

June 30, 2022

Expanding Education to Underserved Communities through UCANR Programs: Expanded Food and Nutrition Education Program, Master Gardener Program, and Master Food Preserver Program

Final Report

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Co-Investigators: Maggie O'Neill University of California Cooperative Extension San Bernardino County Master Gardener Program & Dee Denton University of California Cooperative Extension San Bernardino County Master Food Preserver Program

Project location: San Bernardino, Victorville, Hesperia, San Bernardino County

Priority Area: Supporting Urban & Rural Communities

Grant Amount: \$7,000



Objectives

- A. Create a total of 9 handouts, marketing materials and brochures for the toolkit
 - 1. Marketing Materials (English and Spanish)
 - 2. Program Integration Brochure
 - 3. Class Topics and Kits Handout
 - 4. Program Integration Delivery Model Handout
 - 5. Program Integration Tracking Document
 - 6. Program Integration Orientation Meeting Agenda
 - 7. Program Integration PowerPoint Slide
 - 8. Best Practices for Successful Program Integration Handout
 - 9. UCCE Graduation Certificate
- B. Provide Program Integration Toolkit materials to participants, partnering agencies and organizations through outreach activities
- C. Share Program Integration Toolkit with other counties through UC ANR platforms, presentations and workshops

Summary

Five groups of parents participated in a series of workshops from the Expanded Food and Nutrition Education Program (EFNEP), Master Gardener (MG) and Master Food Preserver (MFP) Programs. Twelve workshops per group were provided at the Victor Elementary School District Parent Resource Center (VESD) and Middle College High School. Four of the five groups conducted workshops in Spanish to reach underserved communities in San Bernardino County. Kits provided an opportunity to practice skills alongside the educators during workshops or afterwards in their homes.

The EFNEP workshops consisted of a series of 9 lessons including topics such as reading the food label, food safety, MyPlate, stretching the food dollar, importance of exercise, limiting salt, sugar and fat. A kit provided ingredients to prepare Cowboy Caviar and Apple Salad recipes. The in person workshop included a live demonstration and kits to prepare Apple Salad. Virtual workshops included live food demonstration via Zoom while parents made the recipes in their homes. Graduates of the EFNEP program (n=37) received a cookbook and certificate of graduation.

MFP and MG workshops followed the EFNEP program alternating each week. Victor Elementary School District held an in person hands on activity making three tiered herb gardens. Participants received pots, soil, seeds, transplants and cuttings during the workshop. All participants went home with their new garden and tips on maintenance. The workshop was repeated virtually for the Middle College High School parents and VESD via Zoom. Parents received kits at their school sites and watched the live demonstration with time for questions at

the end. The last MG workshop was Growing Cool/Warm Season Vegetables. Parents learned how to care for vegetables and which grew best in their home climate of the high desert or city of San Bernardino. They were given a binder with information about growing and maintaining vegetables, a pot, Popsicle sticks and a sharpie to label their vegetables, seeds for carrots, peas and radishes, and tote bag.

The Master Food Preserver program provided two workshops for parents. Each workshop emphasized food safety importance including proper storage of food, sanitation and handwashing. The first workshop, refrigerator pickling included a live demonstration walking parents through the entire process. Parents were given a kit containing carrots, jalapenos, garlic, pickling salt and spices, a container, a bottle of vinegar and the recipe to take home to replicate the demonstration. Options were provided to create the recipe either sweet or salty depending on preference. The next workshop consisted of making mixed berry freezer jam. The kit included a bag of frozen mixed berries, a container, sugar, pectin and recipe. Volunteers walked parents through the process and they took home their homemade jam.



All workshops reinforced food safety, saving money when food shopping, growing and preserving food. These topics addressed food insecurity, which is something families in San Bernardino struggle with. Parents were excited to participate in all workshops and share photos of making and growing food at home. Parents who attended all twelve workshops received a certificate of completion (n=18).

"I definitely enjoyed the nutrition classes and additional workshops. At my age, you reminded me the importance of building muscle and maintaining strong bones. I try to read the nutrition labels and have added more water to my diet. In addition, I have tried to implement certain habits to my daughters. I am also happy to report that two of my plants are still alive -lol. Not bad, I think. However, the sun and heat make it hard. I can go on... but I honestly enjoyed being a part of your class and workshops. I even shared your link with one of my cousins. The one with the jam and other tutorials." - Participant

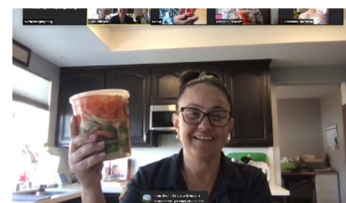
"I enjoyed the workshops very much! It was nice to receive all the information instead of having to look for it and being able to ask questions and of course, I loved the supplies that were provided. It made everything a lot easier!"

