



Networking to Inspire Healthy Change

CLASSROOM



CAFETERIA



COMMUNITY



Some examples presented in these information forms may involve a partnership between *Network* and non-*Network* agencies and may not be USDA Supplemental Nutrition Assistance Program - Education (SNAP-Ed) allowable. Please contact your Program Manager with any question about SNAP-Ed guidelines.



Statewide School Networking Meeting

February 9, 2010

Networking to Inspire Healthy Change: Classroom - Cafeteria - Community

Committed to making a difference for California's children, schools and their community partners are working together to promote healthy eating and physical activity. This year, 65 agencies funded by the *Network for a Healthy California (Network)* submitted summaries of selected successful activities, strategies and resources to share with others at the *Network's* 2010 Statewide School Networking Meeting. This document contains those summaries that have been compiled in alphabetical order by name of the funded agency in this document.

Use this compilation to learn more about these innovative strategies and to find others working on interventions or offering activities of interest to your school's staff, students, parents and members of their community. Contact the agency directly using the information provided for additional information. Please note that some examples presented may involve a partnership between *Network* and non-*Network* agencies and may not be USDA Supplemental Nutrition Assistance Program - Education (SNAP-Ed) allowable.

Additional copies may be viewed and downloaded from the *Network's* website: www.cdph.ca.gov/programs/cpns

This material was produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.

ABC Unified School District

www.nnetwork.abcusd.k12.ca.us

Dipa Shah-Patel, MPH
dipa.shah@abcusd.k12.ca.us

Phone Number: (562) 926-5566 x 21127
Fax Number: (562) 404-8926

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
ABC USD	7,000	X	X	X	X

Significant Evaluation Results in FFY 2009

An impact evaluation of the Caught Eating Healthy program was conducted in conjunction with ABC, Hawthorne and Lawndale School Districts to determine if nutrition education and positive reinforcement resulted in increased knowledge, self-efficacy, and consumption of fruits and vegetables during the school day. Results showed an increase in knowledge of the number of cups of fruits and vegetables students should consume daily ($p=0.000$). A summary score for all questions assessing self- efficacy was also significant ($p=0.000$). Results show a significant increase in consumption of fruits and vegetables during recess ($p = 0.006$).

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- At least 17 teacher trainings will be conducted during the 2009-2010 school year for 9 elementary school sites and child development programs. Topics will include how to build on the existing *Harvest of the Month (HOTM)* program, Reading Across MyPyramid curriculum, Shape of Yoga, gardening and nutrition education, and integrating nutrition education with core curricular subjects. A Sport, Play & Active Recreation for Kids (SPARK) training will be offered during the contract year that will reach 30-40 teachers.

Harvest of the Month (HOTM)

- Teachers receive monthly *HOTM* educator newsletters and “Page-a-Day” Calendar.
- Preschool students receive monthly taste tests; teachers read *HOTM* Big Books.
- Elementary school students receive grade specific *HOTM* workbook and monthly taste testing in the classroom; Nutrition Specialist conducts cooking demonstrations that include the featured produce item. Teen Parent program participants learn how to make healthy snacks and meals that incorporate the featured fruits and

vegetables.

- Librarians receive food themed books featuring *HOTM* fruit and vegetable monthly.
- Nutrition Services promotes and includes *HOTM* produce on the school lunch menu.
- Parents received *HOTM* family newsletter.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- K - sixth grade elementary school students participate in an interactive lesson that highlights the importance of eating a healthy breakfast.
- Fourth and fifth grade students participate in Steps to Healthy Living Campaign, where each student receives a pedometer and tracks PA and fruit and vegetable consumption. Students also complete lessons in *The Children's Power Play! Campaign (PP!)* workbooks.
- Fourth and fifth graders participate in Adventures in Cooking, where they learn about geography, staple foods, and how to cook healthy snacks and meals.
- Utilize Dairy Council and Youth Expanded Food and Nutrition Education Program materials.

Nutrition Education and PA *Outside* the Classroom

- Family Nutrition Night, KidTribe nutrition education and PA assembly, 1K Student and Parent Run.

Nutrition Education and PA in Afterschool Programs

- Nutrition education, cooking activities, and PA opportunities are provided to middle school students during the afterschool program, utilizing Media Smart Youth curriculum.

Youth Development/Engagement

- Elementary school students participate in running The Farmstand, where students sell fruit afterschool to raise money for educational activities.
- Middle school students learn how to critically analyze media influences and learn how to create messages that promote nutrition and PA.

Cafeteria Connections

- Nutrition Services staff distribute produce to over 200 classrooms every month.
- *HOTM* featured produce is included on the school lunch menu.

Parent Education

- Parent education lessons include: the benefits of breakfast, the link between nutrition and learning, and cooking healthy snacks and meals.
- Family Nutrition Nights reach 200-400 students and parents.

Community Outreach and Media

- Media releases and articles in local newspaper.
- Nutrition booth at school wide events.

Key Innovative Partners

- Swift Produce who provides fruits at cost to The Farmstand to keep prices low.

Alameda County Office of Education

www.acoe.org

V. Toni Adams
vtoni@acoe.org

Phone Number: (510) 670-7747
Fax Number: (510) 670-3747

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Alameda County Office of Education (ACOE)	204			X	X

Significant Evaluation Results in FFY 2009

Garden and in-class nutrition education classes were provided at three school sites. An organic school garden was used to stock regular salad bar at Rock La Fleche site. Additional outreach and nutrition service activities were conducted at Oakland Unified School District (OUSD) school sites. Development of the school garden site was further developed to include a pond, tree planting, and expansion in variety of crops.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

Harvest of the Month (HOTM)

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Weekly nutrition education classes; classroom and garden-based explorative activities using a service-learning organizing framework. Partnering with local OUSD elementary schools to plan service learning opportunity events to teach nutrition themed lessons to students between the ages of five and nine.

Nutrition Education and PA *Outside* the Classroom

- Nutrition education activities outside of the classroom included: garden/healthy eating workshops; service learning and garden explorative based, at Lafayette Elementary, St. Martin De Porres Elementary School, and Civicorps Elementary Schools. Annual nutrition education celebration event showcases special student achievement, for example development of garden environment to increase usable space for outdoor classroom and crop development.

Nutrition Education and PA in Afterschool Programs

Youth Development/Engagement

- Students were significantly involved in planning and executing nutrition service activities at off-campus school target sites, including developing program agendas, teaching aspects of workshops, and documenting program activities.

Cafeteria Connections

Parent Education

Community Outreach and Media

Key Innovative Partners

- OUSD
- Foster Care Youth Services

Alameda County Office of Education
Project EAT (Educate, Act, Thrive)
www.projecteat.com

Chris Boynton
cboynton@acoe.org

Phone Number: (510) 670-4539
 Fax Number: (510) 670-3539

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Hayward USD	10,008	X	X	X	X
San Lorenzo USD	4,980		X	X	X
San Leandro USD	1,025		X		
Livermore JUSD	726		X		

Significant Evaluation Results in FFY 2009

Program implementation has resulted in measured increases in the consumption of fruits and vegetables among elementary students shown in the mean change in the frequency of daily consumption of fruits and vegetables from pretest to posttest for elementary school students participating in the evaluation in Hayward, Livermore, and San Lorenzo combined.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Provide *Botany on Your Plate* professional development for teachers. This K-3 curriculum integrates nutrition education with inquiry science.
- Provide *Harvest of the Month (HOTM)* standards integration workshops.
- Provide *Sports, Play and Active Recreation for Kids (SPARK)* training.
- Provide monthly nutrition professional developments for staff.

Harvest of the Month (HOTM)

- Provide *HOTM* boxes for teachers to provide California grown tasting opportunities with students.
- Provide *HOTM* Family Newsletters to parents.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Incorporate *Nutrition to Grow On, Food Land and People*, and appropriate *Teams with Intergenerational Support (TWIGS)* instructional resources organized into thematic units that integrate nutrition education with science. San Francisco Foundation, Lowes, Home Depot, and others partners provided the materials for the school gardens.
- In tandem with our nutrition education program, Project EAT implements a Carol A. White Physical Education Program (PEP) Federal grant to provide physical education and PA training for every classroom teacher in 20 schools across Alameda County.

Nutrition Education and PA *Outside* the Classroom

- The *Bridges to Health/ Puente a la Salud* program provides for parents to join their students in cooking and PA after the school day.

Nutrition Education and PA in Afterschool Programs

- Provide training for cooking and garden-based nutrition education for after school coordinators.
- Through the operations department, provide the materials and on-going coaching to sustain the program.

Youth Development/Engagement

- Continued to work with youth to think through healthy food availability in Tennyson High School. Also received additional funding from the San Francisco Foundation to build a high school farm which is training high school Interns to provide nutrition education for middle and elementary students.

Cafeteria Connections

- Provide information for salad bars to inspire students to eat more fruits and vegetables.

Parent Education

- Provide nutrition education and PA promotion “Adult Healthy Living” classes for parents in collaboration with the Parent Information Resource Center.

Community Outreach and Media

- Host community nutrition activities such as Food and Fitness Festival, Nutrition Connection, and training community educators.

Key Innovative Partners

- San Francisco Foundation, Kaiser Permanente

Alameda County Nutrition Services

www.healthylivingforlife.org

Diane Woloshin
Diane.Woloshin@acgov.org

Phone Number: (510) 595-6458
 Fax Number: (510) 595-6486

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Oakland Unified School District (OUSD)	22,000	X	X	X	X

Significant Evaluation Results in FFY 2009

Pre and post surveys were conducted with all fourth graders in September 08 and May 09 respectively. Highlighted *Harvest of the Month (HOTM)* produce such as cherries, persimmons, avocado, and cabbage showed a significant increase in consumption from pre to post. There was a significant reduction of sweetened beverages and unhealthy snack foods. There was a significant increase in answering four out of five knowledge questions correctly. There was a significant increase in the amount of fourth grade students' physical activity.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Approximately 700 teachers/staff receive up to five trainings as part of teacher monthly staff meetings over the course of the academic year. We typically use the train-the-trainer model to enable teachers to provide nutrition education to their students.
- Conduct quarterly nutrition education with school nurses and food service workers.

Harvest of the Month (HOTM)

- Approximately 700 classrooms in 30 schools both elementary and middle, use the *HOTM* program elements. These elements include: monthly taste tests, preference tally posters, "I Tasted ..." stickers, K-6th grade Workbooks, teacher and family newsletters, *HOTM* related story books, *HOTM* bulletin boards, and *HOTM* posters.
- *HOTM* is also featured on the cafeteria menu.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- In conjunction with Nutrition Education, an element of PA promotion is almost always written into our nutrition lesson plans for teachers.
- The Garden Education Coordinator promotes the nutritional benefits of school gardens and will offer five professional development trainings for teachers

Nutrition Education and PA *Outside* the Classroom

- Supported *Walk to School Day* events at eight schools as well as *TV Turnoff Week*.
- Piloted and hoping to expand PA Circuit Cards for teachers to PA on their own.
- Through another funding source, we subcontract with Playworks to provide train-the-trainer model physical activity demos and games to teachers at all our schools.

Nutrition Education and PA in Afterschool Programs

- Staff meet with afterschool programs to integrate nutrition and PA into activities.
- Strongly recommend and connect after school programs with the Dairy Council of California and the *Children's Power Play! Campaign (PP!)* curriculum.
- In December 2009, we plan to train all after school program coordinators on the *HOTM* program and on conducting cooking demos and healthy taste tests.

Youth Development/Engagement

- Coordinate with community service programs to either provide content to students for use in the community or train youth to deliver nutrition messages. (e.g. FACES of the Future)

Cafeteria Connections

- Meets with food service staff to follow up on the *HOTM* program.
- A Registered Dietitian meets quarterly with food service managers to provide trainings on topics specific to food service and nutrition and to assess the quality of *HOTM* services.
- Assists schools in finding volunteers to staff and promote the benefits of salad bars.

Parent Education

- Parent education is provided through weekly take-home parent folders, weekly/monthly newsletters, promotional flyers, trainings, and bulletin boards.
- *Healthy Living Champions for Change* parent groups engage parents in school-based community groups that meet monthly to promote nutrition and PA.
- Nutrition Services staff participates at Open Houses and School Health Fairs to reach parents.

Community Outreach and Media

- *Healthy Living Champions for Change* parent groups are encouraged to be our nutrition ambassadors in their homes and with their neighbors.
- Facilitate large community trainings on hot nutrition topics. These half day community workshops are designed as train-the-trainer models.
- We also reach our community through our website www.healthylivingforlife.org
- In 2009, media covered the *Sugar Savvy/Rethink Your Drink* summer campaign.

Key Innovative Partners

- East Bay Asian Youth Center and OUSD to launch ten new produce stands in our schools. While we work on nutrition education, it is critical that we address access; and University of California Cooperative Extension (UCCE) to provide *HOTM* taste tests to the Child Development Centers. UCCE provides the nutrition education lessons, educator, and family newsletters, and we enhance the learning by adding an actual taste test.

Alhambra Unified School District

www.alhambranetwork.org

Judy Huffaker
huffaker_judy@alhambra.k12.ca.us

Phone Number: (626) 308-2212
Fax Number: (626) 308-2207

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Alhambra USD	9,390	X	X	X	X

Significant Evaluation Results in FFY 2009

We conducted a 5-week nutrition education class for parents. It was gratifying to hear parents' comments about how their eating habits improved after attending our session. We involved our Nutrition Advisory Council (NAC) during the last session. As the NAC demonstrated a few recipes, they incorporated their personal messages about eating healthy snacks. "Parents, if you make us snacks that include fruits or vegetables - we will eat them – here are just a few examples; bruschetta, salsas and yogurt parfaits. They are easy to make and delicious too!" After hearing these student comments, parents were eager to try them at home for their own families.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Plan to facilitate 10 professional development trainings for teachers.
- Teachers will learn strategies for integrating nutrition/physical activity promotion into the core curriculum. Topics may include: MyPyramid, Fast Food Strategies, Healthy Classroom Parties, Pizza from the Ground Up, The Very Hungry Caterpillar, and Stone Soup.

Harvest of the Month (HOTM)

- Teachers receive the monthly educator newsletter and a literature book related to the featured *HOTM*.
- The featured produce Tasting Trio is provided to each participant. The Tasting Trio includes the featured produce, *HOTM* recipe, and necessary ingredients to make the recipe in the classroom.
- Monthly classroom Pre K visits to promote the *HOTM*.
- Food Service features *HOTM* information on bulletin boards.

- Parent newsletters are available in English, Spanish and Chinese.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Sports, Play and Active Recreation for Kids (SPARK) training and technical support for Grades K-6.
- Participation in Kid Healthy-Steps to Healthy Living Campaign at 5 sites.
- *HOTM* applications are applied to nutrition education/gardening.
- Altman Plants distribution for teachers (200 free vegetable/herb plants biannually).

Nutrition Education and PA *Outside* the Classroom

- International Walk to School Week., Governor's Fitness Challenge.
- Nutrition Assemblies/Special Projects; tile murals, Food Play Production
- American Heart Association World Guinness Record for jump roping. Fremont Elementary will be participating in trying to break the World Record.

Nutrition Education and PA in Afterschool Programs

- *HOTM* and professional staff development 1-2 times per year. After School Youth Leaders will learn strategies for integrating nutrition/physical activity promotion in the afterschool program. Topics may include: MyPyramid, Fast Food Strategies, Healthy Classroom Parties, Label Reading, Portion Distortion, and technical support for SPARK and nutrition integration.

Youth Development/Engagement

- Eight NACs, Grades 4-12, provide healthy eating promotions to students and parents at their school site.
- Culinary Connections features a chef visit and demonstration for NACs.

Cafeteria Connections

- Promote positive nutrition messages via bulletin boards.
- Feature *HOTM* produce on the cafeteria menu.
- Classroom teachers display student work promoting healthy habits in the cafeteria.
- Tile murals are on walls featuring student work promoting healthy living.

Parent Education

- Topics may include; MyPyramid, Fast Food Strategies, Sugary Beverages, Label Reading, & Supermarket Scavenger Hunt. Materials: Loving Your Family Feeding Your Future in English, Spanish, and Chinese.

Community Outreach and Media

- *Ramona School Mustang Super Bowl VII and Fremont second Fun Fit Festival are ongoing annual events.* School wide events promoting the building of a 240 pound salad, PA, partnerships with local agencies and community partners.
- Community Outreach: participation in events with in the City.

Key Innovative Partners

- American Cancer Society, American Heart Association, Dairy Council of California, *The Children's Power Play! Campaign*, and Alliance for a Healthier Generation.

Alisal Union School District

www.alisal.org

Petra Martinez-Diaz

Phone Number: (831) 753-5770 x3281

Petra.Martinez@alisal.org

Fax Number: (831) 783-3396

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Alisal Union School District (USD)	7,586	X	X		

Significant Evaluation Results in FFY 2009

Our Impact Evaluation results show that through our intervention efforts the consumption of fruits and vegetables increased in some areas by one serving and in others as much as three servings. The result we were most excited about was the increase in consumption during the dinner meal. This is a time when our food services and our teachers have no direct effect, so any increases would be due to individual preferences either by parents or students.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- All district teachers will receive at least an hour of professional development training covering information on the *Network for a Healthy California (Network)* program, state share documentation, healthy celebrations, and physical activity promotion. This training is provided for 100% of the teachers that provide state match.

Harvest of the Month (HOTM)

- We are following the seasonal cycle for our *HOTM* activities. We give access to *HOTM* materials to all site staff and we feature the *HOTM* fruit or vegetable in a recipe once per month. Our goal is to provide *HOTM* materials for 100% of staff that provides state match.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Provide each student in our district with weekly nutrition education lessons. Each month students are given two lessons on a nutrition education subject such as *MyPyramid*, fiber, food labels, a *HOTM* lesson, and a PA promotion lesson.
- Incorporate garden nutrition education, when possible, using the *HOTM* workbook, *MyPyramid* and the Dairy Council of California.

Nutrition Education and PA *Outside* the Classroom

- Provide nutrition education through various district events throughout the year (e.g., science fairs, back to school events, family reading nights, and more).

Nutrition Education and PA in Afterschool Programs

- Offer materials and lessons for teachers that want to provide nutrition education and PA promotion for students.
- Offer nutrition education through Health and Garden clubs at the various school sites and at two after-school program sites.

Youth Development/Engagement

- Our local high schools/universities provide us with student volunteers. We teach these young adults about nutrition and the importance of making healthy choices.

Cafeteria Connections

- We work closely with our food services department to provide students with *HOTM* fruit and vegetables, food vendor fairs, trainings, and healthy catering.

Parent Education

- Attend parent meetings and do a series of nutrition education classes. Topics include the benefits of eating a healthy diet, *HOTM*, an overview of the food pyramid, nutrition labels and healthy food preparation demonstrations.
- Offer nutrition/cooking classes and PA promotion to all the participants at the Alisal Healthy Start Family Resource Center through their regularly scheduled English as a Second Language adult classes, Adult Support Group, Adult Literacy, and computer classes.
- Present at the Migrant Education Parent Advisory Council meetings and general meetings.

Community Outreach and Media

- Offer *Network* materials at health fairs and farmers' markets to promote fruits and vegetable consumption and PA.
- Participate in the following Monterey County wide events: Farm Day, Bi-National Health Fair, Parent University, and Hartnell College Health and Science Fair.
- Outreach through the Monterey County Office of Education (MCOE) Child Development Centers
- Every year, the Parent Educator, is a guest speaker of the radio program "La Placita Bilingue" of the public radio station (Radio Bilingue).
- Participate as a guest of the local television program "La Comunidad" of the MCOE where we will do food demonstrations and reinforce the message.

Key Innovative Partners

- California Alliance with Family Farmers (CAFF) - helps us with garden-based nutrition education and provides us with a connection to local farmers; Migrant Education Program and the Healthy Start Program-- to educate the community on becoming healthier and helping their children to make wise choices; and Hartnell College and California State University Monterey Bay-- to bring health fairs to our community.

City of Berkeley Department of Health Services

www.cityofberkeley.info

JoAnn Evangelista
jevangelista@cityofberkeley.info

Phone Number: (510) 981-7710
 Fax Number: (510) 981-5395

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Berkeley USD and Young Men's Christian Association (YMCA) Head Start	1,100	X	X	X	X

Significant Evaluation Results in FFY 2009

Students at the alternative high school and the middle school peer groups were engaged in nutrition and youth development activities that helped them analyze the community environment in relation to food availability and eating habits of their peers. Youth participated in conducting youth surveys outside of four corner stores near the three middle schools and alternative high school. Results from the youth intercept surveys showed that youth from all four stores reported purchasing sodas and chips most frequently. The median number of visits reported by students from all four stores was in the "3-4 weeks" category, with the reported median amount spent on an average visit in the "\$1.00-\$2.00" category.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Two trainings to Head Start staff utilizing resources and curricula from *Nutrition Education Training Academy (NETA) Early Childhood Education Nutrition, Color Me Healthy, Healthy Hops*, and United States Department of Agriculture (USDA) *MyPyramid for Preschoolers and Kids*.

Harvest of the Month (HOTM)

- *Harvest of the Month (HOTM)* materials are used in tabling and outreach events and handed out to parents at the Head Start sites.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

Nutrition Education and PA *Outside* the Classroom

- Nutrition education and PA workshops are conducted to students enrolled in the *Project Berkeley United in Literacy Development* summer reading program, and

includes students from various elementary schools, middle schools, a Spanish language immersion school-*Bay Area Hispano Institute for Advancement, Inc* and the Project Rise program at Berkeley High School.

- At school fall and spring events, we provide a table with nutrition education materials, healthy food samples, fruit and vegetables bean bag and dice/question games, and PA challenges.

Nutrition Education and PA in Afterschool Programs

- We partner with after school programs at an alternative high school and two middle schools, providing weekly workshops on nutrition education, understanding the food environments, tied in with taste testings, presentation skills building, and youth development.

Youth Development/Engagement

- Youth in the after school programs are taught presentation skills and given the opportunity to spread the message of nutrition and healthier eating by conducting presentations and tabling events for their peers.
- Youth participate in a project aimed at deepening their understanding of nutrition and the food system and their ability to make changes in their community to encourage healthier eating.
- We collaborate with youth from the Ecology Center's *Farm Fresh Choice* program in helping youth in our programs and the youth they serve to understand food justice issues.

Cafeteria Connections

Parent Education

- Parent education and skills-building workshops are provided to parents/caregivers of children enrolled in Head Start.
- Topics include: food labels; tips for preparing healthy meals; "The 4 P's": Planning, Purchasing, Preparing, Portion Size; where to purchase affordable and fresh produce; increasing fruits, vegetables, whole grains, and lowering fat/sodium in the meals of your family; and discussions on promoting healthy eating in preschool children.

Community Outreach and Media

- Through the City of Berkeley's *Heart to Heart Project*, a neighborhood place-based initiative in South and West Berkeley, we provide nutrition education materials and outreach to a diverse group of residents that include youth, seniors, and community residents concerned about improving the health of their community. We have tabled and provided fruit and vegetable sampling.

Key Innovative Partners

- Berkeley USD; YMCA Early Childhood Services; The Ecology Center; The Heart to Heart Collaborative including Lifelong Medical Center, Berkeley Organizing Congregations for Action, Berkeley Youth Alternatives, City of Berkeley Department of Health Services; and Kaiser Permanente Community Benefit Program

Berkeley Unified School District

www.berkeley.net/gardens-cooking-2/

Melanie Okamoto

Phone Number: (510) 644-6710

Melanie_okamoto@berkeley.k12.ca.us

Fax Number: (510) 486-1275

Number of Students Reached and Grade-Levels Served in FFY 2010

District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Berkeley USD	4,090	X	X	X	X

Significant Evaluation Results in FFY 2009

Survey results for the *Food Behavior Checklist* showed an increase in parents' daily consumption of vegetables, improvement in parents' reported eating habits, and a decrease in parents' consumption of fruit drinks, sports drinks, or punch. Focus group analysis showed that several participants reported changing their eating habits because of the parent nutrition education cooking classes, including eating more fruits and vegetables and decreasing the amount of sugar they and their families eat, and making healthier choices about what to eat throughout the day.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Three day long trainings for Garden and Cooking Nutrition Education Instructors. Topics include: integrating nutrition education into garden and cooking classes, integrating core subject areas into nutrition education, and *Harvest of the Month (HOTM)* trainings.
- Monthly staff development at nutrition educator staff meetings to support nutrition education lesson planning and resource sharing.

Harvest of the Month (HOTM)

- All garden and cooking nutrition education classes utilize the *HOTM* curriculum.
- Every participating classroom teacher, Nutrition Services staff, and after school staff at *Network for a Healthy California (Network)* funded school sites receive the *HOTM* Educator Newsletter.
- Nutrition Services promotes the *HOTM* in the cafeteria by featuring one recipe per month that is taught in cooking classes at participating schools. *HOTM* tastings are provided in both the garden and cooking nutrition education classes.
- *HOTM* Resource Kits will be developed for each participating school site to support garden and cooking nutrition education extension activities in the classroom.
- Ten *HOTM* Farmer Profiles will be developed for use by classroom teachers.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Garden and Cooking Nutrition Education instructors lead one to two hands-on nutrition education classes a month for students at *Network*-funded school sites.
- Garden and Cooking Nutrition Education staff collaborate with classroom teachers to link the nutrition education in the garden and cooking classes with classroom curriculum.

Nutrition Education and PA *Outside* the Classroom

- Garden and Cooking Nutrition Education staff at *Network*-eligible school sites organize two to four nutrition education and PA events a year, providing nutrition education for students and families integrated into existing school-wide events. Events include: *Walk to School Day*, Health Fairs, and Mini-Farmers' Markets.

Nutrition Education and PA in After school Programs

- After school programs at *Network*-funded schools receive one garden/cooking nutrition education class per week featuring the *HOTM* curriculum.
- The after school program uses the *Coordinated Approach to Child Health (CATCH)* curriculum to integrate nutrition education and PA with the garden and cooking nutrition education classes.

Youth Development/Engagement

- Students at Berkeley High School's School for Social Justice and Ecology will participate in the development of a new nutrition education garden program.

Cafeteria Connections

- Nutrition Services conducts *HOTM* tasting in cafeteria. Each year, Nutrition Services features one recipe per month on the school lunch menu that is taught in the *Network* cooking classes.

Parent Education

- Five *Network*-eligible schools will be offering a free Parent Nutrition education cooking class series, which includes a series of five cooking classes featuring a different theme for each class: Soups, Salads, Whole Grains, Healthy Snacks, and Cooking with Kids.
- After school, evening, and weekend nutrition education events promote the benefits of fresh fruits/vegetables and whole grains.
- Annual parent "Nutrition News" newsletter is distributed to every parent.

Community Outreach and Media

- Annual "Nutrition News" newsletter provides school communities with nutrition education information and updates on their school's garden and cooking programs.

