 2019	Anaheim, CA	Attended the national 10th Biennial Childhood Obesity Conference
Sep 13, 2019	Sacramento	Participated in Advancing a value-added agrifoods system in Northern California, a workshop hosted by UC Davis specialists.

### ***Disciplinary Society or Professional Association***

Disciplinary Society/Prof. Assoc Name	Membership/Meetings Attended/Activities
American Public Health Association: Food and Nutrition Section Maternal and Child Health Section	Member since 2016
Society for Nutrition Education and Behavior: Public Health Nutrition Division Food and Nutrition Extension Education Division	Member since 2018
National Extension Association of Family and Consumer Sciences: California Chapter	Member since 2018

Disciplinary Society/Prof. Assoc Name	Membership/Meetings Attended/Activities
United States Lactation Consultant Association	Member since 2019
UC ANR Food Literacy and Healthy Lifestyles Program Team	Member since 2018: Attended regular meetings of the Program Team. Co-Chair since Nov., 2019: Made significant contributions to planning and facilitating regular virtual meetings and a 3-day in-person meeting.
UC ANR Aging Californians in Rural and Urban Settings Workgroup	Member since 2018 Collaborated on multiple funding proposals.
UC ANR Consumer Climate Change Literacy Workgroup	Member since 2019 Attended meetings and contributed to goal-setting for this new workgroup.

### ***Evidence of Professional Competency***

Begin Date - End Date	Location	Name, Description and Occurrence of Award, Recognition, Professional Presentation, Office or Activity
Jan 1, 2018 (Ongoing)	n/a	Certification as an International Board Certified Lactation Consultant (IBCLC). This clinical certification demonstrates my competence in the field of lactation support and infant nutrition.
Apr 9, 2018	Ontario, CA	Poster at the UC ANR Statewide Conference. Johnson, C., Skillman, W., Birtwhistle, G. "Ready to Change: An Integrated Approach to Nutrition Education and Food Access in a Behavioral Health Setting."
Jun 16, 2018	UCCE Amador office	Master Food Preserver Volunteer Assessment. I was asked to interview a new MFP trainee to assess programmatic/food safety knowledge and suitability to become an MFP volunteer.
Jun 18, 2018	Columbia, CA	Central Sierra UC CalFresh Staff Training on Research and Evaluation for SNAP-Ed. I created and delivered this presentation to ensure my staff understand the SNAP-Ed program structure and requirements at the federal, state and local levels.
Jul 10, 2018 - Sep 4, 2018	UCCE Calaveras office and Zoom	Staff Training for UCCE Connects to You Pilot Project. I held two trainings to ensure my staff understood IRB compliance and program requirements for a remote-learning nutrition education pilot project.

Begin Date - End Date	Location	Name, Description and Occurrence of Award, Recognition, Professional Presentation, Office or Activity
Jul 20, 2018	online via UC ANR	Peer Review for UC ANR Publication. Because of my expertise in the subject matter, I reviewed a manuscript under consideration for publication by UC ANR.
Jul 20, 2018 - Aug 14, 2018	various offices in Amador and Calaveras Counties	Amador/Calaveras CNAP Steering Committee. I was invited to serve on a steering committee examining the structure and goals of the bi-county Community Nutrition Action Partnership group. The committee held two meetings before our final conclusions were made.
Jul 30, 2018	South Lake Tahoe, CA	Central Sierra UC CalFresh Staff Training on Data Collection. I created and delivered this presentation to ensure my staff follow best practices and comply with IRB and programmatic requirements when collecting and reporting program evaluation data.
Nov 7, 2018	online via UC ANR	Peer Review for UC ANR Publication. Because of my expertise in the subject matter, I reviewed a manuscript under consideration for publication by UC ANR.
Jan 14, 2019 - Sep 30, 2019	online/Zoom	Learn it! Grown it! Taste it! development committee. Reviewed lessons and provided input on the development of a new nutrition education curriculum.
Jan 23, 2019 - Jan 24, 2019	Sacramento, CA	Poster at the California SNAP-Ed Local Implementing Agency Forum. Johnson, K., Hammack, K., Borges, L., Ochoa, H., Truelsen, D. "The Role of SNAP-Ed in a Community-Wide Initiative to Promote Seasonal Produce."
Jan 23, 2019 - Jan 24, 2019	Sacramento, CA	Poster at the California SNAP-Ed Local Implementing Agency Forum. Hammack, K., Ochoa, H., Johnson, K. "High School-Led Youth Field Trips."
Jan 23, 2019 - Jan 24, 2019	Sacramento, CA	Poster at the California SNAP-Ed Local Implementing Agency Forum. Capriotti, M., Padilla, C., Ochoa, H., Johnson, K., Xiong, N., Louie, B. "Partnerships Are the Key to Success for Georgetown Elementary YPAR."
Jan 23, 2019 - Jan 24, 2019	Sacramento, CA	Poster at the California SNAP-Ed Local Implementing Agency Forum. Luquin, C., Ramirez, G., Ochoa, H., Johnson, K. "Harvesting Wellness Policies in Schools."
Jan 23, 2019 - Jan 24, 2019	Sacramento, CA	Poster at the California SNAP-Ed Local Implementing Agency Forum. Lewis, A., Ochoa, H., Johnson, K., Fernandez Arana, S. "Amador County Partnerships."

