

2019/2020

# San Bernardino County Annual Report



University of California Cooperative Extension  
San Bernardino County  
<http://cesanbernardino.ucanr.edu>

## A NOTE FROM THE DIRECTORS

We are proud to share the many accomplishments and impacts of our University of California Cooperative Extension (UCCE) programs in San Bernardino County that occurred between July 1, 2019 and June 30, 2020. **Over 35,000 county residents were reached** through our Master Gardener, Master Food Preserver, 4-H/Youth, Horticulture, Natural Resources Management and Expanded Food and Nutrition (EFNEP) programs. Our 200+ volunteers alone contributed over \$330,290 in services to county residents.

The report summarizes these UCCE education and applied research activities and their impacts. It illustrates the many ways that UCCE has enhanced the quality of life through the development and delivery of objective, credible information to county residents and the workforce.

Major accomplishments include:

- Providing free hands-on nutrition classes to low-income youth and adults (Expanded Food and Nutrition Education Program) to over 3,000 adult and youth participants.
- Providing free workshops, answering helpline inquiries from the public, staffing Farmers Markets and public service booths, and writing a weekly newspaper column (Master Gardener Program) that reached over 30,000 county residents.
- Providing free workshops on food safety and preservation (Master Food Preserver Program).
- Engaging 650 youth (aged 5 to 18) year-round with the support of 111 adult volunteers in ten 4-H Community Clubs and 731 youth at Ft. Irwin.
- Conducting applied research and education to over 1,500 foresters, arborists, landscapers, and pest control advisors and applicators on pest-resistant, drought-tolerant landscape plants (Environmental Horticulture Program).
- Conducting applied research and education regarding important land management practices that reduce populations of the invasive yellow star thistle (Natural Resources Program).
- Started a new UCCE 'Small-Scale Agriculture' educational program for current and prospective farmers.

Our UCCE programs in San Bernardino County would not be possible without the support of our many partners including the United States Department of Agriculture, County of San Bernardino (Public Health, Agriculture Weights and Measures, Libraries, Regional Parks, County Museums, Arrowhead Regional Medical Center and Preschool Services), Inland Empire Resource Conservation District (IERCD), Chino Basin Water Conservation District (CBWCD) and many others. Thank you for helping us achieve our collective goals!

We hope the report illustrates the value and impacts of our UCCE programs in San Bernardino County.

Janet Hartin    Christopher McDonald

Janet Hartin and Christopher McDonald  
UCCE San Bernardino County Co-Directors

# Master Gardener Program



199 Volunteers  
12,111 Volunteer Hours  
\$311,640 in Community Service

Nearly 200 UCCE Master Gardener volunteers (including 51 new graduates of the 18-week program from all areas of the county) reached over 30,000 county residents through over 200 educational activities and events. Program outreach focused on providing education on sustainable, drought tolerant landscaping; growing food in home, community, and school gardens; and promoting healthy communities through outdoor activities.

Maggie O'Neill, Master Gardener Coordinator, instructing the Master Gardener Class of 2020



Volunteer activities included presentations; staffing information booths; answering over 500 helpline email and telephone inquiries; writing blogs and posting to social media; authoring the weekly 'Ask a Master Gardener' newspaper

column appearing in the San Bernardino County Sun and Redlands Daily Facts; and producing the monthly Master Gardener newsletter subscribed to by over 1,400 county residents that includes upcoming events, a Spotlight interview of a featured Master Gardener, and blog links.



Master Gardeners also partnered with dozens of non-profit agencies and organizations to attain shared goals, particularly in underserved communities and

neighborhoods. Partners included: San Bernardino County; Inland Empire Resource Conservation District (IERCD); Chino Basin Water Conservation District (CBWCD);



Farmers Markets; 17 community and school gardens (including Huerta del Valle, Chino, and Rialto community gardens); multiple *Parent Engagement Centers* throughout San Bernardino Unified School District; University of Redlands; Cal State University, San Bernardino; Summer Meal Programs in Rialto, Fontana, Hesperia and Redlands; Latino Conservation Initiative; City of Loma Linda; Micah House; Loma Linda University; City of Yucaipa; Edward Dean Museum; Healthy Community cities; the Asistencia in Redlands; Crafton Hills and Victor Valley Colleges, and many more.