Key Innovative Partners

- City of Berkeley Public Health Department
- Ecology Center's Berkeley Farmers' Market
- Center for Ecoliteracy
- Edible Schoolyard

Calistoga Joint Unified School District

Joan Bruno
jbruno@calistoga.k12.ca.us

Phone Number: (707) 942-6496
 Fax Number: (707) 942-0970

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Calistoga Joint USD	832		X	X	X

Significant Evaluation Results in FFY 2009

Harvest of the Month (HOTM) is a major focus for the Calistoga Joint USD Nutrition Education Program. The Nutrition Education Program and the Food Service Director work as a team to update the bulletin board with the monthly featured product. The monthly menu highlights the current *HOTM*. Through nutrition education classes, students are encouraged to taste the *HOTM* fruit or vegetable prepared in various ways. Parents receive the *HOTM* and cafeteria menu in both English and Spanish. Each month, *HOTM* educational materials are distributed to all teachers. The parent nutrition education hands-on cooking classes feature preparations and tasting of the *HOTM*. Feedback to the Nutrition Education Program from students, teachers, and parents is extremely positive.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Conduct one all-staff training session on Weekly Time Logs and nutrition education.
- For each grade level; conduct at least one teacher training and information session.

Harvest of the Month (HOTM)

- Monthly classroom lessons and tasting of the *HOTM* featured item.
- Cafeteria *HOTM* bulletin board changed monthly.
- Monthly *HOTM* educators packet supplied to teachers.
- Monthly *HOTM* newsletter and school lunch menu in both English and Spanish sent to parents.
- Monthly *HOTM* community newsletters available to customers at local grocery store.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Kindergarten through sixth grade nutrition education classes includes *HOTM*, Dairy Council of California (DCC) materials, *MyPyramid*, and *Re-Think Your Drink*
- Kindergarten through first grade nutrition education classes conducted in the classrooms.

- Second grade through sixth grade nutrition education classes focus on hands-on cooking and food safety.
- In partnership with the school district, *Sports, Play and Active Recreation for Kids (SPARK)* and other PA is incorporated daily into K-6 education. The *Network for a Healthy California (Network)* provides nutrition education.
- Provides Junior High and High School with nutrition education resources and teaching one session for each grade level on nutrition labels and *Re-Think Your Drink*. DCC materials are incorporated into their program.
- Garden visits and vegetable tasting coordinated with individual classroom teachers.

Nutrition Education and PA *Outside* the Classroom

- Assists with the jog-a-thon in November with healthy snacks and water.
- Coordinates and provides nutrition information at the Spring Health Fair.
- Assists with Spring Field Days K-6 with healthy snacks and water.
- Volunteer work in the school garden with individual classroom teachers.

Nutrition Education and PA in Afterschool Programs

- Meetings and trainings with Coordinator and after school teachers to establish curriculum standards for Think Tank, Homework Club, and Boys and Girls Club.
- *Children's Power Play! Campaign (PP!)* activities both After School and Boys and Girls Club.
- Hands on cooking classes for After School and Boys and Girls Club.
- *PP!* For summer school Boys and Girls Club.
- Hands-on nutrition education/cooking for summer school Boys and Girls Club.

Youth Development/Engagement

- Working with the junior high and high school in partnership on nutrition education.

Cafeteria Connections

- Partner with the Cafeteria Manager as part of the *HOTM* team to incorporate featured item on monthly menu and during special promotions like Breakfast Month.
- Bulletin Board a team project with Nutrition Education Program.
- Receive support from Cafeteria Manager on Annual Health Fair.

Parent Education

- Booths with materials promoting nutrition education and PA at Back to School BBQ, Health Fair, Farmers' Market, Earth Day, and Wellness Festival.

Community Outreach and Media

- With the Calistoga Family Center, hands-on nutrition education cooking classes are held for parents. Menu features healthy fruits and vegetables.
- The newspaper featured the Summer Boys and Girls Club nutrition education cooking classes and *Re-Think Your Drink* campaign.

Key Innovative Partners

- Calistoga USD Food Service Department, Calistoga Family Center, Calistoga Boys and Girls Club, Calistoga After School Programs – Think Tank, Calistoga Elementary School PA Program, and CalMart Grocery.

CSU Chico Research Foundation
Sierra Cascade Nutrition & Activity Consortium (SCNAC)

www.scnac.org

Cindy Wolff, MPA, PhD, RD
cwolff@csuchico.edu

Phone Number: (530) 898-5288
 Fax Number: (530) 898-5382

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Biggs USD	362		X	X	
Butte COE	220	X			
Chico USD	5,525		X	X	X
Colusa USD	985		X	X	
Corning Union Elementary School District	1,918		X	X	
Four Winds Charter	139		X	X	
Glenn COE	282	X			
Gridley USD	1,382		X	X	X
Hamilton Union Elementary School District	662		X	X	X
Los Molinos USD	305		X		
Marysville Joint Unified School District	2,127	X	X		
Modoc Joint USD	349	X	X	X	
Orland Joint USD	972		X		X
Oroville City Elementary School District	2,170		X	X	
Oroville Union High School District	1,904				X
Palermo Union Elementary School District	1,588	X	X	X	
Paradise USD	2,314		X	X	X
Red Bluff Joint Union High School District	1,590				X
Red Bluff Union Elementary School District	2,277		X	X	
Scott Valley USD	767		X	X	X
Siskiyou County First 5	270	X			
Siskiyou COE – Afterschool Program	225		X	X	
Stony Creek Joint Unified	32		X	X	X
Surprise Valley Joint Unified School District	50		X		
Tehama COE – Afterschool Program	1,274		X	X	
Thermalito Union Elementary School District	1,692	X	X	X	
Tulelake Basin Joint USD	165		X		
Willows USD	1,162		X	X	

Significant Evaluation Results in FFY 2009

Results showed that students increased fruit by 1/3 serving/day and were more likely to choose a vegetable for a snack. Teachers reported that students were more willing to try new fruits and vegetables and that they are promoting healthier classroom environments.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- SCNAC provides technical assistance for wellness policies and over 60 trainings for teachers and administrative staff at partnering school districts. Topics include *HOTM*, physical activity and nutrition education integration, linking nutrition with content standards, and utilizing current nutrition & physical activity education materials and lessons.

Harvest of the Month (HOTM)

- SCNAC provides over 27,000 monthly *HOTM* tasting to students in these districts.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- SCNAC provides cooking equipment and demonstrations for teachers and students.
- SCNAC's annual Treats for Troops promotion has students donate candy to show their support for our troops overseas, SCNAC collected over 2 tons of candy from children throughout northern California.

Nutrition Education and PA *Outside* the Classroom

- SCNAC provides opportunities for nutrition based physical activity during school lunch-time and recess through the Lunch League program.
- Students are engaged in easy, fun activities that can be done on the playground or in the gymnasium.

Nutrition Education and PA in Afterschool Programs

- Many afterschool programs are utilizing CATCH materials to incorporate non-competitive activities that promote healthy lifestyles and keep children moving.
- Various nutrition topics are explored through these activity, many revolving around the *HOTM*.

Youth Development/Engagement

- The third annual Eat Healthy Be Active High School Campaign encourages computer art students to role model health to their peers and community. The students design posters with healthy messages that are then voted on by their peers and displayed at the restaurant, Superintendent's office, and at local elementary schools.

Cafeteria Connections

- SCNAC promotes Breakfast Week and Lunch Week in coordination with school foodservice staff to promote a healthy breakfast and lunch for students and the benefits of eating a variety of fruits and vegetables.
- Each day of the week is assigned a different color to promote in both the cafeteria and the classroom. Whether children consume school meals or one from home, we encouraged them and their parents to include fruits and vegetables of the

specified color of the day in their meals.

Parent Education

- SCNAC offers weekly English as a Second Language parent classes in one of our low-income neighborhoods, which is also a Community of Excellence neighborhood. These are basic English building skill classes that focus on healthy eating, food safety, preparation, and access to healthy foods. We follow the Eating Well, Living Well curriculum and offer 2 to 3 classes per week.

Community Outreach and Media

- SCNAC is offering monthly Farmer of the Month newsletters in coordination with *HOTM* to educate children about the connection between the *HOTM* produce in and the farmer that grew it. It helps children understand where their food comes from and how their food choices impact their bodies, the environment, and their community.
- In addition to building relationships with local food producers, SCNAC works with teachers and families to help students understand the agricultural significance of their region and the diversity of food crops that are grown close to their home.
- SCNAC is expanding this project to include DVDs which would take the children on a virtual field trip to the farm that grew the produce. In the DVD, we are able to educate students thru this visual and auditory experience about the agricultural science and biology of growing produce in addition to topics discussed in the newsletters.
- SCNAC recently completed the first DVD about a California apple grower which children of all ages are enjoying throughout the north state.

Key Innovative Partners

- In one of our partnering sites, Culinary Academy students prepare 4,000 *HOTM* tastes monthly providing hands-on training in ordering, production, and packaging for the students while allowing SCNAC to utilize local produce for our tastings.
- Each spring, SCNAC collaborates with Corning Rotary to promote a community wide pedometer-based walking and nutrition challenge. Corning Rotary members provide pedometers for all 5th grade students. During the one week challenge, the Rotary members and 5th grade students complete nutrition activities and track their steps in an effort to reach their own personalized nutrition and fitness goals.

Compton Unified School District

www.compton.k12.ca.us

Tracie Thomas
trthomas@compton.k12.ca.us

Phone Number: (310) 639-4321 x 56678
 Fax Number: (310) 635-8268

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Compton USD	17,000	X	X	X	X

Significant Evaluation Results in FFY 2009

The *Network for a Healthy California (Network)* program has become a popular component in the afterschool program. The students and staff are eager to try the recipes and new produce items that are featured. The After School Enrichment and Safety Program will provide “chefs” that will receive training in the delivery of nutrition education throughout the year.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- 10-20 Teacher Trainings offered to all participating teachers.
- Intensive Training camp for lead teachers, cafeteria staff, principals.
- Topics to include California Healthy Kids Resource Center (CHKRC) modules, Dairy Council and California Foundation of Agriculture In The Classroom.
- Quarterly meetings with district health assistants, advocates and nurses.
- Monthly meetings with cafeteria supervisors and lead teachers to coordinate activities and *Harvest of the Month (HOTM)*.

Harvest of the Month (HOTM)

- Over 700 participating classrooms receive taste testing of *HOTM* on the first Tuesday of each month at 29 sites in elementary, middle and high school.
- The cafeteria decorates a bulletin board monthly featuring *HOTM* and provides nutrition education to students on the featured item.
- The *HOTM* is featured weekly on the National School Lunch menu. The *HOTM* menu slick is used in English and Spanish on elementary menus.
- Students receive the standards aligned color workbooks and activity sheets.
- Farm fresh produce is delivered to and prepared in the school cafeteria.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Collaborate with Food Stamp Nutrition Education Program, Dairy Council and *The Children's Power Play! Campaign (PP!)* to incorporate nutrition education with standard based lessons.
- Collaborate with schools to create murals featuring student created artwork.
- Support school gardens at 5 schools featuring *HOTM* produce by training teachers on University of California Cooperative Extension curriculum.
- Monthly cooking demonstrations using the *HOTM* recipes.

Nutrition Education and PA Outside the Classroom

- Supply nutrition education to the 12 elementary schools that are participating in the Fresh Fruit and Vegetable program.
- Nutrition education on featured items supplied from existing *HOTM* newsletters
- Salad bar fun facts for featured produce.
- Promote healthy eating habits at the school based health clinics, community clinics, LA CARE.

Nutrition Education and PA in Afterschool Programs

- Coordinate with the Afterschool Enrichment program to provide nutrition lessons and demonstrations.

Youth Development/Engagement

- Nutrition Advisory Council (NAC) groups at all participating schools will feature school wide nutrition education activities.
- Student created health fairs at the middle and high schools.
- High school students will compete in an Iron Chef style competition.
- High school programs will coordinate with Regional Occupational Program to incorporate nursing and restaurant occupation students as advocates.

Cafeteria Connections

- Cafeteria Supervisors will demonstrate *HOTM* recipes to students and parents.
- Promotion activities during National School Lunch and Breakfast Week.
- NAC students participate in Annual Taste testing of future menu items.

Parent Education

- Parents receive monthly newsletters.
- Participate in at least one Parent Teacher Association meeting per school site.
- Nutrition education and cooking classes available using *Network Fruit, Vegetable and PA Toolbox for Community Educators*.

Community Outreach and Media

- Participation in community health fairs organized by city and local health agencies.

Key Innovative Partners

- Southwest Los Angeles Workgroup.
- Los Angeles Sparks and Coop's Life Skills Youth Enrichment Program.

Contra Costa Health Services

www.cchealth.org

Andrea Menefee, MPH, R.D.
amenefee@hsd.cccounty.us

Phone Number: (925) 313-6217

Fax Number: (925) 313-6840

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
West Contra Costa Unified School District (USD)	122		X		

Significant Evaluation Results in FFY 2009

A sample of fourth, fifth, and sixth graders from three school-based, after school programs in the West Contra Costa USD participated in at least five after school nutrition education activities to report statistically significant increases in fruit and vegetable consumption and/or improvements in related factors such as fruit and vegetable knowledge, preferences, and self-efficacy to eat fruits and vegetables, as measured by matched pretest and posttests.

Between the start and end of the intervention with 49 participants who attended at least five nutrition education sessions, a greater percentage of respondents *increased* than *decreased* their consumption: fruit (45% increased vs. 27% decreased), vegetables (35% increased vs. 27% decreased) and juice (34% increased vs. 28% decreased).

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

Harvest of the Month (HOTM)

- *Harvest of the Month (HOTM)* will be included in after school program staff trainings in Mt. Diablo and West Contra Costa USD. *HOTM* is also distributed in Contra Costa Health Services (CCHS) nutrition classes as well as community events. A Spanish-language magazine would like to include it as a monthly insert and will be used as soon as the community newsletters are available in Spanish.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

Nutrition Education and PA *Outside* the Classroom

- In collaboration with one after school program in the Mt. Diablo USD, CCHS will provide lead coordination to promote our annual “Spring Into Health” event. The event will provide an opportunity to have all after school staff and local health programs to promote more fun and playful activities with nutrition and PA.
- CCHS is also part of the University of California Cooperative Extension’s annual “Days of Nutrition” to reinforce nutrition concepts taught to students in the school year and to model healthy food and PA habits.

Nutrition Education and PA in Afterschool Programs

- Approximately 30 after school staff in West Contra Costa USD, Mt. Diablo USD, and Antioch USD will be trained or have follow-up training on being effective guides and role models in promoting nutrition education and PA to children in the program as well as providing hands-on activities and ideas they can incorporate into their programs.

Youth Development/Engagement

- Key youth development strategies (i.e. positive role modeling, opportunities for skill building, and respect and value for youth) will be emphasized to the after school staff that participates in the staff development trainings.

Cafeteria Connections

- Ongoing efforts to provide support with nutritional information and education (i.e. posters, brochures, and flyers) will be given to all food services departments in the districts. Food service departments in Mt. Diablo and West Contra Costa collaborate with CCHS in the annual *Walk to School* event providing extra produce, incentives, and special menu signage.

Parent Education

- CCHS is working with Family Literacy programs for parents of Mt. Diablo USD and West Contra Costa USD students providing nutrition and PA workshops. Topics include “Healthy Eating on A Budget”, “Label Reading”, and “Keeping Fit and Healthy”.

Community Outreach and Media

- CCHS attends a number of annual community outreach events such as Cinco de Mayo, Juneteenth, and Fit Fest and provide food demonstrations and or/nutrition education materials to supermarkets, Farmers’ Markets, and health clinics. At least one press release is submitted annually and the CCHS website is continually updated to highlight its projects.

Key Innovative Partners

- Local and national resources, such as the *Children’s Power Play! Campaign* and the Dairy Council of California are provided to all after school programs that receive staff development training at their sites. In addition, curriculum and key instructional strategies to incorporate nutrition and PA will be promoted and distributed to all programs.

Del Norte Unified School District

www.delnorte.k12.ca.us

Deborah Kravitz
dkravitz@delnorte.k12.ca.us

Phone Number: (707) 464-0273
 Fax Number: (707) 464-0785

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Del Norte USD	4,300	X	X	X	X

Significant Evaluation Results in FFY 2009

There were many anecdotal moments that we experienced during the year that reflect the success of our program and the fact that we believe we are making a difference in the lives of the children and young adults we see on a daily basis. These moments include: the many thank you letters addressed to the staff member who taught a great lesson; the parents who tell us anecdotal stories of their student coming home and asking them to make a recipe that was shared that day at school; the journal writings a teacher from Joe Hamilton School copied and shared with us that reflect the student learning and their appreciation for the program; and the many photos of students with enthusiastic smiles and inquisitive looks that reflect our successes.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Professional Development provided to participating sites include: Standards-Based Nutrition Education; *Harvest of the Month (HOTM)* Site Training for Teachers; Food For Thought - for Preschool Teachers; Dairy Council of California (DCC) Online Nutrition Education Trainings; and After School Staff *Children's Power Play! Campaign (PP!)* and Physical Activity *Coordinated Approach to Child Health (CATCH)*.

Harvest of the Month (HOTM)

- Ten months of fruits and vegetables featured throughout school year.
- *HOTM* Educator and Parent newsletters to staff and families.
- *HOTM* Menu Slick printed on school menus.
- *HOTM* Classroom activities – with 130 teachers participating.
- Nutrition educators provide lessons that link to Pre-K through High School Standards.
- “Color Café” in school cafeterias link *HOTM* and featured color of the month.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Nutrition education curricula and instructional support materials implemented in the classroom include: *HOTM*, DCC, United States Department of Agriculture (USDA) TEAM Nutrition, USDA *MyPyramid*, Los Angeles Collaborative *HOTM* materials, *Sports, Play and Active Recreation for Kids (SPARK)*, *CATCH*, and *Harvesting Health Garden-Based Nutrition Education Lessons* - Northcoast Nutrition and Fitness Collaborative.

Nutrition Education and PA *Outside* the Classroom

- Nutrition Educators participate in *Fruit and Veggie More Matters Week*, *International Walk to School Week*, *California School Garden's Week*, *Fruit and Physical Fitness Day* at Del Norte USD High School, and *Nutrition Adventures Day*.

Nutrition Education and PA in Afterschool Programs

- Nutrition Educators provide monthly nutrition and PA lessons at every after school program. *PP! Community Youth Organization* Curriculum is utilized.
- Staff Development and Training is provided for After School Staff.
- Project Coordinator attends After School Education Safety Programs meeting.
- Participated in "Lights On" for After School Program Event.

Youth Development/Engagement

- Youth Engagement Project/Youth-Led Action Research Objective in our Scope of Work.
- High School youth participate in leading activities at *Nutrition Adventures Day*.

Cafeteria Connections

- The Nutrition Program and Food Services collaborate monthly to promote *HOTM* and use the menu to publish the *HOTM* Family Newsletter and Menu Slick. Additionally, posters are hung throughout the cafeterias and multipurpose rooms promoting nutrition. Finally, nutrition assistants promote nutrition and encourage students to eat fruits and vegetables during salad bar times.

Parent Education

- Connecting with families is a priority with our program. The Nutrition Program actively participates in School Site Councils and school events such as Back to School and Open Houses. School site newsletters include the *HOTM* Parent Newsletter as well as nutrition and PA articles.

Community Outreach and Media

- We participate in various community activities and events to include: Farmer's Market, Harvest Festival, Family and Youth Community Health Fair, Del Norte Child Care Council Providers Conference, and Family Resource Center events.
- Local radio stations broadcast PSA and host live interviews throughout the year. Local newspaper publishes activities through "Neighbor's Page".

Key Innovative Partners

- Del Norte Family Resource Center, First Five of Del Norte, DHHS, Pregnancy Care Center, Del Norte Child Care Council, and Community Assistance Network.

Downey Unified School District

www.dusd.net

Colleen Anderson
cmanderson@dusd.net

Phone Number: (562) 940-6280
Fax Number: (562) 469-6677

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Downey USD	9,000		X	X	

Significant Evaluation Results in FFY 2009

Downey's end-of-the year teacher evaluations show students are asking parents to buy the *Harvest of the Month (HOTM)* produce items for them at home.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Sports, Play, and Active Recreation for Kids (SPARK) training with afterschool program staff for 9 elementary and 3 middle schools
- *Network for a Healthy California (Network)* Goals and Objectives training including administrative tasks such as State Share Logs with 100% of elementary school teachers at 11 sites
- *HOTM* resource training emphasizing the incorporation of nutrition into their curriculum to reach at least 100 teachers

Harvest of the Month (HOTM)

- Educator Newsletter distribution to all teachers
- Classroom taste testing
- Assist in the development of *HOTM* Student workbooks distributed to all K-5 students
- Develop additional *HOTM* lesson plans provided to all *Network* schools on a monthly basis
- *HOTM* produce featured on monthly school lunch menu

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Dairy Council of CA nutrition curriculum utilized

- Team Nutrition MyPyramid lessons plans
- *HOTM* workbooks and monthly lesson plan binders
- Work directly with 4th and 5th grade Physical Education teachers to integrate nutrition into their program

Nutrition Education and PA *Outside* the Classroom

- Farmers in the Classroom
- Chef in the Classroom
- Food for Thought Assemblies
- Nutrition Murals

Nutrition Education and PA in Afterschool Programs

- SPARK program
- *HOTM* lessons
- *HOTM* Tasting Trios

Youth Development/Engagement

- Nutrition Clubs and Cooking Clubs in the afterschool programs

Cafeteria Connections

- *HOTM* produce featured on menu
- Monthly *HOTM* bulletin board decoration
- Monthly *HOTM* contests
- Cafeteria staff gives out "Caught Eating Healthy" stickers to those students caught eating all their fruits and vegetable

Parent Education

- Family Nutrition Nights
- Partner with After School Program for Information, Recreation and Education (ASPIRE) to connect the *HOTM* program with parents
- Participate in school events that target families such as carnivals/festivals
- Incorporate nutrition education during parent meetings with groups such as Parent Teacher Association (PTA)
- English Language Advisory Committee (ELAC), English as a Second Language and other meetings.
- *HOTM* family newsletter provided to all parents

Community Outreach and Media

- City of Downey ASPIRE After School Program

Key Innovative Partners

- PTA
- ASPIRE
- ELAC

City of Duarte

Jasmine Klintong
klintongj@accessduarte.com

Phone Number: (626) 357-7931
Fax Number: (626) 358-0018

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Duarte USD	125		X		

Significant Evaluation Results in FFY 2009

Our partners from the City of Hope conduct surveys with our participants from our parent classes and summer Health Camps and found an increase in knowledge and behaviors after the intervention.

For the afterschool program the students provide anonymous feedback and in their response they share they are trying and preparing new foods and intend to each healthier and be more active.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Work with afterschools only.
- Four hours of training was conducted for the Teen Nutrition Council (TNC).
- Coordinated Approach To Child Health (CATCH) Trainer presented the objectives of the CATCH program and demonstrated games to use with students.

Harvest of the Month (HOTM)

- *HOTM* was used in the afterschool nutrition education classes.
- A new fruit/vegetable was introduced to the students of the afterschool program every month; materials from the *HOTM* website were used, along with support materials developed by Local Incentive Awardees.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

Nutrition Education and PA *Outside* the Classroom

- The City of Duarte offers a 6-week course, "Cooking the Fun & Healthy Way."
- Nutrition information related booklets/brochures are disseminated during monthly Senior Center food distributions.
- The city also offers a weeklong health camp in the summer for youth and free nutrition education classes for parents (classes taught in English and Spanish).

Nutrition Education and PA in Afterschool Programs

- Recreation Coordinator maintains close contact with afterschool program sites and with Site Coordinators/supporting staff.
- Lessons are conducted using *HOTM*, *CATCH*, *Sports, Play & Active Recreation for Kids (SPARK)*, and *The Children's Power Play! Campaign, (PP!)* materials.

Youth Development/Engagement

- The TNC receive training on nutrition education and attend bi-monthly meetings.
- The TNC teach the students of the afterschool program classes and assists in the preparation and implementation of Summer Health Camp.
- The TNC occasionally make presentations to various groups and at community/local events.
- The members of the TNC work closely with the recreation coordinator.

Cafeteria Connections

Parent Education

- Students take home informational materials (recipes, worksheets).
- Free parent nutrition education classes are conducted during the year.

Community Outreach and Media

- Nutrition information is provided to the seniors in the community who receive goods at the monthly Senior Center food distribution.
- The City of Duarte promotes healthy eating and active living at community events, such as the Summer Concerts in the Park series, City Picnic and in community literature such as the Duarte View newspaper.

Key Innovative Partners

- Elementary School sites; Teaching, Helping, Inspiring & Nurturing Kids (THINK) Together staff.
- City of Hope National Medical Center: Center of Community Alliance for Research & Education Staff.

East Los Angeles College

www.elac.edu

Dr. Manjit Kaur
manjitkaurjas@msn.com

Phone Number: (323) 780-7936
Fax Number: (323) 780-7168

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Montebello USD	520		X		X
Los Angeles USD	620		X		X
El Rancho USD	60		X		

Significant Evaluation Results in FFY 2009

Impact evaluation was based on preference and self efficacy of fruits and vegetables for the pre and post test surveys. Results indicated that proportion of the students increased their preference for fruits and vegetables. Results also indicated that there was an increase in self efficacy for choosing fruits and vegetables.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- One 5 hour session of K-5 Afterschool Nutrition Education teacher training for a total of 32 teachers and site assistants
- One staff training for 60 ELAC Child Development Center 10 teachers and 50 assistants

Harvest of the Month (HOTM)

- Six *HOTM* fruits and vegetables will be featured for a minimum of 15 classrooms at Sheridan Street Elementary School

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- MyPyramid
- Easy Healthy Cooking and Chef in the Classroom
- Food Labels Reading
- Incorporating Fruits and Vegetables into diets
- Disease and Chronic Disease Prevention

- Healthy Snacks and Beverages, Pre and Postnatal nutrition education
- Demonstration of taste test items, Food experiments and Food groups
- Promotion of PA
- Basic nutrition education for pregnant teens, infants and toddlers, and teen parents

Nutrition Education and PA *Outside* the Classroom

- Promotion of PA outside classroom
- Health Fairs, events, and field trips to Farmers Market

Nutrition Education and PA in Afterschool Programs

- Journal writing, nutrition literature, music and art
- Demonstration of taste test items
- Food experiments and Food groups
- Promotion of PA
- MyPyramid
- Tea Parties and Food Fairs

Youth Development/Engagement

- Provide nutrition education information to student and parents for implementing healthy and adapting lifestyles

Cafeteria Connections

- Site assistants are cafeteria employees recruited for the K-4 Afterschool Nutrition programs to assist the Program Teachers with taste tests in the classrooms.
- The principals and program staff emphasize healthy eating during nutrition and lunch breaks in the cafeteria.

