

The Scoop

Statewide Staff Meeting

April 2nd, 2018

Areas Represented

Beaver

Box Elder

Cache

Carbon

Davis

Emery

Iron

Juab

Kane

Millard

Salt Lake

Tooele

Uintah

Utah

Weber

Social Media

State Office

NEA Social Media Posts - Candi

In an effort to make Food \$ense posts more personable, we are beginning to do weekly NEA posts. When you participate in an activity, send a picture accompanied with a sentence about the work you are doing. For example, "Davis County at the Farmers' Market" sent with a picture of NEAs at your booth. Text or email these to Candi.

Candi's cell phone: (435) 232-9967

April Regional Training - Marcia

We are very excited to see everyone at the April regional trainings! We will start next week with a couple of counties. Just a reminder to get your booth tables ready and lunch orders sent in.

PSE Updates - Casey

UBET Report 2nd Edition

We have been working at the district level to promote participation in the school breakfast program through programs such as breakfast after the bell, snacks during class, etc. While these efforts have increased the number of kids utilizing this resource, Utah still ranks last in the nation for participation in the school breakfast program. The most common barrier found to participation was not knowing the program existed and/or a lack of understanding of the nutrition content of the food offered at school breakfast.

The full report will be posted on the staff website under the PSE tab. We ask that you look for schools in your area with lower participation rates so we can focus our efforts where they are most needed.

Create Better Health Curriculum Update

Send in your participant surveys so we can do a final analysis. The final release date for the new curriculum will be at July's regional training. Thank you to everyone who has provided feedback to make this curriculum the best it can be!

Thumbs Up Toolkit Update

We are creating new guidelines for labeling snack foods in the food pantry (i.e. granola bars, nuts, trail mix, pretzels, rice cakes, etc.) These will hopefully be ready to go by the end of this month.

PSE Efforts

Please make sure you add ALL PSE efforts to PEARS and/or Qualtrics. We hear about the amazing work you do on these calls, but don't see that reflected in our reporting systems. We want you to get credit for the good work you have done.

Google Calendar – LaCee

Another reminder to put ALL events on the Google Calendar (classes, PSE efforts, indirect efforts, etc.). This is important because it helps us justify our funding.

A Few Things - Jocelin

In-service Training

There will be NO IN-SERVICE TRAINING on the 4th Wednesday of this month. Attend your regional training instead.

Social Media

Utilize your county's Facebook pages, Food \$ense blogs, and Instagram pages. Like, share, and comment on posts. Inform participants about these platforms so they can have continued reinforcement of nutrition education after their classes. Any work you do on social media sites should be reported on PEARS. If you need help with this, please contact Jocelin for further instruction.

Social Media Reports

Food \$ense Utah Accounts – Shayla Shearer

- Instagram: foodsense_utah
- Twitter: @UtahFoodSense

Check out Food \$ense Utah in the month of April for ideas on how to keep produce fresher longer, how to incorporate some healthy options into your meals, and how to make exercise enjoyable.

Snappily Every After – Kerry Garvin

- <http://snappilyforever.blogspot.com/>
- Twitter: @snappilyforever

We will be going through the "April Physical Activity Bucketlist" items. Flyers promoting these activities can be printed off of the staff website and/or ordered from the state office. We will also be focusing on spring produce recipes, spring menu planning ideas to accommodate busy schedules, and budgeting.

County Reports

Piute

We have been working in two elementary schools doing after school programs. They have been very successful – Oscarson Elementary had roughly 50% of their students participate in our program. Every third Wednesday we provide nutrition education to the younger grades at the elementary school.

Work at the food pantry has been going well. The participants have become more comfortable with our presence at the pantry. We are working to recruit them for our classes.

Classes are also being taught to mothers at the local Headstart and to senior citizens at the food pantry.

Salt Lake

Working to increase collaboration between Food \$ense program and the community gardens in the area. We just finished teaching to the 'Children's Services Society Program' and the 'Foster Grandparent Program.'

Jenna has been busy teaching the Creaciones curriculum at Granite School District's parent learning centers. They have loved the lessons and want her back!

San Juan

We are working on getting the county familiar with Food \$ense. Gabbie has been teaching a few after school lessons for elementary students and we have started a series in Monticello and will begin a series in Blanding this month. Gabbie has been plastering agencies and other places with our fliers.

Summit

We are in the building stage of our program – working on finding an NEA, building up a farmers' market booth, and working with food pantries.

Tooele

Tonight we are beginning a create family mealtime series with 6 different families. We have seen a lot of success partnering directly with Headstart (because we know they are income eligible) and emailing/reconfirming with participants about class attendance.

In our 8 month series, we are focus on recipes centering around upcoming holidays (i.e. Spring & Easter, Mother's Day). We've gained valuable relationships with the families we are working with.

Utah

We are working on starting up summer programs in Spring Creek Elementary and South Franklin Elementary. We have the possibility of working with Timpanogos Elementary as well.

Our new NEA, Sheila Hubert, is working on recipe videos for social media as well as for Independence High School.

Our Spanish classes are expanding to Mountainlands Community Health Center and South Franklin.

On April 30th, Tabitha's Way is having a grand opening with the big wig supporters coming to set up booths to share what they do for the food pantry. We plan to be there showing our work with the Thumbs Up program and recipe samples in a bag, etc.

The Food, Fun, and Reading program will start at Eagle Mountain Library. Curriculum for 'Around the World with FFR' is being developed. We are beginning classes at the Utah County WIC. Emma Cryer is our new NEA.

Uintah

Worked with PE specialists in Vernal to introduce the MyPlate curriculum. There are about 580 students who will benefit from that. We are also in the health classes at middle schools and finishing up Food, Fun, and Reading with the local Headstart. We have possible programming with the Tri County Health Department.

Washington

Focused our efforts on PSE work in our food banks (Hurricane & Switchpoint). We have also reached out to Dixie State where we can begin working in their food pantries as well.

We are on lesson 6 of our curriculum with the Indian Reservation. We have 5 families we are teaching with our Family Mealtime Services. Just finished Food, Fun, and Reading at the local Headstart. We have also had contact with the Utah Behavioral Health Center to contact more families that would qualify for Food \$ense classes.

Weber

We have taught a great deal of Family Creates classes at elementary schools to mostly Hispanic participants. They have loved the skillet meals & omelet lessons, commenting that it has been fun to introduce their families to different flavor profiles. One participant exclaimed (after using Italian seasoning) that "My husband actually liked it!"

We have also been preparing teaching curriculums for counselors to use in schools during PLC time.

A fun outdoor cooking class for moms and kids is coming up for a subsidized housing apartment.

Next Meeting

NEXT MEETING will be May 7th, at 10:00 am.

County Reporting

- **Beaver, Box Elder, Cache, Carbon, Davis, Duchesne, Emery, Garfield, Iron, Juab, Kane, Millard**

Social Media Reporting

- **Eat Well Utah, Kids Create**