Begin Date - End Date	Location	Name, Description and Occurrence of Award, Recognition, Professional Presentation, Office or Activity
Jan 23, 2019 - Jan 24, 2019	Sacramento, CA	Poster at the California SNAP-Ed Local Implementing Agency Forum. Skillman, W., Ochoa, H., Johnson, K., Hendersen, P., Ramos, E. "Joining Forces: Tuolumne County's LIAs Team Up for Extra Impact."
Feb 22, 2019	virtually	Reviewed abstract submissions for the National Extension Association of Family and Consumer Sciences 2019 conference
Apr 2, 2019 - Apr 3, 2019	Central Sierra	CFHL Site Visit. In collaboration with my staff, I organized a comprehensive 2-day site visit showcasing the Central Sierra CFHL program to funding agencies at which I presented a detailed overview of the program across the four Central Sierra counties.
Apr 24, 2019	Fresno, CA	UC ANR Programmatic Orientation Field Trip: Fresno Unified School District Nutrition Center-presented to academics in collaboration with CFHL, UCCE Fresno County and Fresno Unified School District Food and Nutrition Services and Katie Panarella, NFCS Statewide Program Director
Jul 16, 2019 - Jul 17, 2019	Anaheim, CA	Poster at the 10th Biennial Childhood Obesity Conference. Johnson, C., Hesser, K., Capps, S., Feenstra, G. "Growing Food Literacy in Calaveras County."
Jul 16, 2019 - Jul 17, 2019	Anaheim, CA	Poster at the 10th Biennial Childhood Obesity Conference. Ramirez, G., Luquin, C., Ochoa, H., Johnson, C. "Veg the Vote: Evaluation of a Cafeteria Produce Tasting Initiative."
Jul 16, 2019 - Jul 17, 2019	Anaheim, CA	Poster at the 10th Biennial Childhood Obesity Conference. Mknelly, B., Keihner, A., Thao, B., Slattery, C., Srivastava, D., Johnson, C., Chen, W. "The SNAP-Ed Evaluation Framework and CalFresh Healthy Living, UC's Obesity Prevention Strategies."
Jul 16, 2019 - Jul 17, 2019	Anaheim, CA	Poster at the 10th Biennial Childhood Obesity Conference. McMurdo, T., Nicoli, A., Thao, B., Klisch, Lewis, A., Johnson, C., Soule, K. "Fostering Partnerships to Prevent Childhood Obesity in School-Based Programs."

