

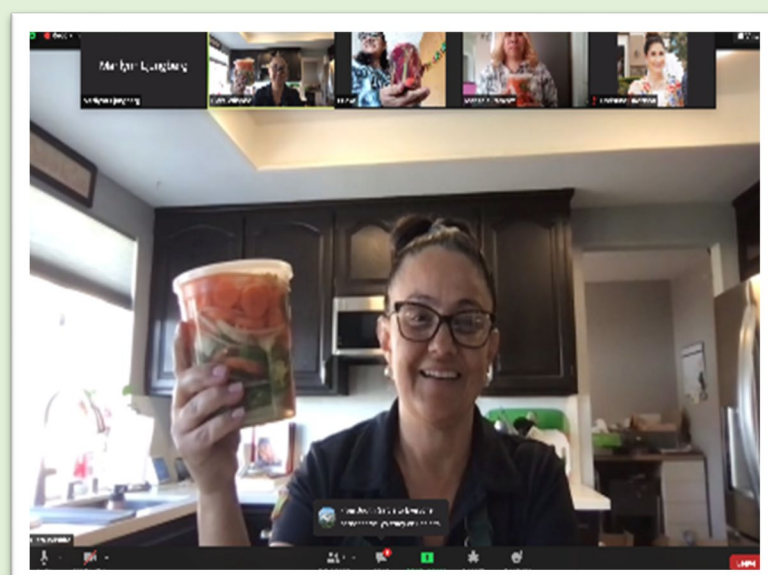
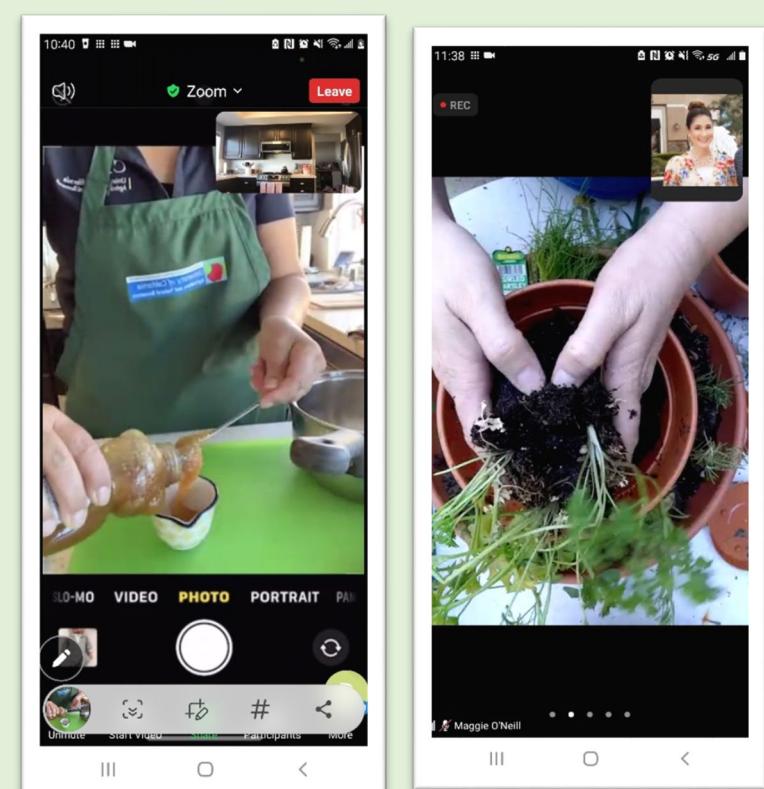


Expanding Education to Underserved Communities through UCANR Programs: Expanded Food and Nutrition Education Program, Master Gardener Program, and Master Food Preserver Program

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Objectives

1. Create a total of 9 handouts, marketing materials and brochures for the toolkit
2. Marketing Materials (English and Spanish)
3. Program Integration Brochure
4. Class Topics and Kits Handout
5. Program Integration Delivery Model Handout
6. Program Integration Tracking Document
7. Program Integration Orientation Meeting Agenda
8. Program Integration PowerPoint Slide
9. Best Practices for Successful Program Integration Handout
10. UCCE Graduation Certificate
11. Provide Program Integration Toolkit materials to participants, partnering agencies and organizations through outreach activities
12. Share Program Integration Toolkit with other counties through UC ANR platforms, presentations and workshops



