

CalFresh Healthy Living on College Campuses

Direct and Indirect Education Workshop

Melissa Stearns, MS

Marisela Mendez, BA



Funded by USDA SNAP, an equal opportunity provider and employer.
Visit www.CalFreshHealthyLiving.org for healthy tips.

Who's Here?

On the whiteboard, that will magically appear soon...

Introduce yourself!

- Type your name and campus
- Answer This Question: *If you could be anywhere (besides joining us for this workshop), where would you be?*

Goals

Understand Direct and Indirect Ed scope of work requirements



Understand reporting and data collection procedures

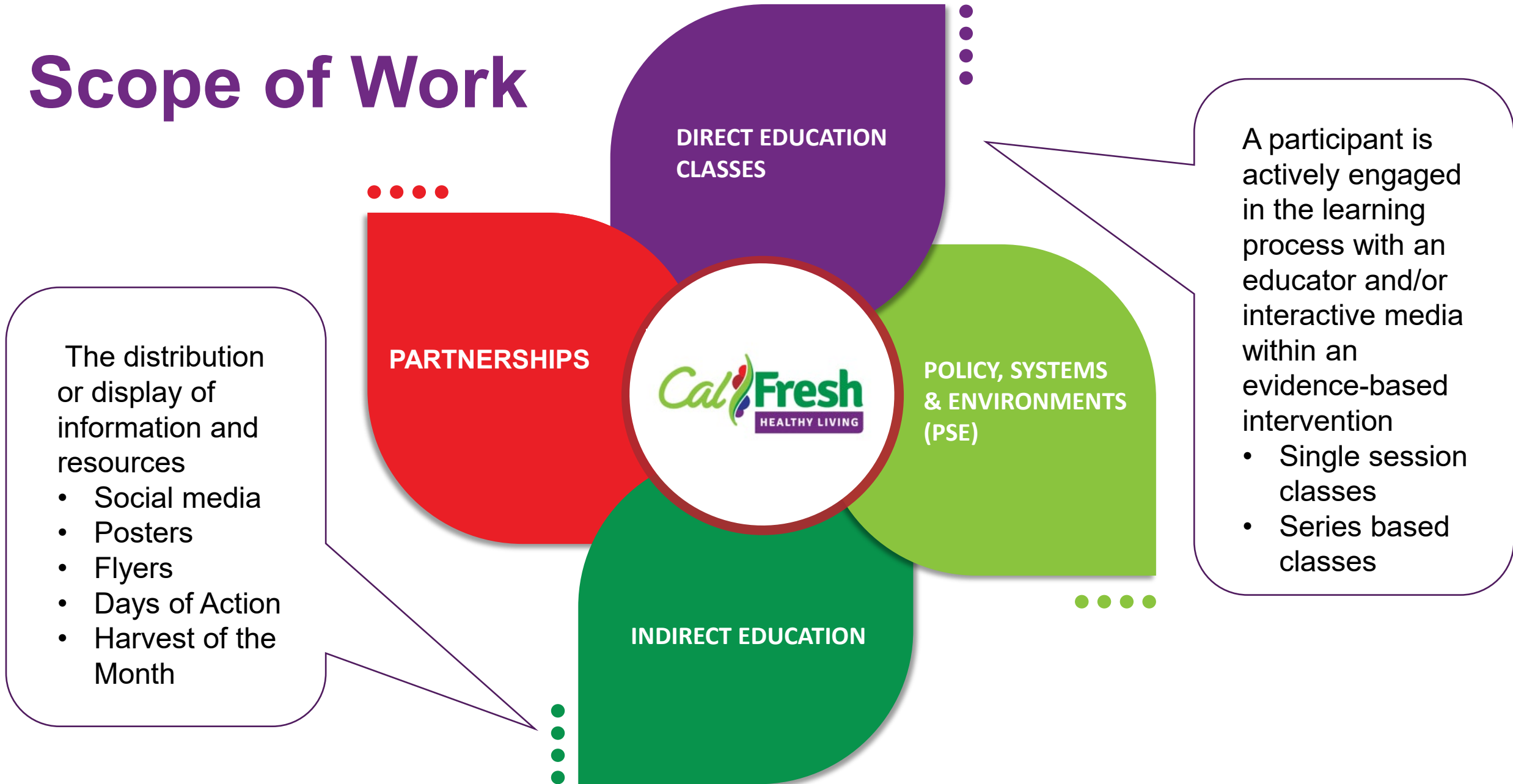


Learn how to facilitate an interactive Direct Ed class



Plan a Direct Ed class

Scope of Work



The distribution or display of information and resources

- Social media
- Posters
- Flyers
- Days of Action
- Harvest of the Month

DIRECT EDUCATION CLASSES

PARTNERSHIPS



POLICY, SYSTEMS & ENVIRONMENTS (PSE)