Master Gardener volunteers expanded their collaboration with the UCCE San Bernardino County Expanded Food and Nutrition Education Program (EFNEP) and UCCE Master Food Preserver volunteers.



Together staff and volunteers taught free classes for the public in both English and Spanish on growing and preserving food and the importance of a healthy diet and active lifestyle.

Due to COVID restrictions, Master Gardeners were quick to pivot to online outreach to the public. Since mid-March 2020, they provided more than 40 Zoom workshops and added an “Ask a Master Gardener” segment to address inquiries from the public who found themselves spending more and more time at home. They also greatly expanded their presence on social media. Through the help of the Master Gardeners, county residents learned how to grow their own food and use their gardens, big or small, to enhance their mental and emotional as well as physical health.

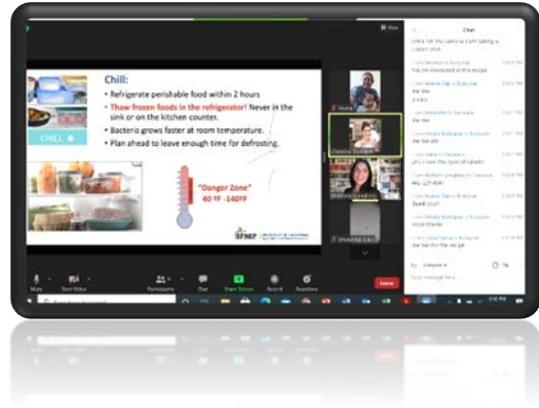


# Youth and Adult Expanded Food and Nutrition Education Programs (EFNEP)



UCCE Youth and Adult EFNEP classes are offered free/gratis in English and Spanish to low income, limited-resource residents using a community-based, hands-on educational

approach. The Youth EFNEP program provides no-cost curriculum, support, and resources to teachers from pre-kindergarten through high school. Lessons are delivered by EFNEP educators and teachers in the classrooms and more recently through Zoom or Google Meets. Children actively engage in learning about the importance of healthy eating and physical fitness through hands-on experiential learning and virtually. EFNEP curricula correlate with common core content standards. Adult EFNEP's Eating Smart Being Active program promotes good nutrition and physical activity as a means of maintaining healthy lifestyles less prone to chronic disease. Participants learned to plan nutritious meals, stretch their food dollars and make healthy lifestyle choices including handling food safely and being physically active.



Overall, in FY 2019-2020, EFNEP reached 483 adult participants and graduated 353, and the youth program enrolled 1429 youth and graduated 1065. As a result of EFNEP participation, youth and families experience improvements in their overall health, level of physical activity, food resource management, food safety practices, and food security. The program is funded by the USDA and offered to county residents solely through UCCE.

## EFNEP Reaching Families Virtually:

The San Bernardino County Ventanillas de Salud (Health Window VdS) is located throughout the Mexican Consular network whose goal is to increase access to health literacy and health care, promote healthy lifestyle choices and conduct health screenings to low-income Mexican immigrants.



Promoting EFNEP on Facebook Live

Due to shelter in place orders during COVID-19, many local offices were closed, and classes could not be offered in person. EFNEP collaborated with VdS on Facebook and was able to entice followers with a glimpse of the healthy



Physical Activity Break during a live Zoom session

recipes, physical activities and nutrition information they would learn by enrolling in the program.

During the Facebook Live event, over one thousand followers viewed, made comments and liked the presentation. From there, they were able to work with VdS to enroll in the series of workshops. Participants received eight EFNEP lessons, via mail or email, to complete on their own followed by four live group Zoom sessions. Each session included a five-minute physical activity break where participants walked, stretched or learned simple resistance exercises using items in their homes. The exercise break reinforced the concept learned about the importance of physical activity and gave participants ideas and means to continue exercising on their own time.

Seventy-nine percent of graduates showed improvement in one or more diet quality indicators such as eating fruits, vegetables (including red, orange and dark green), drinking less sugar-sweetened beverages, and cooking dinner at home. Forty-three percent of participants showed improvement in one or more food security indicator such as not eating less to ensure there is more food for the family or having enough money to obtain food for the family.