## C. University Service

Begin Date - End Date	Name, Description, and Occurrence of Activity	Org Level	Your Contribution and Leadership Role
Mar 14, 2018 - Sep 30, 2019	UC CalFresh/EFNEP Joint Curriculum Committee (FFY18)	Division-wide	I participate in quarterly meetings and review curricula as needed in order to: provide academic oversight for the curricula taught by UC ANR nutrition education programs; ensure the materials reflect up-to-date research; review and evaluate new and existing curricula; and discuss relevant concerns and needs of the nutrition education programs.
Apr 20, 2018 - May 4, 2018	Supported development of Stanislaus/Merced NFCS Advisor Position Description	Division-wide	I worked with the Food Literacy and Healthy Lifestyles Program Team leadership to provide input into the development of an NFCS Position Description, and to draft talking points to support the position.
Oct 12, 2018	Participated in NPI Focus Group	Division-wide	Participant. I participated in a focus group on CE work with the charitable food network
Oct 29, 2018 - Sep 30, 2019	UC CalFresh/EFNEP Joint Curriculum Committee (FFY19)	Division-wide	I participate in quarterly meetings and review curricula as needed in order to: provide academic oversight for the curricula taught by UC ANR nutrition education programs; ensure the materials reflect up-to-date research; review and evaluate new and existing curricula; and discuss relevant concerns and needs of the nutrition education programs.
Nov 13, 2018 (Ongoing)	Food Literacy and Healthy Lifestyles (former Healthy Lifestyles/ Healthy Behaviors) Program Team	Division-wide	Co-Chair: Collaborate with other Co-Chairs to plan and facilitate bi-monthly virtual meetings and an annual in-person meeting.
Feb 8, 2019	Presentation to Tuolumne County Supervisors	County	Co-Presenter. I presented information about UCCE NFCS programs to newly elected Tuolumne County Supervisors.

Begin Date - End Date	Name, Description, and Occurrence of Activity	Org Level	Your Contribution and Leadership Role
Feb 28, 2019	Advisor Applicant Tours.	Region	Participant/Tour Guide. Provided a tour of the area and answered questions for 3 candidates applying to the Central Sierra Livestock and Natural Resources Advisor position.
Jul 15, 2019	Input on MFP Strategic Plan	Division-wide	I provided written input on the draft version of the new strategic plan for the Master Food Preserver Program.
Aug 23, 2019	Participated in focus group on evaluation for Cooperative Extension professionals	Division-wide	Participant

## D. Public Service

Begin Date - End Date	Name, Description, and Occurrence of Activity	Org Level	Your Contribution and Leadership Role
Feb 13, 2018 - Mar 31, 201	Calaveras Food Literacy Initiative Steering Committee	County	Collaborator. I participated in quarterly meetings and provided input on the activities and evaluation of this community project.
Feb 23, 2018 - Aug 23, 2018	Amador/Calaveras Community Nutrition Action Partnership	Region	I participated in quarterly meetings and provided input on the activities of the community coalition.
Mar 12, 2018 - Sep 30, 2019	Tuolumne County Community Nutrition Action Partnership	County	I participate in semi-bimonthly meetings and provide input on the activities of the community coalition.
Mar 13, 2018 - Sep 30, 2019	El Dorado Healthy Eating and Active Living Collaborative	County	I participate in semi-quarterly meetings and provide input on the activities of the community coalition.
Mar 19, 2018 - Sep 30, 2019	Amador/Calaveras Breastfeeding Coalition	Region	I participate in semi-bimonthly meetings and provide input on the activities of the community coalition.

Begin Date - End Date	Name, Description, and Occurrence of Activity	Org Level	Your Contribution and Leadership Role
May 23, 2018 - Sep 30, 2019	Tuolumne County Breastfeeding Coalition	County	I participate in semi-monthly meetings and provide input on the activities of the community coalition. Beginning in 2019, I was elected as Board Member of the non-profit group.
Sep 19, 2018 – Sep 30, 2019	Calaveras Wellness Coalition	County	I participate in the coalition and have provided significant input into its formation, structure, and agendas.
Oct 30, 2018	Argonaut High School College Career Day	County	Participant/Presenter. Discussed career possibilities with local youth.
Jan 9, 2019	Calaveras Volunteer Fair	County	Participant/Presenter. Participated in an event to raise awareness about UCCE volunteer opportunities in Calaveras.
Jan 30, 2019 - Apr 11, 2019	Summerville High School Agricultural Education Advisory Committee	Community	Participant/Advisor.
Mar 4, 2019	Calaveras Unified School District Wellness Policy Committee	Community	Participant/Advisor. Attend an annual meeting to set priorities for collaborative wellness goals to be implemented throughout the school district.
May 9, 2019	California Farm to School Network Steering Committee Meeting	State	Participant/Committee Member
Jan 17, 2020	Guidance on Community Engagement for SNAP-Ed	State	I was invited to provide guidance on the development of new standards for implementing community engagement practices throughout SNAP-Ed work plans in California.