Summary

Five groups of parents participated in a series of workshops from the Expanded Food and Nutrition Education Program (EFNEP), Master Gardener (MG) and Master Food Preserver (MFP) Programs. Twelve workshops per group were provided at the Victor Elementary School District Parent Resource Center (VESD) and Middle College High School. Four of the five groups conducted workshops in Spanish to reach underserved communities in San Bernardino County. Kits provided an opportunity to practice skills alongside the educators during workshops or afterwards in their homes.

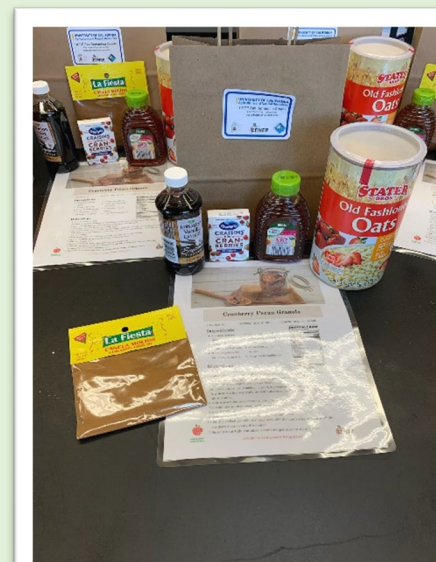
The EFNEP workshops consisted of a series of 9 lessons including topics such as reading the food label, food safety, MyPlate, stretching the food dollar, importance of exercise, limiting salt, sugar and fat. A kit provided ingredients to prepare Cowboy Caviar and Apple Salad recipes. The in-person workshop included a live demonstration and kits to prepare Apple Salad. Virtual workshops included live food demonstration via Zoom while parents made the recipes in their homes. Graduates of the EFNEP program (n=37) received a cookbook and certificate of graduation.

MFP and MG workshops followed the EFNEP program alternating each week. Victor Elementary School District held an in-person hands-on activity making three-tiered herb gardens. Participants received pots, soil, seeds, transplants and cuttings during the workshop. All participants went home with their new garden and tips on maintenance. The workshop was repeated virtually for the Middle College High School parents and VESD via Zoom. Parents received kits at their school sites and watched the live demonstration with time for questions at the end. The last MG workshop was Growing Cool/Warm Season Vegetables. Parents learned how to care for vegetables and which grew best in their home climate of the high desert or city of San Bernardino. They were given a binder with information about growing and maintaining vegetables, a pot, Popsicle sticks and a sharpie to label their vegetables, seeds for carrots, peas and radishes, and tote bag.

The Master Food Preserver program provided two workshops for parents. Each workshop emphasized food safety importance including proper storage of food, sanitation and handwashing. The first workshop, refrigerator pickling included a live demonstration walking parents through the entire process. Parents were given a kit containing carrots, jalapenos, garlic, pickling salt and spices, a container, a bottle of vinegar and the recipe to take home to replicate the demonstration. Options were provided to create the recipe either sweet or salty depending on preference. The next workshop consisted of making mixed berry freezer jam. The kit included a bag of frozen mixed berries, a container, sugar, pectin and recipe. Volunteers walked parents through the process and they took home their homemade jam.

