

2017

Stories

From the Field



Features

- Gleaning for Health • Bountiful Harvest • Cafeteria Overhaul
- Safety First • Playtime Moves • Transforming Playgrounds
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The California Department of Public Health, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material.

Introduction



Caroline Kurtz
Chief

Stories from the Field

The California Supplemental Nutrition Assistance Program Education (SNAP-Ed) aims to inspire and empower underserved Californians to improve their health and the health of their communities through healthy eating and active living. The program facilitates this through education and community change in partnership with many others.

The California Department of Public Health (CDPH) shares this booklet to highlight a snapshot of some of the California SNAP-Ed work conducted by local health departments and partners across this Golden State.

Background

CDPH funds local health departments, 57 county and three city health departments, to conduct SNAP-funded obesity prevention programming across the state. The UC CalFresh Nutrition Education Program, California Department of Aging, and Catholic Charities of California, Inc. also fund local agencies to conduct programs that align with the California SNAP-Ed mission. The California Department of Social Services oversees the collective California SNAP-Ed work.

Expanding our Reach

We hope these community stories inspire you to envision how to create a healthier tomorrow!

A handwritten signature in black ink that reads "Caroline Kurtz". The signature is fluid and cursive, with the first name being more prominent.

Caroline Kurtz, Ph.D., Chief

*Nutrition Education and Obesity Prevention Branch
California Department of Public Health*



Merced



Gleaning for Health: Stocking Food Bank Shelves with Fresh Fruits and Vegetables

The Challenge

Although Merced is in the middle of California's agricultural center, the Merced County Food Bank received few donations of fruits and vegetables, especially fresh fruits and vegetables. Each year, the food bank distributes 4.4 million pounds of donated food to more than 100 neighborhood food pantries.

"I grew up gardening and preserving food, and my first job was picking strawberries. I've dreamt of harvesting the extra produce on farms and backyard trees in Merced County since 2013. People in the valley work very hard in agriculture, and as a dietitian, I want to make sure they can eat well. Thankfully, the food bank was able to start a gleaning program and provide fresh local produce to their food pantries."

*—Stephanie Russell, Project Coordinator
Merced County Department of Public Health*

The Solution

In 2017, the Merced County Department of Public Health SNAP-Ed Program funded the food bank to develop a system for gleaning, or harvesting, produce from 12 local farms, a city farmers' market, and 20 residential backyard gardens. To recruit volunteers and build the gleaning network, food bank staff spoke with farmers and asked for volunteers at community events. The food bank created a website to promote the gleaning program and register volunteers and farmers. Early on, food bank staff found that while people initially expressed interest in the program, they did not take the extra step of registering online. To resolve this issue, food bank staff had volunteers register on hard copy forms at outreach events. Program staff later entered the volunteer information into the website.

Twenty backyard gardeners initially registered for "backyard" gleaning. When it dawned on the gardeners that a volunteer crew would



pick produce in their backyards, most gardeners declined to participate in the program. However, a few neighborhood gardeners with trees in their front or side yards allowed volunteers to glean their fruit. After the gardeners saw what a good job the food bank volunteers did, they let them harvest produce from their backyard, too. The food bank is optimistic this effort will blossom as the neighborhood gardeners share their successful backyard gleaning experiences with other gardeners.

Today, the Merced city farmers' market consistently donates produce. Food bank staff visit the market weekly to nurture partnerships with vendors and farmers and request donations. The food bank gives each farmer a donation crate and collects the crates at the end of the market day. The gleaned produce is then stored in and distributed from the food bank warehouse.

While the potential for volunteer injuries or liability issues can serve as barriers to a gleaning program, the food bank and its partners provide:

- Safety and liability training for volunteers.
- Easily identifiable team shirts for all volunteers and staff to wear while gleaning.
- Information about health and food quality guidelines.
- Clear communication between staff, volunteers, and farmers about where, when, and what produce can be harvested.

The Results

Between April and September 2017, 100 volunteers and food bank staff gleaned:

- 845 pounds of produce from the City of Merced's farmers' market.
- 99,975 pounds of produce from local farms.
- 171 pounds of produce from residential homes.

Sustaining Success

The food bank will continue to host the website to register volunteers and promote gleaning events. Food bank staff are committed to making gleaning events a positive experience for volunteers, farmers, and community members. One of the benefits of the gleaning program is the food bank's engagement with the community. A surprising benefit has been that volunteers and food bank staff report that gleaning is a relaxing experience.

"It truly is a stress reliever to know that you are picking something that has a purpose."