## E. Extension Activities

### *Meetings Organized*

Begin Date - End Date	Meeting Name and Type	Topic/no. of repetitions	Role	Location(s)	Total No. of Attendees
<b>Safeguarding sufficient, safe, and healthy food for all Californians (4)</b>					
Mar 15, 2018	Technical assistance on Farmers Market SNAP programs	Farmers Market SNAP programs / 1	I provided technical assistance to a Tuolumne County Public Health Program Manager on how to work with farmers markets and/or local market vendors to accept and administer SNAP/EBT benefits at markets.	By phone	1
Nov 14, 2018 - Sep 11, 2019	Amador Connecting Hands Coalition Meetings	Community health and nutrition / 6	Organizer/Facilitator. I lead a bi-monthly meeting to bring together and share information with the primary organizations working to support public health nutrition in Amador County. I plan the meetings, set the agenda and invite clientele, all in consultation with the existing collaborative group members.	Jackson, CA	16
Jul 3, 2018	Continuing Education on Fermented Foods	Health attributes of fermented foods / 1	Presenter. I developed and delivered a presentation on what is known (and unknown) about the health effects of fermented foods for the Amador/Calaveras County MFP volunteers.	UCCE Amador Office	6
Oct 23, 2018	Continuing Education on Fermented Foods	Health attributes of fermented foods / 1	Presenter. I developed and delivered a presentation on what is known (and unknown) about the health effects of fermented foods for the El Dorado County MFP volunteers.	UCCE Placerville office	7

Begin Date - End Date	Meeting Name and Type	Topic/no. of repetitions	Role	Location(s)	Total No. of Attendees
<b>Promoting healthy people and communities (6)</b>					
Sep 20, 2018	Tuolumne County Farm to School Working Group Meeting	Farm to school / 1	I organized a meeting for educators funded to provide agricultural education and/or garden-enhanced nutrition education in Tuolumne County schools. The meeting provided information on current and possible farm to school activities in the county.	UCCE Tuolumne office	3
Nov 28, 2018 - Dec 19, 2018	Nutrition Education for Incarcerated Youth	Nutrition education. / 3	Presenter/Teacher. I provided direct nutrition education for incarcerated youth.	Placerville, CA	13
Jul 29, 2019	Training for Calaveras Unified School District Food Services staff	Behavioral economics in school lunchrooms / 1	Co-Organizer/Presenter. In collaboration with staff and partners from Dairy Council of California, we trained all district school food service staff on best practices and techniques to improve the quality of school meals and increase the consumption of healthy foods in school lunchrooms. I personally presented a significant amount of the content, provided oversight of all content delivered, and helped facilitate the event.	Valley Springs, CA	26
Jul 1, 2019	Direct nutrition education for developmental ly disabled adults	Learn it! Grow it! Taste it! lesson. / 1	Teacher. I taught a lesson from a new curriculum targeted to developmentally disabled individuals. Class attendance numbers are included in the CFHL-UC totals.	Placerville, CA	Reported in CFHL-UC totals

Begin Date - End Date	Meeting Name and Type	Topic/no. of repetitions	Role	Location(s)	Total No. of Attendees
Aug 1, 2018	Continuing education for medical providers who see breastfeeding women (FFY18)	Continuing education on breastfeeding presented to 3 medical provider organizations / 3	In conjunction with the Tuolumne County Breastfeeding Coalition, I provided education to 3 medical organizations serving breastfeeding women. Education was aimed at ensuring providers had up-to-date information on breastfeeding and the care of breastfeeding mothers.	Tuolumne County	3
Aug 1, 2019	Continuing education for medical providers who see breastfeeding women (FFY19)	Continuing education on breastfeeding presented to 8 medical providers / 1	In conjunction with the Tuolumne County Breastfeeding Coalition, I provided substantial input into the development of printed continuing education materials provided to all medical organizations serving breastfeeding women in Tuolumne County. I personally presented materials to 8 medical providers. Education was aimed at ensuring providers had up-to-date information on breastfeeding and the care of breastfeeding mothers.	Tuolumne County	8

### ***Educational Presentations***

Begin Date - End Date	Meeting Name/Event	Presentation Topic/no. of repetitions	Location(s)	No. of Attendees
<b>Promoting healthy people and communities (4)</b>				
Sep 27, 2019	Caring for the Caregivers Conference	Nutrition for Caregivers / 1	San Andreas, CA	57

