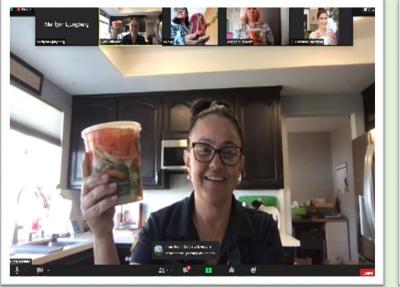
UNIVERSITY OF CALIFORNIA Agriculture and Natural Resources



Objectives

- 1. Create a total of 9 handouts, marketing materials and brochures for the toolkit
- Marketing Materials (English and Spanish)
- **Program Integration Brochure** Class Topics and Kits Handout
- **Program Integration Delivery Model Handout**
- Program Integration Tracking Documen
- Program Integration Orientation Meeting Agenda
- Program Integration PowerPoint Slide 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









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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 conduced 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

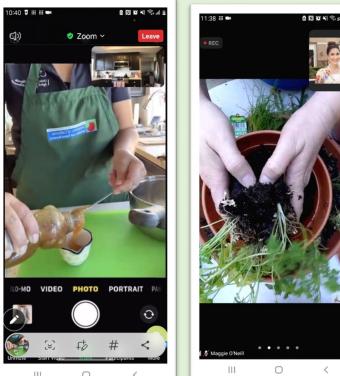








Expanding Education to Underserved Communities through UCANR Programs: Expanded Food and Nutrition Education Program, Master Gardener Program, and Master Food Preserver Program Christine Davidson, Expanded Food and Nutrition Education Program, Dee Denton Master Food Preserver Program, Maggie O'Neill, Master Gardener Program San Bernardino County





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
- Class Topics and Kits Handout
- Program Integration Delivery Model Handout • Program Integration Tracking Document links
- Page 12-13 Page 15-18 Page 20
- Program Integration Orientation Meeting Agenda Page 22-24
- Program Integration PowerPoint Slide Page 26 Best Practices for Successful Program Integration Handout
 - Page 28
- Page 30-31 UCCE Graduation Certificate Provide Program Integration Toolkit materials to participants, partnering agencies and organizations through outreach activities.

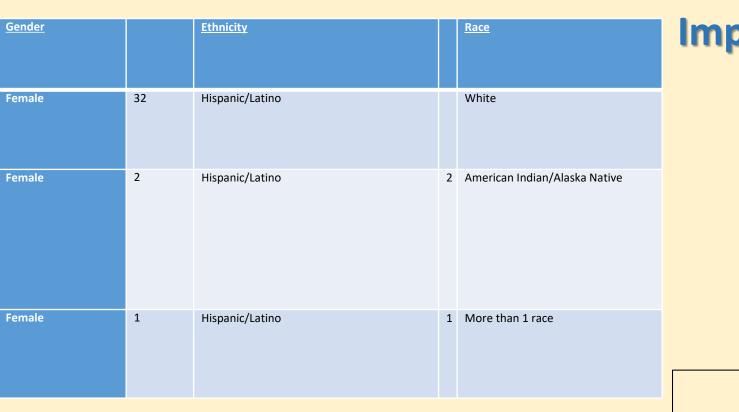


Five groups of parents participated in the series of 12 workshops. The locations included Middle College High School located in the city of San Bernardino and Victor Elementary School District Parent Resource Center in Victorville. The series consisted of 9 lessons from EFNEP, 2 sessions from MG and 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

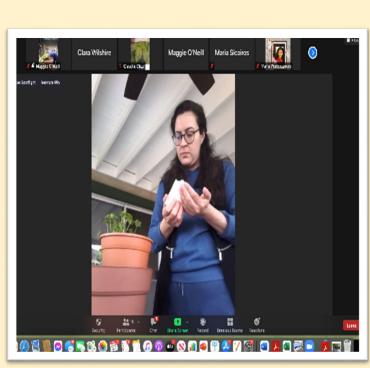


The benefits of the project include teaching underserved communities how to live healthier lives, increase food security and food safety. The EFNEP classes taught families how to save money when food shopping, plan health family meals, choose healthy options when eating out, limit fat, sodium and sugar, 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 manage 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 offices from other counties have reached out to learn details of the grant to model in the future. School districts are have 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.