—Earla Anderson, Merced County Food Bank

The Merced County Department of Public Health plans to analyze the nutritional contribution of the gleaned produce. The public health department will also continue providing nutrition education and liability and gleaning information to its staff and community partners.

Contact: Stephanie Russell, Project Coordinator, Merced County Department of Public Health, 209.381.1161, srussell@co.merced.ca.us.



Marin



Bountiful Harvest: School Farm to School Meals

The Challenge

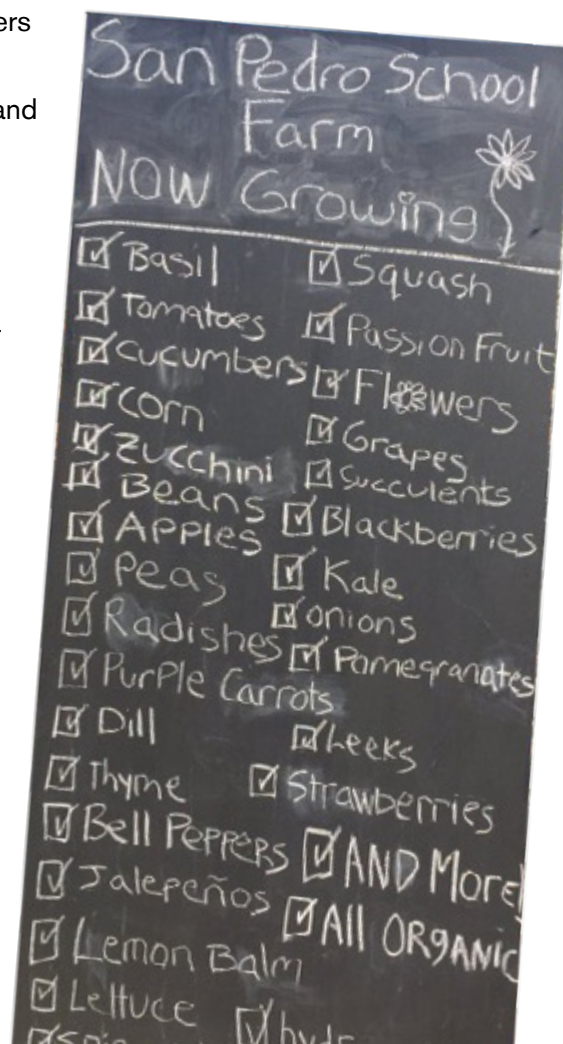
San Pedro Elementary School in the San Rafael City Schools District did not include many fresh, locally grown fruits and vegetables in school meals.

The Solution

From 2015-2017, the County of Marin Department of Health and Human Services Nutrition Wellness Program convened partners to develop a School Farm to Cafeteria Program that provides fresh fruits, vegetables, and herbs for San Rafael school cafeterias. The effort flourished as partners met key needs, including:

- **Leadership:** Marin County's Nutrition Wellness Program led the collaborative and recruited members, oversaw meeting logistics, and invited funders to support the effort.
- **Land:** The San Rafael City Schools District donated land for the school farm at San Pedro Elementary School.
- **Leveraging funds:** The Marin County Office of Education and Kaiser Permanente financed the program.
- **Logistics:** San Rafael food service directors formed a Procurement Team to coordinate produce purchases and identify delivery processes.
- **Local support:** Sanzuma, a local non-profit, was contracted to create the school farm and conduct garden nutrition education and a school needs assessment.

Partners found that working with different agencies was both exciting and challenging. Each partner needed to understand each other's roles, guiding principles, scheduling priorities and regulations in order to design a viable and sustainable School Farm to Cafeteria Program.





San Pedro Elementary School garden before and after.

The Results

By 2016, the San Pedro Elementary School farm provided fresh fruits and vegetables for local school cafeterias, producing:

- More than 1,150 pounds of tomatoes, mixed greens, lemon cucumbers, zucchini, edible nasturtium blossoms, radishes, carrots, kale, berries, lemons, limes, potatoes, and peppers.

In 2017, the school farm contributed to 36 cafeterias' lunches served to 1,284 elementary students at four schools.

Sustaining Success

The School Farm to Cafeteria Program has a built-in sustainability plan through the sale of produce to the San Rafael City Schools District. The program is on track to be self-sustaining in the next few years.

The San Rafael City Schools District donated a larger plot of land to cultivate even more fruits and vegetables, demonstrating its commitment to providing locally grown produce for its students. The Procurement Team seeks to build more local and regional partnerships that will strengthen the program.