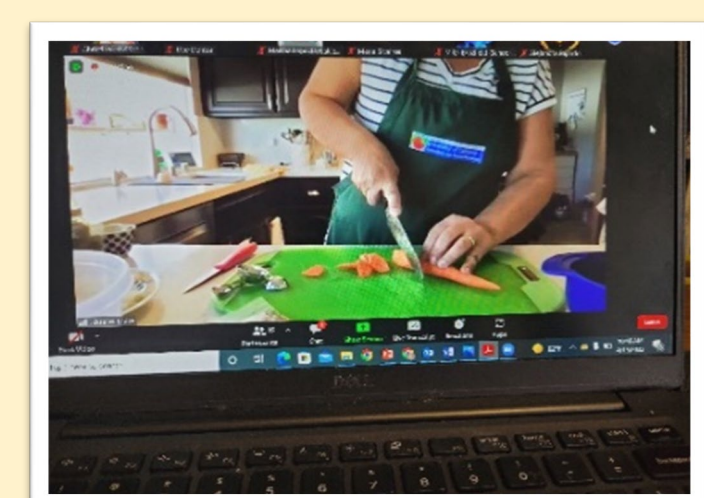
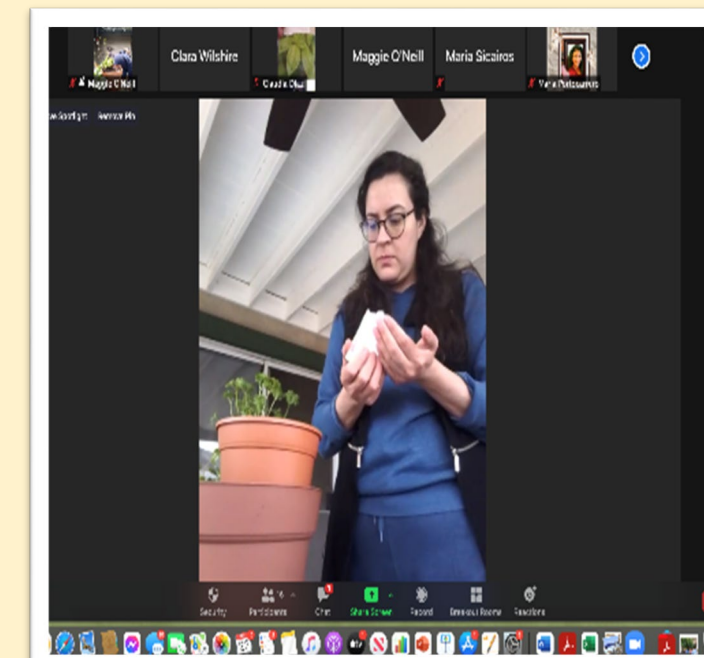
All workshops reinforced food safety, saving money when food shopping, growing and preserving food. These topics addressed food insecurity, which is something families in San Bernardino struggle with. Parents were excited to participate in all workshops and share photos of making and growing food at home. Parents who attended all twelve workshops received a certificate of completion (n=18).

"I enjoyed the workshops very much! It was nice to receive all the information instead of having to look for it and being able to ask questions and of course, I loved the supplies that were provided. It made everything a lot easier!"
- Participant



Specific Results & Dissemination of Findings

- A total of 9 handouts, marketing materials and brochures for the toolkit created (See Toolkit)
- Marketing Materials (English and Spanish) Page 3-10
- Program Integration Brochure Page 12-13
- Class Topics and Kits Handout Page 15-18
- Program Integration Delivery Model Handout Page 20
- Program Integration Tracking Document Links
- Program Integration Orientation Meeting Agenda Page 22-24
- Program Integration PowerPoint Slide Page 26
- Program Integration PowerPoint Slide Page 28
- Best Practices for Successful Program Integration Handout Page 30-31
- UCCE Graduation Certificate
- Provide Program Integration Toolkit materials to participants, partnering agencies and organizations through outreach activities.



Five groups of parents participated in the series of 12 workshops. The locations included Middle College High School located in the city of San Bernardino and Victor Elementary School District Parent Resource Center in Victorville. The series consisted of 9 lessons from EFNEP, 2 sessions from MG and 2 sessions from MFP. Out of all participants (n=42) eighteen parents graduated attending all program workshops. Each program provided participants with 2 kits. EFNEP's kits included Apple Salad, Cowboy Caviar or Chewy Granola. The MFP kits consisted of berry freezer jam and pickling. The MG kits included a three-tier herb garden and growing supplies for cool or warm season vegetables. Participants were invited to continue engagement with UCCE programs via text and emails, social media posts, advertisements within school districts and other program partners. The MG and MFP programs provide monthly classes in Spanish along with many opportunities throughout the month in English. In addition to parent education, the youth EFNEP program reach provided a series of 6 lessons to students at Middle College High School and Kimbark Elementary where they received nail brushes to reinforce food safety concepts such as handwashing.