***EFNEP educator teaching students about MyPlate on Zoom***

### **EFNEP in Action: San Bernardino City Unified Family Engagement Center Summer Program**

EFNEP collaborated with the San Bernardino City Unified School District Family Engagement Center to bring nutrition education and literacy to families during the summer break. Kindergarten through 4<sup>th</sup> grade students were invited to weekly Zoom sessions where EFNEP Educators read health related storybooks followed by a lesson on healthy eating, physical activity and/or hand washing using the *My Amazing Body* and *It's My Choice...Eat Right Be Active* curricula. Students found

interactive exchanges on Zoom to be fun. They answered and asked questions, played games and received a graduation certificate, pencil and bracelet.

Parents were invited to join the *UCCE Connects To You* program which brings health education to families. Each participant received lessons via mail and attended follow up Zoom sessions. The Zoom sessions were also an opportunity for parents

to interact and share successes and challenges they were facing such as dealing with picky eaters, having limited time to prepare meals, and misunderstanding the food label. Graduates of the adult EFNEP program received a certificate and cookbook. Several families participated in both the youth and adult summer programs.



**Graduates from the youth and adult Family Engagement Center Summer Program**



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Agriculture and Natural Resources

**FFY19 EFNEP**  
**Impact**  
**San Bernardino**  
**County**

### EFNEP Participant Profile:

- 68% of families had income levels at or below 125% of the poverty level.
- 85% of participants participated in one or more food assistance programs.
- 91% identified themselves as Hispanic or Latino.

### EFNEP makes a difference

#### In FY 2019-2020, San Bernardino County EFNEP:

- Delivered nutrition education to **480 families**.
- Taught an average of **8 lessons** to each adult participant.
- Reached more than **2,210 family members** indirectly.
- Provided nutrition education to **1,429 youth**.



Graduate from the Adult EFNEP Program at SB USD Family Engagement Center

#### Of the 332 adult program graduates:

- 92% improved at least one **nutrition practice**.
- 80% improved at least one **physical activity behavior**.
- 75% improved at least one **food resource management practice**.
- 75% showed improvement in one or more **food safety practices**.

#### Youth evaluation data shows:

- 84% of children and youth improved their abilities to choose foods according to the Federal Dietary Recommendations or gain knowledge.

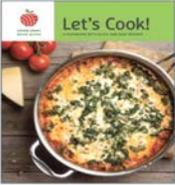
**UCCE Connects to You!**  
Making nutrition education available to all Californians

**EFNEP Goals:**

- Improve diets and nutritional wellbeing of the entire family.
- Increase ability to select and buy food that meets nutritional needs.
- Improve food preparation, storage, and safety practices.
- Increase ability to manage food budgets and other resources such as CalFresh.



**UCCE Connects to You!**  
Making nutrition education available to all Californians



Cookbook



Certificate of Participation

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**UCCE Connects to You!**  
Making nutrition education available to all Californians

Making nutrition education available to all Californians

EFNEP San Bernardino  
Presenter English  
Clara Wilshire [cwilshire@ucanr.edu](mailto:cwilshire@ucanr.edu)

**Meet the Team**



**EFNEP**  
Clara Wilshire  
Extension Specialist

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EFNEP Agriculture and Natural Resources



## 4-H Youth Development Program

During FY 2019/20, the San Bernardino 4-H program engaged 650 youth year-round (aged 5 to 18) with the support of 111 adult volunteers and 32 youth volunteers in ten 4-H Community Clubs. These clubs offered 52 educational projects in the cities of Barstow, Bloomington, Chino, Hesperia (3), Hinkley, Pinion Hills, Victorville, and Yucca Valley. Each educational project provides at least 6 hours of instruction to youth in their communities by caring adults with expertise in any of these areas:

