

## Statewide Staff Meeting

August 7<sup>th</sup>, 2017

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### Counties Represented

Beaver  
Box Elder  
Cache  
Davis  
Duch./Uintah/Dagg.  
Emery  
Iron  
Kane  
Millard  
Piute  
Salt Lake  
San Juan  
Sanpete  
Utah  
Washington  
Wayne  
Weber

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### LaCee – Family Mealtime Cookbooks and Back to School Nights

If you didn't receive your Family Mealtime cookbooks, contact LaCee

It seems like some of you haven't received your pull-up banners yet. I will look into that and make sure they get to you.

### Kim – End of FY 2017 Data

**September 30<sup>th</sup>** is the final day to conduct program activities for the 2016-2017 reporting period. If you are conducting a program series that spans multiple reporting periods you will need to enter a separate program activity for each fiscal year.

**October 1<sup>st</sup>** is the final day to input your 2016-2017 data into PEARS.

Any date you have from October 1 – October 10 should be entered on **October 10<sup>th</sup>, not before that time.** This is when we will switch the system to the 2017-2018 reporting period.

These deadlines were chosen by the PEARS advisory committee to benefit the largest number of users.

### Heidi – Miscellaneous Items

#### About NEA Trainers

Thank you to everyone for your willingness to accept the NEA Trainers to your classes. They are currently working on finding best practices. They are not there to critique or evaluate you, they are just observing best practices throughout the state.

#### Getting Pay Stubs

If you need pay stubs, for whatever reason, see the section in the Food \$ense policy manual, page 17:

“The University does not mail check stubs to employees. To determine the net amount of your payroll deposit, you will need to log on to the USU Banner system at [https:// banner.usu.edu](https://banner.usu.edu) and click on USU ACCESS. You will be asked to log in.”

“The first time you log in, you will be required to change your personal identification number (PIN). The new PIN will become your “hard” password; it must contain at least 6 characters and will expire annually. Initially your PIN is set to your birthday in the format of MMDDYY. Your nine-character Banner ID Number (A-Number) should be entered as the user ID.”

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## *Social Media Reports*

### **Kids Create! – Lea Frappier**

<https://kidscreatesite.wordpress.com/>

I’m new to this position, so I’ve been orienting myself with the layout and feel of the website. I have been making a few cosmetic changes so far. Look for more to come from Kids Create! soon.

### **Food \$ense Utah Social Media – Tayla Russell**

Facebook: <https://www.facebook.com/utahfoodsense/>

Instagram: FoodSense\_Utah

Pinterest: <https://www.pinterest.com/utahfoodsense/>

Twitter: @UtahFoodSense, <https://twitter.com/UtahFoodSense>

This month I'm continuing to focus on simple and healthy meals that our participants can make with ingredients they find in their pantry and at the Farmers Markets. I shared a video on how to make Zucchini Cabbage Stir Fry last week and throughout the month I'll be sharing a Margherita Pizza, Black Bean Burgers, Eggplant Rounds, and Peach Glazed Chicken. Be on the lookout on our Instagram Page (FoodSense\_Utah) for those cooking videos each week.

In conjunction with the cooking videos, I've been sharing recipes from the Live Well Utah cookbook. I've put a link in our Instagram bio to the downloadable PDF that our participants can just click on to download the recipe book for themselves (either on their phone or computer). The recipes look delicious and I've gotten great feedback from those who have downloaded the PDF.

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## *County Reports*

### **Iron - Delaney**

We have our Family Mealtime classes coming up this month. We have 4-5 families signed up. We also got Thumbs Up implemented in the food pantry in Cedar City. We are lining up for schools in Parowan, Beryl, and Cedar City.

### **Juab -- Laurie**

It has been a fun summer with the 4-h youth. We played a question relay game at the park, which taught and reinforced the importance of exercise and nutrition. Laurie used 10 brightly colored poster boards and cut them in half so she had 20-11 x 14” cards. She then pasted one question to each card.

Here is a sample of the card questions:

How much of your mealtime plate should be fruits and vegetables?

What food groups does a beef taco fit into?

Shrimp belongs to what food group?

At least 60 minutes of \_\_\_\_\_ is recommended each day for a healthy lifestyle.

Extra Point: Create a breakfast with foods from the protein, fruit, dairy, and grain groups.

Water is a part of what food group?

To Play:

- Lay the cards face down on the grass in a grid, spaced apart with a small walkway between the rows. Place two empty baskets beyond the cards, one for each team.
- Divide the group into two teams. Whichever team gets in line the fastest goes first.
- Team one: Taking turns, one person chooses a card. The team works together to get the answer before 30 seconds is up.
- If they answer correctly, they receive a point (a piece of a healthy food model or die cut), which they run down and put into their team's basket.
- If they get it wrong, the other team gets a chance to steal the question. If they too, answer wrong, no points are given for that card.
- Repeat with Team two, and take turns until cards are all used. The team with the most food in their basket wins.

Juab County Food \$ense just completed youth food camp where Laurie taught knife skills to each group.

The Juab County Fair is right around the corner and Laurie is demonstrating Create a Fruity Dessert. The display table will be on fruits and vegetables in season.

Our local hospital hosts an annual Back to School Fair, and Laurie's display table will be on washing hands and eating fruit.

## Kane -- Brittney

I am currently working on a PSE project working with local restaurants to help them create a lower calorie option insert in the menu. I'm also working on a date night to recruit for future classes, where I'll teach on different salads and teach nutrition. I also have a running monthly news article in the local paper on nutrition and MyPlate. Lastly, I'm just getting ready to get back into the schools once classes start.

## Millard – Mary Anna

We have a Family Mealtime series scheduled to start on the 15<sup>th</sup>, but we don't have anyone yet. I'll use the upcoming fair week to promote this. At the table, I'll have the incentives to show people what they will get for attending the series. Other than that, I'm busy getting letters out to teachers to get ready for teaching in the schools.

## Piute -- Chris

Our community garden class is up and running. We go with the ladies to pick produce and bring it to the courthouse to cook (adding a protein). We make a simple meal out of produce from the garden. This class recently got an article in the Richfield Reaper, where the article talked about inter-generational poverty and the skills that help to lift those in that state.

We just had county fair with a booth where we handed out cookbooks. We made contacts with people that we normally don't make contact with, which was good. We also set up with teachers to teach in the school.

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*Next Meeting***Next Meeting**

Next Meeting: August 21<sup>st</sup> at 10:00 a.m.

Counties Reporting: Salt Lake, Sanpete, Tooele, Utah