The SCOOP:  

Date: March 16th, 2020  
Meeting: Statewide Meeting  
Link to recording: https://youtu.be/ZETVkco65Mg  
County Sharing: Postponed  
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: April 20th, May 18th, June 15th

Group 2:  
  - Please be prepared to share on the following dates: May 4th, June 1st

Create Better Health Notes, News and Updates:

Upcoming events or reminders:  
Please watch for emails regarding the Regional Training meetings and please plan to attend them if you are able.

Agenda items:

Heidi:  
- Absolutely NO face to face classes. We must come up with alternatives such as Facebook Live and Zoom Meetings in order to keep doing direct ed.  
- Your hours are flexible during this time. If you prefer to take some time off, please talk to your supervisor and let the State Office know what you are planning. If you prefer to work your regular amount of hours please stay informed about your options for staying safely involved by tuning into the trainings being arranged at this time. The invites will be coming to you very soon.  
- Things are changing rapidly and we are here to support you and the work you are doing. Please reach out to us with any questions or concerns. We will pass along information as it becomes available. Please stay safe!

Casey:  
- 

LaCee:  
- Eligibility  
  - Investigate to find organizations that serve our target population in your community.  
  - Distribute new pamphlets to audience serving organizations and potential partners  
- PSE  
  - Summer planning  
  - New branding/logo for Thumbs Up for Healthy Choices
Jocelin:
- Please request what materials you need replaced within the next two weeks.
- Please look at the Social Media Post Schedule and establish a weekly plan to share posts on your pages [https://extension.usu.edu/fscreate/social_media_post_schedule](https://extension.usu.edu/fscreate/social_media_post_schedule)
- Comment and share to increase audience views
- March 20 at 10am Marta Nielsen will teach us how to host a Live Facebook Class
  Until then, start thinking about how and where you might host a live class over FB
  If you want to set up a county Facebook page, contact me and we can do it together
  If you want to host the class over your existing Extension County FB page, that is also an option
- Please email Jocelin any questions or concerns do you have about teaching FB live?

Marcia:
- Using the Comment section in PEARs
- National Nutrition Month – Challenge
- Welcome New Ambassadors – Cara, Marianne

Kristi:
- Please read the book, we will be doing a book discussion as part of region training.
- Region training will be restructured into mini trainings from now through June. We will be presenting through Zoom.
- Sending out a google form for FAQ

Amalia:
- Mailing out “How to Steal a Dog”, need home or best mailing addresses from everyone.

Create Better Health Social Media Notes, News and Updates:
- Candi with Create Better Health
  Three ways ambassadors can help:
  1. **Share our posts and send people to the blog** what we and our partners are sharing (Extension, SNAP-Ed Works, Captain Creates…)
  2. **Send Candi details about any FB live classes** (send to candi.merritt@usu.edu) and she will promote the Live class for you. Don’t forget to include them on the Google calendar, as well.
  3. **Send pictures of how you’re living a normal life** during this strange time. Send pictures of you cooking with your family, being physically active, and budgeting. These will educate our audience as well as give them confident that they can do it, too.

- Kate with Kids Create!
  Four posts planned:
  1. Handwashing – Soaper Heros and music
  2. Chopped – kids in the kitchen Chopped Style (using pantry supplies)
  3. Captain Create/Hiram video
  4. Window sill and outside garden update
  Watch for the upcoming agenda on Kids Create: Around the World in 80 Plates
  Lots of international recipes using easy and inexpensive ingredients and a variety of spices and seasonings

- Hiram with Captain Create!
  Captain Create YouTube channel video bank is growing. Watch for upcoming videos.
  Fruit and Veggie music videos are coming for our youngest audience.
  Please send walking videos for the National Walk Day
  Hiram will be writing more scripts with parts for ambassadors to read. If you are willing and interested in being part of the writing, please reach out to Hiram and let him know (hiram.wigant@usu.edu).
• Ashley with Utah SNAP-Ed Works  
Thanks for sharing our Utah SNAP-Ed Works email invitation. If you haven’t sent it out yet, now would be a great time to pull that email up (came from Heidi) and send that to partnerships and agencies you wish to partner with. If you’ll get that email out, people can click on the QR code and follow Utah SNAP-Ed Works to learn more about who we are, what we do, and how to partner with us.  
Great for PSE!

**Success Story of the Month:**

<table>
<thead>
<tr>
<th>Favorite Quote</th>
<th>My doctor told me to come back and thank you for because you are teaching me to eat healthy and my A1C levels dropped from 7.1 to 6.1.&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Background</td>
<td>I teach Create Better Health Curriculum once a month at the Delta Sands Apartment Complex (a public housing complex) in their group room just off the kitchen. I will be teaching 12 classes there. They allow me to place flyers on the tenant’s doors and allow me to use the space for free. I will be teaching 8 Create Better Health classes from October 2019 to May 2020 and then I will teach 4 Create Farm Fresh Food class from June 2020 to September 2020.</td>
</tr>
<tr>
<td>Story Narrative</td>
<td>As I was reviewing if the class participants had eaten more fruits and vegetables in their diets in the last month since our Fruit and Vegetables lesson, VS said that she had gone in for a checkup with her doctor. She said her A1C levels had dropped from 7.1 to 6.1 and she had told her doctor that was attending my Create Better health classes and she was learning to eat healthier and she was making changes. She then said, &quot;My doctor told me to come back and thank you for because you are teaching me to eat healthy and my A1C levels dropped from 7.1 to 6.1.&quot;</td>
</tr>
</tbody>
</table>

**Protocol Manual Reminder of the Week:**

**Goals of Create Better Health SNAP-Ed**

Protocol manual pg. 9

1. Improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and the USDA Food Guidance.

2. As a result of Utah’s Policy, Systems and Environment (PSE) work, SNAP target audiences will have improved access to nutritious food and physical activity opportunities in their communities.
Upcoming Meeting’s:

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

**Watch for emails regarding the Regional Training meetings and please plan to attend them if you are able.

March 18th - [CBH] Region Training - Healthy Food Drives by LaCee Jimenez 10am
March 25th – Inservice Training at 10am
April 6th – Statewide Staff Meeting at 10am
April 13th - Supervisor Meeting at 10am
April 20th – Statewide Training Meeting at 10am
April 22nd - Inservice Training at 10am