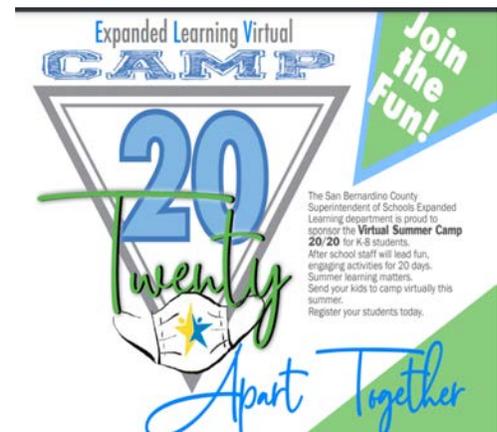
- Animals
- Biological Sciences
- Civic Engagement
- Communication and Expressive Arts
- Community Service
- Consumer and Family Science
- Environmental Education
- Health
- Leadership
- Personal Development
- Personal Safety
- Physical Sciences
- Plant Science
- Technology and Engineering

Furthermore, 4-H members completed 23 community service projects. The depth and breadth of the 4-H program experiences allow youth in San Bernardino County to grow as capable, competent, caring, and contributing citizens.



Additionally, we served 731 youth through our 4-H Military Afterschool Clubs at Ft. Irwin. We also partnered with San Bernardino Superintendent of schools to provide 20 days of virtual summer camp activities for over 250 youth across the county. Finally, we provided enrichment activities for the public in the San Bernardino County Museum “Old West Days” attended by 1500 residents.

The University of California 4-H Youth Development Program presence in the county helps San Bernardino County youth provides meaningful engagement opportunities for youth to learn life skills such as leadership, teamwork, and public speaking. Currently, UC ANR utilizes county funds for the salary and benefits of 0.4 full time equivalent (FTE) for a San Bernardino based 4-H position. Beside the limited staff, our partnerships with local, state, and national organizations allow us to further our reach. Some examples of our partnerships are: Consulate of Mexico in San Bernardino, Urban Conservation Core, Cal Fire, California Department of Education Expanded Learning Division, Project Learning Tree, American Camp Association, among others.





Ambassadors working the table at Tractor Supply for Clover Days (October 19, 2020)

4-H youth are **1.9 times** more likely to get better grades in school

and **2.1 times** more likely to report high school engagement.

\*The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development, 2013. <http://www.4-h.org/about/youth-development-research/positive-youth-development-study/>

4-H participants are **1.9 times** more likely to have higher levels of positive youth development.

SELF-REFLECTION  
SPARK  
**THRIVE**  
MINDSET  
GOAL MANAGEMENT

\*The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development, 2013. <http://www.4-h.org/about/youth-development-research/positive-youth-development-study/>



Outreach event by Hesperia Highlighters (October 5, 2019)



Teen teacher leading younger youth in STEM project



4-H Chopped Contest Training (November 9, 2019)

# Master Food Preserver Program



46 Volunteers  
2,925 Volunteer Hours  
\$74,382 in Community Services

During FY 2019/20 Master Food Preserver (MFP) volunteers provided research-based information on food safety and home preservation methods to thousands of San Bernardino County residents. In addition to traditional safety and preservation topics, MFPs offered a variety of public classes to encourage residents to start preserving fruits and vegetables when they are in peak season.



Make and Take Pickling @ Huerta del Valle



Master Food Preservers not only shared research-based information with residents of San Bernardino County, but also demonstrated use of food processing tools and gadgets at local events such as Old West Days at the San Bernardino County Museum. In many cases (pre-COVID) they offered hands-on workshops to encourage residents to become comfortable in building their pantries to help promote food security one jar at a time. The interactive classes allowed participants to both observe proper techniques, ask questions, and share personal knowledge.



Rialto Community Garden food preservation and Cottage Licensing



Old West Days - Antique Apple Peeler Display

Many Master Food Preserver activities included collaborations with the UCCE EFNEP (Expanded Food and Nutrition Education Program) and Master Gardeners.



EFNEP Jam Kits



Burrage Mansion Orange Marmalade Youth Class

Although the programs have different content, we all share the goal of education, which in return, strengthens our communities. Master Food Preservers also held educational events at several community gardens. These events included pickling, jam making and general preservation methods for locally grown produce.