INDIRECT EDUCATION

A participant is actively engaged in the learning process with an educator and/or interactive media within an evidence-based intervention

- Single session classes
- Series based classes

Poll time



Direct Education Classes

Single Session

OC Nutrition

At least 20 participants per class

At least 20 minutes per class

Collect post surveys

Series-Based

Food Smarts

Leah's Pantry training

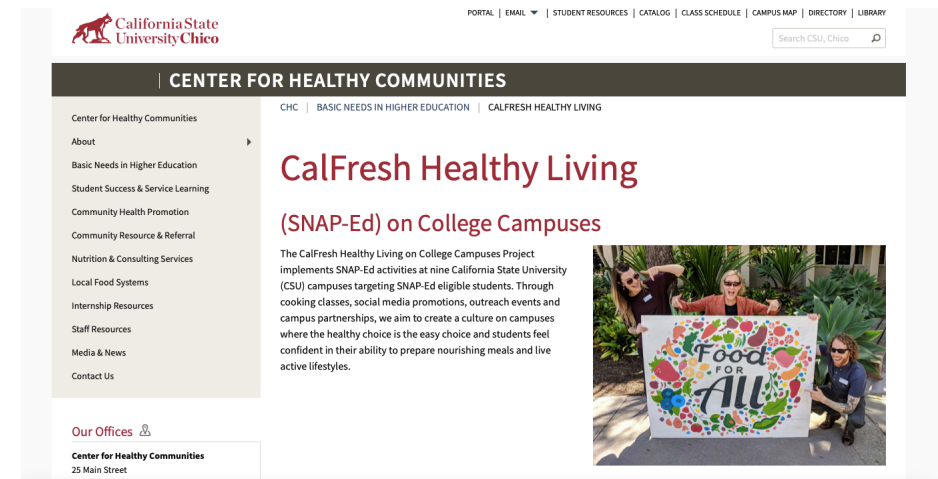
Series of 3-6 classes---same participants for each class

Pre and Post data will be collected

OC Nutrition

Single Session Curriculum

- Lessons can be accessed on the [CHC website](#)
- [CFHL PowerPoint Template](#)
- Lesson Plans:
 - Lesson 1: [Build a Healthy Plate](#)
 - Lesson 2: [Plan Meals](#)
 - Lesson 3: [Shopping on a Budget](#)
 - Lesson 4: [What's on a Label](#)
 - Lesson 5: [Rethink Your Drink](#)



Leah's Pantry: Food Smarts

Series Based Curriculum

Register as a partner on [website](#) (FREE)
Promo Code: CASNAPEDSITE

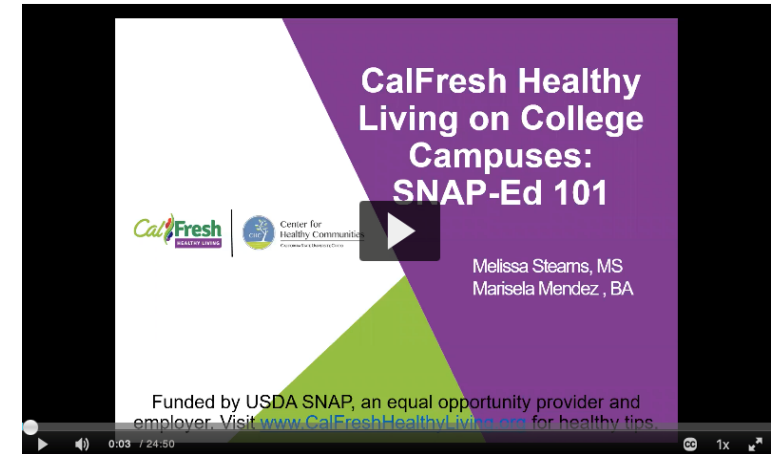
STEP 1: Click on
CalFresh Healthy
Living logo

STEP 2: Copy
Promo Code

STEP 3: Food
Smarts
Training
Program

Allowability

- What do we mean by this?
- What do you know about it?
- Where can you find more information?
- [SNAP-Ed 101 Training](#)



And Justice For All

- This poster needs to be visible and mentioned when presenting any direct education, whether it's virtual or in-person.
- It's not required for indirect activity.



In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online at www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA.

The letter must contain the complainant's name, address, telephone number and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442;

email:
program.intake@usda.gov.

This institution is an equal opportunity provider.

Conforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo, credo religioso, discapacidad, edad, creencias políticas, venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en

www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf, en cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR), por sus siglas en inglés, sobre la naturaleza y la fecha de la presunta violación

de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

correo postal:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o

fax:
(833) 256-1665 o (202) 690-7442;

correo electrónico:
program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.