- Participant

Specific Results & Dissemination of Findings

- A. A total of 9 handouts, marketing materials and brochures for the toolkit created (See Toolkit)
1. Marketing Materials (English and Spanish) Page 3-10
 2. Program Integration Brochure Page 12-13
 3. Class Topics and Kits Handout Page 15-18
 4. Program Integration Delivery Model Handout Page 20
 5. Program Integration Tracking Document links
[Tracking Document](#)
[Evaluation Form](#)
 6. Program Integration Orientation Meeting Agenda Page 22-24
 7. Program Integration PowerPoint Slide Page 26
 8. Best Practices for Successful Program Integration Handout
Page 28
 9. UCCE Graduation Certificate Page 30-31
- B. Provide Program Integration Toolkit materials to participants, partnering agencies and organizations through outreach activities.

Five groups of parents participated in the series of 12 workshops. The locations included Middle College High School located in the city of San Bernardino and Victor Elementary School District Parent Resource Center in Victorville. The series consisted of 9 lessons from EFNEP, 2 sessions from MG and 2 sessions from MFP. Out of all participants (n=42) eighteen parents graduated attending all program workshops. Each program provided participants with 2 kits. EFNEP's kits included Apple Salad, Cowboy Caviar or Chewy Granola. The MFP kits consisted of berry freezer jam and pickling. The MG kits included a three-tier herb garden and growing supplies for cool or warm season vegetables. Participants were invited to continue engagement with UCCE programs via text and emails, social media posts, advertisements within school districts and other program partners. The MG and MFP programs provide monthly classes in Spanish along with many opportunities throughout the month in English. In addition to parent education, the youth EFNEP program reach provided a series of 6 lessons to students at Middle College High School and Kimbark Elementary where they received nail brushes to reinforce food safety concepts such as handwashing.

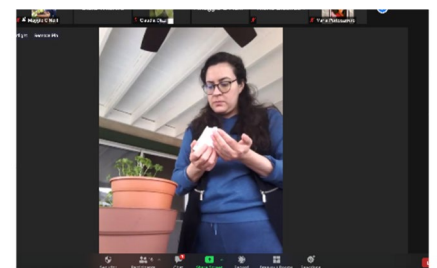


- C. Share Program Integration Toolkit with other counties through UC ANR platforms, presentations and workshops The toolkit is posted on the UCCE San Bernardino website <https://cesanbernardino.ucanr.edu/>

The team has shared all aspects of the grant including toolkit ideas, class kits and program delivery model with other counties via cross county meetings, statewide program meetings, countywide meetings such as County Nutrition Action Partnership (CNAP), board of supervisors meetings and individual staff meetings. EFNEP staff from other counties were invited to attend virtual MFP and MG workshops to observe program collaboration efforts and model in their county. Future dissemination of information includes Brown Bag presentations for all ANR programs with Q & A in August and October 2022, as well as program specific presentations for statewide Master Gardener, Master Food Preserver and EFNEP programs. Additional potential presentations at UC ANR Town Hall and San Bernardino County workgroups such as County Nutrition Action Partnership (CNAP). The team is working with school districts and other programs to secure funding for continued implementation of programs and kits as well as looking for grant opportunities.

Benefits/Impacts on Agriculture and/or Food Systems

The benefits of the project include teaching underserved communities how to live healthier lives, increase food security and food safety. The EFNEP classes taught families how to save money when food shopping, plan health family meals, choose healthy options when eating out, limit fat, sodium and sugar, increase physical activity and fruit and vegetable consumption. The MG workshops taught families how to grow their own food to increase food security, increase vegetable and fruit consumption by growing food. The MFP workshops taught families food resource manage skills to increase food security along with food safety. Increasing physical activity and spending time gardening are both great ways to improve both physical and mental health. Participants have continued to engage with programs UCCE has to offer by attending monthly MG and MFP workshops via Zoom. The kits provided assisted participants in building confidence by providing hands on experiences to continue growing, making and preserving food. In addition to