Begin Date - End Date	Meeting Name/Event	Presentation Topic/no. of repetitions	Location(s)	No. of Attendees
Jul 25, 2018	Staff Meeting for Labor and Delivery Nurses	Continuing education on breastfeeding presented to nurses / 1	Sonora	12
Aug 14, 2018	El Dorado Breastfeeding Coalition Meeting	Resources on recent breastfeeding research and guidelines / 1	Placerville	7
Apr 12, 2019	Student Training to Assess Cafeteria Plate Waste	In collaboration with CFHL-UC staff, we trained Toyon Middle School students on how to conduct a cafeteria plate waste assessment and the importance of reducing food waste. / 1	Calaveras	Reported in CFHL-UC totals

***Other (including websites, social media, blogs, collaborations with other agencies, organizations, policy engagement)***

Begin Date - End Date	Description	No. of Instances
<b>Safeguarding sufficient, safe, and healthy food for all Californians (2)</b>		
Jan 8, 2019 (Ongoing)	Co-developed the Amador Tuolumne Community Action Agency Food Bank Wellness Policy in collaboration with agency and CFHL-UC staff	1
Mar 5, 2019	Provided technical assistance on the collaborative development of a Wellness Policy for the Interfaith Food Bank of Amador County	1
<b>Promoting healthy people and communities (5)</b>		
Mar 15, 2018 - Sep 30, 2018	"Nutrition in the Central Sierra" Facebook page. 97 posts for an estimated 1,948 media impressions.	97
Jan 2, 2018 - Sep 30, 2019	Twitter Account. 171 tweets related to Nutrition, Family and Consumer Sciences for an estimated 59.1K media impressions.	171
Feb 11, 2019 - Mar 19, 2019	SNAP-Ed Integrated Work Plan Meetings. I led the collaborative development of three 3-year integrated work plans (and partnered on the development of one other work plan) with agencies receiving SNAP-Ed funding in the Central Sierra.	5

**Other (including TV and/or radio interviews/programs, newspaper/trade magazine interviews)**

Begin Date - End Date	Interviewed/Written By (optional)	Topic	Name of Media or Publication
<b>Safeguarding sufficient, safe, and healthy food for all Californians (2)</b>			
Mar 8, 2018	N/A	Food waste prevention	"UC Cooperative Extension announces Food Waste Prevention Week." Article in the Mountain Democrat newspaper.
Mar 9, 2018	N/A	Food waste prevention	"This is Food Waste Prevention Week." Article in the Calaveras Enterprise newspaper.
<b>Promoting healthy people and communities (4)</b>			
Feb 1, 2018 - Feb 4, 2018	Debbie Powell	Nutrition education	Over the Garden Gate #45. Radio show hosted by the Tuolumne County Master Gardeners.
May 5, 2018	Amber Pappé	Farm to school	"Planting seeds for the future." Article in the Calaveras Enterprise newspaper.
Jul 12, 2018 - Jul 15, 2018	Debbie Powell	Gardening for Nutrition	Over the Garden Gate #68. Radio show hosted by the Tuolumne County Master Gardeners.
Oct 17, 2018	N/A	Interview about UCCE nutrition programming in the community	Calaveras County Public TV

**Other (extension activities entered by Staff)**

Begin Date - End Date	Name / Description	Role	Total No. of Attendees
<b>Promoting healthy people and communities (8)</b>			
Oct 1, 2017 – Sep 30, 2018	CFHL-UC healthy living projects (policy, systems and environmental changes)	Principal Investigator. I manage the program, supervise staff, and provide substantial guidance on the development of program activities. I am reporting numbers for the entire year even though I was only PI for 9 months, because these ongoing projects are only tracked on an annual basis.	9,187 (estimated)
Jan 2, 2018 – Sep 30, 2018	CFHL-UC nutrition education for adults	Principal Investigator. I manage the program, supervise staff, and provide substantial guidance on the development of program activities.	317
Jan 2, 2018 – Sep 30, 2018	CFHL-UC nutrition education for youth	Principal Investigator. I manage the program, supervise staff, and provide substantial guidance on the development of program activities.	7,339
Jan 2, 2018 – Sep 30, 2018	CFHL-UC indirect education/outreach contacts	Principal Investigator. I manage the program, supervise staff, and provide substantial guidance on the development of program activities.	11,563
Oct 1, 2018 – Sep 30, 2019	CFHL-UC healthy living projects (policy, systems and environmental changes)	Principal Investigator. I manage the program, supervise staff, and provide substantial guidance on the development of program activities.	25,628 (estimated)
Oct 1, 2018 – Sep 30, 2019	CFHL-UC nutrition education for adults	Principal Investigator. I manage the program, supervise staff, and provide substantial guidance on the development of program activities.	500
Oct 1, 2018 – Sep 30, 2019	CFHL-UC nutrition education for youth	Principal Investigator. I manage the program, supervise staff, and provide substantial guidance on the development of program activities.	8,465

