



The Scoop

Statewide Staff Meeting

July 2nd, 2018

Areas Represented

- Beaver
 - Box Elder
 - Cache
 - Davis
 - Duchesne
 - Emery
 - Iron
 - Juab
 - Kane
 - Millard
 - Salt Lake
 - San Juan
 - Summit
 - Uintah
 - Utah
 - Weber
 - Social Media
 - State Office
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-

New Assistant Director – Heidi & Casey

Casey is now an assistant director of the SNAP-Ed program. The details of this change are still unfolding, but we are excited that Casey accepted the role.

Purpose of the Google Calendar – Candi & Jocelin

The *Eat Well Utah* newsletter is an important part of our program. The newsletter is sent out to a list of people eligible for our classes. It is a great recruiting tool. Because of this, it is mandatory for all activities in your counties to be added to the Google calendar. Candi uses this calendar to create the newsletter each month. Here are some tips for making your entries the most useful:

- **Indicate whether a class is open or closed** – Candi will include all “open” events in the newsletter to aid in recruiting.
- **Specify both the title of the location as well as the address** – for example, North Logan Library @ 475 E 2500 N North Logan, UT 84341
- **Briefly describe what you will be doing at the class/activity** – adding a little bit of detail will help Candi know how to organize the events properly
- **Update the calendar before each Monday** – Monday is the day your county’s activities are reviewed by the state office staff. Candi also begins working on newsletters at the beginning of the first week of each month. Assuring everything is up to date will give a more accurate picture of the work going on in your counties.
- **Copy & paste** – use the same descriptions, titles, and locations for both the Trumba & Google Calendars. No need to make life more difficult than necessary! Every class is required on the Google calendar. Only classes that you are aiming to recruit for should be included on Trumba.

Double Up Food Bucks - Casey

Double Up Food Bucks has been approved for certain markets and farm stands in Utah starting August 1, 2018. Check your email for a list of all approved markets. Please promote this program to your class participants in your classes and through social media. We will be sending you various promotional materials to make this as easy as possible.

Updated clips for shelf-talkers - Casey

The current clips we have been using to display the shelf-talkers for the Thumbs Up program don't fit many of our pantry's shelves. They were made for a more curved edge, but a number of our pantries have straight metal shelving. We have found an updated clip to fit these needs. They will be available to order ASAP. Please let us know if neither of our clip options work for your pantry – there are many options out there and we will be able to find something for you that works.

Upcoming Regional Trainings - Marcia

Regional trainings are one week away! We will be traveling from Tuesday – Friday and are very excited for the activities we have planned for you all. **Please send in your lunch orders TODAY** and check your emails for any instructions on supplies we need you to bring.

Travel & P-Card Updates - Gayla

Receipts for all p-card purchases are due TODAY. Please send them in!

Thank you to all who submitted their TAs. You did so in such a timely manner – it is greatly appreciated. As an FYI, the reason we have to submit TAs twice a year is because we run by two fiscal years – Utah State University & SNAP-Ed. USU's year runs from July 1st – June 30th and the SNAP-Ed goes from October to September. Thanks for being accommodating.

A Couple Things - Heidi

Timely Mileage Reporting – please report your mileage in a timely manner. Mileage that is long overdue is not justifiably covered by our budget.

Free Materials – Anything with the Food \$ense logo must be free to the public.

Food Demos – When giving out food in food demonstrations, only make enough for people to have a *sample* of the food. Meals can only be provided if they are funded from another source.

Social Media Reports

Eat Well Utah – Candi

Recent posts have included the top 10 ways to use watermelon, 5 ways to use yogurt, building a workout plan, and many others. Keep sending in your NEA in action photos – I would rather have too many than not enough! Be sure to send in a waiver for both yourself and any participants photographed in your submissions.

Kids Create – Hannah

This summer I have been highlighting foods that are in season and that can be bought locally. The most recent post has included a bit of Fourth of July fun to help kids be more active. If there are any posts you would think to be beneficial for your child-age participants, please let me know!

County Reports

Beaver

Towards the end of summer, we will be starting to work with 4-H and some summer camps. Due to limited grant availability, we will not be able to work in the schools the same as we have in the past. Hopefully the new PSE opportunities will be beneficial for our team.

Box Elder

We are working hard with our summer meal sites and physical activity initiatives this summer. Our Create Better Health Challenge was very successful and fun – we had 200 participants and received a lot of good feedback about the program. We just started a Create Farm Fresh class at the Brigham City Farmers’ Market. We will be starting a Create Family Meals class and a series of Spanish classes in the next couple of weeks. For PSE work, we have started a community garden and are working to form concrete connections with local food pantries and soup kitchens. Last week we donated 25 lbs. of produce to these sites.