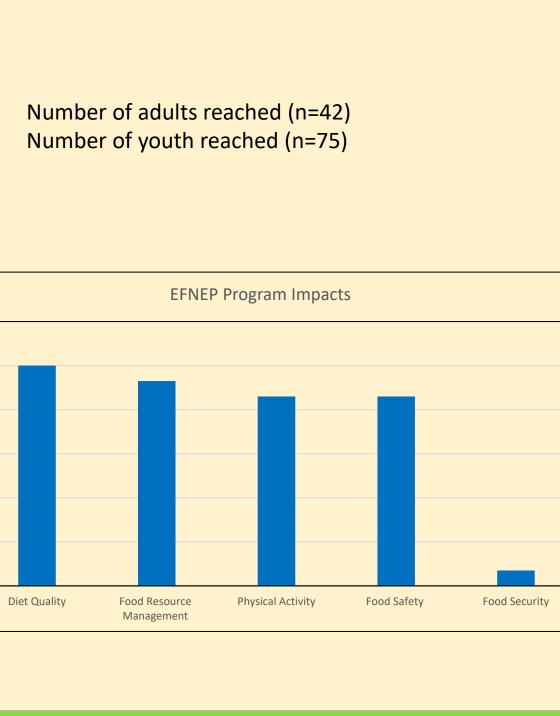


definitely enjoyed the nutrition classes and additional workshops. At my age, you reminded me the importance of building muscle and maintaining ong bones. I try to read the nutrition labels and have added more water to my diet. In addition, I have tried to implement certain habits to my iters. I am also 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... It 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 orials." – Participant





Impact on Target Audience



Tool Kit

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1. 2. 3. 4.	Promotional M Sample filers for pro Program Integr This brochure can be administration and Class Topics an Sample class topics and growing protes Program Integr Sample delivery mor resident needs	e modified to fit county speci, interested parties	s for using each Sec panish) classes fic highlights for each pro your kits and classes to yo your kits and classes to yo Handout model can be customized	gram and be given to site our volunteers, commun I to fit county program a	ties,	for partic model is different Program Order of EFNEP te participa veek/tim participa continue classes, is MG & M the work already h encoura could pro	Model Example: Expandel Food and N (MP), and Muster Gardener Program (course: actes a series of 8 workshops and sele ets. Since FFMP: seques participants is in one table at usits participants and son in FFMP.8 we kerels by offension participanting. For this reason, ENNP of cluding MG and MP regularly during PIP teaches two sessions each following PIP teaches two sessions each following PIP teaches two sessions each following and the same time on the same da shops at the same time on the same da shops at the same time on the same da shops at the same time on the same da			
6.	Tracking Document Evaluation Form	ation Orientation Me	eting Agenda			Parent Ec Classes, C Closs Sch	Suggested Locations: Parent Education Centers, Schools, Head Start Cent Classes, Community Centers Class Schedule Example:			
7.	Sample agenda for initial meeting between county programs 7. Program Integration Presentation Slide Sample side to be used during presentations that includes all collaborating programs in local county cooperative centralism office					Active/Ge Week 2: I	k 1: EFNEP (Welcome to Eating Smart Being e/Get Moving!) k 2: EFNEP (Plan Shop Save) k 3: EFNEP (Fruits and Veggles: Half Your Plate			
8.		for Successful Program		out			Week 4: EFNEP (Make Half Your Grains Whole) Week 5: EFNEP (Go Lean with Protein)			
	Sample Graduation	Certificate for participants w	ho complete all program i	workshops			EFNEP (Make A Change)			
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Class Topics Handout



UCCE SAN BERNARDINO SEASONAL CLASS TOPICS

April May	June July August
Master Gardener Classes	Master Gardener Classes
Growing warm season veggies	Caring for your warm season veggles
Growing herbs during	Growing herbs during
Spring	Summer
Saving seeds	House Plants
and and and and and	****
Master Food Preserver Classes	Master Food Preserver Classes
Making Fruit Leather	Canning Tomatoes
Fermentation	Making Jam
*Food Safety basics	*Food Safety basics
overview in each class	overview in each class