Marin County's Nutrition Wellness Program continues to provide nutrition education and physical activity programming in San Rafael schools to complement and support the School Farm to Cafeteria Program.

To expand the program, the County of Marin Department of Health and Human Services recruited new partners such as the Marin County Novato Unified School District and more farmers.

Contact: Elaini Negussie, Program Director, County of Marin Department of Health and Human Services, 415.473.2612, enegussie@marincounty.org.



Monterey



Cafeteria Overhaul: Featuring Healthier, Local Foods and More Scratch Cooking

The Challenge

The Monterey County Health Department, as a partner with the Monterey Peninsula Unified School District (MPUSD) Wellness Committee, saw opportunities for the district to offer healthier and fresher school meals that featured local produce, meats, and seafood and more scratch cooking. The health department also proposed changes that would improve food services and the healthfulness of school meals.

The Solution

Health department staff met often with six school districts and school wellness committees, administrators, and food service directors and staff to propose and implement changes in school cafeterias. This collaboration led to improved campus foods and beverages.

Health department nutrition educators provide direct education in six MPUSD schools and two preschools that serve more than 3,000 students. MPUSD has over 10,000 students and serves more than 4,400 lunches and 3,200 breakfasts daily.

Working closely with the MPUSD food service director and food supervisor, the health department completed the WellSat 2.0¹ a few years ago. Using the survey results, the wellness committee developed and prioritized solutions to improve school meals and the layout of several cafeterias. The first proposed solution was to buy more produce, meats, and seafood from local farmers, ranchers, and fishers.



The school district also eliminated five ingredients of concern from all menu items: high fructose corn syrup, hydrogenated oils, sugar substitutes, artificial flavors, and artificial colors. MPUSD also revamped one of the high school cafeterias by using food placement strategies to create food court-style dining, incorporating healthy food stations such as “grab and go” and salad and deli bars.

The second step to implementing food service changes involved the food service director meeting with the food service team to brainstorm ideas and

¹ The Wellness School Assessment Tool 2.0 provides a standard method for the quantitative assessment of school wellness policies required for all school districts participating in the National School Lunch Program, <http://wellsat.org/default.aspx>, accessed 1/18/18.

gain their support. Together, they developed creative ways to retrain staff. Food service teams were encouraged to develop and add themed recipes to the school menus.

The third step the district took was to make several key changes in the school cafeterias:

- Installing salad bars in more schools.
- Preparing food from scratch two to three times each week.
- Creating new recipes to add to the menus.
- Incorporating school meal promotions like “Meatless Mondays,” “Bay to Tray” (serving locally sourced seafood), and “California Thursdays” (serving only locally produced foods).
- Adding “grab and go” breakfast items.

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The Results

Over the past year, the MPUSD:

- Eliminated chocolate milk from elementary and middle schools.
- Developed a new logo (fresh & delish) to highlight food service meals.
- Piloted a supper program.
- Incorporated Smarter Lunchrooms Movement² strategies in two schools.
- Continued “California Thursdays” in all schools.
- Continued to eliminate foods and drinks with the five ingredients of concern (e.g., high fructose corn syrup) from the menu.
- Served only whole grain products.
- Prepared food from scratch two to three times per week with plans to expand this program to daily scratch cooking.
- Bought locally grown fruits and vegetables (e.g., 80% of produce was produced no further away than 130 miles).

Additionally, MPUSD hired a culinary specialist to train staff and create healthy recipes. The administration also hired more part-time food service staff to help support these changes. The food service director has noted an increase in participation in the free and reduced-priced breakfast and lunch programs. With the growth of the food service program, school food service staff has found that the central kitchen is outdated and small. Food service staff and the wellness committee provided data and information to the school district administration that will be included in a local bond measure that proposes to build a larger and more modernized central kitchen facility that can serve more meals to students.

² The Smarter Lunchrooms Movement is dedicated to providing schools with knowledge, motivation, and resources needed to build a lunchroom environment that makes healthy food choices the easy choice. <https://www.smarterlunchrooms.org/about>, accessed 1/17/18.

Sustaining Success

Over the next couple of years, the team plans to sustain these changes by addressing obstacles so the changes become the normal way of operation. The wellness team will continue to share information about the changes and impacts with parents, students, teachers, and administrators. Over the next couple of years, the wellness team plans to pilot a work study program, incorporate a nutrition education curriculum into the classroom, and develop a seasonal cycle menu. Each school year, two to three schools will begin to incorporate Smarter Lunchrooms Movement strategies. The MPUSD is excited to share its best practices, challenges, and resources with other school districts.