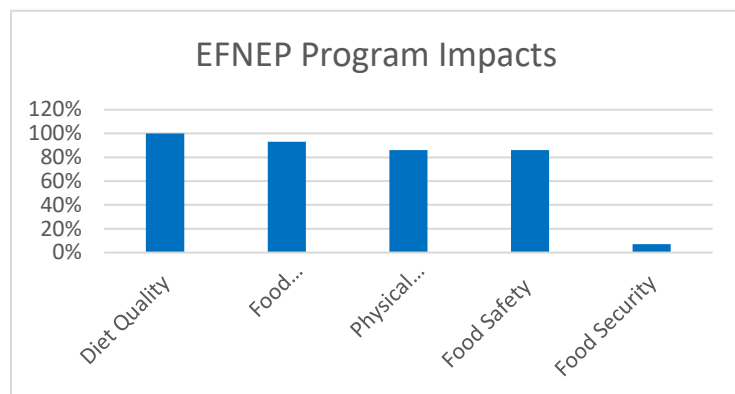


participant benefits, the model is extending to other programs. Cooperative Extension offices from other counties have reached out to learn details of the grant to model in the future. School districts are have offered to provide funding to continue this model. The Inland Empire Resource Conservation District has used the kits for other MFP and MG classes. Overall, the collaboration between programs and outreach to audiences is expanding.

Impact on Target Audience

- A. Number of adults reached (n=42)
- B. Number of youth reached (n=75)

Gender		Ethnicity		Race
Female	32	Hispanic/Latino		White
Female	2	Hispanic/Latino	2	American Indian/Alaska Native
Female	1	Hispanic/Latino	1	More than 1 race



“The information was valuable and I appreciate all the materials and supplies that were donated to make this 3 tier garden.” -Participant



Users Guide for Tool Kit

Table of Contents & Tips for using each Section

1. **Promotional Materials (English and Spanish)**
Sample fliers for promoting online and in person classes
2. **Program Integration Brochure**
This brochure can be modified to fit county specific highlights for each program and be given to site administration and interested parties
3. **Class Topics and Kit Handouts**
Sample class topics and kit supply list. Customize your kits and classes to your volunteers, communities, and growing zones
4. **Program Integration Delivery Model Handout**
Sample delivery model for all programs. Delivery model can be customized to fit county program and resident needs
5. **Program Integration Tracking and Evaluation Document**
Sample tracking and program evaluation document
[Tracking Document](#)
[Evaluation Form](#)
6. **Program Integration Orientation Meeting Agenda**
Sample agenda for initial meeting between county programs
7. **Program Integration Presentation Slide**
Sample slide to be used during presentations that includes all collaborating programs in local county cooperative extension office
8. **Best Practices for Successful Program Integration Handout**
Look here for tips about successful cross program collaboration
9. **UCCE Graduation Certificate Template**
Sample Graduation Certificate for participants who complete all program workshops

Promotional Materials (English and Spanish)

UCCE Class Schedule

Presented by Master Gardeners and Master Food Preservers.

Planting
Warm Season
Vegetables
April 4th & 8th

Pickling Carrots
& Jalapeños
April 11th & 15th

3 Tiered Herb
Garden
April 18th & April
22nd

Freezer Jam
April 25th & 29th

You will receive a
kit at every class you
attend!

For more information
contact:

Marilynn at margueta@ucanr.edu or
(760)490-0514

VESD Family Resource Center
15115 Nisqualli Rd.
Victorville, CA

**UC
CE** University
of California
Cooperative
Extension

Horario de clases de UCCE

Presentado por Maestros Jardineros y Maestros
Conservadores de Alimentos.

Clase #1

Cultivando Hierbas

15 de noviembre

10:30 a.m. - 11:30 a.m.

Clase #2

Haciendo Curtido

29 de noviembre

10:30 a.m. - 11:30 a.m.

Clase #3

Haciendo Mermelada

13 de diciembre

10:30 a.m. - 11:30
a.m.

Clase #4

Cultivando Vegetales

13 de diciembre

10:30 a.m. - 11:30 a.m.

Reciberan un kit en
cada clase que
asisten!

Para mas informacion contacte
a Marilyn a
margueta@ucanr.edu o a
(760) 490-0514

VESD
Centro de Recursos Familiares
15115 Nisqualli Rd.
Victorville, CA

UC
CE University
of California
Cooperative
Extension

UCCE SAN BERNARDINO

April 2022

Join us for our virtual workshops presented by our
Master Gardener and Master Food Preserver
programs!

Register for and Save the Dates!



For more Master
Gardener events click
here to see our calendar!