Parent Education

- Parent Orientation
- Food Fairs, Tea Parties, Health Fairs and events

Community Outreach and Media

- Collaborates with Beverly Hospital to provide community based workshops for seniors emphasizing basic nutrition educational activities. Also, Collaborates with LA's BEST Enrichment Program to promote active lifestyle and lifelong health habits through yearly Family Health Festival event.

Key Innovative Partners

- Beverly Hospital
- LA's BEST
- UC Cooperative Extension: Latino Campaign and *Children's Power Play! Campaign*
- Montebello USD Nutritional Services
- LA Collaborative

El Monte City School District

www.emcsd.org

Corina Ulloa
culloa@emcsd.org

Phone Number: (626) 453-3700 ext:3736

Fax Number: (626) 350-4860

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
El Monte City School District (EMCSD)	10,000	X	X	X	

Significant Evaluation Results in FFY 2009

Last year our impact evaluation showed no significant increases for knowledge, self-efficacy or consumption in the intervention group. Control pre-test results were similar to pre-test results for the intervention demonstrating the ubiquity of our programs throughout the district. Good news for our program but a good lesson for a future attempt to find a true control. Valuable lessons were learned from this intervention as we plan for this year's impact evaluation where we will make certain that our control group is a true control and ensure that all survey questions are addressed in intervention lessons.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Five teacher trainings are conducted on how to integrate nutrition education into core curriculum and promote physical activity.
- A Nutrition Education Coach will be providing professional support to other teachers this year. Support will consist of nutrition education modeling, nutrition education curriculum in-services and focus groups on how to best incorporate standards-based nutrition education into the classroom.

Harvest of the Month (HOTM)

- All schools receive monthly Newsletters and ideas for integrated nutrition lessons into the classroom curriculum.
- Produce boxes are available for classroom taste testing and activities.
- Guest Chefs teach *HOTM* standards-based nutrition lessons, which include a food demonstration and a fruit and/or vegetable recipe taste testing.
- *HOTM* bulletin boards are posted in each school's cafeteria.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Guest nutrition education visits are made to the classroom
- *HOTM* workbooks are distributed throughout district to reinforce *HOTM* message
- Taste testing materials provided for teachers to conduct nutrition education lessons.
- Please refer to Nutrition Education Coach description above.

Nutrition Education and PA *Outside* the Classroom

- Several “outside of the classroom” nutrition education and PA programs are planned for this year including:
 - Community Jog-a-Thon- promotion of nutrition education and physical activity
 - Nutrition Assemblies at school sites, Fear Factor, Healthy Balance- Fantastikids
 - Nutrition Expo

Nutrition Education and PA in Afterschool Programs

- Nutrition Advisory Council (NAC) meet monthly at 6 different school sites to learn about nutrition and PA and how to share it with other students through After School Program In Recreation and Enrichment (ASPIRE).
- ASPIRE staff attended nutrition education training on how to implement nutrition education in after school program.

Youth Development/Engagement

- NAC program empowers students by learning about nutrition and sharing the information in a variety of settings (i.e. to teachers, other students, parents etc.).

Cafeteria Connections

- *HOTM* posters are posted at all cafeterias to promote the featured produce.

Parent Education

- Culturally appropriate nutrition education for parents in English and Spanish.
- Classes focusing on empowerment techniques.

Community Outreach and Media

- Work closely with Mid Valley News where we submit a monthly *HOTM* article to promote the featured produce item.
- Additionally, articles / press releases / media alerts are submitted throughout the year for *Network for a Healthy California (Network)* events.

Key Innovative Partners

- Currently the *Network* works in partnership with:
 - City of El Monte
 - ASPIRE after school program
 - Alliance for a Healthier Generation
 - American Cancer Society
 - Arcadia Methodist Hospital
 - Kaiser Permanente

Elk Grove Unified School District

Anne Gaffney / Lisa Vorce
ahgaffney@egusd.net

Phone Number: (916) 686-7735 x.7863
 Fax Number: (916) 689-1563

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Elk Grove Unified School District (USD)	18,800		X	X	X

Significant Evaluation Results in FFY 2009

Elementary school students participated in a poster contest to celebrate National Nutrition Month. The winning artwork is featured in the *Harvest of the Month (HOTM)* calendar and poster. The artwork will be on display in the state capitol in congressional representative, Joan Buchanan's office.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Conduct annual nutrition education / HOTM workshop for 500 teachers.
- One on-site teacher training conducted at each of the 13 elementary target sites.
- Offer School Nutrition Association's Healthy Edge series to Food Service Employees.
- Two KidTribe teacher trainings.

Harvest of the Month (HOTM)

- Conduct monthly produce taste testing and cooking activities for at least 400 classrooms each month.
- Provide cooking kits and equipment to all target site classrooms to conduct monthly *HOTM* activities.
- Provide *HOTM* Student Workbooks for all students. Non-*Network* funded classrooms workbooks will be funded by Kaiser.
- Send out full-color parent newsletters monthly.
- Distribute full-color educator newsletters monthly.
- Provide teacher tip sheet, taste testing forms, recipes and other materials needed for monthly activities to each participating classroom.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Nutrition education curriculum provided to 778 classrooms includes Dairy Council of California, Ag in the Classroom and *The Children's Power Play! Campaign (PP!)*.
- *PP!* materials were provided to 4th and 5th grade classrooms at all Title I schools.

Nutrition Education and PA *Outside* the Classroom

- Professor Mimo Kindergarten quarterly nutrition lessons.
- Nutrition Olympics for 300 - 400 4th - 6th grade elementary students per year.
- KidTribe assemblies.
- Your Produce Man assemblies.

Nutrition Education and PA in Afterschool Programs

- Train the trainer workshops on nutrition education programs available for after-school.

Youth Development/Engagement

- Partner with 10th grade students at Valley High School to sponsor nutrition education activities at school health fair.
- Mentor Valley High Health Tech Academy students with nutrition projects, including population surveys, power point presentations, use of Microsoft Publisher, and video productions on relevant health topics.
- Provide nutrition education activities to middle-school student NAC groups who will produce public Service announcement's and nutrition activities for school wide exposure.
- Sponsor National Nutrition Month Poster Contest for all elementary schools with *HOTM* fruit and vegetable theme and a healthy cartoon contest at secondary schools.

Cafeteria Connections

- *HOTM* bulletin displays and posters.
- *HOTM* back-to-school displays and taste testing at target schools.
- *HOTM* school year calendar for teachers.

Parent Education

- Reach 10,000 families quarterly with nutrition brochures and SHAPE newsletters.
- Quarterly Menu with nutrition information provided to all families district wide.
- Provide monthly nutrition advice column, Ask Anne & Lisa, which appears in all school newsletters and on the district's website.

Community Outreach and Media

- Provide nutrition in-service to parents through Partners Preschool program.

Key Innovative Partners

- Raley's Supermarkets
- Certified Farmer's Markets
- Kaiser Permanente

Fresno County Office of Education

www.fcoe.org

Cyndi Dean, MA
ckirby@fcoe.org

Phone Number: (559) 443-4833
 Fax Number: (559) 497-3704

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Burrel Union Elementary SD	93		X	X	
Caruthers USD	1,045		X	X	
Central USD	1,287		X	X	X
Kings Canyon USD	3,523		X	X	
Sanger USD	2,718	X	X	X	
Washington Colony USD	770		X	X	

Significant Evaluation Results in FFY 2009

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Professional development provided on the following nutrition education resources: *MyPyramid.gov* – Steps to a Healthier You Training; Dairy Council of California Training; *Children’s Power Play! Campaign (PP!)* materials; *EatFit!* materials; *Network for a Healthy California (Network)* - Physical Education Model Content Standards and Performance-related Nutrition Training; and California Adolescent Nutrition and Fitness (CANFit) Training.

Harvest of the Month (HOTM)

- *HOTM* produce featured on the school menu and in cafeteria finishing lines.
- Partnerships with Bella Frutta (local produce farm), Farm Bureau, and Produce Commissions aided in providing locally grown produce.
- Monthly *HOTM* resources and produce for tastings were given to Classroom Teachers, After School Coordinators, and staff.
- Salad Creations enticed students to eat a variety of colorful fresh produce.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Offered strategies and lessons to Classroom Teachers, After School Coordinators, and staff to enhance and integrate resources into their established program settings.

Nutrition Education and PA *Outside* the Classroom

- Third grade students participated in nutrition education activities through *Fresno County Farm and Nutrition Day*; fifth through eighth grade students competed in an all-new adventure course supported the working knowledge of the right fuel needed to keep the mind and body hydrated and energized through *FCOE Pentathlon Adventure*; high school students explored clues and learned about the importance of making healthy fuel choices through the *FCOE Scout Island Adventure Challenge*

Nutrition Education and PA in Afterschool Programs

- Staff Development training offered new opportunities for nutrition education, PA, cooking in the classroom, and expand *HOTM* programming.
- Students got a taste for cooking challenges and problem solving through a Top Chef venue that highlighted their culinary skills.

Youth Development/Engagement

- Student leadership teams promoted Health Fairs and partnered with the Community Food Bank.

Cafeteria Connections

- Posters including: *HOTM*, Food Label Reading, Snack Attack, *MyPyramid*, Breakfast.
- Students also created posters that promoted healthy messages.
- *Lucky Tray Day* encouraged school meal participation.
- *National School Breakfast Week* promoted the importance of breakfast.
- Partnerships with local farmers.

Parent Education

- Provided support to Back to School Nights, Open House, Health Fairs, Pre-K Camp, Migrant Mobile Nurses Unit, Community Food Bank Nutrition Education Program, Walk to School events, and English as a Second Language Parent Nutrition Education Meetings.

Community Outreach and Media

- Collaborated with and supported Community Food Bank, Pre-K Camp, Health Fairs, Pentathlon Adventure, Scout Island Adventure Challenge, and KSEE 24News Station.

Key Innovative Partners

- Bella Frutta, Community Food Bank, Kaiser Permanente, Anthem Blue Cross, City of Fresno Parks, Community Services, and Recreation Department, Nutrition Education Leadership Learning Communities

Greenfield Union School District

Nora Ortiz
ortizn@gfusd.k12.ca.us

Phone Number: (661) 837-3720 ext:215

Fax Number: (661) 837-3723

Number of Students Reached and Grade-Levels Served in FFY 2010					
School District	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Greenfield Union SD	7,585	X	X	X	

Significant Evaluation Results in FFY 2009

We have begun to do nutrition lessons for preschool parents and have found that this is a group that we may need to focus more on. Most of the parents were not familiar with *MyPyramid*. This is hard to believe since we have been teaching nutrition to parents and children in this district for quite some time now. I think it is great when we can introduce *MyPyramid* to parents and teach them about nutrition when their children are so young so they may help their children develop healthy eating habits from a very young age.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Nutrition education will be provided to fourth and fifth grade teachers in two school sites on the use of *Harvest of the Month (HOTM)* lessons.
- Nutrition education will also be provided to noon aides in 11 school sites to better promote nutrition and physical education activities outside of the classroom.
- Two hours of nutrition education will be provided to after school staff using *MyPyramid* and taste testing of fruits and vegetables.

Harvest of the Month (HOTM)

- Fourth and fifth grade teachers and students in two school sites will be provided with *HOTM* nutrition education.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Nutrition education and PA promotion will be provided to over 7,500 K - sixth grade students in 11 school sites using *MyPyramid* Poster, *Children's Power Play! Campaign (PPI!)*, Dairy Council of California, *Exploring MyPyramid for Kids*, and *Nutrition to Grow On*.

- Gardening nutrition lessons are provided at one after school site using *Teams with Intergenerational Support (TWIGS)*.

Nutrition Education and PA *Outside* the Classroom

- Nutrition education information with taste testing is provided to parents at the Greenfield Walking group, parent classes, Health Fairs, and back to school nights.

Nutrition Education and PA in Afterschool Programs

- Nutrition education with PA promotion is provided to over 1,600 in the after school program using *Science and Nutrition Links* Lessons.

Youth Development/Engagement

- The cooking class for students nine to eleven years old continues to motivate and empower students to eat healthier by preparing healthy meals at home with their parents.

Cafeteria Connections

- A healthy eating and PA promotion poster contest is conducted at a different school site each year. Fourth and fifth grade students enter a poster per class, which is posted in the cafeteria for the cafeteria staff to judge.
- The cafeteria staff is provided with Nutrition and PA promotion poster to hang in the cafeteria. The winning class has their poster printed on a book mark for all fourth and fifth grade students to have and be reminded to eat healthier.
- Lunchtime activities with fourth and fifth grade students include *HOTM* taste testing and participating in PA opportunities.
- Cafeteria staff sometimes shares their kitchen tools to prepare *HOTM* tasting.

Parent Education

- Five or more parent/nutrition classes are conducted by nutrition educators conducted in the evening and during the day.
- Parents also have the opportunity to attend Nutrition classes presented by the University of California Cooperative Extension (UCCE) several times per year.

Community Outreach and Media

- A Health and Safety Fair is held each year in the spring with community and collaborative partner booths.
- Nutrition and PA promotion materials are distributed at Back to School Nights and Open Houses at all school sites.
- A district walk is also held prior to the Health and Safety Fair in which community member walk from school to school in our district and taste test fruits and vegetables at each stop and receive nutrition information.

Key Innovative Partners

- UCCE, Get Moving Kern, Greenfield Family Resource Center, Kern County Health Department, and Greenfield Union SD.

Hawthorne School District

www.hsdnutrition.org

Steve Baldwin, MS, RD
stbaldwin@hawthorne.k12.ca.us

Phone Number: (310) 349-0744 x2
Fax Number: (310) 349-1945

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Hawthorne SD	9,500	X	X	X	X

Significant Evaluation Results in FFY 2009

Our evaluation results showed significant increase in the students' knowledge of the number of cups of fruits and vegetables that should be consumed daily, setting a goal to eat more fruits and vegetables, preparing a healthy meal or snack and listing meals or snacks that include legumes. We also showed significant increases in the consumption of fruits and vegetables during recess or snack time.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- "Lunch and Learn" with teachers at every school site. Introduce Dairy Council of California (DCC) materials, in addition to *Network for a Healthy California (Network)* resources available to them.
- *HOTM* Big Books; after school program; school site counselors; health clerks, principals, and administrators.
- Nutrition/PA training from research-based programs Sports, Play, & Active Recreation for Kids (SPARK).

Harvest of the Month (HOTM)

- Taste Trios: Monthly taste-testing in the classroom of a simple, 3-ingredient recipe; *HOTM* supply box for teachers includes all small wares needed for teacher to create the recipe; guest speaking engagements to introduce/model nutrition concepts.
- Monthly *HOTM* newsletters and "Page-a-Day" Calendar, worksheets, and lesson plans; grade-specific *HOTM* workbook for students.
- Food Services department promotes *HOTM* produce on the school lunch menu and salad bar; newspaper articles; parent newsletter and taste tests in adult classes.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Monthly taste-testing in the classroom via *HOTM*; guest speaking engagements to introduce/model nutrition concepts related to MyPyramid; “The Daily Nibble” – daily nutrition conversation starters to be used at all grade levels.
- *The Children’s Power Play! Campaign (PP!)* Materials provided for 4th and 5th grade teachers; DCC materials provided at all applicable grade levels.

Nutrition Education and PA *Outside* the Classroom

- Monthly lessons given to parent groups with multiple topics.
- Special events including Family Nutrition Night, Back to School Night, Literacy Night, Math Night, Walk to School Day, 5K Run & Walk, and others.

Nutrition Education and PA in Afterschool Programs

- One nutrition lesson each week on rotating basis at all eligible schools.
- We provide training, materials, equipment and lessons; they provide additional storage for materials, time, and commitment.

Youth Development/Engagement

- Candy monster promotion in October built the foundation for students to connect with US troops serving overseas; impact evaluation this year will include middle school students advocating for their peers to eat fruits and vegetables.

Cafeteria Connections

- The child nutrition staff delivers produce to nearly 350 classrooms every month; *HOTM* is promoted on the student menu and on the salad bar monthly.
- Cafeteria staff assists with special events that include nutrition education.

Parent Education

- Even Start Adult Literacy Program: Monthly lessons provided to parent groups.
- Partnership with school-level English Learner Advisory Committee and district-level District English Learner Advisory Committee parent leadership groups.

Community Outreach and Media

- Bi-Monthly television Public Service Announcement (PSAs) produced and aired; regular articles in South Bay Daily Breeze newspaper and district newsletter; school-wide announcements.

Key Innovative Partners

- Hawthorne SD Educational Services: arguably our most important partner, Education Services supports our mission and allows teachers to conduct classroom taste testing through *HOTM* and other nutrition education programs.
- Hawthorne Community Television: covers our events for segments during their news program; films and edits our television PSAs.
- Other Local Incentive Awardees: sharing content with other school-based LIAs has allowed us to strengthen other areas of our program rather than developing new materials.

Humboldt County Office of Educaiton

www.humboldt.k12.ca.us

Linda Prescott, RD, MA
lprescott@humboldt.k12.ca.us

Phone Number: (707) 445-7042
 Fax Number: (707) 441-3299

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Arcata SD	300		X		
Bridgeville SD	57		X		
Cuddeback Union Elementary	65		X		
Eureka USD	971		X		
Fortuna Union Elementary SD	451		X		
Humboldt County Office of Education (HCOE)	153	X	X		
Klamath-Trinity Joint USD	135		X		
Loleta Union SD	75		X		
Maple Creek Elementary SD	11		X		
Orick SD	20		X		
Peninsula Union SD	20		X		
Scotia Union Elementary	176		X		
South Bay Union SD	187		X		
Southern Humboldt Joint USD	335		X		
Rio Dell SD	90		X		
Trinidad Elementary	163		X		

Significant Evaluation Results in FFY 2009

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Four professional development opportunities held throughout the school year for special education staff. Topics include program updates, resource sharing, modeling of curriculum, and *Harvest of the Month (HOTM)* recipes, site visits, and networking.
- Quarterly meetings held with lead teachers and include annual orientation to *HOTM*, ongoing program updates and feedback, modeling nutrition education activities, curriculum, and networking.

- Nutrition staff attends monthly after school networking meetings to provide program updates, model *HOTM* activity, distribute *HOTM* materials and supplies along with a Physical Activity (PA), share resources, and network.

Harvest of the Month (HOTM)

- Special education and kindergarten through eighth grade teachers receive monthly educator packet including newsletter, trivia, and children's storybook. Special education teachers also receive three additional *HOTM* recipes for use in the classroom.
- *HOTM* student workbook utilized for kindergarten through fifth grade.
- For the 2009-2010 school year we are pilot testing fourth and fifth grades *HOTM* workbooks where we integrated *Children's Power Play! Campaign (PP!)* activities.
- *HOTM* Big Books utilized for special education and Pre-K classrooms.
- Participating after school programs receive *HOTM* recipe and materials/supplies.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Beyond *HOTM*, classroom-based nutrition education and PA promotion take place in connection with events/activities already taking place in the classroom (e.g., 12 Days of Fitness, Chinese New Year, Cinco de Mayo, and more).

Nutrition Education and PA *Outside* the Classroom

- School-wide events: Back to School, Open House, Nutrition and Wellness Fairs.

Nutrition Education and PA in Afterschool Programs

- Monthly *HOTM* activities complement the classroom-based activities.
- *HOTM* materials and PA activities provided at after school networking meetings.
- Several sites participated in the Farm Walkabout which connects students with local farms and focuses on the importance of fruits/vegetables and PA.
- Culinary All-stars (8 of 22 sites) provides students with skill-based nutrition education so they can partner with retail on *HOTM* demonstrations in stores.
- Students create artwork for annual *HOTM* calendar which is distributed to parents and includes nutrition information and recipes.

Cafeteria Connections

- Sites post *HOTM*, Team Nutrition, and other nutrition information in the cafeteria.

Community Outreach and Media

- Monthly *HOTM* article featured in local newspaper.
- *HOTM* Community Newsletters are distributed at five to seven local supermarkets.

Key Innovative Partners

- Community Alliance with Family Farmers (CAFF)—Humboldt Chapter, Humboldt Community for Nutrition and Activity (Humboldt CAN), Humboldt County Public Health Branch, and Northcoast Cooperative.

Huntington Beach Union High School District

www.hbuhdsd.k12.ca.us/Food-Nutrition/default.htm

Nancy Wikes, MS, RD
nwikes@hbuhdsd.org

Phone Number: (714) 894-1698
 Fax Number: (714) 894-8198

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
HBUHSD – Westminster High School (WHS)	2,739				X
Westminster SD	6,836		X	X	
Ocean View SD	1,855	X	X		
Garden Grove USD	2,179		X		

Significant Evaluation Results in FFY 2009

Impact evaluation was conducted in the freshman health classes at WHS *Network for a Healthy California (Network)* staff provided guest lecture presentations for a series of four lessons; Macronutrients, Micronutrients, Diet Related Diseases, and Nutrition Jeopardy. The teacher provided two additional lessons to include MyPyramid and reading Food Labels. Results showed a significant decrease in fruit drink, sports drink and soda consumption; an increase in citrus fruit consumption and an increase in removing the skin from chicken.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Teacher training will be conducted both at the individual school sites and in collaboration with other Orange County (OC) Local Incentive Awardees to reach 33-66% of teachers.
- At the individual school sites three trainings will be offered to include the *Foundations of Nutrition, HOTM, and Integrating Nutrition Education into Content Standards.*
- The *Summer Institute* will be provided in collaboration with other OC LIAs and will be held at OC Department of Education.
- One food service training will be conducted to provide a foundation on MyPyramid and discuss the importance of encouraging students to make healthy choices.
- A minimum of one training will be provided to the nurses and health aids at the

elementary and middle schools; one topic of interest is on the *Importance of Breakfast and its Relation to Academic Success*.

- A minimum of one training will be provided to the Librarians on *How to encourage teachers to use Library Nutrition Resources*.

Harvest of the Month (HOTM)

- 100% elementary school teachers and 99% high school teachers participate in *HOTM*.
- One middle school has 100% teacher participation; the other conducts their *HOTM* through their Physical Education classes reaching 100% of their students.
- Parents and teachers receive the *HOTM* newsletter each month.
- *HOTM* produce items are included on school menus throughout the month as appropriate.
- Teachers conduct taste tests in their classroom.
- *HOTM* workbooks are provided to all teachers in grades K-6.
- Library books that are connected to the *HOTM* are provided to the school libraries
- At the high school, *HOTM* is conducted through homeroom classes; student pop-up cards are provided to teachers to use along with the taste test in their classroom.
- *HOTM* is also incorporated into the high school foods classes where the teachers use the *HOTM* produce to make a number of different food items.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Teachers are using the Dairy Council, *The Children's Power Play! Campaign (PP!)* and Team Nutrition materials in the classroom.
- Model nutrition lessons such as *Chef in the Classroom* and encourage teachers to use ideas provided for linking nutrition education to their curriculum.
- Kindergarten Tea Parties are conducted to all kindergarten classes encouraging students to eat their fruits and vegetables.

Nutrition Education and PA *Outside* the Classroom

- A new project, currently in progress, is a play that will be provided by the high school drama class. Students from the drama class will write, direct, and act in the play. After the high school students have created and practiced their play they will take it "on the road" and present it as an assembly to the elementary school students.
- Conduct a Re-Think Your Drink Campaign during the month of March for National Nutrition Month.
- Conduct a poster contest in collaboration with the Art Club at the WHS.
- Conduct the Sports Nutrition Workshop at the WHS to reach between 300-350 athletes to promote the importance of good nutrition and its impact on peak performance.
- Conduct two Cook-Challenges at the WHS to promote and encourage students to cook healthy snacks and meals, and to teach them how fun it is to cook.

Nutrition Education and PA in Afterschool Programs

- The afterschool leaders will be provided with two trainings including the *Foundations*

of Nutrition and Nutrition & PA Ideas for Afterschool.

- Afterschool Programs will be trained on and use *Deal Me In* by the Dairy Council.

Youth Development/Engagement

- WHS Nutrition Advocate Club (NAC) is a very active club. They are currently in the process of planning their advocacy project for the year.
- NAC will conduct a school wide taste test on a healthy choice for breakfast. If they get positive results they plan to meet with the food service manager to advocate for inclusion of this item in the cafeteria.
- Increase involvement with the elementary school NAC groups to encourage more activities. Students have participated in a meeting with their principal to promote healthy lifestyles throughout their campus. NAC students from the high school have volunteered to mentor the NAC students at the elementary school.
- Form a new NAC group at one of the middle schools.

Cafeteria Connections

- Cafeterias periodically include featured *HOTM* produce on their menu.
- *HOTM* displays are provided to the elementary and middle school cafeterias to support the *HOTM* program.
- Collaborate on conducting *Caught Eating Good* during National Nutrition Month.
- Partner with the elementary school cafeterias to promote the importance of eating breakfast and lunch.
- Provide various posters promoting the consumption of fruits and vegetables and encouraging increased PA.

Parent Education

- A series of 5 lessons will be provided to our high school parents. The overall theme is *Cooking Healthy Meals*. Topics include: *MyPyramid*, *Food Labels*, *Shopping on a Budget*, *Healthy Snacks*, and *Re-think your Drink*.
- Parent classes at the elementary and middle schools will also continue on an ongoing basis.
- Participate in school events such as Health and Nutrition Fairs to provide support and information as needed.

Community Outreach and Media

- Submit articles to the *School News* and *Principals Newsletter* on current activities.
- Invite local newspapers to observe and write articles about special events.
- NAC students participate in parades to share messages about fruits and vegetables.

Key Innovative Partners

- High School Drama class – Write and perform play to elementary students.
- High School Art Club – Conduct poster contest.
- Family and Consumer Science Department – Organize bi-annual Cook Off.

Kern County Superintendent of Schools

Kimberly Thompson
kithompson@kern.org

Phone Number: (661) 636-4668

Fax Number: (661) 636-4329

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Kern County Superintendent of Schools (KCSOS) Child Development Centers	780	X			
Standard SD	1,900	X	X		

Significant Evaluation Results in FFY 2009

Having a four-year old child look into the classroom on his way to recess where the nutritionist is setting up for a cooking demonstration and cry out, "I love my fruits and vegetables!" A kindergarten teacher in our program stated, "I feel healthier; have lost some much needed weight, and most important feel honest and successful in teaching my students about the benefits of "eating a rainbow!" *Harvest of the Month (HOTM)* will have a positive and lasting impact in my life and that of my students."

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Nutrition Education training will be provided to our classroom teachers and aides on Nutrition Basics I and II on how to effectively implement *HOTM* in the classroom, cafeteria and the community. Linking nutrition to education standards and providing grade appropriate, skills-based educational materials.
- Cooking in the classroom training to use cooking carts and integrate within their classroom.

