

Statewide Staff Meeting

October 16<sup>th</sup>, 2017

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#### Areas Represented

**Beaver**  
**Box Elder**  
**Davis**  
**Duchesne**  
**Garfield**  
**Iron**  
**Kane**  
**Millard**  
**Salt Lake**  
**Sanpete**  
**Tooele**  
**Utah**  
**Washington**  
**Social Media**  
**State Office**

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## Curriculum Follow-Up - Casey

Remember you should be using Create Better Health for all adult classes that are not based on one of the two family meals curricula.

Track and submit your feedback on the lessons to Casey

If you teach one lesson per month for 12 months here are your options

- Teach the 8 Create Better Health lessons and then move on to another location- this is a great way to extend your reach!
- Create a 12-lesson series out of the curriculum
  - Teach lessons 1-7, then go back and teach 4 of the lessons again with a different create recipe, teach lesson 8 as the last lesson in the series.
- Teach 8 Create Better Health lessons, followed by the 4 Family Meals lessons (if appropriate).

## PSE Survey - Casey

If you are planning to participate in PSE activities during this fiscal year, please fill out the brief PSE survey

Here is the link: [https://usu.co1.qualtrics.com/jfe/form/SV\\_3QzBHjLFjLC9Ia1](https://usu.co1.qualtrics.com/jfe/form/SV_3QzBHjLFjLC9Ia1)

## Ideal Series - Casey

Series that occur once per month over 8 months are still allowed, but are not considered a best practice in nutrition education

An ideal series would include classes once per week for 8 weeks.

Please talk with agencies about the possibility of coming more frequently so that participants are more likely to make changes based on what they learn.

## Eat Well Utah Newsletter - Jocelin

The IGP newsletter contest is underway. To participate and be entered in the drawing for one of three Instant Pots, please see the flyer attached to this email.

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*Next Meeting*

**Next Meeting**

Monday, November 6<sup>th</sup> at 10:00 a.m.