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Director, Monterey County Health
Department, 831.796.2872,
hrepichns@co.monterey.ca.us.





Stanislaus




Safety First: Community Changes Support Students Walking to School

The Challenge

In Stanislaus County, the Airport neighborhood in the city of Modesto is a residential community that lacks sidewalks, easily navigated streets, and sufficient public and school bus services. This lack of infrastructure makes it dangerous for students to walk and bike to school. In addition, unsafe drivers and loose dogs are common problems that discourage community members from walking or biking in their neighborhood.

Orville Wright Elementary, part of Modesto City Schools (MCS), is located in the center of the Airport neighborhood and serves as a primary site for community events. The school is co-located with Head Start,¹ Healthy Start,² and a municipal community center.

The Solution



The Stanislaus County Health Services Agency's Nutrition Education and Obesity Prevention (NEOP) program has an ongoing partnership with the Orville Wright Elementary School and the Healthy Start program administrator. In recent years, these partners have collaborated on a number of successful neighborhood projects. One outcome of this partnership was the 2016 completion of a walk audit and report from California Walks,³ which highlighted the need for infrastructure improvements and safer transportation options in the Airport neighborhood. Based on the report findings, the city installed a new 4-way stop sign at a busy intersection next to the school.

¹ Head Start helps low-income children from birth to five prepare for learning, <https://www.acf.hhs.gov/ohs>, accessed 1/19/18.

² Healthy Start aims to improve student learning by providing students and families with access to an array of learning supports, <https://www.stancoe.org/divison/educational-options/prevention-programs/healthy-start>, accessed 1/19/18.

³ California Walks is a statewide organization of affiliated nonprofit and volunteer groups dedicated to creating healthy, safe, and walkable communities, <http://californiawalks.org>, accessed 1/18/18.



SCHOOL

NEOP staff, the Healthy Start administrator, Tuolumne River Trust staff (a local community group), and residents participating in “Charlas” (Community Chats), continue to identify other neighborhood improvements that will enhance children’s safety and support active transportation options.

One such recommended improvement from the partners was the development of a Walking School Bus,⁴ which involves adult volunteers walking with and supervising students to school using pre-selected, scheduled routes.

NEOP staff developed a six-week pilot Walking School Bus program to assess participants’ interest. Members of the “Charlas” community group and school parents volunteered to walk with the students along six routes. All volunteers attended a pedestrian safety training class. Throughout the pilot, NEOP staff collected weekly participation numbers for each walking route. Volunteers supervised 249 student trips to school.

The Results

An assessment of the Walking School Bus pilot program showed strong support for continuing the effort since more students walked to school during the pilot program than before the launch of the program. The school principal and Healthy Start administrator have now implemented a permanent program. The Healthy Start administrator agreed to serve as the key point of contact for volunteers due to his consistent presence at the school.

Local law enforcement officers increased their presence in the Airport neighborhood to help monitor and control unsafe drivers and loose dogs after community partners made the request. To address infrastructure problems such as the lack of speed bumps, stop signs, and well-painted crosswalks, NEOP staff continues to build relationships with additional city and community partners to pursue state-level Safe Routes to School⁵ funding.

Sustaining Success

Orville Wright Elementary plans to continue the Walking School Bus program indefinitely because the community and school administrators are committed to providing a safe walking and biking environment for students. The new school principal has past experience with the Walking School Bus program and he brings that background to Orville Wright Elementary. School administrators and NEOP staff continue to recruit and maintain a volunteer group that is essential to the continued success of this program.

Contact: Kyle Fliflet, Program Coordinator, Stanislaus County Health Services Agency, 209.525.4834, kfliflet@schsa.org.

⁴ A walking school bus is a group of children walking to school with one or more adults, http://guide.saferoutesinfo.org/walking_school_bus/, accessed 1/18/18.

⁵ Safe Routes to School programs are part of the solution to increase physical activity and improve unsafe walking and bicycling conditions while reducing the number of cars on the road, <http://guide.saferoutesinfo.org/introduction/index.cfm>, accessed 1/18/18.



Playtime Moves: Seeking Health through Physical Activity

The Challenge

While there are many opportunities for outdoor activities in Plumas County, families and children often lack the knowledge, tools, and resources needed to play outdoors. As in urban communities, Plumas County residents are often indoors and sedentary.

The Solution

To create a new perspective on healthy outdoor activities and to help students and community members enjoy outdoor physical activity, the Plumas County Public Health Agency implemented a children's physical activity curriculum and created engaging and colorful outdoor playgrounds.