Harvest of the Month (HOTM)

- Opportunities for students to taste the fruits and vegetables monthly.
- Cooking in the classroom each month with the nutrition consultant.
- Teacher nutrition education resource packets.
- Parent newsletter.
- Purchase grade-level *HOTM* library books.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Nutrition Consultants available to model and assist in lessons for teachers.
- Provide teachers with a multitude of resources: *HOTM*, Team Nutrition, Dairy Council of California, California Healthy Kids Resource Center, *MyPyramid*, and KCSOS maintains a Resource Exchange Library.

Nutrition Education and PA *Outside* the Classroom

- Local community events include: Farm Day, Health Fairs, and community /school events.
- Calendar Art Contest.
- Back to School Night nutrition and PA promotions.

Nutrition Education and PA in Afterschool Programs

- *HOTM* materials and *Children's Power Play! Campaign* resources.

Youth Development/Engagement

Cafeteria Connections

- Fruit/vegetable of the month is featured in the School Breakfast and Lunch Program.
- *HOTM* posters provided to the cafeterias.
- Food Service Directors involved with food items for classroom cooking demonstrations.

Parent Education

- Plans for two Parent Nutrition Education Classes this year.

Community Outreach and Media

- Community outreach is done by providing information booths at local Health Fairs, Harvest Festivals, and Community Events.

Key Innovative Partners

Kernville Union School District

www.kernvilleusd.org/familyresourcecenter

Alisa Hinkle
alhinkl@zeus.kern.org

Phone Number: (760) 379-2556
 Fax Number: (760) 379-1257

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Kernville Union School District (KUSD)	900	X	X	X	

Significant Evaluation Results in FFY 2009

Annual evaluation continues to show increases in knowledge for students receiving consistent nutrition education and *Harvest of the Month (HOTM)* intervention in our After School Programs. Self-efficacy for lunch choices also registered a significant increase. Upper grade-level students were used to provide presentations to parents at Open House nights which were highly successful.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- After School Nutrition Educators and Family Advocates are provided a minimum of two trainings during the school year with Expanded Food and Nutrition Education Program (EFNEP) and *Network for a Healthy California (Network)* funded staff. Nutrition Educators are 100% funded; Family Advocates 50% State Share.
- All staff receive an overview of our programs and nutrition education curriculum at the annual staff in-service. Certificated staff .0058% for State Share.
- All staff are provided *HOTM* Educator Newsletters.

Harvest of the Month (HOTM)

- *HOTM* taste testing/cooking activities in After School Programs and Community.
- Educator Newsletters distributed to all KUSD staff and used in after school.
- Family Newsletters distributed to all KUSD families and within the community.
- *HOTM* produce grown in school gardens to be used in after school.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Nutrition Educators use Dairy Council of California resources, the *Children's Power Play! Campaign (PPI!)* for grades four and five, *HOTM* lessons and activity sheets, EFNEP materials, and California Agriculture in the Classroom lessons.

Nutrition Education and PA *Outside* the Classroom

- Annual Nutrition Olympics incorporates PA to promote fruits and vegetables.
- Annual visit to local high school agricultural farm for primary and preschool students promoting fruits and vegetables.

Nutrition Education and PA in Afterschool Programs

- Full-time Nutrition Educators are *Network*-funded working at three after school sites.
- Provide training and *Network* resources to support three after school sites.
- After School Programs fund annual field trip to Murray Family Farms in Bakersfield allowing students to better understand the “farm to table” concept.
- Provide nutrition education at after school events (e.g. Lights On and Science Night).

Youth Development/Engagement

- Wallace Middle School students are involved in school site wellness and outreach activities.
- After School Programs use higher grade level students to mentor younger students in the garden and “cooking classes.”
- After school students present nutrition education at Open House nights.

Cafeteria Connections

- Nutrition and PA posters are displayed in all school cafeterias.
- *HOTM* produce is sampled at snack and lunch times.
- Cafeteria staff attends Shaping Health as Partners in Education (SHAPE) meetings and are encouraged to use *Network* resources.

Parent Education

- *HOTM* Family Newsletters and KUSD Monthly Newsletters featuring nutrition information and PA promotion are distributed to all KUSD Parents.
- Disseminates nutrition information and conducts nutrition education presentations at all Back to School and Open House nights.

Community Outreach and Media

- Conducts a series of 1½ hour nutrition education community classes each year with hands-on participation using the Community Tool Box.
- Sponsors two annual community health events providing nutrition and PA information and *HOTM* taste testing and recipes.
- Distributes monthly KUSD Newsletters to clinics and libraries in the community.
- Family Advocates make in-home visits conducting nutrition education and PA promotion to low-income families.
- Local newspapers publish *Network* programs and activities.

Key Innovative Partners

- Kern Valley Health Care District provides educators and space for community classes and health fairs; Central Valley Health Network provides *Network* trainings and support; and Kern River Valley Collaborative meets monthly and supports *Network* programs and activities.

Lamont School District

www.lamontschooldistrict.org

Yolanda Ramirez
yramirez@lesd.us

Phone Number: (661) 845-2724
Fax Number: (661) 845-5114

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Lamont SD	1,680	X	X	X	

Significant Evaluation Results in FFY 2009

A new partnership between the Lamont SD, Community Action Partnership Food Bank, the Kern County Health Department, AmeriCorps, Sherriff's Activity League, and the Cesar Chavez Service Learning Foundation developed into a local student run food pantry where we presented nutrition education and information to more than 880 Lamont families totaling over 4,000 individuals during the last school year.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Staff and teachers will be provided with three trainings this year to include topics related to grade level nutrition curriculum and lessons as well as updates on Dairy Council of California, *MyPyramid*, University of California Cooperative Extension (UCCE) lessons, *Harvest of the Month (HOTM)*, *Sports, Play and Active Recreation for Kids (SPARK)*, or any other lessons approved by the *Network for a Healthy California (Network)*. All staff providing state match are invited to attend the trainings.

Harvest of the Month (HOTM)

- *Harvest of the Month (HOTM)* activities include classroom lessons and taste testing. The local food pantry also highlights the produce of the month and when possible provides the produce in the food basket for the family to prepare the recipe. The cafeteria features the produce at least a couple of times during the month. *HOTM* activities are included in the After School Program. Most (80%) of the teachers that provide state match participate in *HOTM*. Materials used for the *HOTM* lessons are those provided by the *Network*, from Tulare County Office of Education and from Los Angeles Collaborative.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- *Teachers use Teams with Intergenerational Support* for instruction in two school

gardens. *SPARK* and the *Children's Power Play! Campaign (PPI)* are also used primarily in the After School Program (ASP). *HOTM* also has fun and creative PA that teachers seem to enjoy doing to promote PA in the classroom.

Nutrition Education and PA *Outside* the Classroom

- Provide students and families with nutrition education at *Walk to School Day*. Provide coaches with nutrition education resources to share with students.

Nutrition Education and PA in Afterschool Programs

- Nutrition Educators provide every student enrolled in the ASP with age appropriate lessons to include nutrition instruction, cooking lessons, and PA integrated into nutrition. There is also a gardening/nutrition component.

Youth Development/Engagement

- Our middle school youth group "Stay Alive Stay Healthy" has been very active in promoting healthy eating and active living to other students during the Walk to School Day during fundraising events, and to the community.

Cafeteria Connections

- Food services staff helps promote the *HOTM* produce and positive nutrition messages in the cafeteria. They also promote these messages in the monthly menus and by displaying posters in the cafeteria.

Parent Education

- Parent nutrition education is provided at least twice a year, once in the fall and once in the spring. Topics include using *MyPyramid* and balance and moderation.
- We have used the *Loving Your Family, Feeding Their Future* extensively in lessons and at community outreach events. The importance of PA and consuming the recommended amounts of fruits and vegetables is discussed and how to prepare healthy recipes. Other topics include healthy eating habits and safe food handling. The number of parents attending varies from 10 to 30 per class.

Community Outreach and Media

- The program supports community, parent nights, and school celebrations. We notify the local newspaper about our events and often send pictures to promote our messages and the successes of our program.

Key Innovative Partners

- *PPI* is a key partner because they provide us with fun activities for our grade four and five students. Kern County UCCE has partnered with us by providing training to our nutrition educators and lessons for every age group. The Central Valley Health and Nutrition Collaborative also provide us with many useful resources and very informative trainings.
- It is a great place to network with other school districts and school programs that are running programs very similar to ours. The Kern County Department of Public Health partnered with us last year to promote healthy eating at the food pantries/bank.

Long Beach Unified School District

www.lbschools.net

Robin Sinks
rsinks@lbschools.net

Phone Number: (562) 997-0632

Fax Number: (562) 997-0413

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Long Beach Unified School District (LBUSD)	44,000	X	X	X	X

Significant Evaluation Results in FFY 2009

During the course of this year, LBUSD's *Network for a Healthy California (Network)*-funded Health Educator (CHES) and Child Nutrition Specialist (RD) provided 48 trainings to 856 teachers, 20 more trainings and 472 more teachers than last year!

The impact evaluation of Nutrition Advisory Councils showed no significant changes noted in the outcome expectations, consumption or self-efficacy among the students who participated this year, though anecdotal records (comments, observations) indicate otherwise.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Train 350+ elementary teachers through 15-20 trainings: (1) basic nutrition, (2) integration into core language arts, (3) cooking in the classroom, (4) gardening and nutrition, (5) nutrition activities
- Train 50+ middle and high school Health Education and Physical Education teachers through 2-6 trainings in providing nutrition content and skills
- Provide teachers with many instructional resources to support their instruction; additional resources provided when evaluation documentation is submitted
- All trained teachers provide state match

Harvest of the Month (HOTM)

- Librarian and/or classroom teachers provide a lesson for selected K-5th grade students that features a *HOTM* fruit or vegetable, children's book, and taste-testing, and *HOTM* educator newsletter in 36 schools
- All participating teachers provide state match

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Teachers utilize MyPyramid.gov, Team Nutrition, Dairy Council of California, *The Children's Power Play! Campaign*, and instructional materials provided in trainings
- Teachers also utilize adopted Health Education textbooks
- All nutrition education based on the CA Health Education Content Standards
- Instruction connected to English Language Arts, Science, Math, Social Science
- PA promoted through the Physical Education program
- All Physical Education based on the CA Physical Education Content Standards

Nutrition Education and PA *Outside* the Classroom

- Two assemblies by Southland Opera for 4th and 5th grade students supplements teacher instruction
- Nutrition Advisory Councils in 25 elementary schools

Nutrition Education and PA in Afterschool Programs

- Train 100+ after-school and recreation staff in (1) basic nutrition, (2) integration into the after-school and recreation program
- Provide nutrition education materials to parents of students participating in after-school and recreation programs

Youth Development/Engagement

- All youth are encouraged to build relationships with others, learn new skills, and give back to the community through a variety of nutrition education activities
- Service Learning activities occur at all schools, elementary through high school

Cafeteria Connections

- Teachers utilize school menus as an instructional tool and encourage students to try menu items and select a variety of foods
- Nutrition messages and posters decorate the food serving area
- Teachers and librarians collaborate with Nutrition staff to provide taste testing

Parent Education

- Train 350+ parents on Basic Nutrition, Food Label Reading and/or Food Safety and Sanitation
- Provide nutrition information at Back to School Night, Public Schools Week, school carnivals and health fairs, Walk to School, Spring into Health, Steps to Healthy Living campaign, TV Turnoff Week, and National Nutrition Month

Community Outreach and Media

- Participate in local and regional collaborative

Key Innovative Partners

- City of Long Beach Department of Health and Human Services
- American Cancer Society
- Dairy Council of California

Los Angeles County Office of Education - Coalition

www.lacoe.edu/shape

Dr. Joanie Verderber
Verderber_Joanie@lacoe.edu

Phone Number: (562) 922-6321
 Fax Number: (562) 922-6388

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Garvey USD	1,950		X	X	
Glendale USD	2,500			X	
Inglewood USD	3,700		X		
LACOE Educational Programs	1,200		X	X	X
Paramount USD	2,000		X	X	
Redondo Beach USD	500	X	X		
Rowland USD	6,500	X	X	X	X
San Gabriel USD	2,500		X	X	X

Significant Evaluation Results in FFY 2009

The *Harvest of the Month (HOTM)* Program at San Gabriel USD was a success and showed significant improvements in a total of five of the six (83%) constructs of the Los Angeles County Office of Education (LACOE) Nutrition Education Survey for 5th grade students.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- The LACOE provides integrated educational programs and services in the diverse and multicultural environment of Los Angeles County. LACOE promotes increased achievement for all students, with an emphasis on assisting low-performing schools by providing support services and programs to underserved children, youth, families, districts, schools, and communities.
- The goal of the *Network for a Healthy California (Network)* - LACOE Coalition is to provide technical assistance, support, and resources for sub-contracting districts to enhance nutrition education and physical activity promotion efforts for eligible students and their parents at eligible school sites including over 650 teachers, 100

food service workers, 40 nurses, and 50 support staff who work directly with these eligible students. This goal is achieved through ongoing nutrition coalition meetings and nutrition education trainings covering topics such as basic nutrition, MyPyramid, skill-based strategies and California Health Education Content Standards, linking nutrition to education standards, and providing age-appropriate skills based education materials including *The Children's PowerPlay! Campaign (PP!)*, *HOTM*, Dairy Council of California (DCC), California Healthy Kids Resource Center approved materials, and School-based *Network* approved materials.

- Teachers are selected to serve as *Network* Leads at participating schools.

Harvest of the Month (HOTM)

- Subcontracting district nutrition coordinators provide teachers and parents with monthly *HOTM* newsletters.
- Participating teachers and students receive sample of the featured produce along with cooking supplies to conduct taste testing activities in their classrooms.
- Additional taste testing opportunities are provided in the cafeteria, afterschool, and at special events.
- Special guests provide cooking demonstrations in the classroom.
- Parents participate in taste testing activities at educational meetings and special events.
- Participants receive additional *HOTM* tools such as workbooks, calendars, cookbooks, recipe cards, bookmarks, and stickers.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- School districts partner with DCC and *PP!* to provide nutrition education curriculum, resources and materials to enhance existing nutrition education activities.
- Teachers are provided with nutrition and PA links to mandated academic curriculum.

Nutrition Education and PA *Outside* the Classroom

- Nutrition education and PA is promoted at school wide events such as back to school nights, open house, and special events.
- Nutrition education and PA is promoted at eligible LACOE Outdoor Science Schools.

Nutrition Education and PA in Afterschool Programs

- Nutrition education and PA promotion materials are made available to Afterschool Programs.
- Nutrition education training is provided for afterschool staff as needed.

Youth Development/Engagement

- One subcontracting district will create a "Youth Empowerment" group of at least 8-12 students at a participating high school focusing on nutrition and PA promotion within their peer groups and within the community. Meetings will be held once a week at the school site. Nutrition education will include topics such as food label reading and proper portion sizes. Participating students will create projects to be displayed on campus. This youth team will serve as youth champions on campus and in the community for promotion of nutrition and physical activity.

Parent Education

- Skills-based nutrition education and taste testing opportunities are provided for parents at Back to School Night, Open House, English as Second Language classes, Parent Teacher Association meetings, Family Nutrition Nights, and special events.

Community Outreach and Media

- Nutrition coordinators provide nutrition and PA information at community festivals and health fairs targeting the eligible population.

Key Innovative Partners

- Partners include local food banks and foods stamp offices.

Los Angeles Trade Technical College

www.lawndale.k12.ca.us

(Network page located under "Teachers" tab)

Christine Bou Sleiman
Christine.elhaj@gmail.com

Phone Number: (213) 763-7376
 Fax Number: (213) 763-5393

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
LA Trade Tech (LATTC) Child Development Center	60	X			
Lawndale Elementary SD	6,425	X	X	X	
The Accelerated School	580	X	X		
LA Leadership Academy	200			X	

Significant Evaluation Results in FFY 2009

Sixth - eighth grade teachers from ABC, Hawthorne and Lawndale School Districts participated in the "Caught Eating Healthy" program. Results show an increase in knowledge of the number of cups of fruits and vegetables students should consume daily ($p=0.000$). A summary score for all questions assessing self- efficacy was also significant (p value 0.000). Results show a significant increase ($p = 0.006$) in consumption of fruits and vegetables as a snack between breakfast and lunch time.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Interactive Nutrition Trainings for Pre - K and elementary teachers: teachers rotate to 3 interactive booths related to Cooking in the Classroom; Gardening and Physical Activity (PA).
- *Lunch & Learns*: 15-20 minute hands-on cooking activities linked to *Harvest of the Month (HOTM)* and healthy classroom recipes during the lunch period.
- Food service staff is trained how to prepare the *HOTM* recipe and provided nutrition information about the featured produce.
- Afterschool staff is trained in preparing *HOTM* and other *Network for a Healthy California (Network)* approved recipes and provided with nutrition education materials to incorporate into cooking clubs.

Harvest of the Month (HOTM)

- Classroom *HOTM* taste tests are delivered to approximately 300 classrooms.

- Each school site receives *HOTM* newsletters, Big Books, and student workbooks and “Page-a-Day” Calendar.
- LATTC develops *HOTM* supplemental worksheets that can be used in grades 4-8.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Teachers sign up to receive nutrition education and cooking workshops in their classroom. Once the lesson is modeled, teachers are able to conduct the workshop and follow-up lessons.
- Nutrition and PA presentations at middle school sites (*Nutrition for Active Teens, Staying Active in the Summer, Portion distortion*). Group size: 150-200 students.

Nutrition Education and PA *Outside* the Classroom

- School-wide holiday events focused on holiday celebration alternatives.
- Family Nutrition Nights which include nutrition and PA interactive booths.
- Serve as a resource for School Wellness Policy committees.

Nutrition Education and PA in Afterschool Programs

- Afterschool staff trained in nutrition, healthy cooking and fun PA strategies.
- Guide the afterschool program in organizing a Family Nutrition Fair during *National Nutrition Month*.

Youth Development/Engagement

- Collaborate with Healthy Eating Active Communities (HEAC), and Youth Activism Against Obesity (YAAO) at The Accelerated School to empower youth and parents to change school wide policies surrounding nutrition and PA.
- Collaborate with leadership students to advocate for healthier cafeteria options, healthy fundraising options and farmers market participation.

Cafeteria Connections

- Food service features the *HOTM* every first and third Tuesday of the month (once as the whole produce, and once as the recipe featured in either the family or educator newsletter). The school board receives a taste test of the recipe every month.
- Food service pays for printing of *HOTM*; for employees to attend *HOTM* trainings; and half of the classroom monthly taste test order.

Parent Education

- Monthly nutrition and PA workshops.

Community Outreach and Media

- Farmers Market collaboration with students and teachers in an attempt to strengthen community participation.
- Local library collaboration.

Key Innovative Partners

- Alliance for a Healthier Generation- Healthy Schools Program (include all Lawndale Elementary schools); HEAC; YAAO; UC Cooperative Extension- master gardeners.

Los Angeles Unified School District

www.healthtylausd.net

Roberta Acantilado
roberta.acantilado@lausd.net

Phone Number: (818) 609-2550 ext. 2570
Fax Number: (818) 609-2580

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Los Angeles Unified School District (LAUSD)	200,000	X	X	X	X

Significant Evaluation Results in FFY 2009

During 2008/2009 the focus of our Impact Evaluation was a two-hour, five session parent workshop. 507 parents participated in the workshop with outstanding results showing that the program was successful in achieving statistically significant improvements in our parents' nutrition knowledge, dietary behavior and modifying the home food environment.

The following is a parent comment "I always fry my chicken in oil. Now I stopped frying the chicken and my husband and children did not say anything."

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Basic Nutrition for Teachers – this workshop will provide nutrition information that can be used to supplement and enhance nutrition education in the classroom.
- Harvest of the Month (*HOTM*) Demonstrations – cooking in the classroom.
- "Fitting in Fitness!" - Nutrition Education and Physical Activity (PA) Workshop Teachers learn valuable nutrition education embedded into content standards from the Dairy Council of California (DCC) and learn how to integrate Physical Education standards into PA.
- "Firmly Planted: Embedding Standards in your Nutrition Education Garden!" teachers learn how to use their Nutrition Garden to reinforce the curriculum standards.
- Basic nutrition education online using the DCC curriculum.

Harvest of the Month (*HOTM*)

- Opportunities for students to sample and taste a different fruit and vegetable each month.

- Video demonstration of Calendar *HOTM* recipe posted on our website.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- MyPyramid resources and materials.
- Chefs in the classroom – Opportunities for students to work with professional chefs to prepare fruit and vegetable recipes in the classroom.
- Farm to School Program – Expose students and community members to local farmers produce through classroom visits and farmers market stands.
- Nutrition Education in the school garden
- Partnering with DCC at staff developments.
- Partnering with *The Children's Power Play! Campaign (PP!)* at Orientation meetings to inform teachers of the program and how to use *PP!* with the Steps to Healthy Living Program.
- Marathon Kids; Governor's Fitness Challenge.

Nutrition Education and PA *Outside* the Classroom

- Walk-to-School as part of a school's nutrition education event.
- National Nutrition Month and School Breakfast Week.
- Nutrition and Health Fairs; Kids Fitness Challenge; District's Annual Parent Summit.
- Nutrition themed theatrical performances and murals.

Nutrition Education and PA in Afterschool Programs

- Networking and collaborating with the district's after school programs.

Youth Development/Engagement

- Nutrition Advisory Councils (NAC) and the NAC Symposium.

Cafeteria Connections

- Partnerships with Food Services Branch (FSB) to feature the *HOTM*; district's chef develops a recipe using the *HOTM* produce.
- Collaborating with FSB during National Nutrition Month and School Breakfast Week.

Parent Education

- Nutrition Specialists conduct 90 minute presentations on basic nutrition education; they also represent the *Network* at community events through nutrition and PA presentations and resource tables, 5-week series of intensive, interactive parent nutrition education workshops.
- Parent Resource Specialist promotes the Supplemental Nutrition Assistance Program and provides basic nutrition information through parent presentations.

Community Outreach and Media

- Participate in the District's Annual Parent Summit.

Key Innovative Partners

- DCC

Madera County Children and Families Commission

www.first5madera.net

Diane Sandoval
dsandoval@first5madera.net

Phone Number: (559) 661-5155
 Fax Number: (559) 675-4950

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Madera Unified School District (MUSD)	--	--	--	--	--

Significant Evaluation Results in FFY 2009

Staff provided nutrition and physical activity (PA) workshops to parents and caregivers of students between the ages of three to five at MUSD preschools and head starts in Madera County. As a result 572 eligible participants were provided materials that will help foster lifelong healthy habits.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Staff participates in *Network for a Healthy California (Network)* trainings through the year.

Harvest of the Month (HOTM)

- Materials are distributed and displayed monthly at five qualifying sites within Madera County. Interventions consist of bulletin boards displaying produce facts, PA and recipe tips, and parent education newsletter.

Nutrition Education and PA in the Classroom (including School Gardens)

- Staff utilizes the *Network's* "Toolbox for Community Educators"
- Women, Infants and Children (WIC) curriculum (www.wicworks.gov)
- Los Angeles Unified School District - Parent Nutrition Education Workshops (www.healthylaosd.net)

Nutrition Education and PA *Outside* the Classroom

- Special events include “Nutrition Olympics”- This is a fun-filled nutrition education event that reinforces the importance of good nutrition and PA through various games, activities, and taste testing opportunities all which focus on fruits and vegetables. The purpose of “Nutrition Olympics” is to expose children to a wide variety of fruits and vegetables in a fun and interactive way.

Nutrition Education and Physical Activity (PA) in Afterschool Programs

Youth Development/Engagement

Cafeteria Connections

Parent Education

- Utilizing curriculum above staff provides nutrition and PA education to parents and care givers at parent meetings through preschools in the MUSD district.

Community Outreach and Media

- Participate at the local farmers’ market.
- Local health fairs and community events.
- *HOTM* at various qualifying target sites.

Key Innovative Partners

- Local health department
- WIC
- MUSD-preschool
- Local Pediatrician
- Central Valley *Network for Healthy California*

Madera Unified School District

www.madera.k12.ca.us

Rosa M. Garcia

Garcia_r@madera.k12.ca.us

Phone Number: (559) 675-4500 x260

Fax Number: (559) 675-8013

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Madera Unified School District (MUSD)	4,229		X		

Significant Evaluation Results in FFY 2009

Our school food service coordinator was invited to the classrooms during nutrition lessons to discuss with students how school food services develop the breakfast and lunch program. Nutrient food content and healthy food choices were discussed as well. There was a cafeteria tour after the presentation. The nutrition education the students receive works towards making the students more aware of what a healthy diet should be. The cafeteria tours along with the nutrition content information on their school meals helps the students understand what it is they are consuming and how healthy it is.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Provide two trainings for our Physical Education (PE) Specialists; one on nutrition curriculum for grades fourth through sixth, and the other on PE standards with a focus on dance unit instruction. We will also have quarterly meetings.

Harvest of the Month (HOTM)

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Fourth grade PE teachers use *Nutrition Pathfinders* to provide nutrition instruction; fifth grade PE teachers use the *Children's Power Play! Campaign (PP!)* to provide nutrition instruction; and sixth grade teachers use *EatFit!* to provide nutrition instruction.
- Nutrition education is provided in kindergarten through third grade by the classroom teacher; nutrition education taught in provided in preschool as well.

Nutrition Education and PA *Outside* the Classroom

- Collaborated with Central Valley Health & Nutrition Collaborative (CVHNC) for their *retail campaign*. Also, collaborated with them for the *PP!* for activities during our back to school events.

Nutrition Education and PA in Afterschool Programs

Youth Development/Engagement

Cafeteria Connections

- Posters in our school cafeterias detail information on nutritious foods and portion distortion information. Cafeteria tours are given to our fourth through sixth grade, as part of their nutrition education.

Parent Education

- Nutrition education and physical education promoted for parents during parent meetings at school sites and during back to school events.

Community Outreach and Media

- During one of our health fairs held at a school site, the *Latino Campaign* attended and did PA activities and a food demo.

Key Innovative Partners

- CVHNC, Central California Regional Obesity Prevention Program, Alliance for a Healthier Generation.