Benefits/Impacts on Agriculture and/or Food System

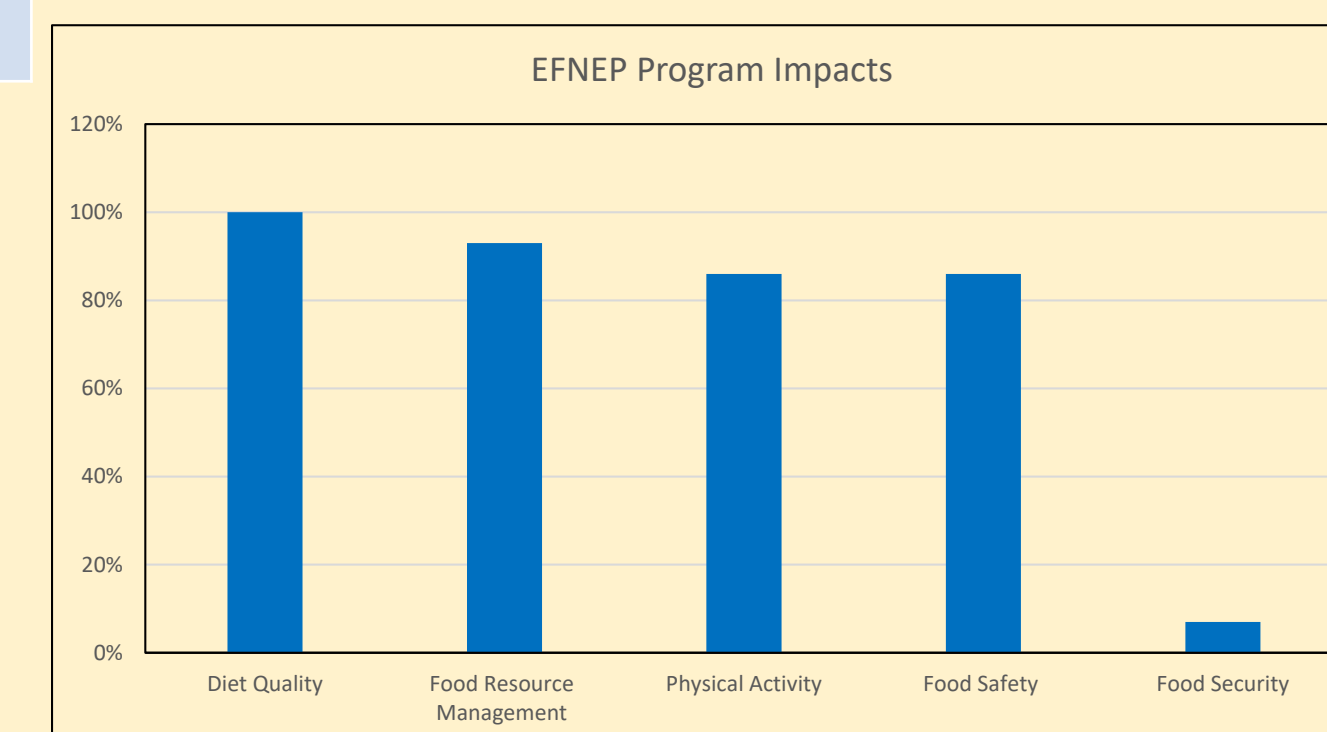


The benefits of the project include teaching underserved communities how to live healthier lives, increase food security and food safety. The EFNEP classes taught families how to save money when food shopping, plan healthy family meals, choose healthy options when eating out, limit fat, sodium and sugar, increase physical activity and fruit and vegetable consumption. The MG workshops taught families how to grow their own food to increase food security, increase vegetable and fruit consumption by growing food. The MFP workshops taught families food resource management skills to increase food security along with food safety. Increasing physical activity and spending time gardening are both great ways to improve both physical and mental health. Participants have continued to engage with programs UCCE has to offer by attending monthly MG and MFP workshops via Zoom. The kits provided assisted participants in building confidence by providing hands-on experiences to continue growing, making and preserving food. In addition to participant benefits, the model is extending to other programs. Cooperative Extension officers from other counties have reached out to learn details of the grant to model in the future. School districts are offered to provide funding to continue this model. The Inland Empire Resource Conservation District has used the kits for other MFP and MG classes. Overall, the collaboration between programs and outreach to audiences is expanding.