To help students meet the goal of 60 minutes or more of daily physical activity, the Plumas County Public Health Agency collaborated with the Plumas Unified School District and the Plumas Charter School to:

- Provide teacher training on how to incorporate non-aggressive and non-elimination physical activities using CATCH¹ (Coordinated Approach to Child Health), an evidence-based curriculum.
- Paint school playgrounds to create spaces where kids can engage collaboratively or independently with their environment. The stenciled designs include pictures, pathway guides, games, and even footprints to guide students along paths.
- Provide training on how to use a school garden as a classroom for Common Core subjects and standards. The school garden curriculum is designed to get the kids out of the classroom and to learn through exploration and gardening.

The Results

School officials were very open to trying new projects, but they did not want to devote huge amounts of resources on efforts they could not sustain. Neither the Plumas Unified School District nor the charter school employ physical education teachers. Instead, classroom teachers are expected to teach physical education to their students. For the schools that were willing to use CATCH, the Plumas County Public Health Agency provided the curriculum and a set of playground equipment. The CATCH curriculum is used in nearly all kindergarten through sixth grade classes at the Plumas Charter School and in fourth- through eighth-grade at schools in the Plumas Unified School District.

¹ CATCH creates behavior change by enabling children to identify healthy foods and by increasing the amount of moderate to vigorous physical activity children engage in each day, <https://catchinfo.org/about/>, accessed 1/19/18

While the painting playgrounds with stencil project did not catch on as quickly as the physical activity curriculum, once the health agency provided the paint supplies and stencils, this project was launched. The schools organized painting events with volunteers who stenciled the playgrounds.

Sustaining Success

The Plumas County Public Health Agency's long-term goal is for all classrooms in the county to use the CATCH curriculum. The agency is committed to providing technical assistance and support to the school district and charter school to ensure use of the CATCH curriculum.

Contact: Dana Cash, Health Education Coordinator, Plumas County Public Health Agency, 530.283.6358, danacash@countyofplumas.com.





Colusa



Transforming Playgrounds: New Design Enhances Preschool Physical Activity Options

The Challenge

Colusa County's Office of Education and public health department provide nutrition and physical activity support to preschools throughout this rural area. The health department's Nutrition Education and Obesity Prevention program targeted two preschools that needed improvements to their outdoor playgrounds and gardens:

- The Arbuckle Children's Center is a small preschool that features a climbing structure and a sidewalk used primarily as a track for wheeled equipment. Program planners identified a need for additional space to allow children more movement.
- The Williams Children's Center is larger than the Arbuckle center and has separate play areas for infants, toddlers, and preschoolers. Although this preschool has plenty of space, the site lacked a climbing structure and limited areas to support physical activity skill development.

The Solution

To capture the unique needs of both preschools, administrators from the centers completed the Go Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC)¹ to guide programming and support services. Both preschools were eager and ready to create new physical activity spaces for their children. The assessments helped program planners identify their next steps.

¹ Go NAP SACC is an easy-to-use online tool for early care and education programs interested in building healthy eating and physical activity habits in children, <https://gonapsacc.org/resources/nap-sacc-materials>, accessed 1/19/18.



The Results

In September 2017, the partners accomplished the following at the two preschools:

- Completed playground stencil makeovers (painted shapes, letters, games, etc.).
- Established a garden program that includes garden boxes, educational supplies, and age-appropriate tools.
- Increased the number of outdoor portable play equipment (e.g., jumping toys, push-pull toys, throwing/catching/striking toys, and balance toys) from 3-5 types to 6-8 types. These new toys encourage a greater variety of movement skills and physical activities.
- Increased the number of outdoor play topics taught to current staff from one new topic to three new topics.
- Increased the number of child nutrition topics addressed in the school policy and adapted from the California Early Care and Education Physical Activity & Nutrition Templates and Policies.²

When the preschools were re-assessed using the online Go NAPSACC tool, the results showed improvement in the children's activity levels and learning about healthy foods. These strides would not have been possible without collaboration between the Colusa County Office of Education and the following partners:

- Colusa County Public Health.
- California State University (CSU) Chico, Center for Healthy Communities.
- CSU Chico, Health and Community Services Department.

The Center for Healthy Communities worked closely with teachers and administrators to develop the playground designs and layout. More importantly, the stencil designs were patterned to maximize opportunities for physical activity and fundamental movement skill development. Partners cleaned the playground surfaces prior to paint day, recruited painting volunteers, obtained the stencils, designed the project, and assisted with media coverage. More than 50 CSU Chico Health and Community Services Department students participated on paint day.