Cache

We have been very busy this summer with a variety of activities. We started summer meals for two school districts in Logan. The farmers’ market booth is having a lot of success giving out recipes cards and books. The Food, Fun, and Reading program at North Logan Library just got completed and we are working to get it started again. We are teaching a Create Farm Fresh Food series at DWS and a “My Family and Me” program in the mornings and evenings at the county offices. We have done an excellent job networking with Capsa, WIC, DWS, quality youth services and the refugee community. Our Latino work is on fire. Classes are being taught throughout the entire valley. 24 farmers market recipes have been translated into Spanish and are available for anyone who wants them.

**Note from Heidi: When doing the “Mommy and Me” classes, be sure to explain in the advertisement whether or not the kids and parents will be cooking together.

Carbon

We just started the Food, Fun, and Reading program at the library. We are working with Headstart, DWS, commodity classes, circle groups, and housing committees. We are working on our community gardens and getting more action there. We are also working on improving the areas for senior housing in our community.

Davis

We are teaching a Create Farm Fresh Foods class in Layton, working on summer feeding sites, and many other good projects.

Duchesne/Uintah/Daggett

We have been working in the ‘Free as a Bird’ camp and partnering with the tribes to teach our classes. Lately we have been going over the “Create a Smoothie” lesson. Two more additional feeding sites have been added on the reservation. We will be hosting a

kids cooking camp. Registration is already full for it! We are partnering with the library on a 'Health Rocks!' theme. We also have farmers' markets in Roosevelt and Vernal starting up.

Emery

We have combined with the 4-H programming to travel out to Green River on Fridays and reach our target population out there. We are teaching programs at our local community center. It's been difficult to know how to teach these classes since we never know how many kids will show up – or what their ages will be. All schools in our county have free lunch and we are doing the Food, Fun, and Reading program with them. Our farmers' market has also been approved for August.

Iron

We just got a new NEA, Emily Woolsey and are very excited to have her. We are working on getting classes set up with children and at the women's shelter. We have never been able to teach in the shelter before, but because of Emily's hard work, we are in.

Juab

4-H in the Park Lesson Plan

The children tried orange and purple cauliflower and we handed out recipes and information to go home to parents. I also brought a super veggie kid poster to tell the importance of eating different colors with vegetables and fruits and how they help fight diseases. We then got into teams to play crab soccer.

Crab Soccer

Need: 42-inch beach ball, 4 cones for goal lines

Players: 10 to 30

- Divide the group into two teams with two goalies.
- Explain the crab position (both hands and feet touching the ground, with stomachs toward the ceiling/sky)

Set Up

One large rectangular playing area, outside grass area or in a gym with marked goals.

How to Play

- Only movement in the crab position is allowed for the entire game.
- Players can only kick or hit the ball with their feet and/or head; no hands are allowed. Goalies can use hands, feet or head
- The leader drops the ball in the center of the field for a kick-off to begin the game, as well as after each point is scored.
- Each team is trying to put the ball into the opposing team's goal.
- If the ball goes out of bounds, the leader throws it back into play.
- Until one team reaches a set score.

*The kids arms might get tired, so we had them stand up and do it like regular soccer only with a large beach ball.

Kane

A lot of great stuff happening in Kane county this summer. Brittney is finishing up the Food Fun and Reading curriculum at the local library. She's had a great turn out, ranging from 15-34 kids each week. She has been teaching nutrition classes at 4H camps as well as partnered with the Tennis coach in town, to offer healthy snacks and nutrition information at the free local tennis camp. She is also working with the local food pantry for PSE efforts, intending to implement shelf talkers and other materials this upcoming month. Brittney continues to attend coalition meetings for the Healthy Kane County coalition and is currently acting as the president of the coalition and nutrition workgroup and is gearing up for another year of nutrition classes at Kanab Elementary school this coming August.

Millard

We have been doing some great work at our food pantry on Mondays. We recruit for classes, introduce the Thumbs Up program, educate people on healthy foods, etc. We encourage the community to know what is healthy. We are also doing a Family Mealtime series in Fillmore. This started in June and will continue to July. Food, Fun, and Reading is going on at both the Philmont and Delta libraries. Both regular adult classes and youth classes are scheduled in the next couple of weeks.

Next Meeting

NEXT MEETING will be August 6th, 2018 @ 10:00 am

Reporting: Piute, Salt Lake, Sanpete, San Juan, Sevier, Summit, Tooele, Washington, Wayne, Weber, and Utah.

Social Media Reporting: Food \$ense Utah & Snappily Ever After