Impact on Target Audience

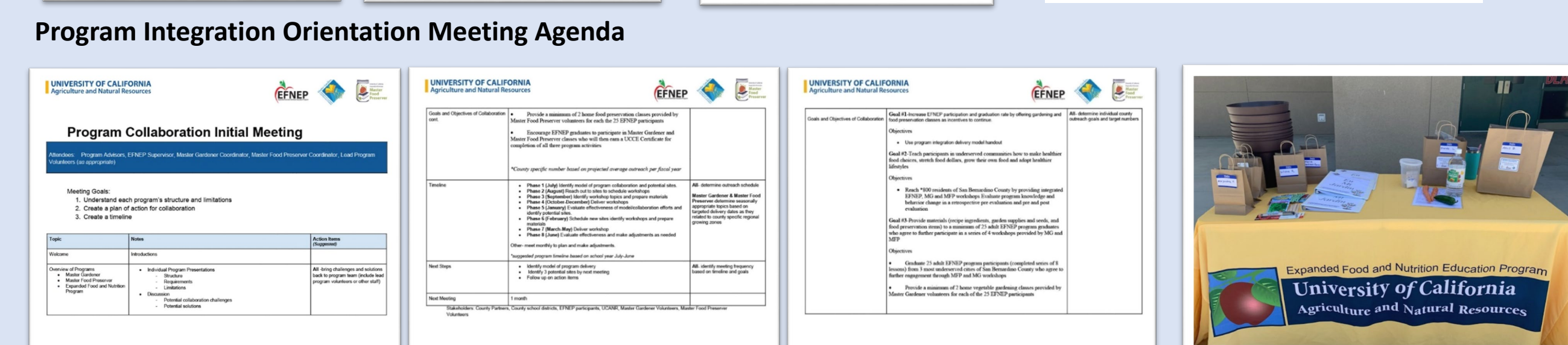
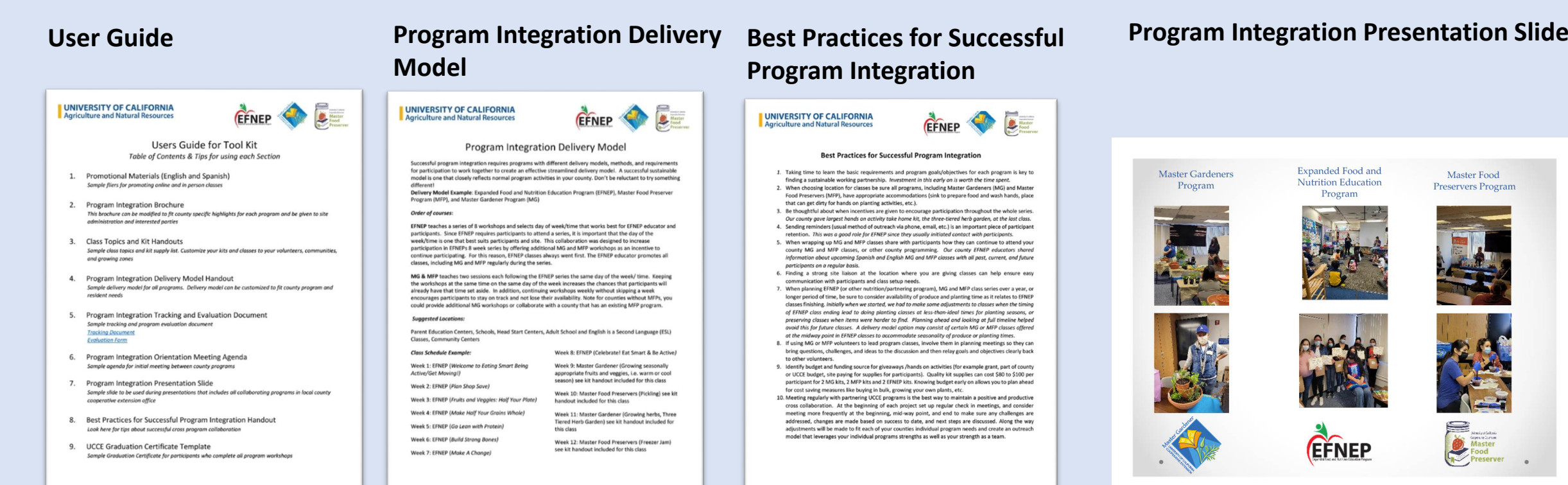
Gender	Ethnicity	Race
Female	32 Hispanic/Latino	White
Female	2 Hispanic/Latino	2 American Indian/Alaska Native
Female	1 Hispanic/Latino	1 More than 1 race