Teachers are thrilled with these new opportunities to teach through movement and experiential learning.

Sustaining Success

Short-term goals are to:

- Include more garden education and physical activity staff training.
- Implement a comprehensive wellness policy at all early childhood education sites.

A long-term goal is to implement these physical activity and nutrition improvements in all area preschools.

Contact: Jennifer Murphy, Nutrition Education Specialist, CSU Chico Research Foundation/Center for Healthy Communities, 530.898.4318, jemurphy@csuchico.edu.

² Early Care and Education Physical Activity & Nutrition Templates and Policies, 2017. California Department of Public Health, Nutrition Education and Obesity Prevention Branch (NEOPB), Policy, Partnerships and Program Development Unit; email NEOPB@cdph.ca.gov or call 916-449-5400 for information.



Alameda



Students in Action: Working to Improve School Meals and Facilities

The Challenge

High school students who attended the Dewey Academy alternative education school in the Oakland Unified School District (OUSD) were alarmed to learn that school administrators were proposing to move their campus to a new site. Students, staff, and community members were concerned that the relocation of the school could negatively affect students who already faced the stresses of neighborhood gang activity and other safety issues. To address these concerns, the students rallied to propose improvements to the existing school and convince school administrators not to move the school.

The Solution

The East Bay Asian Youth Center trained Dewey Academy students on how to conduct Youth-Led Participatory Action Research. Students and community members presented their research findings, proposed solutions to the OUSD school board, and organized vision-building sessions. While the initial meetings between the students and OUSD administration were challenging, the students persevered. Students proposed solutions that were immediately adopted or are under consideration for adoption by the OUSD leadership. Some of their asks included:

- Dewey should remain at its original location because it is close to:
 - Laney Community College, which has a transition-to-college culinary program.
 - La Clinica, which offers free health services to students.
- If the school must move, then they wanted:
 - Sufficient space for the school garden to replace the current school garden.
 - Sufficient space for physical activity.
 - A gym and/or multi-purpose room for students to gather for assemblies and physical activity.
- The school offer quality food and improved food service facilities:
 - Hot meals, which were not originally available.
 - A student-run café linked to the Laney Community College culinary career program.

The Results

Students and community members were successful in convincing school administrators to allow Dewey Academy to remain at its existing location. District officials assured students and community leaders that if the planned renovations displaced the existing garden, they would identify and secure an alternate garden area. The district also approved the sharing of a multi-purpose room with kitchen staff to improve the culinary career pathway program. The school district solicited bids to renovate the school by the 2019-2020 school year.

Sustaining Success

Students plan to continue taking a leadership role with school renovations. They will also conduct additional surveys and focus groups to help inform the school renovation committee. Specifically, students want to ensure there is enough functional space allocated to the school garden, café and culinary area.

Contact: Dale Murai, Alameda County Public Health Department, 510.268.4221, Dale.Murai@acgov.org.





San Diego



Meeting Policy: Latino Supermarket Chain Dedicated to Employee Health

The Challenge

The Northgate Gonzalez Markets supermarket chain has worked with local public health advocates to create a healthier environment in their stores since 2015. For instance, Northgate offers healthy checkout lane snack and beverage options as well as serves healthy foods from its customer- and employee-facing kitchen, Healthy Cocina. However, a company-wide Healthy Meeting Policy was not a part of the corporate culture.

Foods and beverages high in sodium, fat, and sugars are often served at company meetings; they seldom serve fresh fruits, vegetables, and other healthy foods and drinks. An assessment of the corporate and storewide meetings of Northgate Gonzalez Markets revealed that, like many corporations, the supermarket chain did not offer many fresh foods or healthy food and drink options at their meetings. Northgate is a Latin-focused chain of stores that has served the community for more than 30 years.

The Solution

Northgate markets partnered with Live Well @ Work, a project of Live Well San Diego, to adopt a Healthy Meeting Policy for all of its stores in three Southern California counties—San Diego, Orange, and Los Angeles. The objective of the policy was to improve the healthfulness of employee meetings by promoting healthy foods and beverages on behalf of the more than 4,000 Northgate employees in all 41 tri-county area stores.



Key partners in this effort were the County of San Diego Public Health Department's Healthy Works Nutrition Education and Obesity Prevention Program and the University of California, San Diego Center for Community Health, which established a Tri-County Worksite Coalition to:

- Share best practices and resources.
- Work collectively on effective policy, system and environmental change strategies.
- Recruit additional worksite organizations with locations in the three counties.

