

The SCOOP:

Date: February 3rd, 2020

Meeting: Statewide Meeting

Link to recording: https://youtu.be/_zb3dS-Kekk

County Sharing:

Salt Lake – Partnering with Get Healthy Utah to work with three new schools on Smarter Lunchroom (One high school and 2 elementary). The score cards are done and they are in the process of making changes.

Sevier – Offering Ambassador position to a great Applicant this week. Hopefully we will hear from them soon!

Summit – Working to finish adult series classes. She was able to get a connection to a high school through a FFR class at Green Canyon (all but 2 of the kids tried her green eggs and ham!). Will work in PSE once series are complete until baby comes! (Congrats!)

Tooele – January series was CANCELED due to nobody signing up for the classes. ** Please note: if you cancel a series DON'T delete it off the calendar – mark it as canceled so that it still shows you did the work to get everything set up and had planned to teach those classes. Will continue the boys and girls club classes in February and will start working with the Charter schools that she recently found out are all title I in her county. She will also be piloting the kids curriculum in a second grade class and starting a Spanish series with help from Paola.

Uintah – Interviewing for an Ambassador this week.

Utah – Working to get moved, they are in the new location but are not unpacked and still don't have access to phones or internet. There will be a new refugee class taught by Maggie and FFR classes in Franklin Elementary. They are working to set up Spanish classes but Gabby and Norma are due very soon! (Congrats!)

Wasatch – Debbie cleaned out the closet and organized all their stuff! (that's quite a task). She is also trying to make connections in elementary schools – she has called and emailed (with little success) so now she going to go to the schools in person.

Washington – Cheryl and Daylemarie team taught 4th graders classes, have been working with the food pantry and helping with community fair as PSE efforts.

Cheryl reached out to a local thrift store that has a reading nook where they display their books. She asked to use the space for FFR classes and they agreed! She will be doing series there and as one ends the next will be scheduled to begin. (Really creative use of the space available!)

Wayne – Working to train Gretchen but there are some schools very interested in her coming to teach and will be ready as soon as she is ☺.

Weber – Doing food demos at the food pantry while people are waiting. Helping show healthy ways to use the food they are receiving. Working through some issues with a location they usually would teach (security not letting people to their classes). Once that's worked out, planning series will be easier.

County Sharing Schedule:

Group 1:

Beaver, Box Elder, Cache, Carbon, Davis, Duchesne/Daggett, Emery, Garfield, Iron, Juab, Kane, Millard, Piute

- Please be prepared to share on the following dates: March 2nd, April 6th, May 4th, June 1st

Group 2:

Rich, Salt Lake, San Juan, Sanpete, Sevier, Summit, Tooele, Uintah, Utah, Wasatch, Washington, Wayne, Weber

- Please be prepared to share on the following dates: February 3rd, March 16th, April 20th, May 18th, June 15th

Create Better Health Notes, News and Updates:

Upcoming events or reminders:

February 17th at 10:00am – Statewide Training - **Canceled due to Holiday**

Agenda items:

Heidi:

- ASNNA

Casey:

- ASNNA

LaCee:

- ASNNA

Jocelin:

- Update to County Facebook page reporting procedure:
Previously we used the sum of Column H (*Daily Total Reach: The number of people who have seen any content associated with your Page.*)
For consistency across all platforms, we are going to start reporting **Column T** (*Daily Total Impressions: The number of times any content from your Page or about your Page entered a person's screen. This includes posts, stories, check-ins, ads, social information from people who interact with your Page and more.*)

Marcia:

-

Kristi:

- Thanks for your attendance at region trainings last week. It was great to see everyone. Next training week will be May 4-8. We will send out calendar invites as soon as we confirm locations.