Program Integration Brochure

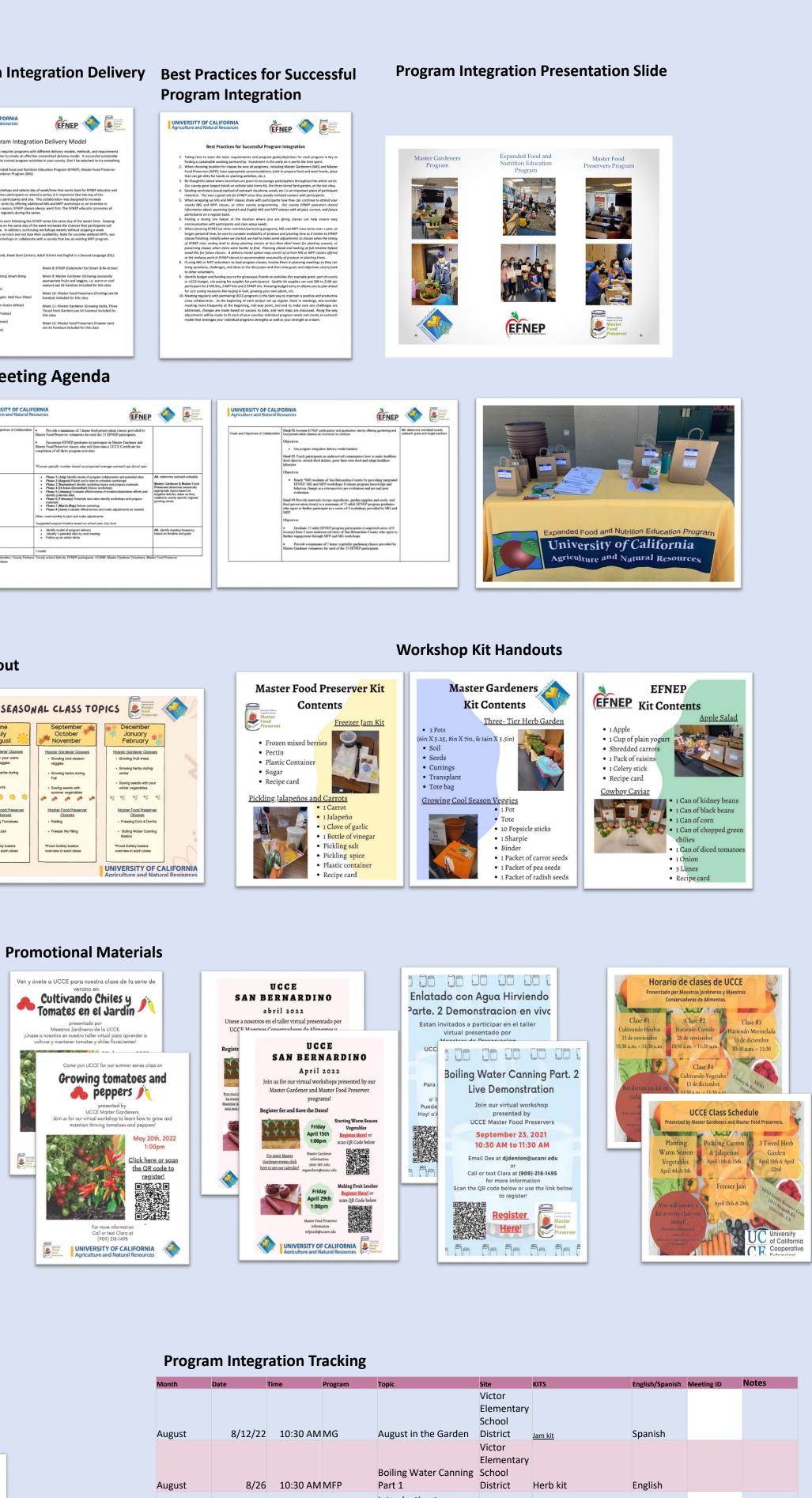


UCCE Graduation Certificate



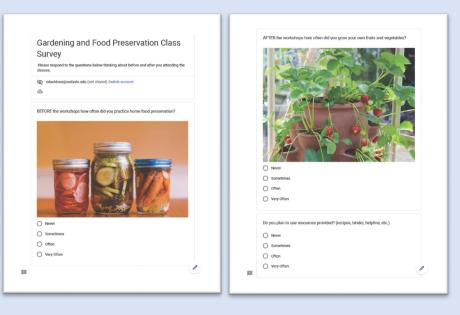
Future plans:

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.



					School			
ugust	8/12/22	10:30 AM	MG	August in the Garden	District	<u>Jam kit</u>	Spanish	
ugust	8/26	10:30 AM		Boiling Water Canning Part 1	Victor Elementary School District	Herb kit	English	
ptember	9/9	10:00 AM		Introduction to Growing Strawberries at Home Introducción al cultivo de fresas en casa	County Wide	No kit	Spanish	
ptember	9/23	10:30 AM		Boiling Water Canning Part 2 "Live Demonstration"		No kit	English	
ctober	10/14	10:00 AM		Holiday Herbs Cultivo de Hierbas Festivas		No kit	Spanish	

Evaluation Document



Scan to see the entire tool kit



Scan to see the entire grants