Marin County Department of Health and Human Services (MCDHHS)

www.co.marin.ca.us/NutritionWellnessProgram

Linda Armstrong

Phone Number: (415) 473-7059

larmstrong@co.marin.ca.us

Fax Number: (415) 473-6266

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
San Rafael SD Bahia Vista and San Pedro Elementary Schools	851		X		
Novato North Bay Children's Center- Preschool	1,350	X			

Significant Evaluation Results in FFY 2009

We continued to work closely with the *Network for a Healthy California (Network)* Evaluation Unit in designing and implementing impact evaluation interventions to increase fruit and vegetable consumption as well as physical activity (PA) with students and their parents at Bahia Vista Elementary School. This past year, results showed that teachers consistently promoted the fruit and vegetable message, although increases in fruit and vegetable consumption by children showed insignificant gain. This may be explained by the fact that these children have received nutrition education since kindergarten, and were already consuming fruit and vegetables. Due to added classes for parents, a small change was noted.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- The Nutritionist will meet with four third grade teachers at Bahia Vista Elementary School at least three times this year, and monthly with the health educators.
- Train-the-trainer meetings are held at least bimonthly by Nutrition Wellness Program (NWP) Nutritionist at both Bahia Vista and San Pedro. These trainings center on meeting the *Nutrition Competencies* for each grade level. Each school has a nutrition education plan and utilizes *Harvest of the Month (HOTM)* and other *Network* nutrition and PA resources.
- Via our subcontract with North Bay Children's Center, a model for training staff, teachers, preschoolers, and parents has been developed in order to integrate PA and nutrition education using a garden venue.

Harvest of the Month (HOTM)

- The *HOTM* Family Newsletter is sent home to parents every month.
- The Educator Newsletter is sent to all teachers at Bahia Vista and San Pedro.

- *HOTM* and the *Children's Power Play! Campaign (PPI)* Workbooks with third grade at Bahia Vista.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Teachers at Bahia Vista and San Pedro are trained by health educator/nutritionist on ways to incorporate nutrition and PA education in mandated academic curricula via the Nutrition Competencies. Teacher and health educators are trained to use *Network for a Healthy California (Network)*-approved resources in providing nutrition instruction.

Nutrition Education and PA *Outside* the Classroom

- Every effort is made to provide consistent nutrition education messages at school and local community events (e.g., *Binational Health Celebration* in October in which fun and interactive nutrition education activities are provided).
- The NWP has collaborated with Marin County Office of Education (COE), Safe Routes to Schools, Play Works, Young Men's Christian Association, Marin on the Move, and other community organizations to promote resources to schools around nutrition and PA.

Nutrition Education and PA in Afterschool Programs

- Nutrition Education and PA resources are provided to after school program staff associated with Bay Area Resource Center. The NWP provides nutrition training and resources.

Youth Development/Engagement

- The Marin Youth Center program teaches students to take the basics of healthy nutrition and PA and apply it to their everyday lives in making better food and PA choices.

Cafeteria Connections

- The NWP staff works closely with the Food Service director, staff and parents in making solid nutrition information available and providing guidance in such matters as healthy food recommendations, food labeling and food safety and sanitation.

Parent Education

- Bilingual health educator deigned and implemented a dynamic nutrition education and PA workshop series using *Network*-approved resources and materials. The nutrition messages are parallel to those provided to their children in the classroom and at community events.

Community Outreach and Media

- The Bilingual Health Educator uses the media, primarily radio, television and flyers to promote health messages by collaborating with local Spanish station hosts.

Key Innovative Partners

- Marin COE helps to support educational venues and activities for all school district staff.

Merced County Office of Education

www.mercednutrition.org

Jaci Westbrook
jwestbrook@mcoe.org

Phone Number: (209) 381-5974
 Fax Number: (209) 381-5975

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Atwater School District	606		X		
Le Grand Elementary School District	491		X	X	
Los Banos Unified School District	1,938		X		
MCOE Special Education	781	X	X	X	X
Merced City School District	1,890	X			
Merced College Child Development Center	150	X			
Weaver Union Elementary School District	1,897	X	X		
Winton School District	2,040		X	X	

Significant Evaluation Results in FFY 2009

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Provide all state share staff with a nutrition education Train-the-Trainer sessions at least twice per year for 20-60 minutes. Topics include allowable activities for nutrition education with physical activity and nutrition education resources.
- All school sites are assigned a School Nutrition Liaison (Federal Share Staff) who are available as a communication resource for teachers.

Harvest of the Month (HOTM)

- *HOTM* packet is provided to each teacher and includes: Educator Newsletter, Fun Food Fact Calendar, Kid Friendly Recipe Page for Classroom Taste Testing, and Family/Parent Newsletter copies for each student to take home (available in English, Spanish and Hmong). Family newsletter includes the Kid Friendly Recipes in English and Spanish so students can take home and share with their families.
- *HOTM* Packets also include literacy books for each grade level. Each grade level and classroom gets their own set of materials.

- Preschool classrooms receive a Preschool Activity Packet with small group activities incorporating *HOTM* and literacy books, as well as food experience recipes for classroom taste testing. This packet is aligned with the “Where Bright Futures Begin” curriculum from Houghton Mifflin.
- Teachers are able to have a *HOTM* taste test box each month as well as the option to conduct other approved recipes for classroom taste testing.
- Teachers were provided a “Cooking in the Classroom Kit” for necessary items they would need to conduct classroom taste testing (colanders, measuring cups and spoons, mixing bowls, etc)
- Teachers are provided with a Bulletin Board and Border Storage Kit that contains pre-cut borders and dice cuts to follow the *HOTM* Schedule.
- Work with our local grocery store produce managers to highlight the *HOTM*.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Teachers are provided with a multitude of resources that are linked to their content standards. These resources have included: MyPyramid Pocket Chart, MyPyramid curriculum, *The Children’s Power Play! Campaign*, Fun Fruit Counters, Tree Top Fraction Game, Nutrition Lotto and more!
- Have provided teachers nutrition resources that can be used for classroom lessons or physical activity promotion. This includes a set of Fruit and Vegetable Bean Bags and the Produce for Better Health photo cards.

Nutrition Education and PA *Outside* the Classroom

- Review SPARK activities from past trainings.
- Provided teachers with the Shake it Up! CD and other music for indoor and outdoor promotion.
- Highlight the PA Promotion from the *HOTM* newsletter for teachers to conduct.
- Provide additional *Network* approved activities that incorporate nutrition education with physical activity.

Nutrition Education and PA in Afterschool Programs

Youth Development/Engagement

Cafeteria Connections

- Provide school cafeterias with our *HOTM* Border Storage Kit, fruit and vegetable crepe decorations and ideas to promote the *HOTM* in the cafeteria and on the menu.
- Offer opportunities for *HOTM* taste testing in the cafeteria with fun promotions. These promotions could include games or mascot appearances.

Parent Education

- Provide presentations at parent meetings about healthy eating and physical activity.
- Provide information to the parents about free downloadable materials and information offered on our website.

- Pilot testing a Healthy Habits for Family Bag with preschool classrooms; this contains: a Frisbee, a Shake it Up CD, literacy books in English and Spanish, a recipe book and family education materials on fruits and vegetables from MyPyramid. This is specific to increasing fruits and vegetables and physical activity at home. Some materials will be returned each week and some are for the family to enjoy at home!

Community Outreach and Media

- Provide presentations to community agencies about healthy eating and physical activity.
- Provide information to the community about free downloadable materials and information offered on our website.

Key Innovative Partners

- Merced County Office of Education Special Education Department
- Merced County Office of Education Head Start Program
- Bella Frutta/PR Farms

Monrovia Unified School District

www.monroviaschools.net

Valerie Parsons
vparkers@monrovia.k12.ca.us

Phone Number: (626) 471-2276
 Fax Number: (626) 471-2088

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Monrovia USD	6,000	X	X	X	X

Significant Evaluation Results in FFY 2009

The *Harvest of the Month (HOTM)* tasting trios were introduced 3 years ago because teachers wanted simple recipes to prepare. This approach allowed us to receive 100% positive feedback from each *HOTM* program subscriber. Teachers communicated that these three ingredient recipes are classroom-friendly, low-maintenance, and student-approved.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Weekly trainings for Nutrition Education Activities Assistants (NEAA) that conducts cooking activities and promotes nutrition education in the classroom.
- A week long Summer Institute on nutrition education for teachers.
- Trainings for district administrators, health assistants, and food service workers are held throughout the year to inform them about *Network for a Healthy California (Network)*-related activities and implementing healthy changes at their school sites.

Harvest of the Month (HOTM)

- Students are offered 5 different recipes each month featuring the *HOTM* through classroom lessons; produce delivery to teachers for tasting trios, taste testing during recess and lunch, cafeteria menu and Village Afterschool Program.
- All teachers, administration, and the Board of Education receive a monthly *HOTM* highlights newsletter.
- Subscribing teachers receive a monthly *HOTM* newsletter with curriculum links, Nutrition Education literature, *HOTM* student workbooks, and a monthly standards-based teacher resource packet.
- Teachers can subscribe to the Tasting Trios program, which offers simple three

ingredient recipes teachers can make with the *HOTM* monthly delivery.

- Monthly Parent *HOTM* newsletters are sent to all families in English/Spanish.
- Partner with local supermarkets to provide monthly Taste Testings and information about our *HOTM* to target families.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- All Pre K – 8th grade students receive cooking lessons in the classroom utilizing the *HOTM* produce and standards-based nutrition education lessons taught by NEAA.

Nutrition Education and PA *Outside* the Classroom

- Preschool has Sports, Play & Active Recreation for Kids (SPARK) activities at all assemblies.
- Monrovia Elementary Olympics/Nutrition Olympics for 900 4th and 5th graders.
- Assist schools with International Walk to School Day and sustain monthly at some schools.
- Participate in Governor's Fitness Challenge.

Nutrition Education and PA in Afterschool Programs

- Provide nutrition education lessons (minimum of 3 hours per week) to incorporate *HOTM* highlights, nutrient information and food sources, *HOTM* taste testing and one standards-based nutrition lesson.

Youth Development/Engagement

- NEAA conducts Nutrition Advisory Council (NACs) meeting during recess time at our 4 elementary schools and 1 Middle School.

Cafeteria Connections

- Cafeteria features a recipe highlighting the *HOTM* at least once a month.

Parent Education

- Chefs teach classroom lesson to parents at each site on a monthly basis.
- Collaborate with Healthy Valley Local Incentive Awardees on a series of 5 lessons for parent education.
- Integrate nutrition related presentations/workshops with school site parent nights
- Partner with the Community Center for Healthy Kids Day Event.
- Summer nutrition lessons at the Boys and Girls Club.
- Offer healthy Halloween alternatives at the Halloween Festival and hold a Candy Buy Back Event at each school the Monday after Halloween.

Community Outreach and Media

- We use press releases, contacts with local reporters, local cable channel and applications for awards to promote our program.
- Quarterly taste testings and nutrition education at Farmer's Market.

Key Innovative Partners

- Youth and Family Network is a group of non-profit agencies in Monrovia that work together on new and innovative events such as Candy Buy Back.

Montebello Unified School District, Nutrition Services

www.montebello.k12.ca.us/nutrition/index.htm

Piper Mattson
mattson_piper@montebello.k12.ca.us

Phone Number: (323) 887-7967
 Fax Number: (323) 722-5371

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Montebello USD	32,200	X	X	X	X

Significant Evaluation Results in FFY 2009

We have nearly tripled the participants in our *Harvest of the Month (HOTM)* classroom nutrition education program, and have a presence in grades K–12. We are also pursuing adoption of essential nutrition education standards by working with secondary teaching staff to develop support programming via a professional learning community model.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Provide coaching guidance to our site lead teacher staff who serves as *Network for a Healthy California (Network)* liaisons.
- Plan to conduct site based professional development based on the needs of the individual site.

Harvest of the Month (HOTM)

- Monthly nutrition “Harvest Heroes” teacher education packets for K-12.
- Classroom taste testing.
- Produce highlighted on menu slicks and featured on menu.
- “Eat Your Books” library program augments *HOTM*.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Monthly *HOTM* packets include Thinking Maps®, pacing guides, and connections to core subject standards.
- Kids Cooking Weeks: cooking in classroom utilizing teacher educational materials and recipes include fruits/vegetables; incorporate core subject and health standards.
- Teachers may use Dairy Council materials throughout the year.
- Nutrition education messages in weekly teacher bulletins.

Nutrition Education and PA *Outside the Classroom*

- At a special event, school site staff (faculty and other support staff outside our Nutrition Services personnel) help serve school breakfast and lunch meals to encourage students to eat healthy meals.
- Participate in schools' scheduled events, such as the elementary Olympics, Back to School Night and spring Open House.
- Participate in an arts and crafts fair where children made recipe holders and received recipes for pumpkin pancakes.

Youth Development/Engagement

- Nutrition Advisory Councils (NACs) at middle and high schools.
- NAC activities include cafeteria kitchen tours, participation in Back to School Night with a booth and displays of nutrition information for families, menu design, even videos with nutrition based themes.

Cafeteria Connections

- Menu slicks include *HOTM* or PA information each month and *HOTM* items are featured on the school lunch menus.
- Posters promote nutrition messages; cafeteria bulletin boards depict *HOTM* themes with information highlights.
- Nutrition Services staff assists with preparation /instruction of *HOTM* foods and lessons and also assist with Kids Cooking Week.

Parent Education

- Viviendo Saludable is a 5 part family nutrition education program.
- Family Nutrition Night is held at a school allowing families to build their knowledge and awareness of nutrition.
- Presentations to Parent groups: District Advisory Council, Parent Teacher Associations, etc.

Community Outreach and Media

- Partner with Young Men's Christian Association to address child nutrition issues through events and YMCA based classes.
- FoodStuff newsletter shared with every staff member of the district via email.
- Develop website to enable greater access to information and services.

Key Innovative Partners

- Other school-based Local Incentive Awardees including San Gabriel Healthy Valley LIA group.
- Utilized materials from the Dairy Council of California and *The Children's Power Play! Campaign*
- Professional organizations including California School Nutrition Association, American Dietetic Association, Society for Nutrition Education, etc.

Monterey County Health Department

Niaomi Hrepich
hrepichns@co.monterey.ca.us

Phone Number: (831)796-2872

Fax Number: (831)757-3286

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Monterey Peninsula USD	3,345	X	X	X	
Salinas City Elementary SD	1,939	X	X		
North Monterey County USD	2,385	X	X		
Salinas Union High SD	360	X			
Chualar USD	322	X	X	X	

Significant Evaluation Results in FFY 2009

A principal at one of our schools requested we help him increase state test scores in the school by including brain foods in the weeks prior to testing. *Network for a Healthy California (Network)* staff worked with teachers, food service staff, parent groups and Regional *Network* Campaigns to include fruit and vegetable tastings, classroom nutrition education lessons on brain foods, and physical activities (PA) to students for two weeks prior to testing. The students state test scores increased 32%.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- We plan to provide 12 teacher trainings. The topics will include creating healthy habits-healthy meals, food pyramid, food labels, and using *Harvest of the Month (HOTM)* materials to teach nutrition, modeling behaviors, PA, and the food environment.
- About 95% of teachers trained will provide state match.

Harvest of the Month (HOTM)

- All teachers, support staff, and administration receive a monthly *HOTM* newsletter. This includes information with curriculum links on how to use the featured produce in the classroom, lesson expansion, and nutrition education literature. Monthly tastings will be offered for teachers who participate in nutrition education activities. Bulletin boards at participating schools will be utilized to display *HOTM* posters in

cafeterias. 100% of teachers using *HOTM* will provide state match.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- *Network* staff will provide nutrition education lessons and PA in the classroom that are tied to state content standards. Teachers will be given a CD with model lessons for kindergarten through grade eight to utilize in the classroom. We will partner with the *Children's Power Play! Campaign (PP!)* Coordinator to offer activities to teachers.

Nutrition Education and PA *Outside* the Classroom

- We participate in a variety of school events, such as Spring into Health Day, Fitness Day, family nutrition night, bike/walk to school week, harvest festivals and more.

Nutrition Education and PA in Afterschool Programs

- Nutrition education and PA resources are made available to after school program staff. *Network* staff provides nutrition education lessons and incorporates *HOTM* newsletters and *HOTM* tastings to students.

Youth Development/Engagement

Cafeteria Connections

- *Network* staff displays nutrition education information, *HOTM* posters, food labels, etc. on the cafeteria bulletin boards. We also provide tastings in the cafeteria and cafeteria activities to promote consumption of fresh fruits and vegetables. *Network* staff also collaborates with food service staff on menu ordering to coordinate with *HOTM* featured items and activities that are being done in the cafeteria.

Parent Education

- Parent education classes focus on a variety of topics including how to shop on a budget, how to increase PA for the family, how to incorporate more fruits and vegetables into daily eating, and *MyPyramid*. We anticipate reaching over 350 parents.

Community Outreach and Media

- Collaborate with *Regional Network* partners and when necessary provide press releases for events such as *Bike to School Week*, *Walk to School Week*, fitness challenges, etc.

Key Innovative Partners

- Healthy Eating Lifestyle Principles, Life Lab, American Cancer Society, Community Alliance for Family Farmers, *Network*, *PP!* Coordinator, and PA Specialist.

Mt Diablo Unified School District

www.mtdiablocares.org

Debra Mason
Ambrose31@hotmail.com

Phone Number: (925) 458-1601
Fax Number: (925) 458-2736

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Mt. Diablo USD	2,329		X	X	X

Significant Evaluation Results in FFY 2009

We were very pleased with the changes and knowledge we saw in our Teen Garden Corps graduates this year. We now have 11 teen graduates working in our program as Recreation Supervisors and five from the 2008 corps working in the garden as mentors. One has lost 50 pounds since participating two years ago due to healthier eating habits. Another called our Garden Educators from his college class to share that he had been able to teach them about the nutritional value of fresh produce, which he had learned in their garden class. We have seen kids go from participants in the after school program to valued employees that carry the message of healthy eating forward in their work.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- We will have two countywide trainings each year topics include garden classes, *Child and Adolescent Trial for Cardiovascular Health (CATCH)*, the *Children's Power Play! Campaign (PP!)*, and *Sports, Play and Active Recreation for Kids (SPARK)* instruction. We also have a June and August training for *Collaborative for Academics, Recreation and Enrichment for Students (CARES)* staff. Site Coordinators are trained a minimum of two times a year on the nutrition curriculum and Scope of Work.

Harvest of the Month (HOTM)

- Each month, we use the *HOTM* Educator Newsletters for activities. We also send home the Family Newsletter each month. Produce is delivered to sites each month for taste testing.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- CARES after school program is the primary source of nutrition education and PA for the schools that have our program. Our Project Coordinator sits on Mt Diablo's Coordinated School Health Council.

Nutrition Education and PA *Outside* the Classroom

- We try to take kids on field trips that are related to PA and/or nutrition. We have an annual Spring Into Health Fair where over 300 participants play games and taste nutritious snacks.

Nutrition Education and PA in Afterschool Programs

- Sites use the CARES nutrition binder which has *HOTM newsletters*, *PP!* lessons, *Farm to Fork*, and *Fit for Learning* resources. Middle schools use *Power of Choice*, *Deal Me In*, and *Acres of Adventures*.

Youth Development/Engagement

- Our August orientation has an emphasis on youth development and we have youth councils at all CARES sites to provide input on program and special events.

Cafeteria Connections

- The CARES check-in and check-out is in the multi-use rooms and we make sure to have *Network for a Healthy California* provided posters as well as children's artwork that has a nutritious message on display year round. Food Services train our cooking teachers so they have access to the kitchens for cooking classes.

Parent Education

- We invite parents out to two garden events each year and each site has a minimum of two family nights, at least one must focus on nutrition.

Community Outreach and Media

- Our Nutrition Coordinator attends many community meetings related to nutrition such as the Food and Nutrition Consortium and the Coalition for Activities and Nutrition.

Key Innovative Partners

- Contra Costa and Solano County Food Bank – provide food stamp training and deliver produce weekly to 11 sites.
- Contra Costa Public Health – provide staff training.
- Contra Costa Childcare Council – bring preschool children to garden on a week in the fall and spring.
- Kaiser – provides funding to help implement the garden program.

Napa County Office of Education

www.calserves.org

Julie McClure
Julie.mcclure@calserves.org

Phone Number: (707) 586-9062

Kristen Mowers
Kristen.mowers@calserves.org

Phone Number: (707) 217-9461

Fax Number: (707) 586-2735

Number of Students Reached and Grade-Levels Served in FFY 2010

District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Bellevue Union SD	400		X		
Roseland SD	350		X	X	
Wright Elementary SD	250		X	X	

Significant Evaluation Results in FFY 2009

At one of our school sites, a student asked to help create a cooking club to cook her favorite foods. When we sat down with her to plan, she surprised us by telling us that she wanted to make a salad club. She helped us design and lead a club where students made fruit salad and a beautiful garden salad using different vegetables out of the school garden.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Twelve after school teachers receive monthly trainings in nutrition education and physical activity (PA) strategies using health standards and state-approved educational materials for implementation into daily activities.

Harvest of the Month (HOTM)

- Site Nutrition Specialists incorporate *HOTM* into their weekly lessons.
- Students receive the Family newsletter in English and Spanish each month.
- Food tastings with the fruit and vegetable in our nutrition specialist classes.
- Use the recipes from the newsletters in cooking classes and tastings.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Eight after school programs conduct nutrition education classes using health standards, *HOTM*, *Community Youth Organization Children's Power Play! Campaign (PP!)*, Dairy Council of California, *MyPyramid*, and *Media Smart Youth* to promote healthy living to 1,000 children.

- All eight after school programs provide bimonthly garden-based nutrition education using *Nutrition to Grow On*, *Harvesting Health*, and *Kids Cook Farm Fresh Foods*.

Nutrition Education and PA *Outside* the Classroom

- All eight after school programs include healthy food demonstrations, food tasting, and nutrition education games at family and community events.
- After school sites participate in local store tours with healthy food tastings and activities.

Nutrition Education and PA in Afterschool Programs

- Our program is an after school program. We communicate to the school day teachers and inform them of the activities that we are doing to promote healthy lifestyles. We also provide information about resources that they can use in their own classrooms.

Youth Development/Engagement

- Students are polled on their interests. Classes are designed to match those interests.
- Students have the opportunity to work together in the twice monthly cooking classes, learning to share, problem solve, and appreciate each other in tasks well done.
- Older students mentor younger students in activities and help lead some lessons.
- Each after school class creates a service learning project to complete each year. Many of these are health related (e.g., walk-a-thon, school assembly, and poster contests).

Cafeteria Connections

- All eight afterschool sites showcase the *HOTM*, *PP!*, and other *Network for a Healthy California (Network)* posters in the cafeteria. Students participate in cafeteria poster contests.

Parent Education

- Our parents receive the *HOTM* newsletter each month.
- Our staff is involved in the parent groups that meet monthly.
- Our program hosts a *Fun Family Nutrition Night* to celebrate *TV Turnoff Week* in which families will receive information on food stamps, Women, Infants and Children, Food Bank programs, PA promotion, and cooking demonstrations with food tastings.
- The Cesar Chavez Health Fair involves over 70 health care providers who provide vital health education information to over 2,500 children and families, encouraging Healthy Eating and Active Living. The food bank donates over 4,000 pounds of fresh produce to be given away at the fair.

Community Outreach and Media

- Nutrition information and activities are featured in the school's monthly newsletters.
- Send out monthly newsletters informing parents of monthly nutrition education classes.
- Our partners at the local newspapers run free advertisements for our health fair.

Key Innovative Partners

- *Regional Network* leads, *PP!* Coordinator, Target, and Food Maxx.

Newport Mesa Unified School District

web.nmusd.us

Geoff Ianniello
gianniello@nmusd.us

Phone Number: (714) 424-7557
Fax Number: (714) 424-7596

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Newport Mesa Unified School District (NMUSD)	10,000	X	X	X	X

Significant Evaluation Results in FFY 2009

Harvest of the Month (HOTM) Impact Evaluation conducted with 156 fourth, fifth and sixth grade students. Results showed significant positive changes for perceived peer behavior, preferences, consumption and physical activity.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Five trainings provided to 12 *Network for a Healthy California (Network)* Lead Nutrition teachers.
- Two trainings for 50 after school teachers will focus on using *HOTM* tools.
- Six trainings for over 120 teachers at elementary schools will focus on utilizing all *HOTM* tools and materials as well as tips on linking nutrition education with the core curriculum.

Harvest of the Month (HOTM)

- Over 208 teachers with over 7,000 students participate each month.
- 100% teacher participation at all ten *Network*-eligible elementary school sites.
- *Cooking in the Classroom* ingredients and cooking kits provided to teachers to prepare *HOTM* recipes.
- *HOTM* Student Activity Workbooks provided to all students, grades K- sixth.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Teachers utilize *HOTM* educator newsletters as well as Dairy Council of California and *the Childrens Power Play! Campaign* materials.
- Two new preschool gardens and one elementary garden used for numerous nutrition

education activities.

- Nutrition art contests and pumpkin decorating contest used to encourage students to make healthy choices.
- Elementary school libraries provided with books that connect to *HOTM* produce.

Nutrition Education and PA *Outside* the Classroom

- *HOTM* “taste testing” conducted during recess at all elementary schools.
- Special events promoting PA such as Nutrition Olympics and Hoop-a-pa-looza were conducted.
- Costa Mesa Certified Farmer’s Market tours will be provided to over three hundred students.

Nutrition Education and PA in Afterschool Programs

- *HOTM* and Cooking in Class ingredients provided to after school program (*Project Success*).
- Nutrition workshops for over four hundred *Project Success* students conducted at eight elementary schools.

Youth Development/Engagement

- Student Nutrition Advocacy Club at middle/high school meets to discuss a variety of nutrition and PA topics.
- Club members conduct monthly *HOTM* taste testings and present an annual A-Z Salad Bar for over two thousand students.

Cafeteria Connections

- Elementary school menus feature *HOTM* information.
- Cafeterias decorated with student-designed *HOTM* posters that promote positive nutrition messages.

Parent Education

- Classes conducted with preschool and elementary school parents on a wide variety of topics that included introduction to the food guide pyramid, nutrition label reading, healthy snacks and beverages and the importance of PA.

Community Outreach and Media

- *Network* participates in Costa Mesa community and school health fairs.
- *Network* activities promoted in *School News*, a local publication reaching over thirty thousand Newport Mesa households.

Key Innovative Partners

- NMUSD Nutrition Services Department provides essential logistical and programmatic support.
- NMUSD Health Services Department assists with promotion of healthy eating habits and the role that physical activity plays in good nutrition.

Orange County Superintendent of Schools - Access

<http://nutrition.access.k12.ca.us>

Yvonne Ortega
yortega@access.k12.ca.us

Phone Number: (714) 245-6611

Fax Number: (714) 966-1710

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
OCSOS – Division of Alternative Education	1,500		X	X	X
OCSOS – Division of Special Schools	50		X		

Significant Evaluation Results in FFY 2009

Our youth engagement project has worked with at-risk youth promoting healthy living in their school environment and community. The youth have provided approximately 22 nutrition classes to their peers and to a neighboring school for homeless youth. The students have been able to work with their peers and increase the minutes of physical activity in this group by providing a log documenting a 30-day period.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Four professional development sessions for Alternative Education teachers, Special Education teachers and afterschool program staff and reach 60% of the staff.
- Topics will include: Physical Activity (PA) and Nutrition; Cooking in the Classroom; integration of nutrition and the core curriculum; key nutrients for teens; Implementation of *Harvest of the Month (HOTM)* in the classroom; healthy classroom celebrations.
- The Orange County *Network for a Healthy California (Network)* schools will collaborate and provide a Summer Institute to reach all teachers within the County.

