CalFresh Healthy Living, UC Town Hall
June 20th Agenda

All Things Green & Garden (01:03)
Karina Hathorn, CFHL, UC State Office Garden Manager

Physical Activity and Gardening (37:28)
Paul Tabarez, MS, M.Ed. CFHL, UC State Office PA Manager

ANR Conference, Strategic Visioning (54:44)
Amira Resnick, M.P.A. UC ANR Statewide Director, Community Nutrition and Health

State Office Updates (1:08:32)
All Things Green and Garden

Karina Hathorn
Garden Project Manager
CFHL, UC State Office
Thank you!
2 Day In-Person Garden Training:
Light Bulbs to Garlic Bulbs
Our Future Together

- We are **amazing** and **all over the place**!
- Results from the *Exploring New Options for Evaluating Garden Work* Survey:
  - **Populations:**
    - 4th-6th Grades
    - TK-3rd Grades
    - Early Childhood
  - **Settings:**
    - Schools
    - Afterschool
    - Community
  - **Outcome to measure:**
    - Behavior change: Eating more vegetables, getting more physical activity, growing food at home,
    - Knowledge or skills: gardening
What’s Next?

- Continue to connect with you
- Revise adult curriculum, *Fresh from the Garden*, targeted completion date October 2023
- Develop garden assessments
- More training
- Online resources
- Partnerships
Online Garden Workgroup

- After Town Hall, check email for Doodle Poll to set date for first meeting
- First meeting focus:
  - Setting a goal for workgroup
  - Choosing meeting dates
  - Sharing & connecting between counties
Breakout Rooms:

Think of a positive experience you have had in a garden, then share

Share in breakout rooms – 6 minutes
- Introduce yourself, name & county
- Share positive garden experience

Return to whole group – share with whole group
CalFresh Healthy Living Mission Statement:

To inspire and empower under-served Californians to improve their health by promoting awareness, education, and community change through diverse partnerships, resulting in healthy eating and active living.
FFY 24 SNAP-Ed Guidance

“...create conditions where people are encouraged to act on their education and awareness and where the healthy choice becomes the easy and preferred choice, which is facilitated through changes in policy, systems, and the environment.”
FFY 24 SNAP-Ed Guidance

• Gardening projects funded by SNAP-Ed are intended to serve schools and communities eligible for SNAP-Ed to teach food gardening and promote physical activities benefits of gardening.

• They are not meant to create gardens whose primary purpose is to donate food into the emergency food system.

• It is a requirement that all SNAP-Ed garden activities include nutrition education at the gardening site. This can include indirect education channels, but direct education is recommended.
FFY 24 SNAP-Ed Guidance

- Allowable
  - The purchase of seeds, plants, small gardening tools and supplies such as fertilizer and potting soil to assist in developing school and community food gardening projects. These costs should be done in partnership with other funding mechanisms to ensure sustainability of the project.
  - *NEW* purchase of edible pollinator plants

- Not Allowable
  - Gardens whose primary purpose is to donate food into the emergency food system.
  - The purchase of non-edible plants and items used for non-edible pollinator gardens.
  - Costs for the rental or purchase of garden equipment (tractors, rototiller, cultivator, etc.) or the purchase/rental of land for garden plots.
UC Agriculture and Natural Resources (UC ANR)

UC ANR is a statewide network of University of California researchers and educators dedicated to the creation, development and application of knowledge in agricultural, natural and human resources.
The California Garden Web - UC ANR

- Uses a question-and-answer format to provide information on:
  - Drought
  - Flowers
  - Gardening Basics
  - UCMG Gardening Classes & Events
  - Growing Berries
  - Growing Grapes
  - Indoor plants
  - Vegetables
  - What is my climate zone?
  - And much more
UC Integrated Pest Management (UC IPM)

- Small team at State Level
- No volunteers
- Materials for indirect education, focus on large scale agriculture and home gardening
- Process to solve pest problems (Weeds and Insects)
  - Biological Control
  - Cultural Controls
  - Mechanical and physical controls
Home, garden, turf, and landscape pests

University of California's official guidelines for managing pests with environmentally sound methods.