Begin Date - End Date	Name / Description	Role	Total No. of Attendees
Oct 1, 2018 – Sep 30, 2019	CFHL-UC indirect education/outreach contacts	Principal Investigator. I manage the program, supervise staff, and provide substantial guidance on the development of program activities.	6,349
May 21, 2018 - Sep 24, 2018	Cooking Seasonally. 5 public workshops to increase familiarity with seasonal produce, where to source local produce, how to cook with fresh produce, and how fresh produce contributes to a healthy lifestyle.	Principal Investigator. I supervised a staff member who planned, scheduled, and taught the classes.	74
May 23, 2018 - Sep 14, 2018	Farm Field Trips. 2 field trips for elementary school students to visit a working farm in order to increase familiarity with seasonal produce and teach how fresh produce contributes to a healthy lifestyle.	Principal Investigator. I supervised a staff member who planned, scheduled, and helped facilitated the field trips.	119
Jan 25, 2018	Youth Participatory Action Research presentation on school gardens	I jointly taught a class with one of my staff as part of a Youth Participatory Action Research project. I was asked to give a presentation on school gardens as the 6th grade class considered how they could bring a garden to their school.	Reported in CFHL-UC totals
Apr 25, 2018	Calaveras High School Farm Field Trip	My staff, community partners and I worked together to plan a field trip for 3rd graders in Calaveras Unified School District to a 3/4 acre working high school farm. My staff helped run the event and trained high school students to deliver garden-enhanced nutrition education to all younger students. I hosted representatives from all SNAP-Ed State Implementing Agencies, who came to observe the event as a model of effective local SNAP-Ed collaboration.	Reported in CFHL-UC totals

Begin Date - End Date	Name / Description	Role	Total No. of Attendees
May 12, 2018	Calaveras Kids Day in the Garden	Master Gardeners, my UC CalFresh staff, community partners, and I worked together to plan a garden-education day in the UCCE demonstration garden. My staff helped run the event and delivered nutrition education to children in attendance.	Reported in CFHL-UC totals
May 16, 2018 - May 18, 2018	Nutrition Education at the Calaveras County Fair	My staff and I worked together to plan and set up a booth at the Calaveras County Fair, providing nutrition information to fair attendees.	Reported in CFHL-UC totals
Aug 14, 2018	Smarter Lunchrooms Training for Amador School Food Service Staff	I supervised a training to provide all school food service staff in Amador County with knowledge and techniques to make school lunchrooms healthier. The training was conducted by my staff and a partner from Dairy Council of California. I gave input on the content of the training, approved the final presentation materials, and observed the training.	Reported in CFHL-UC totals
Sep 18, 2018	Harvest of the Month Presentation to Lake Tahoe Unified School District Administrators	My staff and I made an educational presentation on the Harvest of the Month program to a meeting of district and school administrators for Lake Tahoe Unified School District.	Reported in CFHL-UC totals

## F. Publications (Bibliography)

Non-Peer Reviewed	
A - Popular press articles	14
D - Technical reports and other non-reviewed articles	9

TOTAL	23
-------	----

### NON-PEER REVIEWED

#### A - Popular press articles

- Johnson, C. (September, 2019). *Nutrition News for the Central Sierra*. UCCE Central Sierra Nutrition, Family and Consumer Sciences eNews. Retrieved from [http://cecentralsierra.ucanr.edu/newsletters/Nutrition\\_News\\_for\\_the\\_Central\\_Sierra81755.pdf](http://cecentralsierra.ucanr.edu/newsletters/Nutrition_News_for_the_Central_Sierra81755.pdf).

*My Role: Author/editor of a monthly newsletter. I write, edit, and disseminate the newsletter on my own, sometimes utilizing content I have developed collaboratively with my staff or other co-authors.*

- Lewis, A., Johnson C. (September, 2019). *Teens Making a Difference in Amador County*. Success Story; CalFresh Healthy Living Program, University of California. Retrieved from <https://ucanr.edu/sites/csnce/files/312805.pdf>.