Number of adults reached (n=42)
Number of youth reached (n=75)



"I definitely enjoyed the nutrition classes and additional workshops. At my age, you reminded me the importance of building muscle and maintaining strong bones. I try to read the nutrition labels and have added more water to my diet. In addition, I have tried to implement certain habits to my daughters. I am also happy to report that two of my plants are still alive -lol. Not bad, I think. However, the sun and heat make it hard. I can go on... but I honestly enjoyed being a part of your class and workshops. I even shared your link with one of my cousins. The one with the jam and other tutorials." - Participant

Tool Kit



Program Integration Brochure



Promotional Materials



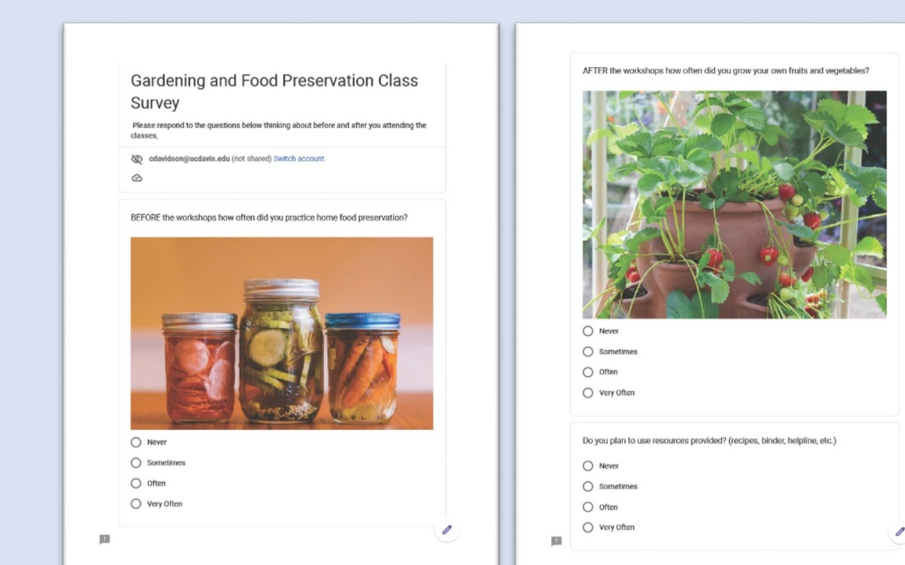
UCCE Graduation Certificate



Program Integration Tracking

Month	Date	Time	Program	Topic	Site	Kit	English/Spanish	Meeting ID	Notes
August	8/22/22	10:30 AM	AMMAG	August in the Garden	Victor Elementary School District	jarra	Spanish		
August	8/26	10:30 AM	MFP	Boiling Water Canning Part 1 Introduction to Growing Strawberries at Home	Victor Elementary School District	Herb kit	English		
September	9/9	10:00 AM	AMMAG	Boiling Water Canning Part 2 Live Demonstration	County Wide	No kit	Spanish		
September	9/23	10:30 AM	MFP	Holiday Herbs Cultivo de Hierbas Festivas	County Wide	No kit	English		
October	10/14	10:00 AM	AMMAG				Spanish		

Evaluation Document



Scan to see the entire tool kit



Scan to see the entire grants



Future plans:
The team was awarded another SAREP grant starting in May 2023. The model will be similar with a focus on food waste prevention including SB 1383.