

The Scoop

Statewide Staff Meeting

March 5th, 2018

Areas Represented

Beaver
Box Elder
Cache
Davis
Duchesne
Emery
Garfield
Juab
Kane
Piute
Salt Lake
Summit
Tooele
Uintah
Washington
Wayne
Weber
Social Media
State Office

Reaching New Heights - Heidi

Food \$ense has been implemented in Utah since 1988. We are a soft-funded, grant-based program. As such, we need to be flexible and recognize we are a progressive program. As we implement a growth mindset, we will change for the better.

Simplified Zoom Training Schedule - Heidi

In response to feedback, we are consolidating our ZOOM training schedules. The new schedule will be as follows:

1st Monday 10 am: Statewide Staff Meeting

- All members of Statewide Staff will share something
- 10 counties will report
- If Monday is a holiday, move to Tuesday

2nd Monday 10 am: Supervisor, Scholarly Works, and Advisory Council

3rd Monday 10 am: Optional Trainings

- PEARS, PSE, Social Marketing, etc.

4th Wednesday 10 am: In-service Trainings

- No In-service on months with regional face-to-face training

Soup or Sauce (SOS) Booklet - Jocelin

The SOS Booklet has been a favorite teaching tool for NEAs. We are working on updating these recipes to meet USDA guidelines. If you would like an individual recipe card for any recipes you love to teach with, let Jocelin know.

Social Media Reports

Candi Merrit – Eat Well Utah

- <https://eatwellutah.org>
- Twitter: @eatwellutah

Physical activity for both adults and children alike has been a focus on the blog the last while. Looking forward, posts will focus on National Nutrition Month, Caffeine Awareness Month, and plyometric exercise. Thank you to everyone who likes, comments, and shares these posts – it makes a difference! The Eat Well Utah Newsletter will be coming out this week. We've had some issues with this going to people's spam folders, so make sure you are getting it.

As a reminder, please put your information in the Google Calendars. This helps Candi add accurate information when creating county-specific newsletters.

Lea Frappier – Kids Create

- <http://kidscreatesite.wordpress.com>

Lea has been working on updating the youth curriculum by adding educational milestones for each grade. Highlighting recipes from the website is a great way to reinforce learning for kids. If you have any recipes you would like on the website, send them to Lea. Use our marketing cards to share this website whenever you teach children's classes.

County Reports

Emery

Barbara – We have had a lot of success celebrating Dr. Seuss' birthday with the book, "Oh The Things You Can Do That Are Good For You" in our local Food, Fun, and Reading classes. This book covers the basics of healthy living: sleep, exercise, hygiene, healthy breakfasts, snacks, etc. For the older kids, we made some recipes with them that helped teach portion sizes for sweet treats.

Our parents have had a difficult time coming to the classes, but we have evidence that they are reading the newsletters.

For National Breakfast Week, the local schools are offering free breakfast.

We are working with the food bank & hosting commodity cooking classes. These classes have fantastic attendance – at least 20 participants each time.

Garfield

Holly – We have been working on providing cooking classes to children in various grades. The 3rd graders have been very successful and we hope to implement these classes with 1st and 2nd graders as well in the future. The after school program continues to be a great place for us to teach as well.

Recruiting is going well at the food pantry and we recently switched out our Thumbs Up tags.

Iron

Delaney – Just finished second class with new curriculum, I love the new curriculum and its consistency. Also just finished teaching 5 second grade classes, 4 fifth grade classes, and an after school program. Mommy and Me class are beginning today (the 5th) I'm very excited about this! I've advertised at the Head starts here, WIC, and also the Family Support Center. I've also been able to start teaching at the Paiute tribe. We have 2 separate classes there, one specifically for their elders and one for anyone else interested during the evening. I'm also going to begin teaching at our Women's Crisis shelter here, this week. I'm very excited about teaching this population as well. I did implement Thumbs Up in our Care and Share several months ago and hope to get it back up and running in this next month or so, I've also talked to the Care and Share director about running a healthy food drive for them.

Juab

Laurie – We have been teaching more classes than ever before at our local elementary schools. This is likely attributable to the postcards sent to the schools at the beginning of the year. We are also teaching a pre-head start program with parents & children together and enjoying the Food, Fun, and Reading classes. Soon we will start a jump and kick coalition.

As for PSE work, we are initiating a food drive for the food bank. We are also demonstrating how cooking with children decreases rates of troubled youth.

Kane

Brittney – We have partnered with the “Healthy Kane County Coalition” wellness program to provide incentives for healthy living challenges. Over 250 people are participating and receive a Food \$ense newsletter for signing up. On this newsletter we include a healthy living article and recipe and provide bonus points for those who read the article and/or make the highlighted recipe.

Brittney has also been writing articles for the local newspaper and teaching the nutrition portion of the PE curriculum. We are beginning to do some PSE work at the local food pantry.

Millard

Mary Anna – We have also been teaching with the PE teachers in our schools. Currently we are working with the Boy Scouts to do a healthy food drive. We delivered about 5,000 flyers outlining the details of the food being accepted. If anyone wants something similar, contact the State Office. There's also an article in the paper. We are hoping for a great turnout!

Healthy Food Drive



All families deserve access to healthy foods. While all foods are appreciated, please consider donating the following items:

- Low-sodium canned vegetables
- Canned fruit in 100% fruit juice
- Whole grain pasta and cereals
- Low-sodium soups
- Canned meats (tuna, chicken, salmon)
- Peanut butter



We accept commercially packed, non-perishable foods. Please do not donate items expired past one year.

A \$1.00 donation, or more will help towards the Central Utah Food Sharing overhead cost and allow CUFSS to purchase incidental and non-food items. All donations given locally stay in Millard County

Please put the bag of donations on your front porch before 8:00 am on March 17, 2018 for the Boy Scouts and leaders to collect.

Thank you for sharing!

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution.





Finishing Thoughts

We are super impressed with the work you all are doing. Keep it up!

Questions

What are the possibilities of having the SOS Booklet translated into Spanish?

- Great idea. We will work on that, but in the meantime utilize the recipes Celina Wilde has gathered that are more culturally appropriate for the Hispanic population.

How do we go about sending postcards to schools?

- We would love to get some more information from Laurie on how exactly their county did that.
- Any marketing materials need to match our marketing style and be approved by the State Office.

Can we order the Dr. Seuss book for the Food, Fun, and Reading kit?

- Yes, they can be ordered or picked up at Walmart or Amazon for \$5.98. A lesson will be written out and sent to you all for the “Oh The Things You Can Do That Are Good For You” book.

Next Meeting

NEXT MEETING will be April 2nd, 2018

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