*My Role: Local principal investigator of project and co-author of the success story, providing substantial text writing/editing and feedback to lead author.*

- Skillman, W., Johnson C. (September, 2019). *Encouraging Wellness with the ATCAA Food Bank*. Success Story; CalFresh Healthy Living Program, University of California. Retrieved from <https://ucanr.edu/sites/csnce/files/312808.pdf>.

*My Role: Local principal investigator of project and co-author of the success story, providing substantial text writing/editing and feedback to lead author.*

- Capriotti, M., Johnson C. (September, 2019). *Harvest of the Month brings local produce to the classroom*. Success Story; CalFresh Healthy Living Program, University of California. Retrieved from <https://ucanr.edu/sites/csnce/files/312807.pdf>.

*My Role: Local principal investigator of project and co-author of the success story, providing substantial text writing/editing and feedback to lead author.*

- Munniks, K., Johnson C. (September, 2019). *Fresh Friday at Calaveras High School*. Success Story; CalFresh Healthy Living Program, University of California. Retrieved from <https://ucanr.edu/sites/csnce/files/312806.pdf>.

*My Role: Local principal investigator of project and co-author of the success story, providing substantial text writing/editing and feedback to lead author.*

- Johnson, C. (January, 2019). Harvest of the Month 2019 Calendar [Educational material]. Retrieved from <https://ucanr.edu/sites/csnce/files/318429.pdf>.

*My Role: Sole author of this material, which utilizes existing Harvest of the Month branding.*

- Ochoa, H., Johnson C., Nicoli, A. (January, 2019). 2019 CalFresh Healthy Living County Profile, UCCE Central Sierra. CalFresh Healthy Living Program, University of California. Retrieved from <https://ucanr.edu/sites/csnce/files/318335.pdf>.

*My Role: Local principal investigator of project and co-author of annual county profile, providing substantial text writing/editing and feedback to lead author.*

- Johnson, C., Cleveland, R., Sturzenacker, S., Thorpe, W., Miller, J. (October, 2018-September, 2019). Harvest of the Month. Monthly content in *UCCE Central Sierra eNews*. Retrieved from [http://cecentralsierra.ucanr.edu/Newsletters\\_280/UCCE\\_Central\\_Sierra\\_News/](http://cecentralsierra.ucanr.edu/Newsletters_280/UCCE_Central_Sierra_News/).

*My Role: Author of regular monthly content in a larger, edited newsletter.*

- Johnson, C. (October, 2018). Harvest of the Month 2018 Calendar [Educational material]. Retrieved from <https://ucanr.edu/sites/csnce/files/318434.pdf>.

*My Role: Sole author of this material, which utilizes existing Harvest of the Month branding.*

- Ramirez, G., Luquin, C., Ochoa, H., Johnson C. (September, 2018). *Bijou Garden Grows Community*. Success Story; CalFresh Healthy Living Program, University of California. Retrieved from <https://ucanr.edu/sites/csnce/files/318464.pdf>.

*My Role: Local principal investigator of project and co-author of the success story, providing substantial text writing/editing and feedback to lead author.*

- Johnson, C., Sturzenacker, S., Miller, J. (August, 2018). Healthy Snack Day. Article in *UCCE Central Sierra eNews*. Retrieved from [http://cecentralsierra.ucanr.edu/newsletters/UCCE\\_Central\\_Sierra\\_News76105.pdf](http://cecentralsierra.ucanr.edu/newsletters/UCCE_Central_Sierra_News76105.pdf).

*My Role: Co-author of one article in a larger, edited newsletter.*

- Johnson, C., Cleveland, R., Oneto, S. (July, 2018). Celebrate Park and Recreation Month this July. Article in *UCCE Central Sierra eNews*. Retrieved from [http://cecentralsierra.ucanr.edu/newsletters/UCCE\\_Central\\_Sierra\\_News75856.pdf](http://cecentralsierra.ucanr.edu/newsletters/UCCE_Central_Sierra_News75856.pdf).