Harvest of the Month (HOTM)

- *HOTM* will include 90% of teachers providing State Match.
- The teachers receive the *HOTM* Educator's Newsletter and produce each month along with Trio Recipes to easily implement the *HOTM* program in the classroom.
- Monthly handouts for Middle and High School students connected to California High School Exit Exam practice questions, English Language Development Standards, Guided Language Acquisition Design strategies, Health Standard.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Teachers provide nutrition education through health courses, general education classes and a nutrition elective course for high school students.
- Curricula used: Dairy Council of California, Team Nutrition lessons.
- School gardens linked with community based organizations (i.e., Boys and Girls Club).
- Healthy Cooking Demonstrations in the classroom.
- Teen Parenting Nutrition classes provided to pregnant/parenting teens.

Nutrition Education and PA *Outside* the Classroom

- Healthy murals at schools.
- Coordination with Service Learning Projects (gleaning with Second Harvest Food Bank, feeding the homeless, volunteers at food banks).
- Field trips to local farm tours and grocery stores – transportation costs paid with non-*Network* funds.

Nutrition Education and PA in Afterschool Programs

- The existence of the afterschool programs this year is unstable.
- A three-hour training will be provided to afterschool staff if program continues.
- Topics include: how to create a healthy after school environment; importance of PA resources; *HOTM* program in the after school setting.

Youth Development/Engagement

- Recruit youth for a youth engagement project.
- Conduct research evaluation and compile the results.
- Continue to work with youth recruited from last year and conduct a bike-ability assessment and safe route to schools.

Cafeteria Connections

Parent Education

- Provide nutrition information for parents at Back to School night presentations.
- Topics include: Fun Family Meals, *HOTM*, MyPyramid.
- Work with students at the school site to assist in providing/promoting *HOTM* at the parent night events.

Community Outreach and Media

- Health fairs in the community and creation of website.
- Distribution of *HOTM* calendars to Food Stamp Eligible families throughout Orange County.

Key Innovative Partners

- The Orange County Healthcare Agency has assisted in the Youth Engagement project providing technical assistance with the bike-ability assessment and safe route to school for students.

Orange County Superintendent of Schools - Coalition

<http://healthycalifornia.ocde.us>

Kari Tuggle, MS, CHES, RD
ktuggle@ocde.us

Phone Number: (714) 327-1056
 Fax Number: (714) 540-3464

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Anaheim City SD	11,000	X	X	X	
Buena Park SD	6,010	X	X	X	
Capistrano USD	4,326	X	X		
Centralia SD	4,859	X	X		
Cypress SD	959	X	X	X	
La Habra City SD	5,759	X	X		
Magnolia SD	550	X			
Saddleback Valley SD	240	X			
Santa Ana College Child Development Center	700	X			
Westminster SD	700	X			
Inside the Outdoors Science Camps	17,241		X		

Significant Evaluation Results in FFY 2009

Statistically significant behavior change as a result of parent nutrition education series for preschool parents.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- The Orange County Superintendent of Schools (OCSS) Coalition serves 10 districts, 980 teachers/staff, four Inside the Outdoors Science Camps, and one Inside the Outdoors Field Program.
- Pre K teachers are trained on Connecting Nutrition Education Activities to the Desired Results Developmental Profile.
- Topics for K-6th grade teachers include: Connecting the California Health Education Content Standards and using United States Department of Agriculture (USDA) funds to expand nutrition education and PA promotion. Other topics include USDA

contract requirements, the link between nutrition and academic performance, resources & web sites that address the goals and objectives of the *Network for a Healthy California (Network)* Program, implementation of the *Harvest of the Month (HOTM)*, MyPyramid, Dietary Guidelines for Americans, nutrition education materials, reading food labels, Cooking in the Classroom, and physical activity promotion in context of nutrition education.

- Train the trainer education occurs at monthly Coalition meetings for 10 subcontracting districts.

Harvest of the Month (HOTM)

- Teachers, nurses, and other school staff receive monthly newsletters.
- Parents receive monthly newsletters in English, Spanish, and Vietnamese.
- Parents receive monthly *HOTM* taste test and PowerPoint lessons in English and Spanish.
- Students taste test in the classroom, cafeteria, at recess, and/or afterschool.
- School libraries and teachers receive food-themed books and nutrition educational resources highlighting featured *HOTM* produce items.
- *HOTM* is featured on Pre - K bulletin boards and parent boards.
- *HOTM* items are featured on school menus and in school newsletters.
- Classroom cooking demonstrations are conducted.
- Students receive *HOTM* workbooks, bookmarks, and stickers.
- Students at Outdoor Science Camps receive information regarding the featured produce item of the day.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Select school districts participate in the Kid Healthy-Steps for Healthy Living campaign and utilize resources from *The Children's Power Play! Campaign (PPI)*, University of California Cooperative Extension curricula and Dairy Council materials.
- Pre K –8th Grade classrooms incorporate nutrition education into other key subject matters.
- Monthly nutrition education modeled in the classroom at some sites.
- Guest chefs visit classrooms and conduct cooking demonstrations and provide nutrition lesson.

Nutrition Education and PA *Outside* the Classroom

- Nutrition and PA is promoted at school wide events such as community festivals, health fairs, literacy fairs, back to school nights, open house, Kinder Roundup, Family Nutrition Nights, and other school events.
- Nutrition education promoted during Red Ribbon Week, International Walk to School Week, and National Nutrition Month.
- Cooking clubs at middle school sites and in afterschool programs.
- Happy and Healthy Choices weekly group meetings led by school counselor in middle schools.
- School Assemblies, school wide organized field days or walkathon, and nutrition education promotional events.
- Nutrition education at Outdoor science camps including nutrition lessons, activities, plays, and promotions.

- Nutrition education station at Outdoor Science field programs.

Nutrition Education and PA in Afterschool Programs

- Grade specific nutrition education including cooking demonstrations and PA promotion in afterschool programs.

Youth Development/Engagement

- School wide promotional events bring together students and their families which makes a connection between the school environment and the community.
- School counselors work with middle school students in various groups/clubs at the middle schools to promote healthy choices.
- Skills-based nutrition education lessons and discussion activities provide an opportunity for youth to learn how to share their opinions and ideas about nutrition and make smart choices that can have a positive impact on their community.

Cafeteria Connections

- Featured *HOTM* produce items are highlighted on cafeteria menus.
- Food service staff participate in nutrition education trainings and promote the featured *HOTM* produce in the cafeteria by organizing special taste testing events.
- Posters in cafeteria and surrounding school environment.

Parent Education

- Annual Healthy Families Event, Family Nutrition Nights, and other school sponsored family events.
- Parent newsletters and packets distributed at Individual Education Plan and Parent-Teacher-Student Association meetings.
- Parent newsletters and packets distributed at various parent meetings and events.
- Handouts provided on basic nutrition topics such as MyPyramid, label reading, healthy choices and recipes, and utilization of federal food assistance programs.
- Sequential nutrition education classes are offered at targeted schools.
- Guest chefs and cooking demonstrations.
- Before school and after school nutrition education with students as guest chefs.
- Lunch with your student events with nutrition education booths and displays.
- Nutrition education at parent trainings for English learners.
- Nutrition education led by community liaisons.
- *HOTM* activities led by parent advisory committees.

Community Outreach and Media

- Nutrition Education stations at district health fairs, literacy fairs, and other school events.

Key Innovative Partners

- Children's and Families Commission of Orange County.
- Inside the Outdoors Science Camps and Field Program.

Pasadena Unified School District

Katia Ahmed, RN, MA, Ed, MS
kahmed@pusd.us

Phone Number: (626) 798-2458
 Fax Number: (626) 798-2658

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre-K	Elementary	Middle School	High School
Pasadena USD	19,248	X	X	X	X

Significant Evaluation Results in FFY 2009

The best moments were when we heard from parents how much the nutrition classes were positively changing their lifestyles. A parent shared with the class how he had lowered his “bad” cholesterol by reducing his saturated fats and increasing his fiber intake and exercise. Some parents shared how their children were eating more fruits and vegetables, because parents were following the chef’s advice on how to make fruits and vegetables more appealing by being creative. Many parents shared their happiness about being in shape through a healthy diet and exercise without having to follow any fad diets. Another happy moment was when a parent shared how she lowered her soda and energy drink intake from 7 cans to none in 6 months. There were many other success stories so we know that the nutrition classes were changing behaviors.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Nutrition education folders for teachers at the participating sites include resources from Dairy Council, Team Nutrition and/or lesson plans from approved resources for 20% of Teachers.
- Middle and High School PE teacher training for 30% of PE Teachers.
- School base health office staff, nurses and health clerks, training for 100% of Health Office Staff, 24 Nurses and 18 Health Clerks.
- Healthy Start Family Center staff training for all Healthy Start Staff and approximately 15 Staff Members.
- *Harvest of the Month (HOTM)* teacher training at all participating *HOTM* schools for 48% of Teachers.
- Nutrition Service and Food Service staff training for 25% of Nutrition Food Service Staff.
- Afterschool Program staff training for 44% of After School Staff.

Harvest of the Month (HOTM)

- K-8th grade participating classrooms.
- Teacher and family newsletters and students *HOTM* workbooks K-6th grade.
- *HOTM* grade appropriate books.
- Monthly *HOTM* presentation to PUSD Board of Education.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Special in classroom presentation promoting eating more fruits and vegetables and PA.
- Special Healthy Cooking demonstration to make eating fruits and vegetables fun.
- Nutrition games.
- Skilled based hands on activities.
- Sports, Play & Active Recreation for Kids and *The Children's Power Play! Campaign* Activities at all elementary school sites.

Nutrition Education and PA *Outside* the Classroom

- Nutrition, Health and Walk to School Week Celebration in October.
- National Nutrition Month Celebration in March and Essay Contest.
- Farmer to Classroom program for K-5th grade.
- Farm Stands program for middle and high school.

Nutrition Education and PA in Afterschool Programs

- Nutrition Cooking Camps and Nutrition games.

Youth Development/Engagement

- Student Advisory Council.

Cafeteria Connections

- *HOTM* celebration in the cafeteria at all elementary sites during National Nutrition Month.
- Produce taste testing in conjunction with school site salad bar program.

Parent Education

- English and Spanish skilled based nutrition classes.
- Parents' empowerment workshops.
- Participate in the Annual Parent Conference providing workshops.

Community Outreach and Media

- Community Events and Health Fairs.
- Participate in Annual Police Department Events.
- Participate in the Annual Parent Conference.

Key Innovative Partners

- Pasadena Police Department, Fire Department and Public Health Department.
- Young and Healthy
- El Centro After School

**Riverside County Community Health Agency
Department of Public Health**

www.rivco-nutrition.org

Nancy Allende
nallende@co.riverside.ca.us

Phone Number: (951) 358-5889
Fax Number: (951) 358-5885

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Riverside USD	600		X		
Hemet USD	363		X		
Nuview Union SD	175		X		

Significant Evaluation Results in FFY 2009

Many of the children who participated in the *Harvest of the Month (HOTM)* activities mentioned how they now eat the featured produce more often at home. The children also shared how they pick out the featured produce at the supermarket for their parents to purchase. Some children have vegetable gardens at home and asked their parents to add asparagus. Many of the children had never tried some of the featured produce and were grateful to have the opportunity to sample them. Some children mentioned how they wanted to carry out the *HOTM* taste test at home throughout the summer.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Nutrition education to approximately 90 food service staff at Riverside, Hemet and Nuview Union SD.
- Nutrition education to 6 teachers at Nuview Elementary.
- Topics for teacher trainings come from the *California Children's 5 a Day – The Children's Power Play! Campaign (PPI)* School Idea & Resource Kit for 4th and 5th grade students.

Harvest of the Month (HOTM)

- *HOTM* activities including taste testing at Riverside, Hemet and Nuview schools.
- Students attend *HOTM* assembly. Poster contests and calendars developed.
- Distribution of newsletters to teachers, children and parents. Menu slicks provided to school food service.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Collaborate with the Desert Sierra *Regional PP!* at Nuview elementary to promote student nutrition education and PA.

Nutrition Education and PA *Outside* the Classroom

- *HOTM* activities at breaks, in the cafeteria and at two assemblies per school year.
- 4th and 5th grade poster contest with fruit, vegetable and PA theme.

Nutrition Education and PA in Afterschool Programs

Youth Development/Engagement

Cafeteria Connections

- Nutrition education training to food service staff at Riverside, Hemet and Nuview Union SD.
- *HOTM* posters are given to school food service to display in their school cafeterias promoting fruit and vegetable consumption.
- At two assemblies, *Network for a Healthy California (Network)* staff dress up in fruit and vegetable costumes.

Parent Education

- Parent classes held at schools.
- Classes include the following topics:
 - Get the facts to make healthy choices
 - Choosing healthy foods using MyPyramid
 - Label reading for better eating
 - Cut the fat for Better Health
 - Fruits and Vegetables and whole grains too ... What's in it for you?
- Booth at Back to School night events.

Community Outreach and Media

Key Innovative Partners

- Riverside USD –supports the *Network* messages of eat more fruits and vegetables and daily PA.
- Hemet USD - supports the *Network* messages of eat more fruits and vegetables and daily PA.
- Nuview Union SD - supports the *Network* messages of eat more fruits and vegetables and daily PA. This school district is participating in our impact evaluation.

Rosemead School District

www.rosemead.k12.ca.us

Lily Voong

lvoong@rosemead.k12.ca.us

Phone Number: (626) 312-2900

Fax Number: (626) 307-6178

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Rosemead School District (RSD)	2,990	X	X	X	

Significant Evaluation Results in FFY 2009

Teachers were able to sample 5 *Harvest of the Month (HOTM)* produce in 2009. Based on year-end teacher evaluation survey, they would like to have *HOTM* every month. They used the student *HOTM* workbooks and requested to have it again next year. Teachers reported that students were excited about trying different *HOTM* fruits and vegetables in the classroom. Some teachers noticed their students started to bring fruits and vegetables for their snack.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Conduct nutrition workshops to teachers 1-5 times each year. Topics may include information on Dairy Council of California (DCC), ABC 7 – Kid Healthy Campaign, *HOTM*, and Cooking in the Classroom, “Shape of Yoga”, “Power up in 10”, California Health Ed. Content Standards and other topics as requested by the participants. About 10% of teachers will be reached.
- Conduct nutrition workshops to food service staff 1-5 times each year. Topics may include information on Dietary Guidelines, Trans Fats, Sodium, *HOTM*, National Nutrition Month and other topics as requested by the participants.

Harvest of the Month (HOTM)

- *HOTM* will be conducted 6 times a year. Student and teacher will receive a small sample taste test and *HOTM* student workbooks.
- Cafeteria will post up the *HOTM* highlights newsletter in cafeteria bulletin board.
- *HOTM* parent newsletter is past out at Back to School Night, Open House and other special events/parent classes.
- Books linked to the *HOTM* are available for checkout from the school library.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

Resources available for teachers:

- Dairy Council of California (DCC) materials for K-8th and afterschool program.
- *The Children's Power Play! Campaign (PP!)* School Idea and Resource Kit for 4-5th and afterschool program.
- Team Nutrition – MyPyramid lessons plans for 1-6th.

Nutrition Education and PA *Outside* the Classroom

- Peace Fair: Provide fruit and vegetable samples, nutrition and PA education booth display for parents, teachers and students.

Nutrition Education and PA in Afterschool Programs

- Training will be provided to afterschool leaders on incorporating nutrition and physical activity education.
- Partner up with After School Education & Safety program to provide hands on cooking demo to all 5 school site per month.

Youth Development/Engagement

- Annual School Wide Nutrition and PA Art Contest for K-6th.
- Annual School Nutrition and PA Essay Contest for 5-8th.
- “Kid Healthy” - Steps to Healthy Living Campaign – students track their steps with pedometers and fruits and vegetables intake for 2-3 weeks. In conjunction with completing lessons from *PP!*
- Student volunteer opportunity for Annual Run/Walk event with our Middle School Key Club, ASB, Boys & Girls Scout and Builders Club.
- Guest Chef cooking demo to Middle School Nutrition class. Topics include healthy recipes, PA and job opportunity in the food/culinary arts.
- Provide information pamphlets and posters on Governor's Challenge Competition.

Cafeteria Connections

- Cafeteria menus will have nutrition and PA messages.
- Cafeteria decorations and bulletin board decorations will promote nutrition and PA to students.

Parent Education

- Conduct 5 interactive Nutrition and PA education classes for Migrant Education Even Start program for 20-30 parents. Topics will include MyPyramid, fruits and vegetables, label reading, sugar, calcium and breakfast.

Community Outreach and Media

- Annual Run/Walk – Health & Fitness Fair: “Eating, Running and Thinking Healthy”. K-8th & Adult Run/Walk contest. Community health and resource booths will be available for participants to visit. Fruit and vegetable samples and nutrition promotional items provided to all participants.

Key Innovative Partners

- The Educational Foundation for RSD funds Annual Run/Walk event.

San Bernardino County Dept. of Public Health

www.sbcounty.gov/eatwell

Jeanne Silberstein

Phone Number: (909) 387-6320

jsilberstein@dph.sbcounty.gov

Fax Number: (909) 387-6899

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Rialto USD	960	X			
Colton Joint USD	384	X			
Ontario-Montclair SD	696	X			
Adelanto SD (SB Co. Superintendent of Schools)	96	X			
Chino Valley USD (SB Co. Superintendent of Schools)	384	X			
Hesperia USD (SB Co. Superintendent of Schools)	144	X			
Mountain View SD (SB Co. Superintendent of Schools)	48	X			
Cucamonga SD (SB Co. Superintendent of Schools)	96	X			
Victor Elementary SD (SB Co. Superintendent of Schools)	240	X			
Redlands USD	68		X		
San Bernardino City USD	1,600	X	X	X	X
Apple Valley USD	416	X			
Morongo Valley (SB Co. Superintendent of Schools)	120	X			
Lucerne Valley (SB Co. Superintendent of Schools)	48	X			
Bear Valley (SB Co. Superintendent of Schools)	96	X			
Silver Valley (SB Co. Superintendent of Schools)	192	X			

Significant Evaluation Results in FFY 2009

As a result of participating in the *Harvest of the Month (HOTM)* program, one of the teachers wrote a grant procuring funds to have fresh fruits and vegetables available to all students during the recess period. In addition, the participating teachers observed that their students brought healthier food items, including fruits and vegetables to classroom parties instead of unhealthy foods with no complaints from their peers!

Teachers reported that the sheer enthusiasm from their students was extremely rewarding. That youth were more willing to simply taste fruits and vegetables was a tremendous

success and their comments (positive/negative) and funny faces were memorable. Finally, there was an increasing number of youth who wanted to eat the fresh fruit/vegetables available at recess.

When asked about what youth knew about healthful eating, results indicate that youth were significantly more aware about eating the peel of fruits and vegetables such as apples and pears ($p=.001$). In addition, more youth indicated correctly that eating fruits and vegetables could help lower their chances of getting heart disease or cancer and could identify fruits and vegetables grown in California.

While data showed no significant results in how much fruits and vegetables youth consumed, trends indicated that less youth reported that they did not eat fruits/vegetables at all. Analysis revealed mixed results, however trends were towards improved perceived peer behavior, self-efficacy, outcome expectations, socialization and encouragement, and daily access were found.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- 12 or more teacher trainings for 144 Preschool Teachers and 210 support staff at 101 sites in 15 Districts will build on training from 2008-2009 general nutrition training (label reading, MyPyramid, portion distortion, etc.).
- Training on using *HOTM* for Preschool materials and books will be provided to the above enumerated classroom staff.
- *Network for a Healthy California (Network)* staff provides training to teachers on the Jump Start Resource Kit and Playing the Policy game.

Harvest of the Month (HOTM)

- *HOTM* Preschool materials will be provided to all participating preschool classrooms. Taste testing opportunities will be encouraged as appropriate.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- The pilot elementary school teachers use *HOTM* Workbooks, following the fruit/vegetables in Cycle II. The learning is classroom didactic and experiential. Classroom fruit and vegetable tasting, classroom lessons by trained teachers, recipe taste testing, connecting physical activity promotion and healthy eating to the school garden. *The Children's Power Play! Campaign* materials will be highlighted in 2010.

Nutrition Education and PA *Outside* the Classroom

- The teachers have access to a community garden located adjacent to the school which is on City Park property.

Nutrition Education and PA in Afterschool Programs

- The Regional grant contacts the after school programs. At our *HOTM* pilot site, the pilot teachers also provide some of the after school programming and upon occasion instruct the children in the garden.

Youth Development/Engagement

- The teachers through school garden activities primarily handle this. The Nutrition Program has the Voices for Change grant funded by Robert Wood Johnson, which has a focus on one high school group and one middle school group of students. The outcome is empowerment toward social action determined by the youth.

Cafeteria Connections

- Discussions are taking place to link *HOTM* activities to cafeteria options at San Bernardino City USD, Rialto SD and Colton SD.

Parent Education

- Parent Education in Preschools is provided via parent newsletters from *HOTM*, Color Me Healthy Teacher Kit and Healthy Beginnings.
- Additional parent education is provided by public health nutrition program staff in single presentations or series of classes based on parent need and interest in nutrition or PA topics.
- Nutrition education is provided to community partners participating in commodity food distribution during distribution times, showcasing information and recipes featuring foods provided in the food package.

Community Outreach and Media

- Local Incentive Awardee staff provided PA and nutrition education at major community events reaching over 1,000 people.

Key Innovative Partners

- San Bernardino County Healthy Communities.
- City of San Bernardino Operation Phoenix.
- Master Plan Church of the Nazarene.
- Dr. Ernie Medina who promotes the use of video-gaming exercise equipment.

San Francisco Unified School District

www.healthiersf.org

Mark Elkin
elkinm@sfusd.edu

Phone Number: (415) 242-2615
Fax Number: (415) 242-2618

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
San Francisco Unified School District (SFUSD)	7,000		X	X	X

Significant Evaluation Results in FFY 2009

97% of target school classroom teachers have seen significant improvements in the quality of food served as classroom snacks and rewards; 81% agree that the quality of food brought in from home has improved.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Five central professional development trainings for elementary classroom teachers (all state share) on farmers' market field trips, healthy learning environments, linking to science curricula and outreach to parents and the community.
- Professional development for 100 district food service workers.
- Site-based professional development workshops for classroom teachers (all state share) at 20 target sites on cooking in the classroom and garden-based nutrition education.
- Professional development for 40 secondary teachers (70% state share) on standards-based nutrition education lessons.
- Three professional development presentations for Health Advocates/teachers (65% state share) at 71 elementary schools on *Harvest of the Month (HOTM)*, nutrition resources, and website for school site staff with nutrition education and PA resources.

Harvest of the Month (HOTM)

- Monthly tastings and distribution of educational resources at 20 elementary schools.
- Quarterly tastings at additional elementary schools.
- Train-the-Trainer presentation for lead teachers at 20 schools.
- *HOTM* resources included on website and sent electronically to all SFUSD staff.
- Monthly *HOTM* presentations to Student Support Staff Department personnel.
- *HOTM* information in monthly Student Lunch newsletter. This Newsletter is not *Network for a Healthy California (Network)* funded.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Curriculum tubs with nutrition education and PA promotion lessons and activities at 20 target sites.
- Classroom lessons linked to language arts and science curricula, use of mobile cooking carts for demonstrations and tastings.
- Garden nutrition lessons, field trips to farmers' markets, and community gardens.
- Chef in the Classroom presentations in 40 classrooms.

Nutrition Education and PA *Outside* the Classroom

- Family nutrition events are held at each target school (1,000 to 1,500 parents).
- Program links to other family events, including Back to School, Literacy/Science Nights, and food pantry cooking demonstrations.
- Breakfast nutrition clubs, targeting students who are chronically tardy (5 – 10 sites).
- Walking clubs before or after school (5 – 10 sites).

Nutrition Education and PA in Afterschool Programs

- Workshops for after school staff (15 – 20 sites).
- Cooking clubs in target elementary schools.
- After School Physical Education Program (PEP) grant- supports *Sports, Play and Active Recreation for Kids (SPARK)* in-services. This is not *Network* funded.

Youth Development/Engagement

- Peer education programs at two middle, two high, and five elementary schools, to work with youth leaders--activities include harvest tastings and classroom lessons.

Cafeteria Connections

- At target sites, nutrition coordinators work with nutrition staff to plan breakfast clubs and nutrition education at salad bars.
- Inclusion of *HOTM* highlighted produce on school lunch menus.

Parent Education

- Parent and community nutrition education and PA promotion through Family Nutrition Nights, health fairs, and literacy nights (1,500 parents).
- Quarterly nutrition newsletter in English, Chinese, and Spanish distributed to target sites and linked electronically on program website (7,000 homes).
- Parent/caregiver workshops, held at 20 target sites, topics include healthy meal preparation, healthier classroom parties, and supporting the SFUSD Wellness Policy.

Community Outreach and Media

- Collaboration with city nutrition agencies and public transportation on poster contest and city bus campaign.

Key Innovative Partners

- San Francisco Community Nutrition Action Plan, San Francisco Municipal Bus system, San Francisco Department of Public Health/Chinatown, Bay Area Nutrition and PA Coalition, and *Shape Up San Francisco*.

San Joaquin County Public Health Services

www.sjcphs.org

Tina P. Orallo, MPH
torallo@sjcphs.org

Phone Number: (209) 468-3278
 Fax Number: (209) 468-2072

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Manteca USD	1,435		X		
Tracy USD	890	X	X		
Stockton USD	225	X	X		

Significant Evaluation Results in FFY 2009

Teachers in Manteca and Tracy USD value the relationship of partnership between local health department, schools and University of California Cooperative Extension (UCCE) regarding nutrition and physical activity education.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- *HOTM* in-service training for Elementary Classroom Teachers, Parents and Coordinators.
- After-School Coordinators and Counselors regarding *the Children's Power Play Campaign (PP!)* Curriculum.

Harvest of the Month (HOTM)

- *HOTM* newsletters distribution to Manteca and Tracy USD for their educators, parents and children.
- 48 schools and food services staff are trained each year on implementing *HOTM* lessons in their classrooms and cafeterias.
- Distribute *HOTM* newsletters at community events and parent education meetings.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Provide *HOTM* lessons and newsletters in Manteca USD and Tracy USD
- A letter of agreement between UCCE and *Network for a Healthy California* Local Incentive Awardees in San Joaquin County USD make use of nutrition resources.

Nutrition Education and PA *Outside* the Classroom

- AgVenture Day designed to help children connect with the agriculture and learn how farms work. This event highlights the importance of agriculture to the local economy. It promotes the benefits of choosing healthy foods. About 9,600 third graders from various school districts in San Joaquin County participate.
- AgDays event is a nutrition education presentation that includes taste testing to first and fourth graders at their cafeterias in Stockton USD. There were 1,383 students served in the past year 2008–2009.