Pests of homes, structures, people, and pets

- Household pests
  - Pests that sting, bite, or injure
  - Wood-destroying insects
  - Insects that cause nuisance
  - Vertebrate pests: birds, mammals, and reptiles

Pests in gardens and landscapes

- Choose a plant to find the most likely source of your pest problem
  - Flowers
  - Fruit trees, nuts, berries, and grapes
  - Lawns and turf (including comprehensive lawn guide)
  - Trees and shrubs (including roses and other ornamentals)
  - Vegetables, melons, and herbs

Some common pests

- Birds, mammals, and reptiles: vertebrate pests
- Insects, mites, mollusks, and nematodes: invertebrate pests
- Plant diseases
- Weeds

Quick Links

- Libraries
- Pest Notes
- Quick Tips
- Videos
- Blog: Pests of the Urban Environment
- Webinars: Urban & Community IPM
- Tools:
  - Seasonal Landscape IPM Checklist
  - Plant Problem Diagnostic Tool
  - Website Pest Identification Tool

APHIDS

Integrated Pest Management for Home Gardeners and Landscape Professionals

Aphids are small, soft-bodied insects with long slender mouthparts that use to pierce plant tissues and suck out fluids. Adult aphids are usually green, yellow, brown, or black depending on the plant species and environmental conditions. Aphids can be found on a variety of plants, including trees, shrubs, and vegetables. Some species have a unique feeding habit where they secrete a sticky substance called honeydew. This honeydew attracts ants and other beneficial insects.

Identification

Aphids have soft, oval-shaped bodies with long antennae and piercing mouthparts. They feed on the sap of plants, causing damage to the plant tissue. Some species have a distinctive appearance, such as the green aphid, which is often found on the underside of leaves. Other species are more variable in appearance, with some resembling small brown or yellowish spots on the plant surface.

Life Cycle

Aphids have a short life cycle that typically takes place in warmer temperatures. The eggs are laid by the female aphid and hatch into nymphs, which then develop into adults. As the population grows, the aphids produce a sticky substance called honeydew. This substance attracts ants, which can provide protection for the aphids against predators.

Prevention and Control

To prevent aphid infestations, it is important to maintain healthy plants through proper watering, fertilizing, and pruning. Using organic pesticides such as neem oil can also help control aphid populations. Biological control methods, such as introducing natural predators like ladybugs and lacewings, can also be effective in reducing aphid populations.

References

- California Department of Agriculture (2023). "Aphids and Their Management in Home Gardens and Landscape." California State University, Fresno. Available at: [https://www.ipm.ucdavis.edu/entomology/PestNotes/Pests/Insects/Aphids.html](https://www.ipm.ucdavis.edu/entomology/PestNotes/Pests/Insects/Aphids.html)
- University of California (2023). "Aphids: Integrated Pest Management for Home Gardeners." UC IPM. Available at: [https://ucanr.edu/IPM/APHIDS](https://ucanr.edu/IPM/APHIDS)

For more information, visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org)
Vegetables and melons

- Artichokes
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Celery
- Cucumber
- Eggplant
- Leeks
- Onions and garlic
- Peas
- Peppers
- Potatoes
- Radishes
- Rutabaga
- Salsify
- Spinach
- Squash
- Tomatoes
- Turnips
- Watermelon

Herbs

- Basil
- Lavender
- Mint
- Oregano
- Rosemary

For help narrowing down the pests on your plant, try the [IPM Problem Diagnostics](https://ucanr.edu/ipm/diagnostics).
UC IPM Plant Problem Diagnostic Tool

- Select plant type
  - Vegetables and Melon
- Select plant name
- Select plant part
- Select damage
UC ANR Publication Catalog

- Books
  - Pests of the Garden and Small Farms

- Cards
  - Vegetable Pest Identification Cards
  - Weed Pest Identification and Monitoring Cards

- PDF Publications – Free
- Purchase using PDSL Funds
- https://anrcatalog.ucanr.edu/
California’s State Nutrition Action Council (SNAC)

- State-level collaborative with active representation from all state agencies and nonprofits that implement USDA programming
- 2022 SNAC launched initiative to target policy changes that support gardening at the local level
- Toolkit available on their website
  - Community Gardens Fact Sheet
  - Community Gardens Issue Brief
  - Community Gardens Planning Guide
  - Community Gardens Dissemination Tools
Physical Activity and Gardening

Paul Tabarez
CFHL, UC State Office
Review of the Literature: Gardening

• In 22 studies that were reviewed, participants that garden experience:
  • in stress, mood disturbance, symptoms of depression and anxiety, and BMI
  • in sense of community, physical activity levels, cognitive function, and overall quality of life

• You don’t need a lot – just participating in 12 hours over the course of 1 year can lead to health benefits
Garden Classrooms Improve Activity Levels