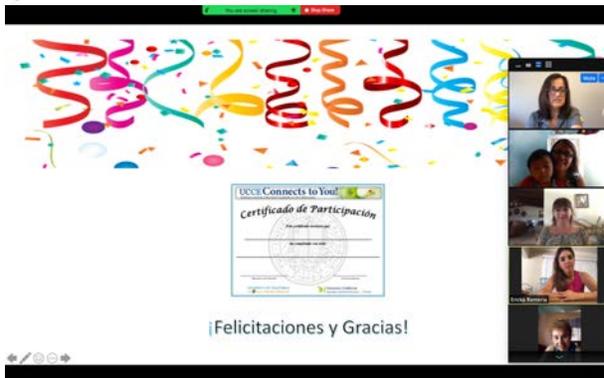


Hands on Tea Blending





# Recognizing our Master Gardener, Master Food Preserver, 4-H and EFNEP Volunteers



# Recognizing our Master Gardener, Master Food Preserver, 4-H and EFNEP Volunteers and External Partners



**WE DO MORE TOGETHER**

# Environmental Horticulture Program

Our UCCE Environmental Horticulture Advisor:

- Presented 24 talks at workshops, seminars, and conferences on sustainable, drought tolerant landscaping to over 1,600 public and private arborists, landscapers, pest control advisors, Master Gardeners, and residents of San Bernardino County.
- Conducted research to identify drought tolerant, climate resilient trees that perform well in urban heat islands and help mitigate impacts of climate change.
- Provided management and oversight of the Master Gardener program.



## Focus Area: Water Conservation in Urban Landscapes

Conserving water in urban landscapes in San Bernardino County is important due to a limited water supply, recurring drought, and an increasing urban population. Prior to legislation that mandated water conservation, about one-half of the potable water used in urban setting and up to 60 percent of sprinkler-applied water was lost to runoff, drainage below root zones, and soil evaporation.

Research conducted by the UC Cooperative Extension Environmental Horticulture Advisor determined that the majority of landscape water waste (60 - 80%) is due to irrigation system design and operational malfunctions coupled with misdirected water never reaching the root zones of plants. Correcting these common issues saves more water collectively than does selecting drought-tolerant plants. This information was used to update the state's landscape water budget and water management guidelines.

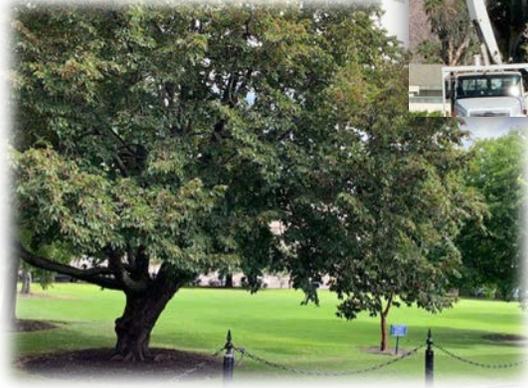
## Trees for Tomorrow: Reducing the Impacts of Urban Heat Islands

'Planning today for tomorrow' by expanding the palette of trees that can withstand harsh urban environments is important. Research conducted by UC Cooperative Extension Environmental Horticulture Advisor led to the identification of twelve under-represented tree species that are drought and heat resistant. Once established, they perform well and remain attractive with very little irrigation. Expanding the palette of trees in our valley and desert cities adds biodiversity, cools urban heat islands, reduces energy usage and costs, and supports a cleaner environment by storing carbon dioxide emitted from vehicles and other producers of fossil fuels.

Research projects determine water savings potential of groundcovers and grasses



Properly irrigated and [rimed landscape trees (below) live 400% longer than poorly irrigated topped trees (below).



### Lower Tree Canopies in Impoverished Neighborhoods

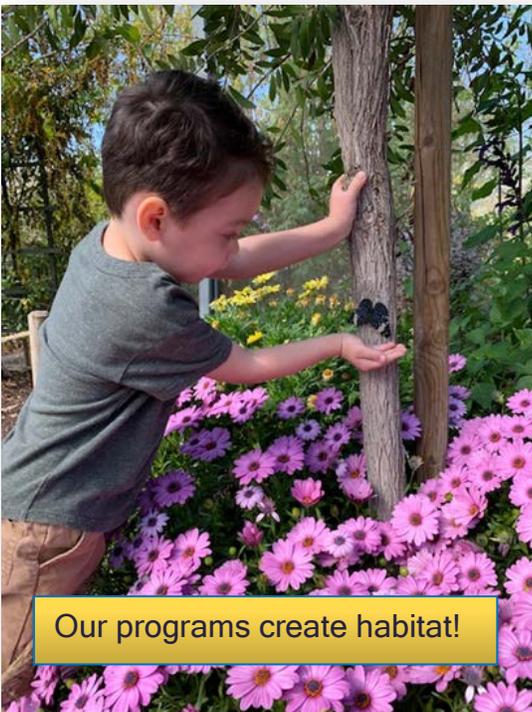
([https://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/fseprd645759.html](https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/fseprd645759.html))