So much information! Where do I begin?

First, Series or Single Session? Choose!

- Class Planning -
 - Scheduling
 - Planning
 - Target Audience
 - Supplies
 - Before and After Event

- How to Facilitate a Lesson

- [Direct Education Checklist](#)

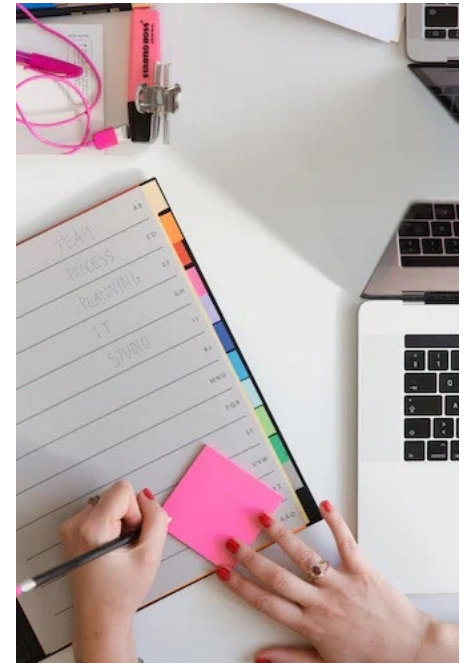


Scheduling

- Prepare ideal dates/times based on the entire team's availability (have options!)
- Schedule around student availability (e.g. evening classes)
- Ensure access to appropriate space without interruptions
- Schedule appropriate time needed for class, including set up and clean up

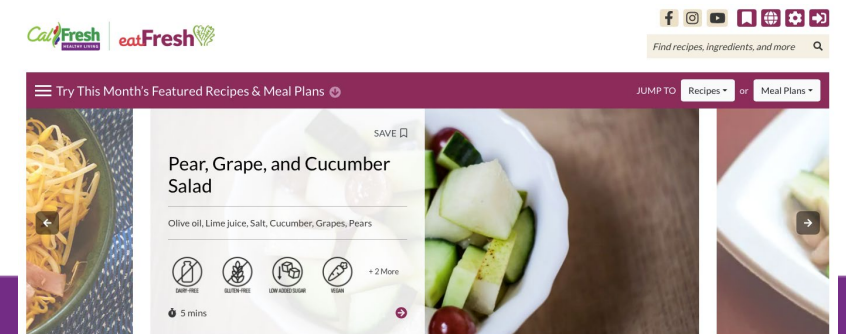
Planning for a Cooking Demo/Class

- Access to cooking appliances, sink, tables, outlets
- Aware of sensitive smoke detector or electric breaker
- Check to see if you need food permits
- Recommended that someone on your team is ServSafe certified



Target Audience

- Choose recipes
 - Plan for modifications with common food allergies, dietary restrictions, and your space in mind
- Hands On Cooking: Ideal class size of 20 participants or less
- Food Demo: plan # of tastings, tasting portion



Supplies

- Follow your campus food safety regulations
- Have tasting supplies, cleaning supplies, any cooking equipment you may need
- Always keep table space clean and clutter free



Before Event

- Assign tasks/roles to your team
- Complete shopping and pack supplies (label them)

After Event

- Reflect with team members--what went well and what could be improved
- Ensure you left the space as clean as (or cleaner than) you found it

Challenge!

Unmute and answer

- Which curriculum do we use for series-based classes?
- True or False: When doing a cooking demo, is it required that someone on the team be ServSafe certified?
- True or False: For a Direct Education lesson to count, it must be at least 30 minutes long.

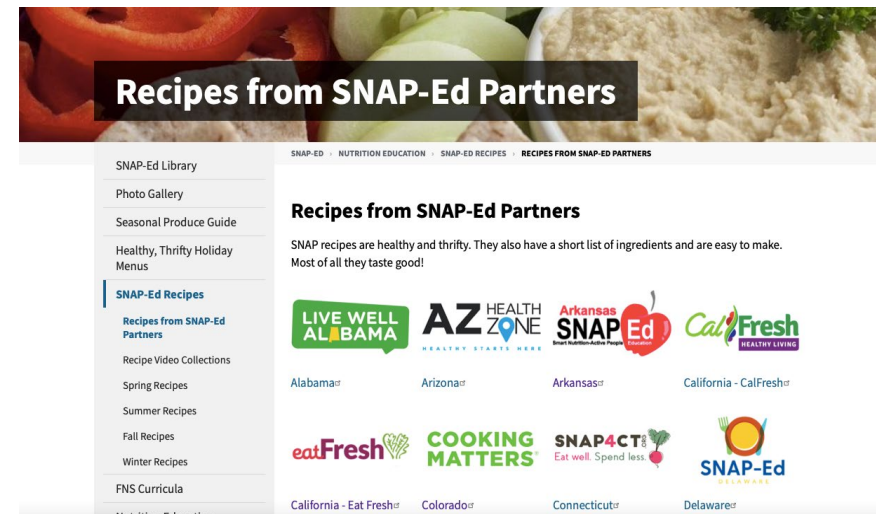
How to Facilitate a Lesson

- Engage with age/cultural appropriate language
- Familiarize yourself with your material; don't read off the PowerPoint
- Include questions and interactive activities in your presentation
- Practice active listening without judgment
- Challenge participants while respecting boundaries and safety