**Friday
April 15th
1:00pm**

Master Gardener
information:
(909)-387-2182
mgsanbern@ucanr.edu

**Starting Warm Season
Vegetables**

Register Here! or
scan QR Code below



**Friday
April 29th
1:00pm**

Master Food Preserver
information:
mfpsanb@ucanr.edu

Making Fruit Leather

Register Here! or
scan QR Code below



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



UCCE SAN BERNARDINO

abril 2022

Unese a nosotros en el taller virtual presentado por
UCCE Maestros Conservadores de Alimentos y
Maestros Jardineria

Registrese para el taller y reserve la fecha!



Para mas información sobre
los eventos del programa
Maestros Jarindieria, haga clic
aqui para ver el calendario

**viernes
15 de abril**

información del
programa Maestros
Jardineria:
(909)-387-2182
mgsanbern@ucanr.edu

Cultivando Vegetales
Registrese aqui!
o escanee el código QR



Aprenda hacer rollos
de fruta

Registrese aqui!
o escanee el código
QR



**viernes
29 de abril**

información del programa de
Maestros Conservadores de
Alimentos:
mfpsanb@ucanr.edu



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



Come join UCCE for our summer series class on

Growing tomatoes and peppers



presented by
UCCE Master Gardeners.

Join us for our virtual workshop to learn how to grow and maintain thriving tomatoes and peppers!



May 20th, 2022
1:00pm

[Click here or scan](#)
[the QR code to](#)
[register!](#)



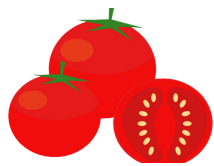
For more information
Call or text Clara at
(909) 218-1495



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



Ven y únete a UCCE para nuestra clase de la serie de
verano en



Cultivando Chiles y Tomates en el Jardín



presentado por

Maestros Jardineros de la UCCE.

¡Únase a nosotros en nuestro taller virtual para aprender a
cultivar y mantener tomates y chiles florecientes!



20 de mayo 2022
1:00pm

Regístrese [aquí](#) o
escanee el código
QR



Para mas información
llame o mande mensaje por texto a Clara
(909) 218-1495



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Agriculture and Natural Resources







Enlatado con Agua Hirviendo

Parte. 2 Demonstracion en vivo

Estan invitados a participar en el taller
virtual presentado por
Maestras de Preservacion
UCCE Master Food Preservers en SB

Septiembre 23, 2021
9:30am to 10:30am

Para mas info envie correo electronico a
Dee - ddenton@ucanr.edu
o' llame/texto a Clara (909) 218-1495
Puede escanear el QR code para registrarse
Hoy! o' Aprete Registrese aqui y lo llevara a la
registracion virtual de Zoom



Registrese
aqui!



Program Integration Brochure

UCCE PROGRAMS

EFNEP:

A SERIES OF 8 WEEKLY WORKSHOPS FOR ADULTS FOLLOWED BY MFP AND MG WORKSHOPS.

MASTER FOOD PRESERVER:

CHOOSE FROM THE FOLLOWING:

- REFRIGERATOR PICKLING
- BOILING WATER CANNING
- JAM MAKING
- FERMENTATION
- AND MORE!

MASTER GARDENER:

CHOOSE FROM THE FOLLOWING:

- GROWING HERBS
- CAREING FOR HOUSEPLANTS
- COMPOSTING
- GROWING PRODUCE
- AND MORE!

GARDENING OR FOOD
PRESERVATION
QUESTIONS? WE HAVE A
HELPLINE!

MASTER GARDENER
HELPLINE:

(909) 387-2182

MGSANBERN@UCANR.EDU

MASTER FOOD PRESERVER
HELPLINE:

MFPSANB@UCANR.EDU

University of California Cooperative Extension (UCCE) San Bernardino County



UCCE supports San Bernardino County by engaging our communities in, culturally appropriate, research-based practices to reducing food waste, increasing food security, and providing engaging ways to safely grow, prepare and preserve healthy food.



THIS WORK IS/WAS SUPPORTED BY THE USDA, NATIONAL INSTITUTE OF FOOD AND AGRICULTURE, EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM. USDA IS AN EQUAL OPPORTUNITY PROVIDER.