The Results

With Northgate's participation, the Tri-County Worksite Coalition developed the Healthy Meeting Policy and an implementation plan. The implementation plan included the language for a sample Healthy Meeting Policy that featured healthy menu guidelines and meal options for meetings and events, and tracking and evaluation measures.

Anticipating that the successful implementation of Northgate's Healthy Meeting Policy would be dependent on many individuals, the Tri-County Worksite Coalition took several steps to ensure the policy adoption would be as simple and effective as possible, including:

- Consulting with a nutrition expert to define "healthy" foods and drinks.
- Designing a policy pledge in English and Spanish for breakrooms to increase awareness and adoption of the new policy.
- Conducting a store manager training on the sample menus and policy.
- Supporting the Employee Wellness Program Supervisor in designing an incentive raffle to get buy-in from the stores.

Sustaining Success

Sustaining and expanding the adoption of the Healthy Meeting Policy by other corporations across the region is an important objective of program planners. Since the implementation of the Healthy Meeting Policy, the Tri-County Worksite Coalition has discussed next steps for the implementation and sustainability of the policy. The Los Angeles Public Health Department spearheaded the development of a Healthy Meeting Policy Technical Assistance Checklist for use by Northgate store managers to ensure awareness of the policy procedures and increase policy adherence. Future efforts will include evaluation of the policy.

Contact: Lindsay Riedel, MA, Health Communications Manager, Public Health Services, County of San Diego Health & Human Services Agency, 619.692.8255, Lindsay.Riedel@sdcounty.ca.gov.





San Francisco



Wellness Champions: Making a Difference for Better Health

The Challenge

With a rich history as an African American, working-class neighborhood, the Bayview community in southeastern San Francisco has limited access to fresh produce, other healthy food options, and clean, safe playgrounds and parks.

Students attending Dr. Carver Elementary School, located in Bayview, are flooded with marketing that promotes less nutritious foods and poor health choices. Despite passage of a strong Local School Wellness Policy¹ by the San Francisco Unified School District (SFUSD), implementation of this policy was not a priority for the school due to high rates of staff turnover at Carver Elementary School.

The Solution

In 2015, when Principal Emmanuel Stewart took over leadership of Carver Elementary School, he brought a passion for physical activity and a strong belief in the link between wellness and test scores. Mr. Stewart developed a diverse School Wellness Committee that included the school secretary, nurse, teachers and family liaison by working in partnership with the SFUSD's Office of School Health Programs, which receives Supplemental Nutrition Assistance Program (SNAP) funds through the San Francisco Department of Public Health's Nutrition Education and Obesity Prevention Program.

The wellness team communicated food and beverage standards outlined in the school wellness policy to the entire school community and encouraged students to be physically active. The Office of School Health Programs provided nutrition curricula to teachers with classroom lessons and Harvest of the Month² tastings to support the nutrition standards. The School Wellness Committee also worked with Student Nutrition Services to provide healthy breakfasts and suppers to classrooms so all students had access to healthy meals throughout the day.

¹ Each local educational agency that participates in the National School Lunch Program or other federal Child Nutrition program is required by federal law to establish a local school wellness policy for all schools under its jurisdiction. <https://www.fns.usda.gov/tn/local-school-wellness-policy>, accessed 4/6/18.

² Harvest of the Month was initially created by several California local school districts as part of a broader nutrition education effort for low-income students. Recognizing the value of this approach, the California Department of Public Health adopted Harvest of the Month in 2005, launching a statewide effort that is available to all. <http://harvestofthemonth.cdph.ca.gov/Pages/Program-Overview.aspx>, accessed 2/26/18.

The Results

Carver Elementary School has shown growing support for healthy eating and physical activity and a commitment to implementing the Local School Wellness Policy. The school launched a monthly Wellness Champion award to recognize staff, students, and family members who contribute to school wellness.

To address the issue of staff turnover and unfamiliarity with the school wellness policy, at each staff meeting, the School Wellness Committee reviews a section of the wellness policy and provides support and resources to staff members.

In 2017, to further wellness work, the SFUSD collaborated with the San Francisco Municipal Transportation Authority to start a citywide Wellness Champion campaign with funding from a Target Corporation grant. The very first honoree of this campaign was none other than Carver Elementary School Principal Mr. Stewart!