Nutrition Education and PA in Afterschool Programs

- PHS *Network* staff, *Regional Network PP!* Coordinator and UCCE staff provides in-service training to Afterschool Coordinators and Counselors in San Joaquin County USD.

Youth Development/Engagement

- High School students act as peer educators to teach nutrition and PA lessons to elementary students.
- Student educators for fifth graders assists in teaching and promoting taste testing of the *HOTM* produce every month in their cafeterias.

Cafeteria Connections

- Meet with Food Nutrition Services staff monthly to follow-up on the *HOTM* program, The *HOTM* fruits or vegetables are included on their school menus.
- Promote nutritional messages via *HOTM* posters, bulletin boards, school menus, *HOTM* children newsletters, school websites and school events.

Parent Education

- Provide parent education through Coffee Hours, *HOTM* newsletters in school health fairs, Walk to School Day, Select San Joaquin AgVenture Day, Nutrition Olympics and community health events

Community Outreach and Media

- Greater Stockton Emergency Food Bank Newsletters
- Annual Public Health Week
- School Health Fairs - Back to School Night, Open House, Walk to School Day, Select San Joaquin AgVenture Day, Farm Day, and Nutrition Olympics”
- Community Health Fairs
- Multicultural events – Black Family Day, Cinco De Mayo, Cambodian New Year
- Local Coalitions

Key Innovative Partners

- Community Leaders
- School Boards and Administrators
- City of Stockton (Council members, Mayor, Planners)
- Community Safety Police Officers
- Faith-Based Organizations
- Board of Supervisors (County of San Joaquin)

Santa Ana Unified School District

www.sausd.us/14431028115851450/site/default.asp

Jennifer Chavez, R.D.
Jennifer.chavez@sausd.us

Phone Number: (714) 558-5688
 Fax Number: (714) 241-5088

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Santa Ana USD	54,500	X	X	X	X

Significant Evaluation Results in FFY 2009

Results for the **control** group of 4th and 5th grade students showed no statistical significance for the overall consumption of fruits, vegetables and juices. However, the results for the **intervention** group that were taught Team Nutrition My Pyramid lessons showed a statistical significance for the overall consumption of fruits, vegetables, and juices in the morning and the prior day; difference of .25, $p < .01$ in the morning and difference of .79, $p < .01$ for the prior day.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Professional Development will be offered in March to coincide with National Nutrition Month. Trainings are offered district wide for Pre K-12. Topics will include “How to Incorporate *Harvest of the Month (HOTM)* into Your Classroom Lessons.” Resources match with the districts core curriculum.
- Seven times per year we meet monthly with 55 teachers liaisons; they receive *HOTM* materials, resources, and lesson for Pre K-12 for the following month.

Harvest of the Month (HOTM)

- *HOTM* program is at 43 school sites. More will be added in January 2010. We are averaging 30,020 students taste tests per month. All schools (except one) are at 100% teacher participation.
- *HOTM* Student workbooks
- We have a *HOTM* Book Club that rotates to different elementary schools. The principal reads a book to the kids and than when the kids do a nutrition activity, we speak with the parents about *HOTM*. Parents and students participate in a taste test.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Our curriculum Specialists provides monthly lessons using the *HOTM* produce and tying it into state standards for Pre K-12th grade.
- We provide *HOTM* Big Books for our Pre Kinder population.
- We provide *HOTM* storybook books to qualifying schools.
- Currently we have 34 schools using the cooking cart.

Nutrition Education and PA *Outside* the Classroom

- Our Nutrition Advisory Council (NAC) students develop and organize nutrition and physical activity fairs.
- We coordinate nutrition nights, literacy nights, and school carnivals. We collaborate with *Regional Network for a Healthy California (Network)* to help provide PA.

Nutrition Education and PA in Afterschool Programs

Youth Development/Engagement

- Our NAC groups are in 13 Intermediate and High Schools. Two more schools will be added in January 2010.
- NAC groups will develop a pod-cast based on the *HOTM* and will be featured on local TV throughout Santa Ana.

Cafeteria Connections

- Our food service director offers the *HOTM* produce at least once a month on the menus, and also features the *HOTM* produce on the district/cafeteria staff menus. We place all our *HOTM* orders for taste testing through our food service department.
- *Network* staff trains the Food Service Supervisors on the *HOTM* program and provides signage for their cafeterias as well.

Parent Education

- Our *HOTM* Parent Cooking Class (*HOTM* PCC) has exploded! Parents provide cooking demonstrations at their school sites along with nutrition information and they also provide workshops to other parent leaders in other school districts and participate in community fairs as guest speakers.
- Our parents were contacted by Sacramento to participate in a Champions for Change commercial! We are hoping to reach 25,000 parents this school year.

Community Outreach and Media

- *Network* staff attends community fairs and health fairs. We commonly reach between 300-1000 families per fair.
- Our district news anchor comes to our fairs as well.

Key Innovative Partners

- Dairy Council of California has provided us with all the materials and resources from Pre K - 12th grade. All schools will be implementing Dairy Council materials.

Santa Barbara County Health Department

Susan Horne
susan.horne@sbcdph.org

Phone Number: (805) 681-4757
 Fax Number: (805) 681-5662

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Santa Barbara High SD	450			X	
Santa Maria-Bonita Elementary District	400	X	X		

Significant Evaluation Results in FFY 2009

Students take a *Harvest of the Month (HOTM)* survey each year in May. The results of over 200 surveys in May 2009 show that their favorites were apples (94%), mandarins (89%) and dried fruit (74%) while 82% of the students said they looked forward to *HOTM*. Students wrote that the best thing about *HOTM* was tasting/eating the fruits and vegetables (67% of all written comments) and 19% of these wrote that they liked tasting produce they never tried before.

For monthly *HOTM* events, one Special Education and all three Science teachers teach a short lesson along with a tasting for all students in grades 7 and 8. The cafeteria produces a *HOTM* menu item, often on the salad bar.

Last year the *HOTM* Art from the seventh grade Art class brightened the walls of the cafeteria, stopped crowds in the hallway display case, and was chosen to decorate the cover of the annual *Community Health Status Report 2009* by the County Public Health Department.

Key Activities for the School Year 2009-2010

Professional Development for Teachers and Staff

Harvest of the Month (HOTM)

- *HOTM* lessons/tastings are provided to La Cumbre Junior High School (JHS) students 8 times a year. All three Science teachers reach grades 7 and 8. One Special Ed teacher does a science lesson on *HOTM* and an Art class practices their

- artist technique of the week using the featured *HOTM* produce.
- The cafeteria serves at the JHS serves the *HOTM* produce.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- At two elementary schools, 200 students receive nutrition education using *Network for a Healthy California (Network)* or other *Network*-approved materials.
- *Network*-approved materials are shared with 9-13 Head Start sites and 200 families receive nutrition education.

Nutrition Education and PA *Outside* the Classroom

- A Walk to School Event is promoted by La Cumbre JHS Leadership Class.

Nutrition Education and PA in Afterschool Programs

- *Network* supplies *HOTM* materials, *Network* and *The Children's Power Play! Campaign* cookbooks for the Teen Cuisine after-school cooking class at La Cumbre JHS.

Youth Development/Engagement

Cafeteria Connections

- The cafeteria staff prepares a *HOTM* taste testing each month as a menu item or as part of the salad bar.
- *HOTM* posters are on display at 19 school cafeterias.

Parent Education

- Nutrition Education is provided to 200 pre-school children and their families.

Community Outreach and Media

Key Innovative Partners

- Partners for Fit Youth Coalition working to prevent childhood obesity.

Santa Clara County Public Health Department

www.sccgov.org/portal/site/phd

Lori Martin
Lori.Martin@hhs.sccgov.org

Phone Number: (408) 793-2713
 Fax Number: (408) 793-2731

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Gilroy Unified SD	114	X			X
Mountain View Whisman SD	120		X		
Franklin McKinley SD	805		X	X	

Significant Evaluation Results in FFY 2009

Be Sugar Savvy/Rethink Your Drink education at five school sites over the summer for children ages five through twelve, reaching over 1,200 students. Materials were very well received by Food Service Directors requesting more information.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Santa Clara County Public Health Department (SCCPHD) Resource Training – Training for partners on resources available through the *Network for a Healthy California (Network)*
- *Rethink Your Drink* – Train-the-trainer training for school *Fit for Learning* “champions” throughout the county, county partners, and community leaders
- Food Assistance Training – Provide new information on Women, Infants and Children (WIC), Food Stamps, National School Lunch/Breakfast Program, *Network Resources*

Harvest of the Month (HOTM)

- *HOT* family newsletters distributed to partners in Santa Clara County
- *HOTM* family newsletters distributed at Food Bank Family Harvest sites (30 over the year), at WIC offices, and school health fairs

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- SCCPHD Resource Training – Specifically provided lesson from the Latino Toolbox “Grow your Own Salsa”

- *The Children's Power Play! Campaign (PP!)* and children's books on healthy eating and PA

Nutrition Education and PA *Outside* the Classroom

- Pomeroy Collaborative: Family Science Night, attendance at Advisory Board Meetings
- *Walk to School Week* activities
- Cabrillo Health Fair
- Moreland School District Health Fair

Nutrition Education and PA in After-school Programs

- San Juan Bautista Child Development Centers – after school and summer school nutrition education
- Young Men's Christian Association after school partnerships for nutrition education

Youth Development/Engagement

- Nutrition Education programs – Mexican American Community Service Agency, Inc. El Portal Leadership Academy in Gilroy USD
- Poster Contest – Awards ceremony for grades four and five students and families

Cafeteria Connections

- Gilroy Fun Run – connections with school food service for nutrition education

Parent Education

- Cabrillo Health Fair – Parent break-out sessions
- School District Family Health Fairs

Community Outreach and Media

- Gilroy Wellness Policy Committee
- *Walk to School* Activities with Washington School, San Jose
- School Health Fair activities – booths and education classes
- Poster contest – Grades four and five submitted articles to local papers
- *Rethink your drink/Soda Free Summer* Nutrition Education Initiative
- Festival in the Park
- Healthy Trails
- Communities of Excellence in Nutrition, PA, and Obesity Prevention (CX³) – mapping, assessment surveys, fact sheets and forums
- San Jose Job Corp Health Fair
- Food Bank "Harvest of Knowledge" event participants – booth and nutrition education

Key Innovative Partners

- Second Harvest Food Bank
- Santa Clara County Office of Education *Fit for Learning* initiative
- Santa Clara County Parks & Recreation Department
- Summer Feeding Programs – Local School District Food Service Directors

Santa Clarita Valley School Food Services Agency

www.scvschoolnutrition.org

Tracy Fiscella, MS, RD, SNS
tfiscella@scvsfsa.net

Phone Number: (661) 295-1574
 Fax Number: (661) 295-0981

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Newhall SD	2,721	X	X		
Saugus SD	504	X	X		
Sulphur Springs SD	1,141	X	X		

Significant Evaluation Results in FFY 2009

The success of our Nutrition Advisory Councils (NAC) has been evident through expansion of the program from 4 to 6 schools and new opportunities to participate in schools events such as Family Fitness Nights, Camp Read Aloud, Nutrition Olympics, and MyPyramid Nutrition Assemblies.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Conduct 5-7 school site workshops in early spring, focusing on resource materials available and integration into curriculum.
- 30% of teachers providing state match will attend teacher trainings.

Harvest of the Month (HOTM)

- 125 teachers and 7 librarians receive monthly *HOTM* educator & family newsletters.
- 100% of teachers providing state match participate in *HOTM*.
- 3,200 students receive *HOTM* student workbooks.
- Taste-testing activities of featured produce in classrooms.
- Teachers & librarians receive monthly storybook featuring *HOTM* produce and curriculum connections.
- Schools use *HOTM* Recipe Bins to facilitate classroom tasting activities.
- In collaboration with Child Nutrition, featured produce item is on salad bar during tasting week.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Teachers promote healthy food choices with classroom cooking, tasting activities.
- Teachers use cooking carts or *HOTM* recipe bins to facilitate lessons.
- Promote *The Children's Power Play! Campaign (PP!)* to all 4th and 5th grade teachers.
- Provide information to obtain resources from Team Nutrition, MyPyramid, Dairy Council of California (DCC), and American Cancer Society.
- Support nutrition education in school gardens with curriculum resources and nutrition lessons in garden setting for 21 classes each month.

Nutrition Education and PA *Outside* the Classroom

- Present MyPyramid assembly with students being the "actors".
- Promote participation in Kids Cooking events; includes 2-3 classroom lessons per school to prepare students to plan a theme and lunch menu for ~100 people.
- Collaborate with Child Nutrition (food cost paid by food services): Students prepare lunch for parents/community VIPs, school administrators, board members, city officials, fire fighters, police & CHP, at the central kitchen facility.

Nutrition Education and PA in Afterschool Programs

- Provide afterschool programs with resources from Team Nutrition and DCC.

Youth Development/Engagement

- NAC program expanded from 4 to 6 sites, with students as peer educators.
- NAC students promote healthy food and activity choices through Public Service Announcements, taking photos and creating posters, presenting school-wide nutrition events such as MyPyramid assemblies and Nutrition Olympics.

Cafeteria Connections

- Promote *HOTM*, distribute materials & produce to classrooms monthly.
- Prepare food items for NAC tasting activities.
- Promote healthy food choices via posters, newsletter inserts, & staff training.

Parent Education

- Implement Family Cooking Night, linking English literacy with cooking activities and nutrition lessons.
- Present 1-3 basic nutrition lesson/s to parents at elementary & preschools.

Community Outreach and Media

- Send press releases to the local newspaper "The Signal" to promote *HOTM*, NAC, and special events: Kids Cooking, Family Cooking Night, NAC events.
- Provide information on healthy lifestyles at community events such Kids Expo and health fairs.

Key Innovative Partners

- Child Nutrition Program Santa Clarita Valley School Services Agency provides opportunities to reach students, parents and teachers through existing events and communication channels.

Santa Cruz City School District

Jessica Silverman Curcio
jcurcio@sccs.santacruz.k12.ca.us

Phone Number: (831) 429-3856 x1040
 Fax Number: (831) 427-4812

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Santa Cruz City SD	970	X	X	X	X

Significant Evaluation Results in FFY 2009

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Two *Harvest of the Month (HOTM)* teacher trainings to be held this year with five to ten teachers each.

Harvest of the Month (HOTM)

- Preschool to grade five classrooms receive *HOTM* tasting kit each month.
- Cooking and gardening activities in the school garden feature *HOTM* produce for each kindergarten through grade five student, twice a month.
- *HOTM* bulletin board featured in cafeteria each month.
- *HOTM* produce and display featured at key school events and meetings.
- *HOTM* resources shared with district Wellness Committee.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Teachers use the *Children's Power Play! Campaign (PPI)*, *Life Lab*, *Kids Cook Farm Fresh Food*, *Nutrition to Grow On*, *Team Nutrition*, *Teams with Intergenerational Support (TWIGS)*, and others. Teachers do cooking and tasting activities during small group rotations.
- In the school garden, small groups harvest produce and prepare simple recipes in our outdoor kitchen. Visits from local farmers to grades four and five classrooms with hands-on activities.

Nutrition Education and PA Outside the Classroom

- School-wide events such as Open House feature a nutrition display and a sample of a healthy snack.
- Fruit and vegetable theme days twice a year featuring Nutrition Olympics games and activities in the school garden; school-wide Dairy Council cow assembly; and field trips to local farms for fourth and fifth graders. Transportation provided through partnership with Community Alliance with Family Farmers.

Nutrition Education and PA in Afterschool Programs

- Afterschool program receives a *HOTM* kit each month. Field trip to farmers' market featured once a year.
- Fruit and vegetable photo cards featured in healthy cooking activities. After school cooking class provided.

Youth Development/Engagement

- In the garden nutrition program, students work together to prepare a recipe and build relationships as they learn about food preferences and the culture of food. Students work cooperatively to plant, observe, and harvest vegetables such as cabbage and peas. Students are encouraged to bring recipes and gardening skills home to share with their families. Students and families volunteer in the school garden at lunch recess and at community garden work days.

Cafeteria Connections

- Nutrition bulletin board in cafeteria monthly.
- School garden produce featured on cafeteria salad bar.

Parent Education

- Nutrition display at parent meetings twice a year. Healthy recipe featured at parent meeting once a year.
- Healthy cooking class for parents once a year. Parents are encouraged to help with classroom cooking projects.
- Monthly Second Harvest Food for Children distribution.
- Parents are encouraged to volunteer at the fruit and vegetable theme days and in the school garden.

Community Outreach and Media

- Nutrition booth featured at community Carnival event, and *HOTM* updates given to district Wellness Committee which includes community partners.

Key Innovative Partners

- Key partners include Second Harvest Food Bank, Community Alliance with Family Farmers, Life Lab Science Program, Familia Center, and *PP!*

Shasta County Office of Education

shastacoe.org

Tanya Marshall
tmarshall@shastacoe.org

Phone Number: (530) 224-3214

Fax Number: (530) 224-3201

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Shasta COE-Alternative Education & Special Ed	1,100		X	X	X
Shasta COE-Preschool	400	X			
Bella Vista Elementary SD	470	X	X	X	
Black Butte Elementary SD	230		X	X	
Cascade Elementary SD	1,260		X	X	
Fall River Joint USD	400		X	X	
French Gulch-Whiskey Town SD	25		X	X	
Gateway USD	150	X			
Happy Valley USD	350		X	X	
Igo, Ono Platina Elementary SD	110		X	X	
Mountain Union Elementary SD	125	X	X	X	
Redding Elementary	150	X			

Significant Evaluation Results in FFY 2009

The students at our intervention school showed a significant improvement in their preferences to all of the fruits and vegetables that were introduced during the intervention. We conducted nine tastings of fruits and vegetables allowing the students to prepare and taste the featured produce in different ways.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Provide 15-25 nutrition and physical activity (PA) trainings to 120 state match staff each school year.

- Training topics include *Harvest of the Month (HOTM)*, food safety, *the Children's Power Play! Campaign (PP!)*, healthy cooking demonstrations, rethink your drink campaign and Coordinated Approach to Child Health (CATCH) and A Sport, Play and Active Recreation for Kid (SPARK) with integrated nutrition education demonstrations.
- 100% of the teachers that attend the trainings are providing state match.

Harvest of the Month (HOTM)

- Over 3500 HOTM tastings provided to students each month.
- Provide Student workbooks, Family Newsletters, Educator Newsletters and Menu Slicks.
- 100% of the teachers providing state match participate in HOTM.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Provide HOTM produce, student workbooks, Educator and Parent Newsletters.
- Provide cooking demonstrations, and present nutrition lessons.
- Provide resources utilizing My Pyramid, Go Glow Grow, PP!, Instant Recess, and Rethink Your Drink.

Nutrition Education and PA *Outside* the Classroom

- Provide training and equipment for Nutrition Decathlons.
- Demonstrate CATCH and SPARK with integrated nutrition education.

Nutrition Education and PA in Afterschool Programs

- Provide cooking demonstrations and present nutrition lessons.
- PP!
- Provide CATCH and SPARK demonstrations incorporating nutrition education.

Youth Development/Engagement

Cafeteria Connections

Parent Education

- Provide nutrition education with taste tests and PA promotion at Afterschool Family Nights, Back to School Nights and Open Houses.

Community Outreach and Media

Key Innovative Partners

- SCOE Early Childhood Services
- Project Shasta Health, Academic and Recreation Enrichment (SHARE) Afterschool Program
- Bella Vista SD

Shasta County Public Health

www.shastapublichealth.net

Michelle Sabol
msabol@co.shasta.ca.us

Phone Number: (530) 225-5150

Melissa Puckett
mpuckett@co.shasta.ca.us

Phone Number: (530) 229-8465

Fax Number: (530) 229-8460

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Redding SD	680		X		
Enterprise SD	1,340		X	X	
Gateway SD	920		X	X	X
Fall River Joint Union SD	342		X		
Anderson Union High SD	1,670				X
Cascade Union SD	500			X	
Happy Valley Union SD	300		X	X	
Bella Vista Union SD	420		X	X	

Significant Evaluation Results in FFY 2009

The proportion of children who reported viewing TV in the morning decreased significantly after the intervention. This directly correlates with the curriculum lessons used and the TV Turn Off Week challenge. The students increased their knowledge and it was reported to be a great competition amongst them.

The type of meals consumed at school during lunch changed significantly towards school (hot) lunch (away from sack lunch) after the intervention. A 4th grade teacher ate lunch with her students every day to go over the importance of eating fruits and vegetables from the salad bar. Also, the classroom teachers became more aware of the importance of nutrition and encouraged students to bring healthy alternatives to classroom parties.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Provide 2-6 nutrition and physical activity (PA) trainings to approximately 80 state match staff each school year. Trainings topics include: nutrition for the PE teacher

(nutrition integration tips), healthy classroom parties and rewards, healthy fundraising ideas for schools, rethink your drink, importance of a healthy breakfast, healthy after school snacks, and how to cook with kids.

- Provide staff break room displays on nutrition using posters and recipe cards.

Harvest of the Month (HOTM)

- Approximately 12% of teachers and 100% of after school teachers in 1 school district are implementing *HOTM*.
- Develop educational display boards each month using *HOTM* produce information, science links and fun facts.
- Provide *HOTM* lessons and educator newsletter for the school year to 4th and 5th graders at various elementary schools.
- Provide *HOTM* resources to Food Service Director.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Supplemental instruction, including power points, on: *ABC's of healthy eating, Calorie Salary, Foodball, Instant Recess, Label Reading, Let's Get Physical, Portion distortion, Rethink Your Drink and Sugar mania.*
- Provide instruction for interactive nutrition games such as Jeopardy, Bingo and Wheel of Fortune.
- Use *Eat Well & Keep Moving* curriculum for the impact evaluation in 4th and 5th grade at 1 school site.
- Provide *My Pyramid* lessons and workbooks for 2nd grade classes.
- Present *Empowering Youth with Nutrition and PA* to middle school students.
- Educate and encourage teachers to attend garden based trainings and use curriculum in the classroom.
- Promote school breakfast and encourage students to participate.

Nutrition Education and PA Outside the Classroom

- Provide *Sport, Play, and Active Recreation for Kids (SPARK)* with integrated nutrition education instruction and demonstration lessons.
- Provide nutrition education at booths with taste tests at Open Houses, Back to School Nights, and Harvest Festivals.
- Provide taste test and breakfast survey during club recruitment day at high schools.
- Provide Bike Blender parties at special events.
- Coordinate and support Safe Routes to School (SRTS) events and ongoing walk/ride to school incentive programs with integrated nutrition education.
- Photo Voice – students map SRTS to identify healthy eating places and observe ways to improve safety for walking to school.
- Collaborate with Supplemental Nutrition Assistance Program - Education to provide a day long nutrition and physical activity event, Nutrition Decathlon.

Nutrition Education and PA in Afterschool Programs

- Encourage cooking activities; provide cooking demonstrations, and present nutrition education.
- Provide *HOTM* parent education newsletters.

- Provide *SPARK active recreation* training with integrated nutrition education and demonstration lessons.
- Provide nutrition education, bike blender demonstration and taste test at after school promotional events.

Youth Development/Engagement

- Present *Teens Make a Difference* and educate teens about projects and opportunities to participate.
- Recruit teens, meet and identify nutrition education project for the school year.

Cafeteria Connections

- Collaborate with cafeteria staff to display posters and nutrition education messages that correlate to curriculum/instruction students receive in the classroom.
- Educate, update and provide nutrition information to food service directors.
- Facilitate cafeteria taste tests that feature nutrition messages.
- Provide resources and support for mural art contest at 1 high school cafeteria.

Parent Education

- Provide education at Parent Teacher Association (PTA) meetings to approximately 70 parents. Topics include: healthy choices for school celebrations and events, healthy fundraising and healthy eating on a budget.
- Provide nutrition education and resources about the National School Lunch Program during 8th grade orientations.
- Provide nutrition and PA information via school newsletter articles.
- Announce nutrition and/or PA events via school newsletter.

Community Outreach and Media

- Provide nutrition education with taste tests and/or PA promotion at community events, food retail outlets, and Farmers Markets.
- Utilize press releases to advertise events to print and broadcast media outlets.
- Paid media print, radio spots, and radio remotes to advertise and cover events.

Key Innovative Partners

- Utilize law enforcement and city officials to promote SRTS events. Shasta County Sheriff Department and City of Shasta Lake staff assisted with Walk to School event and nutrition education.
- Collaborative with the Healthy Shasta Partnership to encourage sustainable healthy eating and active living in Shasta County. Healthy Shasta sponsors an annual community event that incorporates healthy eating and PA including *Network* education messages and materials.
- Collaborate with Healthy Eating Active Communities partners on interagency activities and sharing of nutrition education and physical activity promotion resources. National Nutrition Month event featuring promotion of bean consumption by incorporating a bean entrée into school food service menus.

Tulare County Office of Education

www.tcoe.org/nutrition

Nani Rowland
nrowland@tcoe.org

Phone Number: (559) 651-0130 x3720
 Fax Number: (559) 651-1995

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Alta Vista Elementary School	540	X	X	X	
Cutler-Orosi USD	3,877	X	X	X	X
Dinuba USD	5,629	X	X	X	X
Exeter Public Schools	3,053		X	X	X
Kings River Elementary School	525		X	X	
Monson-Sultana Elementary School	425		X	X	
Porterville USD	13,685	X	X	X	X
Woodlake Union Elementary School	1,650	X	X	X	
Special Services	904	X	X	X	X

Significant Evaluation Results in FFY 2009

Teachers at both elementary and intermediate schools noted the increased willingness and notably enthusiastic anticipation, to try new fruits and vegetables as a direct result of our nutrition education/taste testing program. These fervent students are transferring this knowledge and experience to their parents and younger siblings at home.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Professional development topics include nutrition basics, *Harvest of the Month (HOTM)* implementation training, *Nutrition and Science Links*, garden-based nutrition education, Shaping Health as Partners in Education, *Network for a Healthy California (Network)* Annual Conference workshops, and skills-based training.

Harvest of the Month (HOTM)

- Monthly/quarterly opportunities for students to taste locally grown produce.
- *HOTM* themed story books in library.
- Teacher nutrition education resource packets with *HOTM* transparencies, newsletter, student workbooks, teaching points, stickers and recipes.
- Parent newsletter and menu slicks in English and Spanish.
- Each month, Tulare COE administration receives *HOTM* materials and a tasting

sample.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Nutrition education folders are distributed to teachers at participating sites include resources from Dairy Council of California, Team Nutrition, and *HOTM*.
- Skills-based, hands-on activities.
- Special classroom presentations by guest chefs and Nutrition Advisory Council (NAC) members.