*My Role: Co-author of one article in a larger, edited newsletter.*

- Johnson, C., Cleveland, R., Oneto, S. (May, 2018). ReThink Your Drink Day. Article in *UCCE Central Sierra eNews*. Retrieved from [http://cecentralsierra.ucanr.edu/newsletters/UCCE\\_Central\\_Sierra\\_News74924.pdf](http://cecentralsierra.ucanr.edu/newsletters/UCCE_Central_Sierra_News74924.pdf).

*My Role: Co-author of one article in a larger, edited newsletter.*

- Johnson, C., Cleveland, R., Oneto, S. (March, 2018). Food Waste Prevention Week, March 5th-9th. Article in *UCCE Central Sierra eNews*. Retrieved from [http://cecentralsierra.ucanr.edu/newsletters/UCCE\\_Central\\_Sierra\\_News73848.pdf](http://cecentralsierra.ucanr.edu/newsletters/UCCE_Central_Sierra_News73848.pdf).

*My Role: Co-author of one article in a larger, edited newsletter.*

#### **D - Technical reports and other non-reviewed articles**

- Gosliner W., Chen W., Johnson K., Price N., Hecht K., Esparza E.M., Ritchie L. (November, 2019). Capturing Participants' Experiences of the 2019 Supplemental Nutrition Assistance Program Food Assistance Benefit Disruption to Inform Future Policy [UC ANR Opportunity Grant Final Report]. Nutrition Policy Institute; University of California, Division of Agriculture and Natural Resources. Retrieved from <https://ucanr.edu/sites/NewNutritionPolicyInstitute/files/316102.pdf>.

*My Role: Co-investigator of study, co-facilitator of focus group, co-author of project summary results developed collaboratively with all authors.*

- Johnson, C., Gosliner, W. (June, 2019.) Capturing Participants' Experiences of the 2019 CalFresh Food Assistance Benefit Disruption to Inform Future Policy: Tuolumne County Focus Group Summary [Research summary brief]. Nutrition Policy Institute; University of California, Division of Agriculture and Natural Resources. Retrieved from <https://ucanr.edu/sites/csnce/files/318433.pdf>.

*My Role: Co-investigator of study, co-facilitator of focus group, and lead author of local summary results.*

- Johnson, C., Lewis, A. (May, 2019). Plate Waste Summary, Plymouth Elementary School, Amador County [Research summary brief]. Retrieved from <https://ucanr.edu/sites/csnce/files/318424.pdf>.

*My Role: Principal investigator of project; primary author of research summary, developed collaboratively with co-author.*

- Johnson, C., Borges, L. (May, 2019). Plate Waste Summary, Toyon Middle School, Calaveras County [Research summary brief]. Retrieved from <https://ucanr.edu/sites/csnce/files/318430.pdf>.

*My Role: Principal investigator of project; primary author of research summary, developed collaboratively with co-author.*

- Johnson, C., Ochoa, H., Magana, M., Truelsen, D. (May, 2019). Calaveras County Three-Year Integrated Work Plan, FFY20-FFY22. CalFresh Healthy Living Program, California Department of Social Services.

*My Role: Lead author of work plan developed collaboratively with all authors, who include staff and community partners.*

- Johnson, C., Ochoa, H., Fagouri, T., Deutsche, E. (May, 2019). El Dorado County Three-Year Integrated Work Plan, FFY20-FFY22. CalFresh Healthy Living Program, California Department of Social Services.

*My Role: Lead author of work plan developed collaboratively with all authors, who include staff and community partners.*

- Johnson, C., Ochoa, H., Jackson, D., Vaccarezza, C. (May, 2019). Amador County Three-Year Integrated Work Plan, FFY20-FFY22. CalFresh Healthy Living Program, California Department of Social Services.

*My Role: Lead author of work plan developed collaboratively with all authors, who include staff and community partners.*

- Johnson, C., Ochoa, H., Skillman, W., Ramos, E., Hendersen, P. (May, 2019). Tuolumne County Three-Year Integrated Work Plan, FFY20-FFY22. CalFresh Healthy Living Program, California Department of Social Services.

*My Role: Co-author of work plan developed collaboratively with all authors, who include staff and community partners.*

- Ochoa, H., Johnson C., Nicoli, A. (January, 2019). CalFresh Healthy Living, UC, FFY 2019 Annual Report, UCCE Central Sierra. CalFresh Healthy Living Program, University of California.

*My Role: Local principal investigator of project and co-author of annual report; provided substantial text writing/editing and feedback to lead author.*