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University of California
Agriculture and Natural Resources

Expanded Food and Nutrition Education Program

San Bernardino County EFNEP promotes good nutrition and physical activity as a means of maintaining a healthy lifestyle free of chronic disease. Our goal is to help adults and their families establish & maintain healthy eating habits & physically active lifestyles. Educators teach from a research-based curriculum based on the 2020 Dietary Guidelines, designed to assist limited-resource families with young children to make healthy lifestyle choices. The adult series consists of 8 lessons taught in person or virtual. The youth program includes grade specific hands on activities for kindergarten through high school. Nutrition Educators partner with teachers and after school staff to deliver the 6 week series.

Participants Learn :

- Planning nutritious meals
- Increasing physical activity
- Stretching their food dollar
- Practicing safe food handling
- Make healthy lifestyle choices



WHO CAN PARTICIPATE:
TITLE I SCHOOLS AND LIMITED RESOURCE FAMILIES
WITH CHILDREN



For more info please contact
Christine Davidson
cdavidson@ucanr.edu

MASTER FOOD PRESERVER PROGRAM

San Bernardino County Master Food Preservers are trained volunteers who share UC Research-based information about home food safety and preservation to the public. Our volunteers deliver information with the public through classes, hands on demonstrations and sharing of free resources. Master Food Preservers empower our communities to:

“Preserve today, Relish Tomorrow.”



Participants Learn :

- Basic Food Safety
- Food Security
- Preserving Through the Seasons
- Freezing Techniques
- Dehydration Basics
- Boiling Water Canning Process

WHO CAN PARTICIPATE:
CLASSES ARE OPEN TO ALL COUNTY RESIDENTS



For more info please contact
Dee Denton
djdenton@ucanr.edu

MASTER GARDENER PROGRAM



San Bernardino County Master Gardeners are trained volunteers who provide research-based information to the public on a wide variety of horticultural topics including growing food, sustainable landscaping and better living through gardening. Volunteers share information with the public through classes, hands on demonstrations and sharing of free resources. Our Master Gardeners operate a phone and email helpline where we answer questions about problems in the garden and give suggestions about what to grow and more! Through education, we strive to encourage people to try gardening in any size space, and to save resources and money while having successful gardens that encourage healthy and happy lifestyles.

Participants Learn :

- To start and save seeds at home (optional)
- To grow and care for your fruits, veggies
- To keep your plants pest and disease free
- To grow food in any size garden, large or small
- To keep gardening enjoyable and stress free
- To create healthy soil and save water and resources

WHO CAN PARTICIPATE:
CLASSES ARE OPEN TO ALL COUNTY RESIDENTS



For more info please contact
Maggie O'neill
magoneill@ucanr.edu

Class Topics and Kit Handouts

UCCE SAN BERNARDINO SEASONAL CLASS TOPICS



March April May

Master Gardener Classes

- Growing warm season veggies
- Growing herbs during Spring
- Saving seeds



Master Food Preserver Classes

- Making Fruit Leather
- Fermentation

*Food Safety basics
overview in each class

June July August

Master Gardener Classes

- Caring for your warm season veggies
- Growing herbs during Summer
- House Plants



Master Food Preserver Classes

- Canning Tomatoes
- Making Jam

*Food Safety basics
overview in each class

September October November

Master Gardener Classes

- Growing cool season veggies
- Growing herbs during Fall
- Saving seeds with summer vegetables



Master Food Preserver Classes

- Pickling
- Freezer Pie Filling

*Food Safety basics
overview in each class

December January February

Master Gardener Classes

- Growing fruit trees
- Growing herbs during winter
- Saving seeds with your winter vegetables