Tract number	6071006401
County	San Bernardino
Zip code	92410
City	San Bernardino
Population 2010	3,343
Percentile poverty incidence	99
Percentile asthma incidence	84
Percentile cardiovascular disease incidence	74
Percentile ozone pollution	98
Percentile PM 2.5 pollution	82
Percentile water body impairment	0



Community-oriented projects include enhancing tree canopies in underserved neighborhoods



Our programs create habitat!

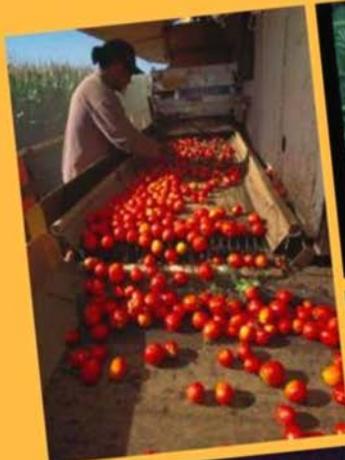


Drought-resistant groundcover study

## UCCE San Bernardino County Provides Research-Based Assistance to Traditional and Small Acreage Specialty Crop Farmers

### Vegetable Crops Production In California: Publications

Basic information for commercial growers, including climatic requirements, varieties, planting, fertilization, harvest, economic trends, cost of production and marketing. Collaborative projects of statewide advisors and specialists to provide general guidelines of vegetable crop production in California. My role is the section of economic trends analyses and the cost of production of the crops.



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Agriculture and Natural Resources



Introduction to Small Scale Organic Farming  
(for Inland Southern California Farmers)

INLAND EMPIRE  
RESOURCE  
CONSERVATION DISTRICT



- 8:00: Welcome (Janet Hactin, UCCE Area Advisor and Mandy Parkes, Inland Empire RCD Manager)
- 8:05: UC ANR Sustainable Agriculture Research and Extension Program (SAREP) Goals and Resources (Gail Eecenstra, Director)
- 8:20: UC ANR Organic Agriculture Institute (OAI) Goals and Resources (Houston Wilson, Director)
- 8:35: Legal Basics: Permits, Licenses, and Regulations (Rachel Surls, UCCE Sustainable Food Systems Advisor)
- 9:30: Soil Health (Joji Muramoto, UCANR Organic Agriculture Specialist)
- 10:00: Nitrogen Management on Organic Farms (Margaret Lloyd, UCCE Small Farms Advisor)
- 10:30: Break
- 10:40: Irrigation Management (Amir Haghverdii, UCANR Irrigation Specialist)
- 11:20: Q and A with Morning Speakers
- 11:45: Lunch
- 12:30: Overview of Integrated Pest Management (Cheryl Wiles, UCCE Area IPM Advisor)
- 1:10: Identifying and Controlling Common Plant Diseases (Alex Putman, UCANR Plant Pathology Specialist)
- 1:45: Marketing and Business Management (Sonja Brodt, Gail Eecenstra, both SAREP)
- 2:30: Q and A with Afternoon Speakers
- 2:50: Break
- 3:00: Tips from Local Farmers (TBA)
- 3:40: Resources (UCANR, IERCD, local Farm Bureau Reps)
- 4:00: Adjourn

December 15, 2020  
(Tuesday)  
8:00 AM - 4:00 PM  
Live (via Zoom)  
Free!

Register Here:

<http://ucanr.edu/ucfm?id=253>  
or Scan the QR Code:



Questions? Contact Janet Hactin: [jscharting@ucanr.edu](mailto:jscharting@ucanr.edu)



## Natural Resource Management

The Natural Resources Management Program helps ensure that our lands will provide benefits for generations to come. The goal of the program is to promote sound management and conservation of the region's natural resources through research, educational activities, and building relationships with a broad range of users. It provides credible forestry, wildlife, watershed management information to government agencies as well as county residents and visitors.