Amalia:

- From Heidi:
 1. Just a reminder of the email I sent on accountability.
 2. Protocol manual will be a good place to start.
 3. Hope everyone enjoyed the trainings. We appreciate them attending.
- From Casey
 1. Reminder: You should have all data for October-December entered into PEARS. I'll be doing state and county quarterly reports next week. If it's not in it won't look good for your county.
- From LaCee:
 1. Thank you to everyone who has been working on updating PSE and adding success stories in PEARS. I'm going to be using some of the success stories today at Congressman McAdams, Congressman Curtis, and Senator Romney's offices.
 2. It was just pointed out to me that the "Contact Information Statement" in your Box Eligibility Folders need to be updated. It will be updated in the Box folders by the 14th. If you need to use it before the change is made in Box, please make sure to refer to use the following statement.
 - *Create Better Health is Utah's SNAP-Ed program (supplemental nutrition assistance education program). As the educational component of the SNAP program, we partner with the Department of Workforce Services to provide free cooking, nutrition and physical activity classes that help SNAP participants make healthy choices on a limited budget. Anyone receiving SNAP benefits is automatically eligible for our program and the classes we offer.*

Create Better Health Social Media Notes, News and Updates:

Candi:

- Please remember you must have your Google calendar updated by the 15th of each month. This list of classes and events will go to DWS.
- February is Valentine's Month so I'll be sharing recipes and tips related to the holiday.
- The CBH Blog has been updated to reflect some new features to help with programming. Please check it out: <https://createbetterhealth.org/>
- New right menu links include:
Join our Monthly Newsletter and Recipe
Sweatin' Saturday Workout Tips
Meet Captain Create, our very own Create Better Health Super Hero!
Recipes that are Food Pantry Approved
and below these new buttons are a bank of excellent recipes by category

Hiram:

- Occasionally I will be looking for child voices to enhance the videos and provide some form of dialogue. I am hoping to use child voices from the ambassadors' families for whom they can get consent (their own children/grandchildren/nieces/nephews/etc.). I do NOT want voices from community members or class participants.
- The children will remain anonymous and will not be pictured at all. Files will not be named in any way that might identify the child or his/her family, and the files will be deleted once the video is posted.
- I will make requests for specific lines on the USU Create Better Health Ambassadors Facebook Page, and we can work out from there how to transfer files.

Kate:

- Please email (kate.chappell@usu.edu) with any of your favorite recipes that kids can help with or if you have any fun ideas that could be used with kids create.
- Please email if you have any photos of your kids helping cook (that you are willing to share).

Success Story of the Month:

** Once a month, at Central Utah Counseling Center in Delta, Utah, I teach a Create Better Health Class to their adult group. I encourage them to make healthier food choices and to be physically active. When I was there in December 2019, NT reported to me that he had made a goal of giving up soda pop. He said he made the goal in October and was doing very good at it. He only drank soda once when he had a bad headache. When I went back in January, our lesson was on Fruits and vegetables/Aerobic Activity/ and Create Amazing Veggies. NT happily told me again that he was still off soda pop and keeping to his goal and he was cutting back on the amount of junk food he ate. He reported that when he was home and not at his mom's he was preparing healthy recipes for himself to eat. He also reported that he had the goal of walking a half mile at least 3 days a week. This was an excellent goal as in the past he did not usually exercise. He had increased the amount his walking from just 1 or 2 blocks in the last month to a half mile. He was so happy to report this. -- Mary Anna Henke

Protocol Manual Reminder of the Week:

page 224 – P-card Application Process

Create Better Health Utah (SNAP-Ed) P-Card application process

To request a P-Card CBH “Ambassadors should have their supervisor email a request to the State Office Staff Assistant (amalia.larson@usu.edu) and include the name of the CBH Ambassador and A# as well as the name and A# of the supervisor. The State Office Staff Assistant will obtain approval for the issuance of the P-Card and submit the request for the new card. P-card holders and supervisors are also required to complete the P-Card trainings offered by USU. Training for supervisor and CBH Ambassador can be found here: Pcard.usu.edu. Videos are found on right hand side. All CBH Ambassador’s need to watch the first two training videos. All funds used for Create Better Health Utah (SNAP-Ed) must be allowable, reasonable and necessary. Please refer to cost policy for details.



Monthly SHOUT OUTS _____ :

County – ****COMING SOON****

Ambassador – ****COMING SOON****

Upcoming Meeting's:

(Please reach out to Amalia if you do not have these on your OWA calendar – Canceled meetings may not show up)

February 3rd at 10:00am – Statewide Meeting

February 10th at 10:00am – Program Supervisor Meeting

February 17th at 10:00am – Statewide Training - **Canceled due to Holiday**

February 26th at 10:00am – Monthly Inservice