Master Food Preserver Classes

- Freezing Do's & Don'ts
- Boiling Water Canning Basics

*Food Safety basics
overview in each class

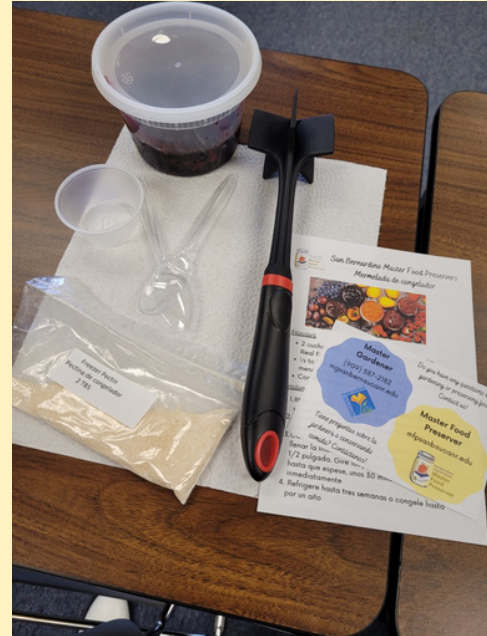
Master Food Preserver Kit

Contents

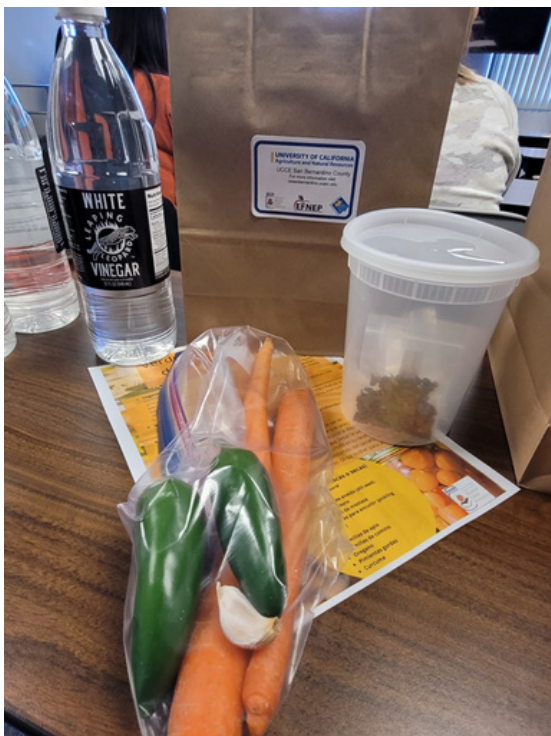


- Frozen mixed berries
- Pectin
- Plastic Container
- Sugar
- Recipe card

Freezer Jam Kit



Pickling Jalapeños and Carrots



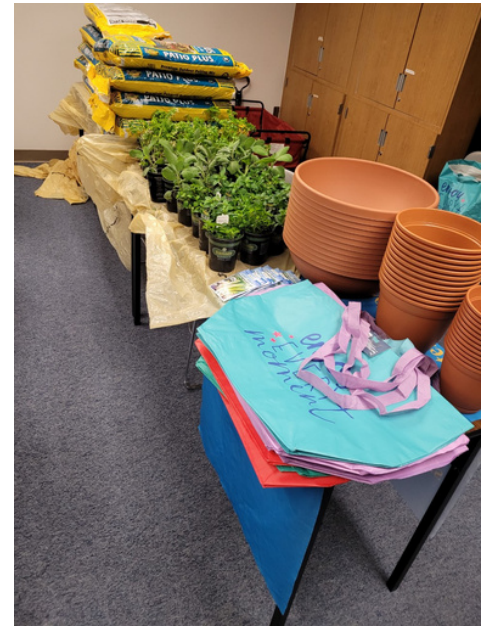
- 1 Carrot
- 1 Jalapeño
- 1 Clove of garlic
- 1 Bottle of vinegar
- Pickling salt
- Pickling spice
- Plastic container
- Recipe card

Master Gardeners Kit Contents



Three- Tier Herb Garden

- 3 Pots
(6in X 5.25, 8in X 7in, & 14in X 5.5in)
- Soil
- Seeds
- Cuttings
- Transplant
- Tote bag



Growing Cool Season Veggies

- 1 Pot
- Tote
- 10 Popsicle sticks
- 1 Sharpie
- Binder
- 1 Packet of carrot seeds
- 1 Packet of pea seeds
- 1 Packet of radish seeds



EFNEP

Kit Contents

Apple Salad

- 1 Apple
- 1 Cup of plain yogurt
- Shredded carrots
- 1 Pack of raisins
- 1 Celery stick
- Recipe card



Cowboy Caviar



- 1 Can of kidney beans
- 1 Can of black beans
- 1 Can of corn
- 1 Can of chopped green chilies
- 1 Can of diced tomatoes
- 1 Onion
- 3 Limes
- Recipe card

Program Integration Delivery Model Handout

Program Integration Delivery Model

Successful program integration requires programs with different delivery models, methods, and requirements for participation to work together to create an effective streamlined delivery model. A successful sustainable model is one that closely reflects normal program activities in your county. Don't be reluctant to try something different!

Delivery Model Example: Expanded Food and Nutrition Education Program (EFNEP), Master Food Preserver Program (MFP), and Master Gardener Program (MG)

Order of courses:

EFNEP teaches a series of 8 workshops and selects day of week/time that works best for EFNEP educator and participants. Since EFNEP requires participants to attend a series, it is important that the day of the week/time is one that best suits participants and site. This collaboration was designed to increase participation in EFNEP's 8 week series by offering additional MG and MFP workshops as an incentive to continue participating. For this reason, EFNEP classes always went first. The EFNEP educator promotes all classes, including MG and MFP regularly during the series.