This year the Natural Resources Program worked with county departments on several land management issues including helping the county Department of Agriculture, Weights and Measures locate and reduce a population of the invasive yellow star thistle in the west end of the county. This invasive plant is abundant in Northern California and has yet to gain a significant foothold in San Bernardino County. The Natural Resources Program also partnered with Regional Parks to improve habitat restoration.



Yellow star thistle infestation in the west end of San Bernardino County

Even during COVID restrictions the Natural Resources Program continued to deliver environmental education programs to over 2,000 residents and members of the workforce.

The UCCE San Bernardino County Environmental Education Coordinator conducted many activities across the county including:

- Introducing school gardens to five schools in Fontana Unified School District and gardening curricula in after school learning programs
- Working with four schools in the City of San Bernardino to prepare hydroponic units for indoor gardening lessons
- Working with over two dozen teachers on healthy soils lesson plans
- Teaching classes on local food and composting in underserved communities, which were also translated into Spanish



Attendees learning how to reuse newspaper to make seed planting pots

# University of California

## Agriculture and Natural Resources

**University of California Cooperative Extension San Bernardino County**  
**7863 Central Avenue, Highland, CA 92346**  
**Website: <http://cesanbernardino.ucanr.edu>**

**Mission:** To develop and extend research based-information on home horticulture and gardening, 4-H/youth development, natural resource management, urban forestry/sustainable landscaping, livestock management, food and nutrition, agronomy and field crop production, and food safety and preservation to the workforce and residents of San Bernardino County.

### **County Co-Directors:**

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### **Master Gardener/Environmental Education Coordinator:**

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**Master Gardener Helpline:** Email: [mgsanbern@ucanr.edu](mailto:mgsanbern@ucanr.edu) Ph: (909) 387-2182

### **4-H/Youth Development:**

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 Stephanie Barrett, Email: [slbarrett@ucanr.edu](mailto:slbarrett@ucanr.edu) Ph: (909) 387-2179

**Master Food Preserver Coordinator:** Dee Denton, Email: [djdenton@ucanr.edu](mailto:djdenton@ucanr.edu) Ph: (909) 387-2194

### **Expanded Food and Nutrition Education Program (EFNEP):**

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**Natural Resource Management:** Email: Christopher McDonald, [cjmcdonald@ucanr.edu](mailto:cjmcdonald@ucanr.edu) Ph: (909) 387-2242

**Farm Economics/Management:** Etaferahu Takele Email: [ettakele@ucanr.edu](mailto:ettakele@ucanr.edu)

**Livestock/Animal Husbandry:** Brooke Latack, Email: [Bclatack@ucanr.edu](mailto:Bclatack@ucanr.edu) Ph: (442) 265-7700

**High Desert Agronomy/Field Crops/Irrigation Management:** Andre Biscaro, Email: [asbiscaro@ucanr.edu](mailto:asbiscaro@ucanr.edu)  
 Ph: (805)645-1465

# UCCE Continues to Serve the Workforce and Residents of San Bernardino County During Covid

Recording You are viewing Kellie McFarland's screen View Options View

## UCCE San Bernardino County

"Using virtual learning tools due to COVID, [UCCE San Bernardino] helped more than 6,000 adults and youth garden more sustainably, grow their own food, eat more healthfully, safely preserve their harvest, and enhance leadership and STEM skills.

EFNEP rolled out the '100% at Home Program' adapted from the 'Eating Smart Being Active' series augmented by pickling, food safety and 'From the Garden to the Table' workshops taught by Master Food Preservers and vegetable gardening classes and school garden enrichment activities provided by Master Gardeners.

4-H converted 'Food Fiesta' to a virtual event featuring 34 presentations (go team!) and rolled out 'Virtual Winter Break' camp.

Our team also distributed free seeds, trees, and wattles and brightened the holidays for adults and children in-need through their annual tradition of gifting. Thank you!"

**Janet Hartin & Chris McDonald**  
UCCE San Bernardino County



UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources



# UCCE San Bernardino Budget Sources

San Bernardino County Budget for Fiscal Year 2019-20