• Garden classrooms reduce rates of sedentary activity and improve levels of moderate physical activity
  • During garden lessons, children spend significantly more time walking
  • On average, during garden lessons, children sat 14% of their time, compared to 84% indoors
  • Vigorous PA was only achieved during garden lessons (2%) versus indoor lesson time (0%)
## Intensity Levels of Garden Activities – Multicomponent PA

<table>
<thead>
<tr>
<th>Moderate Intensity  (upper and lower body)</th>
<th>Low Intensity  (upper body while standing/squatting)</th>
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<tbody>
<tr>
<td>Digging</td>
<td>Pruning</td>
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<tr>
<td>Fertilizing</td>
<td>Mixing soil</td>
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<tr>
<td>Weeding</td>
<td>Planting seedlings</td>
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<tr>
<td>Raking</td>
<td>Watering</td>
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<tr>
<td>Tending to Compost</td>
<td>Harvesting</td>
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The Challenge

Barriers to reaching PA recommendations while gardening:

• Adolescents with *home gardens* are more likely to reach MVPA recommendations, but many do not have them.

• Youth participation with gardens to be linked to nutrition education programs, where *PA and gardening* tends to be a *lower priority*.

• Gardening as a positive avenue for older adults to live an active lifestyle, but *mobility* can be a problem and *programs are not designed with older adults in mind*. 
Reframing the Discussion

Small changes make a big impact
Examples

• Gardens with ECE or Older Adults
  • Establish additional PSE with a “walking path” created with stencils to guide learners through the garden space

• Take a break – Youth K-12
  • Encourage teachers to opt for a brain break outside in the garden instead of the classroom
  • Walk out to the garden, do 5-10 minute of weeding/watering, and a short PA
Garden Kickoff’s at ICOE Head Starts

• Gardening and Parachute Activity
• Grouping Students
  • 10 students in the Garden
  • 10 students doing PA
• Smaller groups in the garden
  • More support for young students
  • Practice fine motor skills
Exercise Snack
Swaying Tree

https://www.youtube.com/watch?v=AjQQ_5qHAEU
10 Seconds
Warrior One & Two

https://www.youtube.com/watch?v=ZgKut5mQpe0&t=2s
10 Seconds
Triangle Pose

https://www.youtube.com/watch?v=dz37vvXDp10&t=2s
10 Seconds
Cool Down Activity

Yoga Poses #471

**Equipment:** None

**Skill Themes:** stretching, balancing, twisting, relaxing, transferring body weight,

**Description:** Children are scattered, each in their own self-space.
CATCH ECE Training Academies

Riverside: July 25-27th
UCCE Riverside, Citrus Room
9am – 4:30pm

Davis: August 8-10th
UC ANR Conference Center, Davis
9am – 4:30pm
Community Nutrition and Health

Partnering in communities toward healthier choices and environments

Amira Resnick M.P.A.
Statewide Director, Community Nutrition and Health
June 20, 2023
CNH Strategic Planning Updates

- Momentum coming off the ANR Conference – THANK YOU!
- Strategy Committee will meet through December
- Prioritizing next tasks
CNH Strategic Planning Updates

- World Café data analysis
- Estimated 250+ ideas generated
- Popular topics:
  - Partnerships! (healthcare, etc)
  - Social connectedness
  - Policies and food systems
CNH Strategic Planning Updates

- Health Equity Trainings (series of 3)
- Continuing to develop new projects, trainings and initiatives with UCSF and other partners
- EXCITE funding awarded!
  - Communications campaign with NOS on vaccination education/awareness with Mexican Indigenous communities
State Office Updates
Registration Available!

Building Capacity in School Wellness & Youth Engagement Trainings

Davis
August 15 & 16
FFY24 NERI and Curriculum Ordering Surveys

• Thank you, all responses received by deadline of Friday, June 9!

• The CFHL, UC State Office will follow up with Counties if there are any questions after a review of Survey responses.

• The State Office will work on next steps and update Counties as we continue to move through the FFY24 Ordering Process.