MG & MFP teaches two sessions each following the EFNEP series the same day of the week/ time. Keeping the workshops at the same time on the same day of the week increases the chances that participants will already have that time set aside. In addition, continuing workshops weekly without skipping a week encourages participants to stay on track and not lose their availability. Note for counties without MFPs, you could provide additional MG workshops or collaborate with a county that has an existing MFP program.

Suggested Locations:

Parent Education Centers, Schools, Head Start Centers, Adult School and English is a Second Language (ESL) Classes, Community Centers

Class Schedule Example:

Week 1: EFNEP (*Welcome to Eating Smart Being Active/Get Moving!*)

Week 2: EFNEP (*Plan Shop Save*)

Week 3: EFNEP (*Fruits and Veggies: Half Your Plate*)

Week 4: EFNEP (*Make Half Your Grains Whole*)

Week 5: EFNEP (*Go Lean with Protein*)

Week 6: EFNEP (*Build Strong Bones*)

Week 7: EFNEP (*Make A Change*)

Week 8: EFNEP (*Celebrate! Eat Smart & Be Active*)

Week 9: Master Gardener (Growing seasonally appropriate fruits and veggies, i.e. warm or cool season) see kit handout included for this class

Week 10: Master Food Preservers (Pickling) see kit handout included for this class

Week 11: Master Gardener (Growing herbs, Three Tiered Herb Garden) see kit handout included for this class

Week 12: Master Food Preservers (Freezer Jam) see kit handout included for this class

Program Integration Orientation Meeting Agenda

Program Collaboration Initial Meeting

Attendees: Program Advisors, EFNEP Supervisor, Master Gardener Coordinator, Master Food Preserver Coordinator, Lead Program Volunteers (*as appropriate*)

Meeting Goals:

1. Understand each program's structure and limitations
2. Create a plan of action for collaboration
3. Create a timeline

Topic	Notes	Action Items (Suggested)
Welcome	Introductions	
Overview of Programs <ul style="list-style-type: none">• Master Gardener• Master Food Preserver• Expanded Food and Nutrition Program	<ul style="list-style-type: none">• Individual Program Presentations<ul style="list-style-type: none">- Structure- Requirements- Limitations• Discussion<ul style="list-style-type: none">- Potential collaboration challenges- Potential solutions	All -bring challenges and solutions back to program team (include lead program volunteers or other staff)

<p>Goals and Objectives of Collaboration</p>	<p>Goal #1-Increase EFNEP participation and graduation rate by offering gardening and food preservation classes as incentives to continue.</p> <p>Objectives</p> <ul style="list-style-type: none"> • Use program integration delivery model handout <p>Goal #2-Teach participants in underserved communities how to make healthier food choices, stretch food dollars, grow their own food and adopt healthier lifestyles</p> <p>Objectives</p> <ul style="list-style-type: none"> • Reach *800 residents of San Bernardino County by providing integrated EFNEP, MG and MFP workshops Evaluate program knowledge and behavior change in a retrospective pre evaluation and pre and post evaluation <p>Goal #3-Provide materials (recipe ingredients, garden supplies and seeds, and food preservation items) to a minimum of 25 adult EFNEP program graduates who agree to further participate in a series of 4 workshops provided by MG and MFP</p> <p>Objectives</p> <ul style="list-style-type: none"> • Graduate 25 adult EFNEP program participants (completed series of 8 lessons) from 3 most underserved cities of San Bernardino County who agree to further engagement through MFP and MG workshops • Provide a minimum of 2 home vegetable gardening classes provided by Master Gardener volunteers for each of the 25 EFNEP participants 	<p>All- determine individual county outreach goals and target numbers</p>
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Goals and Objectives of Collaboration cont.	<ul style="list-style-type: none"> • Provide a minimum of 2 home food preservation classes provided by Master Food Preserver volunteers for each the 25 EFNEP participants • Encourage EFNEP graduates to participate in Master Gardener and Master Food Preserver classes who will then earn a UCCE Certificate for completion of all three program activities <p><i>*County specific number based on projected average outreach per fiscal year</i></p>	
Timeline	<ul style="list-style-type: none"> • Phase 1 (July) Identify model of program collaboration and potential sites. • Phase 2 (August) Reach out to sites to schedule workshops • Phase 3 (September) Identify workshop topics and prepare materials • Phase 4 (October-December) Deliver workshops • Phase 5 (January) Evaluate effectiveness of model/collaboration efforts and identify potential sites. • Phase 6 (February) Schedule new sites identify workshops and prepare materials • Phase 7 (March-May) Deliver workshop • Phase 8 (June) Evaluate effectiveness and make adjustments as needed <p>Other- meet monthly to plan and make adjustments.</p> <p><i>*suggested program timeline based on school year July-June</i></p>	<p>All- determine outreach schedule</p> <p>Master Gardener & Master Food Preserver-determine seasonally appropriate topics based on targeted delivery dates as they related to county specific regional growing zones</p>
Next Steps	<ul style="list-style-type: none"> • Identify model of program delivery • Identify 3 potential sites by next meeting • Follow up on action items 	<p>All- identify meeting frequency based on timeline and goals</p>
Next Meeting	1 month	