*Dr. Carver Elementary School Principal
Emmanuel Stewart*

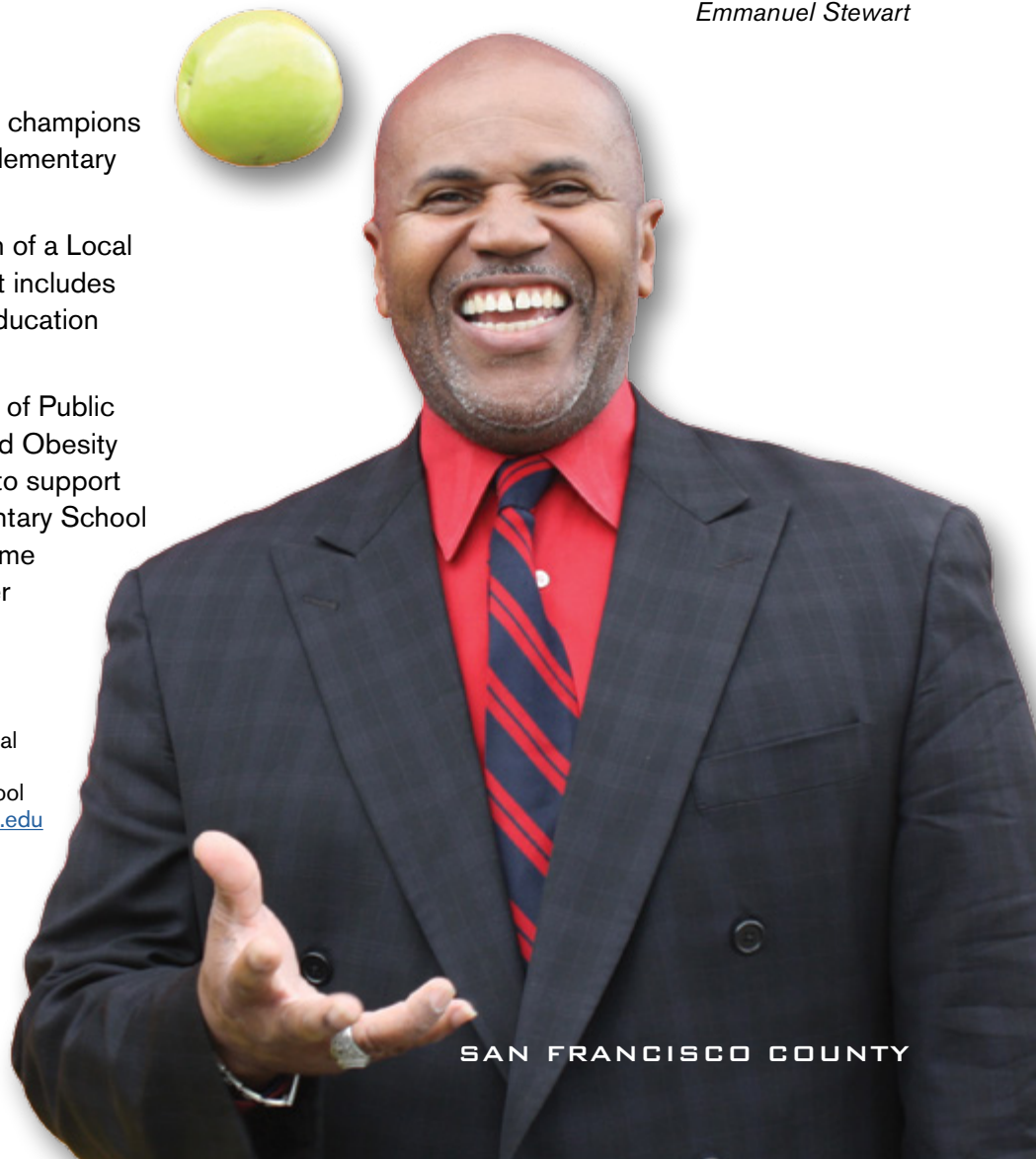
Sustaining Success

Short-term goals are to:

- Continue to honor wellness champions and leaders in the Carver Elementary School community.
- Support the implementation of a Local School Wellness Policy that includes compliance with nutrition education standards and objectives.

The San Francisco Department of Public Health's Nutrition Education and Obesity Prevention Program continues to support and promote the Carver Elementary School wellness team, which has become an integral part of the Dr. Carver Elementary School community.

Contact: Mark Elkin, Teacher on Special Assignment, Office of School Health Programs, San Francisco Unified School District, 415.242.2615, elkinm@sfusd.edu or info@healthiersf.org.





CaChampionsForChange.net