• If you have any questions please reach out to Tammy (tjmcmurdo@ucdavis.edu), Fernanda (fcpereira@ucdavis.edu), or Ryan (crkeeler@ucdavis.edu).
PEARS Q2 Errors

• Managers, Supervisors, Advisors:
  • Please ensure Q2 errors for **Program and Indirect Activities** are addressed by **Friday, July 21st**
  • For more information on errors, please review the Q2 email sent June 13th, 2023

• If you have any questions or concerns, please email Melanie Alexander at magerdes@ucdavis.edu & CC Barbara MkNelly bmknelly@ucdavis.edu
EVALUATION Team – PEARs Q3 Review

• Per 6/14 email, please aim to enter FFY23 **PSE Activities, Partnerships and Coalitions** to date by COB Friday 7/14

  ✓ Entries **do not** need to be marked complete
  ✓ Add PSE needs assessments completed

• SO evaluation team aiming to review and send back any issues by end-July
Evaluation Check-in Calls – August

Schedule with each UCCE county/cluster leadership team – aiming for 8/7-8/18

Focus of Calls
• FFY23 PSE reporting
• FFY24 Evaluation plans
Timeline for End of Year FFY23 Evaluation Survey Portal Closure Dates

By COB **August 15th** complete data entry for:

**Youth Engagement Surveys Qualtrics**
- YPAR Student Retrospective
- YPAR Project Assessment
- Teens as Teachers survey
- Youth Leader survey

**Additional Youth and Teacher Surveys in Qualtrics**
- Teacher Observation Tool (TOT)
- Physical Activity Teacher Observation Tool (PA TOT)
- Large Group Taste Test Tool (LG TTT)

**Youth EATS Surveys in PEARs**
- Eating and Activity Tool for Students (EATS) matched pre/post - School Year 2022/2023
Timeline for End of Year FFY23 Evaluation Survey Portal Closure Dates

**Sept 15** – Remaining Taste Test Surveys in Qualtrics
- Teacher Tasting Tool (TTT)
- Preschool Taste Test Tool (Pre-K TTT)

**Sept 30** – WDYL and Adult Surveys in PEARs
- What Did You Learn? (WDYL)
- Intent to Change Surveys (ITCs)
- Food Behavior Checklist + Physical Activity Survey (FBC+PA) pre/post
- Plan, Shop, Save & Cook (PSSC) pre/post
- Healthy, Happy Families (HHF)

If you have any concerns about the proposed dates, please contact the State Office Evaluation Team.
YPAR Summer Training Institute

Workshop #1: Introduction to YPAR
Thursday, July 6th, 9:30am-12:00pm

Workshop #2: How to Get Started with YPAR: the 6-Session and 12-Session Models
Thursday, July 13th, 1:00pm-3:30pm

Workshop #3: Using the Youth Career Pathways Toolkit in YPAR and YE Efforts
Tuesday, July 18th, 9:30am-12:00pm

For questions please contact Brandon Louie at bplouie@ucdavis.edu
Youth Engagement One-Pagers

• Teens as Teachers
• Youth-led Participatory Action Research (YPAR)
• Student Nutrition Advisory Council (SNAC)
• Youth-led Gardening Clubs and Activities

Thank you to the Youth Engagement Workgroup!
Monica Drazba       Rigoberto Ponce
Edith Duran         Alexander Prado
Eli Figueroa        Rosalinda Ruiz
Kelly Hong          Paul Tabarez
Elizabeth Lopez     Robert Tapia
Brandon Louie       Daisy Valdez
Cristina Luquin     Rosa Vargas
Abbi Marrs          Christopher Wong
Youth Engagement
One-Pagers

Teens as Teachers example

Find these materials on Box:

1. YE Promotional Materials
2. YE Leadership Calls and Office Hours
3. YPAR Summer Training Institute

Examples of curricula for older youth may include:
- Nutrition
  - Go Glow Grow
  - Cooking Academy
- Garden-based Nutrition
  - TWIGS
  - Junior Master Gardener
- Physical Activity
  - CATCH
  - BEPA

After participating in one Teens as Teachers program, they:
- 100% of youth agree or strongly agree they can make a difference in their community, are more confident in helping others, and are more confident overall
- 100% of youth said they have good or excellent ability to work as a team member and to teach others

"The most important skills I learned as a teen teacher are leadership, teamwork, being confident with my speaking, and teaching kids." - Teen Teacher
Community Engagement Workgroup

- Community Engagement materials
  - PowerPoint
  - Google doc with CFHL, UCCE specific community engagement examples
- Upcoming Active News Beets to include CE stages
- Planning quarterly CE Community of Practice gatherings
Congratulations on your retirements!

Jona Pressman
Program Manager
CFHL, UC
Butte Cluster

Marisa Neelon
Nutrition, Family &
Consumer Sciences Advisor
Contra Costa

29 years with UC!

28 years with UC!
Thank you!

Next Town Hall:
Tuesday
August 15, 2023