Stakeholders: County Partners, County school districts, EFNEP participants, UCANR, Master Gardener Volunteers, Master Food Preserver Volunteers

Program Integration Presentation Slide

Master Gardeners Program



Expanded Food and Nutrition Education Program



Master Food Preservers Program



Best Practices for Successful Program Integration Handout

Best Practices for Successful Program Integration

1. Taking time to learn the basic requirements and program goals/objectives for each program is key to finding a sustainable working partnership. *Investment in this early on is worth the time spent.*
2. When choosing location for classes be sure all programs, including Master Gardeners (MG) and Master Food Preservers (MFP), have appropriate accommodations (sink to prepare food and wash hands, place that can get dirty for hands on planting activities, etc.).
3. Be thoughtful about when incentives are given to encourage participation throughout the whole series. *Our county gave largest hands on activity take home kit, the three-tiered herb garden, at the last class.*
4. Sending reminders (usual method of outreach via phone, email, etc.) is an important piece of participant retention. *This was a good role for EFNEP since they usually initiated contact with participants.*
5. When wrapping up MG and MFP classes share with participants how they can continue to attend your county MG and MFP classes, or other county programming. *Our county EFNEP educators shared information about upcoming Spanish and English MG and MFP classes with all past, current, and future participants on a regular basis.*
6. Finding a strong site liaison at the location where you are giving classes can help ensure easy communication with participants and class setup needs.
7. When planning EFNEP (or other nutrition/partnering program), MG and MFP class series over a year, or longer period of time, be sure to consider availability of produce and planting time as it relates to EFNEP classes finishing. *Initially when we started, we had to make some adjustments to classes when the timing of EFNEP class ending lead to doing planting classes at less-than-ideal times for planting seasons, or preserving classes when items were harder to find. Planning ahead and looking at full timeline helped avoid this for future classes. A delivery model option may consist of certain MG or MFP classes offered at the midway point in EFNEP classes to accommodate seasonality of produce or planting times.*
8. If using MG or MFP volunteers to lead program classes, involve them in planning meetings so they can bring questions, challenges, and ideas to the discussion and then relay goals and objectives clearly back to other volunteers.
9. Identify budget and funding source for giveaways /hands on activities (for example grant, part of county or UCCE budget, site paying for supplies for participants). Quality kit supplies can cost \$80 to \$100 per participant for 2 MG kits, 2 MFP kits and 2 EFNEP kits. Knowing budget early on allows you to plan ahead for cost saving measures like buying in bulk, growing your own plants, etc.
10. Meeting regularly with partnering UCCE programs is the best way to maintain a positive and productive cross collaboration. At the beginning of each project set up regular check in meetings, and consider meeting more frequently at the beginning, mid-way point, and end to make sure any challenges are addressed, changes are made based on success to date, and next steps are discussed. Along the way adjustments will be made to fit each of your counties individual program needs and create an outreach model that leverages your individual programs strengths as well as your strength as a team.

UCCE Graduation Certificate Template

UNIVERSITY OF CALIFORNIA

Agriculture and Natural Resources

Certificate of Graduation

THE CERTIFICATE IS PROUDLY
PRESENTED TO

for participating in UCCE San Bernardino County
programs

Educator



Date



UNIVERSITY OF CALIFORNIA

Agriculture and Natural Resources

Certificado de Graduación

EL CERTIFICADO SE PRESENTA A

por su participación en los programas de UCCE en el
condado de San Bernardino

Educadora



Fecha