Nutrition Education and PA *Outside* the Classroom

- Fruit and vegetable costumes are used to promote nutrition education at events.
- Participation in Farm Day, Literacy Fairs, and Nutrition Challenge Bowl.
- Retail supermarket tours with *HOTM* recipes and posters.
- Calendar Art Contest – “Tulare County Agriculture... A Healthy Choice.”
- Nutrition education essay contest for fourth and fifth graders, nutrition game shows, and more.

Nutrition Education and PA in Afterschool Programs

- Students receive hands-on opportunities to prepare nutritious snacks.
- Program staff receives nutrition information including recipes, lessons and activities.
- Health Education and Health Services Training.

Youth Development/Engagement

- NAC students share feedback on the role good nutrition plays in students' lives, their foodservice needs, and making healthy foods available.
- NAC members acknowledge and honor Food Service employees in May.

Cafeteria Connections

- Menu slicks include *HOTM* facts, PA information, and literature links.
- Fruit/vegetable of the month is featured in the School Breakfast and Lunch Program.
- Food Service Directors participate in monthly partner meetings to keep informed.
- *HOTM* posters and bulletin boards promote nutrition messages.
- Provide nutrition education at National School Breakfast and Lunch weeks.

Parent Education

- Parent classes taught by *Network* Nutrition Liaison include: basic nutrition lessons, healthy shopping tips, menu planning, and *Cooking Smart, Living Smart*.
- Presentations to parent groups at Back to School Night and Open House.

Community Outreach and Media

- Nutrition information booths at school and community events.
- Interviews granted regarding nutrition education activities on or about school sites, articles and photos submitted on a regular basis to promote nutrition/PA message.

Key Innovative Partners

- FoodLink, Tulare County Farm Bureau, Young Men's Christian Association, City Parks and Recreation, Chamber of Commerce, County and School Board Members, and County Board of Supervisors.

**University of California Cooperative Extension,
Alameda County - Nutrition Education Training Academy (NETA)**

Lucrecia Farfan-Ramirez
cdalameda@ucdavis.edu

Phone Number: (510) 567-6812
Fax Number: (510) 748-9644

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Oakland Unified School District (OUSD)	2,000	X			

Significant Evaluation Results in FFY 2009

The findings of this past year’s evaluation with 59 adult participants indicate that the five nutrition/cooking intervention series model were effective in increasing self-reported fruit- and vegetable-related behaviors. Participants significantly increased fruit and vegetable consumption, in both quantity and variety. These improvements demonstrate positive behavior change in parents receiving nutrition education/cooking classes.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Approximately 85 teachers and 130 Instructional Assistants receive training to use the *Nutrition Matters!* Module 1 Nutrition, Module 2 Edible Gardening & Nutrition, and Module 3 Physical Activity (PA) as part of their quarterly district meetings. In addition, an annual Symposium is held to offer trainings on topics of nutrition, edible gardening, PA, community mobilization, and food security.

Harvest of the Month (HOTM)

- Approximately 75 child development classrooms in OUSD use the *HOTM* program. Resources used to implement the *HOTM* include: *HOTM* monthly posters in the classrooms, hallways and entry ways, calendars, teacher and parent newsletters and lesson plans, and monthly taste-testing of featured fruit or vegetable. 100% of OUSD preschool teachers and instructional assistants provide state-match.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- We offer edible gardening and PA training for teachers on how to incorporate lessons from our *Nutrition Matters!* Curriculum, *HOTM*, and *Sports, Play and Active Recreation for Kids (SPARK)* into their regular classroom activity and are linked to the Department of Education Desired Results.

Nutrition Education and PA *Outside* the Classroom

Nutrition Education and PA in Afterschool Programs

Youth Development/Engagement

Cafeteria Connections

Parent Education

- The NETA Program hires parents for the Community Nutrition Education Component (CNAM) to learn about health and nutrition practices to improve themselves, their families and the community. They provide cooking demonstrations and tastings in the community, events, and school settings. Parents are trained by NETA staff to teach five nutrition education lessons, over approximately five weeks: Plan, Shop, Save; Vegetables and Fruit; Whole Grains; Make A Change; Celebration New Skills and PA. We anticipate reaching about 5,000 parents.

Community Outreach and Media

- The NETA program connects with the community through various community events such as the Dia de los Muertos Festival, La Clinica Health Fair, and “Back to School Bash” by providing cooking demos, tastings, and nutrition education resources to families.

Key Innovative Partners

- Some key partners are; Alameda County Nutrition Services supporting efforts to bring produce and *HOTM* into OUSD preschool classrooms; East Bay Asian Youth Center partnering to provide preschool parents access to fresh produce through farmers markets held on their school campus; and Pacific Coast Farmers Market partnering to provide fresh produce for cooking demonstrations, cooking classes, and tastings in the school and community.

University of California, San Diego

www.ucsdnutritionlink.org

Kari Herzog Burke
kherzog@ucsd.edu

Phone Number: (619) 681-0648
Fax Number: (619) 681-0666

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Lemon Grove SD	830		X		
San Diego USD - Rosa Parks Elementary	466		X		

Significant Evaluation Results in FFY 2009

UC San Diego's (UCSD) *Nutrition Link* provides brief quizzes (5-6 questions) for students to complete at the end of each web-based lesson. These web-based lessons are designed to be an introduction to a nutrition topic and are administered prior to the delivery of in-class lessons. On average, students are correctly answering questions just over half of the time (56%), which suggests the information presented is new and creates an opportunity for enhanced learning with the delivery of the in-class lesson.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Conducting a minimum of two trainings on topics to be determined based on input from target audience and other stakeholders.

Harvest of the Month (HOTM)

- Distribute take-home nutrition education materials for parents through participating classrooms.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- *Nutrition Link* is a nutrition education curriculum designed to help elementary students grades 3-5 acquire the knowledge, skills, and practical solutions that will enable them to adopt healthier eating and PA attitudes and behaviors for life.
- The curriculum is comprised of web-lessons and classroom lessons that are grouped into 7 nutrition education units per grade, with each unit including two web lessons and one classroom lesson. These lessons include: MyPyramid, Food

Safety, California Fruits & Vegetables, Nutrition Facts Label, Breakfast, Vitamins & Minerals, PA, Digestion, Energy Balance, Food Advertising, and Body Image.

- The relevancy of each key nutrition concept is enhanced by integrating it with core subjects for each grade level, such as applying math to better understand the food label for fourth graders studying volumes or exploring the relationship between a high fat diet and heart disease for fifth graders studying the human body.
- *The Children's Power Play! Campaign* activities are incorporated into over 50% of *Nutrition Link* lessons.

Nutrition Education and PA *Outside* the Classroom

- Conduct cross-promotion activities in participating schools including, but not limited to the publication of articles in school newsletters or lunch menus; collaboration with school-based programs to provide nutrition education; or promoting fruits and vegetables featured in *Nutrition Link* taste tests, in school lunch lines, salad bars, etc.

Nutrition Education and PA in Afterschool Programs

Youth Development/Engagement

Cafeteria Connections

Parent Education

- Regular participation in school and community events such as Open Houses, Back to School Nights, and health and safety fairs. *Nutrition Link* focuses on teaching parents about the importance of eating fruits and vegetables for their family, label reading, eating healthy on a budget, food safety, increasing fruit and vegetable consumption, and portion sizes.
- Articles written by staff regarding nutrition and PA topics are posted in english and spanish on the parent's page of program website.

Community Outreach and Media

- UCSD *Nutrition Link* staff write and submit several nutrition education and PA promotion articles or op-ed pieces to local and/or ethnic media outlets.
- Dissemination of information and flyers including the Summer Foods Service Program free summer meals at schools to the community.
- Participation in community health fairs and local farmers markets.

Key Innovative Partners

- Healthy Options for Nutrition Environments in Schools, Kaiser Permanente.
- City Heights Educational Collaborative.
- *Network for a Healthy California - San Diego and Imperial Region*
- La Prensa newspaper and Salud+ Magazine publish educational articles.

Ukiah USD

www.uusd.net

Terry Nieves
tnieves@uusd.net

Phone Number: (707) 462-2561
Fax Number: (707) 463-2120

Number of Students Reached and Grade-Levels Served in FFY 2010

District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Anderson Valley USD	339		X	X	X
Arena Elementary School	114		X		
Fort Bragg USD	1,890		X	X	X
Laytonville USD	375		X	X	
Leggett Valley USD	109		X	X	X
NCO Head Start (Preschool)	240	X			
Mendocino County Alternative Education Program	85			X	X
Point Arena Joint Union	249				X
Potter Valley USD	269		X	X	
Round Valley USD	460		X	X	X
Ukiah USD	5,104	X	X	X	X
Willits USD	962		X		X

Significant Evaluation Results in FFY 2009

Our impact evaluation was done in grades four and five and the most significant finding was that students who were “educated” in the cafeteria during lunchtime by our nutrition educator, also ate the most fruits and vegetables. That cafeteria education included role playing, peer games and actual checking with students to make sure they had something green on their plates.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- *Rethink Your Drink - Sugar Savvy* Training for over 100 teachers.
- Provide training to nutrition educators on using the *Harvest of the Month (HOTM)* teacher resources.
- Provide training on the Education Administrative Reporting System forms this year for all staff.
- Provide training on the Northcoast *Harvesting Health-Garden Based Nutrition Education* program for our garden/nutrition educators.

Harvest of the Month (HOTM)

- Ukiah USD participates in *HOTM*.
- Students participate in cooking contests highlighting *HOTM* produce.
- Festivals and health fairs have a *HOTM* component.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Garden nutrition education is provided to students-- “when kids grow it- they eat it”.
- Cooking in the classroom and nutrition education is provided on *MyPyramid*, nutrients, how to shop for foods, and several other nutrition topics.

Nutrition Education and PA *Outside* the Classroom

- Nutrition and PA promotion occurs at school assemblies.
- Parent and children cooking classes are facilitated in partnership with retail stores.

Nutrition Education and PA in Afterschool Programs

- Cooking classes are provided after school, as well as fitness and PA fun clubs at the middle schools.

Youth Development/Engagement

- High school students provide peer nutrition education in the afterschool programs. We collaborate with North Coast Opportunities mini-grant Better Eating, Activity and Nutrition for Students (BEANS) program.

Cafeteria Connections

- *HOTM* posters are displayed and tastings occur in many of our cafeterias.
- Some cafeterias make an effort to include the *HOTM* in the foods for the month.

Parent Education

- Nutrition education is provided at Open House, Family Fun Nights, Back to School nights, and various school related activities.

Community Outreach and Media

- Annual Children’s Health Fair promoting nutrition education messages.
- Provide nutrition information at Farmers’ Markets, health fairs, community events, and on radio interviews.
- Provide nutrition information to our local public access television stations, giving them Public Service Announcements the *Network for a Healthy California (Network)* as well as providing them with *Network*-approved videos/DVDs on nutrition and food preparation.

Key Innovative Partners

- Mendocino Public Health Department - they support us by promoting our message in their activities and collaborating with us on events.
- Mendocino First 5 and North Coast Opportunities - collaborating on the BEANS grant and other nutrition and fitness mandates they might have that we can support.
- Ukiah Valley Medical Center - on their nutrition education program.

United Indian Health Services

www.uihs.org

Alison Aldridge
Alison.Aldridge@CRIHB.net

Phone Number: (707) 825-4098
 Fax Number: (707) 825-5035

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Del Norte USD	200		X		
Klamath-Trinity Joint USD	100		X	X	

Significant Evaluation Results in FFY 2009

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- The *Children's Power Play! Campaign (PP!)* Trainings for *Network for a Healthy California (Network)* Staff
- Food Safety Trainings

Harvest of the Month (HOTM)

- Family Newsletters Distributed Monthly
- Physical Activity (PA) and Nutrition Activities Monthly

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- *HOTM*
- *PP!*
- *MyPyramid* resources

Nutrition Education and PA *Outside* the Classroom

- We travel extensively throughout our two-county service area to various Native American Events to promote Nutrition and PA.

Nutrition Education and PA in Afterschool Programs

- Monthly Nutrition Education in after school programs at schools and Native American Community Centers.

Youth Development/Engagement

Cafeteria Connections

- We created bulletin boards with Nutrition and PA Messages on display in school cafeterias.

Parent Education

- Family Newsletters
- Back to School Nights

Community Outreach and Media

- We are at all community events, including our annual Harvest Party where parents are encouraged to bring their children and participate in various activities promoting Nutrition/PA.

Key Innovative Partners

- Community Alliance with Family Farmers

Vaughn Next Century Learning Center

vaughncharter.com

Suzanne Llamas
sllamas@vaughncharter.com

Phone Number: (818) 896-7461
 Fax Number: (818) 834-9036

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Vaughn Next Century Learning Center	2,000	X	X	X	X

Significant Evaluation Results in FFY 2009

Student nutrition knowledge has increased due to nutrition education activities. Evidence of this is the increased amount and variety of produce purchased due to student requests to the cafeteria manager. There is also an increase of student comments on the playground indicating that they are choosing to eat more fruits and vegetables.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- “Tender Loving Care” for new teachers orients them about *Network for a Healthy California* and nutrition education implementation strategies.
- Cafeteria Staff Training- Promoting Healthy Food Selections.
- Quarterly Professional Development for teachers-Topics to include: *Harvest of the Month (HOTM)* - Sharing of Classroom Strategies; English Language Development strategies for nutrition education, integrating nutrition education in other curricular areas
- Nutrition Team Leaders Training – Providing the available resources for different grade level such as Happy Healthy Me Curriculum for Pre K, *The Children’s Power Play! Campaign (PP!)* for 4th and 5th grades and California Dairy Council for the other grade levels.

Harvest of the Month (HOTM)

- School wide recognition of *HOTM*.
- *HOTM* Cooking in the Class lessons.
- Monthly *HOTM* informational assemblies for students.
- Monthly *HOTM* newsletters to parents.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Provide instructional material for school garden and cooking demonstrations using garden harvest.

Nutrition Education and PA *Outside* the Classroom

- “Eat Your Fruit and Veggies Campaign” implemented by family advocate at school lunch service, a reinforcement of nutrition education learned in cooking classes.
- Provide nutrition and PA books for “Nutrition Discovery Corners” in our Primary Pre K-1st grade, elementary and secondary libraries.
- Extended School Year Nutrition Mini-Camp classes that include PA promotion.
- Participation in the Governor’s Challenge Campaign for middle school students.

Nutrition Education and PA in Afterschool Programs

- Provide a cooking classroom and resources for the Afterschool Cooking Class.

Youth Development/Engagement

- Middle School and High School Nutrition Advisory Councils (SNAC) develop and provide nutrition education and taste testing activities for peers.
- Student Cook-Offs sponsored and hosted by SNAC and School Cafeteria.
- Nutrition education and taste testing activity booths sponsored by SNAC groups and held in community markets and community health events.

Cafeteria Connections

- Cafeteria highlights *HOTM* in monthly menu and in food selection.
- Cafeteria does *HOTM* promotional activities at lunch service in collaboration with SNAC.
- Cafeteria encourages fruit and vegetable selection through use of mural paintings on cafeteria walls.

Parent Education

- Monthly Parent Cooking Classes highlighting *HOTM* recipes.
- Parent Nutrition Education and PA evening Forums utilizing the Community Tool Box.
- Provide nutrition education resources at Back to School Night, Parent Appreciation Night, Open House, and health fairs.
- Provide Saturday Parent Nutrition Education Class.
- Provide nutrition training class for Pre K Parent Council.

Community Outreach and Media

- Provide nutrition education displays at our school health clinics.
- Provide nutrition education at community health fairs.

Key Innovative Partners

- Los Angeles County Health Department.
- Los Angeles Collaborative for Healthy Active Children.

Ventura Unified School District

www.venturausd.org/childnutrition/thehealthyschoolsproject/

Anne Thille
anne.thille@venturausd.org

Phone Number: (805) 641-5000 ext. 309
Fax Number: (805) 653-7830

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Ventura USD	4,000		X	X	X

Significant Evaluation Results in FFY 2009

Students are not only learning the message about eating more fruits and vegetables; they are taking the message home to their families as well. Many parents have called, E-mailed or stopped nutrition educators in the store to say they were here at their student's request to buy the ingredients to make their families the *Harvest of the Month (HOTM)* salad.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Three staff trainings for Nutrition Concepts II and Gardening are being offered this school year; one on the west-end, one on the east-end and one mid-town. They are two hour workshops.
- Additional trainings are available to sites if they are interested in having a training for their staff.

Harvest of the Month (HOTM)

- Taste Testing is done in the classroom each month in the K-2nd grade classes, additional grades are invited to participate as well. The first month was demonstrated by the nutrition educators with a green bean taste testing.
- Teachers receive the *HOTM* Educator Newsletter to incorporate *HOTM* in their classroom and a class set of the Family Newsletter to send home with their students.
- Nutrition educators prepare a salad each month featuring the *HOTM* produce with a different grade level. The cafeteria also serves this *HOTM* salad once a month on the salad bar and offers the *HOTM* produce on the salad bar through out the month.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Teachers use *The Great Body Shop* health curriculum in the classroom which includes both nutrition and PA and *Children's Power Play! Sports, Play, & Active Recreation for Kids* (SPARK) is used for Physical Education.
- Nutrition Educators model nutrition lessons and a cooking classes for each teacher.
- Nutrition educators are available to help provide lessons to teachers. Garden trainings are scheduled throughout the school year for staff and parents.

Nutrition Education and PA *Outside* the Classroom

- Growing Healthy Families – evening hands on activities for families which combines parent education and student reinforcement for lessons they have been receiving in class.

Nutrition Education and PA in Afterschool Programs

- Jr. Chef Club – children prepare a nutritious snacks and the compile a cookbook with all of their recipes.

Youth Development/Engagement

- Green teams are being developed at each of our *Network for a Healthy California (Network)* schools with 4th and 5th grade students. They will help in the gardens, recycling, and working as a team.

Cafeteria Connections

- Cafeteria Staff work with the Nutrition Educators and together help promote healthy choices at lunch. Cafeteria staff prepares and promote the *HOTM* salad once a month. *HOTM* produce is featured on the salad bar. Colorful posters are displayed each month featuring the *HOTM* produce. Each cafeteria also has a MyPyramid display which shows an example of a lunch with strings connecting to each food to their respective food group on the Pyramid. The display also lists the *HOTM* item, the *HOTM* salad, the nutrition class for the month, and a PA. The display is used to encourage healthy eating and PA.

Parent Education

- Growing Healthy Families Night – is an interactive hands on evening where parents and their children come to participate in the different stations together. The evening works both as a parent education opportunity as well as a reinforcement opportunity for students who have been receiving the nutrition information in their classes. Stations include the food groups, PA, and nutrition lessons such as label reading and is it really juice or flavored water.

Community Outreach and Media

- Summerfest a community celebration for healthy living, gardening, nutrition and PA.

Key Innovative Partners

- Ventura USD Partners with Ventura Parks and Rec., Ventura County Public Health, and Gold Coast Collaborative.

Visalia Unified School District

www.visalia.k12.ca.us

Neva Wright
NWright@Visalia.k12.ca.us

Phone Number: (559) 730-7409
 Fax Number: (559) 730-7576

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	<u>Grade-Levels Targeted</u>			
		Pre - K	Elementary	Middle School	High School
Visalia Unified School District (VUSD)	7,500		X	X	X

Significant Evaluation Results in FFY 2009

A nutrition education unit has been adopted across the district as part of the second grade curriculum. The classes are taught by *Network for a Healthy California (Network)* Nutrition Promoters and the classroom teachers. As the second year of the program began and Nutrition Promoters returned to the campus, they were often met by students wanting to show the fruit or vegetables they had brought in their lunch or share about the snacks they were now eating at home. We have also had parents share how their students wanted to make the yogurt parfaits at home or asked their parents to buy certain fruits or vegetables. Teachers have also commented that they have seen a change in some of the lunches and snacks brought from home following the classes.

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Nutrition Promoters will provide training and model *Harvest of the Month (HOTM)* lessons for 35 kindergarten teachers. This is about 15% of teaches providing state share.

Harvest of the Month (HOTM)

- *HOTM* will be conducted in 70 classrooms. *HOTM* will also be promoted at six school events reaching students and parents as well as reinforced at three cafeteria fruit and vegetable celebration events. Classrooms are provided the *HOTM* teacher resource and all events will provide a healthy tasting of the food and *HOTM* parent newsletter. Approximately 30% of teachers reporting state share participate in *HOTM*.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- *Reading Across MyPyramid* lessons are taught to all second grades at eligible school sites. State share is also provided by a nutrition unit taught by the Elementary Physical and Health Education teachers to all fourth, fifth, and sixth grade students.

Nutrition Education and PA *Outside* the Classroom

- The Elementary Physical and Health Education Teachers also provided nutrition education during physical education team with games and activities that reinforce nutrition concepts and healthy food choices.

Nutrition Education and PA in Afterschool Programs

Youth Development/Engagement

- This year we are starting a Youth Engagement Leadership program at one of our middle school after school sites. Students will research an area of nutrition or PA and report back to stake holders their findings. The goal is to build leadership skills and a positive force for healthy change among their peers.

Cafeteria Connections

- The cafeteria connection has been important to promoting nutrition at many of our elementary sites. *Fruit and Vegetable Celebration* weeks have been conducted with different activities everyday, decorations in the cafeterias support healthy eating and ceramic murals have been created by students and permanently mounted in three cafeterias promoting healthy eating and physical activity.

Parent Education

- Nutrition education has been conducted with parents at school site parent meetings and nutrition promotion is conducted at Back to School Nights, Open House, and special events.

Community Outreach and Media

Key Innovative Partners

- VUSD Coordinated School Health Committee, Central Valley Health and Nutrition Collaborative, the *Children's Power Play! Campaign*, American Cancer and University of California have been wonderful partners in supporting our program.

Windsor Unified School District

Ruth Roberson
maiwest@sbcglobal.net

Phone Number: (707) 935-9196
 Fax Number:

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Windsor USD	980		X	X	
Guerneville SD	298		X	X	
Monte Rio Union SD	102		X	X	
Santa Rosa City SD	466		X	X	

Significant Evaluation Results in FFY 2009

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- Local Incentive Awardee (LIA) Coordinators work closely with teachers and staff, but funding for professional development time is very limited.

Harvest of the Month (HOTM)

- All Coordinators in our program are required to use *HOTM*.

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Teachers use a variety of materials: *Kids Cook Farm Fresh Food*, *Nutrition to Grow On*, *Teams with Intergenerational Support (TWIGS)*, *HOTM*, *Children's Power Play! Campaign*, and materials from California Foundation for Agriculture in the Classroom.
- Students have hands on gardening activities that are very physical, and cooking activities featuring *HOTM* produce for that month.

Nutrition Education and PA *Outside* the Classroom

- All of our programs encourage PA integration through garden nutrition education and students are encouraged to make PA a part of their daily routine.

Nutrition Education and PA in Afterschool Programs

- All sites participate in the afterschool programs at least once a week. Activities include gardening, cooking and participating in campus events.

Youth Development/Engagement

- LIA Coordinators encourage youth participation by community volunteers, parents, and other groups. The Northcoast Collaborative will be introducing training on this in the coming months.

Cafeteria Connections

- Schools that have cafeterias are encouraged to participate in Shaping Health as Partners in Education (SHAPE). Coordinators are encouraged to use promotional materials from Champions for Change.

Parent Education

- Students share information with their families through newsletters, recipes, and *HOTM*. Parents are encouraged to participate in the program by volunteering.

Community Outreach and Media

- Each LIA site is involved in community activities that benefit their program such as *Walk and Roll*, but funding for media is very limited.

Key Innovative Partners

- Northcoast Nutrition and Fitness Collaborative
- Department of Health Services iGROW initiative (a countrywide initiative to connect people with resources to grow their own food – in their own yards or planters, with neighbors, or in a community garden).

Yolo County Health Department

www.yolocounty.org

Connie Melgoza
connie.melgoza@yolocounty.org

Phone Number: (530) 666-8742

Fax Number: (530) 666-3984

Number of Students Reached and Grade-Levels Served in FFY 2010					
District Name	# of Students Reached	Grade-Levels Targeted			
		Pre - K	Elementary	Middle School	High School
Woodland Joint USD	5,329	X	X		X
Washington USD	455		X		
Yolo COE Head Start / Early Head Start Program	774	X			
Esparto USD	90			X	

Significant Evaluation Results in FFY 2009

Key Activities for School Year 2009-2010

Professional Development for Teachers and Staff

- The Yolo County Office of Education (YCOE) 2009-2010 Course Catalog in conjunction with the Health Department offers nutrition education training and technical assistance for teachers and staff through out Yolo County. The professional development training promotes *HOTM*, *the Children's Power Play Campaign*, and Dairy Council curricula.

Harvest of the Month (HOTM)

- Classroom cooking and/or taste testing with *HOTM* lessons at all partnering sites and Parent meetings.
- *HOTM* Educator Newsletters and Menu Slicks distributed to staff at all partnering sites
- *HOTM* recipe preparation and Family Newsletters at parent meetings
- *HOTM* after school interactive cooking clubs/classes, school events, festivals/carnivals

Nutrition Education and Physical Activity (PA) in the Classroom (including School Gardens)

- Implementation nutrition education presentations and cooking demonstrations in alignment with state standards and PA within existing classroom practices.

Nutrition Education and PA *Outside* the Classroom

- Walk to School promotion and Nutrition Literacy Projects
- *HOTM* Festival/Carnivals/Open House/Back to School Nights
- Parent teacher Association (PTA) and Parent Teacher Organization (PTO) presentations

Nutrition Education and PA in Afterschool Programs

- *HOTM* nutrition education class series including interactive cooking demonstrations
- Cooking clubs at sites with school gardens

Youth Development/Engagement

- Nutrition education presentations and cooking demonstrations to middle and high schools and Teen Parents
- Training to engage youth in nutrition education promotion

Cafeteria Connections

- Nutrition education messages on school lunch menus and trainings on food modifications

Parent Education

- Nutrition education offered at adult education sites, and parent meetings
- Nutrition and PA information distributed at First 5 School Readiness Program sites

Community Outreach and Media

- Community Health Fairs; Public Health Week, Binational Health Week, Latino Health Awareness, Community Clinics, Dia de Los Ninos

Key Innovative Partners

- The Yolo County Health Department reached 17,381 residents through various nutrition education and fitness activities.
- The Health Department has implemented survey tools that have measured healthy behavior change. Nutrition education activities with this partnering agency have been successful.
- Washington USD; Westfield Village Elementary School
- YCOE; Head Start/Early Head Start Program *HOTM* activities and fitness activities are planned and carried out during staff trainings, inside the classroom, menu planning meetings, school events, at parent meetings and in the cafeteria.



The *Network for a Healthy California*
California Department of Public Health

Statewide School Networking Meeting

February 9, 2010
8:30 AM – 1:00 PM



This material was produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.