Approved Recipes

- [CalFresh Healthy Living website](#)
- [EatFresh.org](#)
- [USDA SNAP-Ed Connections](#)



OC Nutrition - Lesson 3: Shopping on a Budget

- Activity 6:

You went to the store and food pantry today and came home with 3 pounds of carrots, 5 loaves of bread, and 10 cans of fruit.

How can you use each of these foods without leaving any waste? Unmute and Answer.

Class Evaluation

<https://bit.ly/cfhl-class-survey> OR



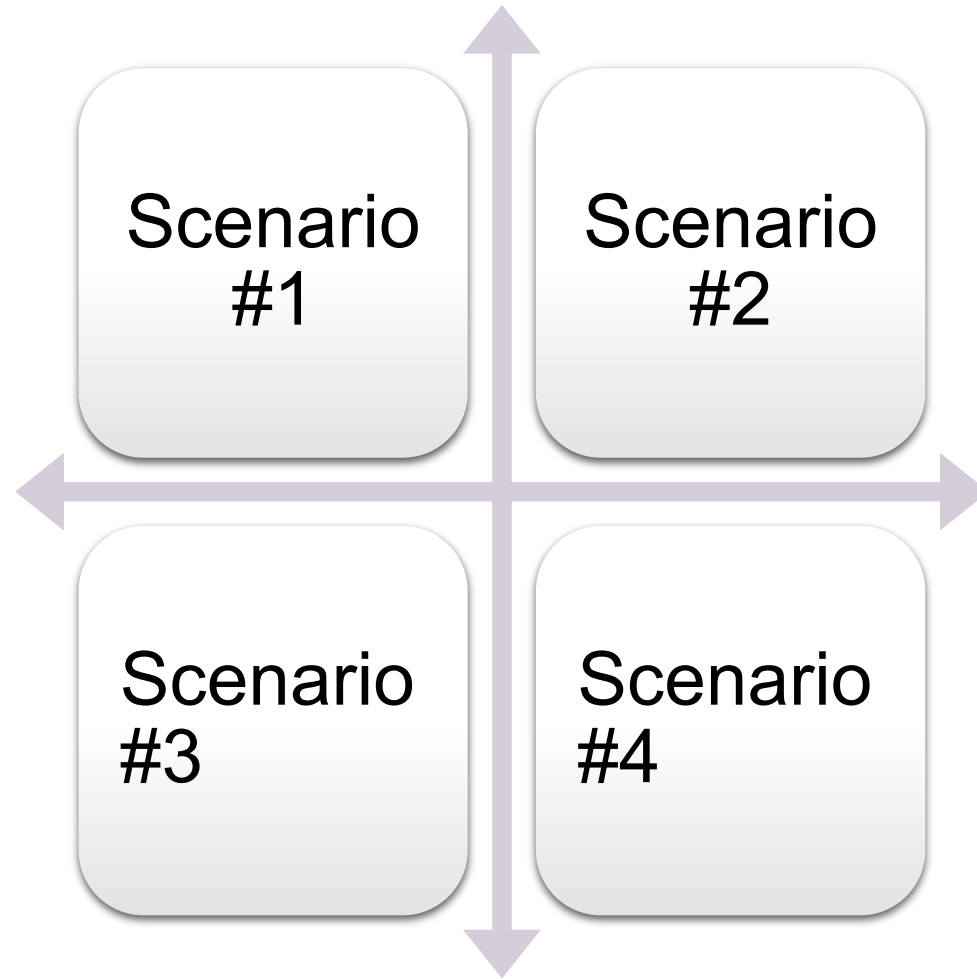
Type of Class: Single Session

Name of Lesson: Shopping on a Budget

What To Do After A Lesson: Reporting and Evaluation

- Post Lesson Evaluation
 - [Post Evaluation](#)
 - Complete after each lesson
- Activity Reporting
 - [Direct Education Activity Tracking Form](#)
 - Complete monthly at a minimum

Breakout Room Discussion



- [Breakout Scenarios](#)

Breakout Room Share-out



Indirect Education

Activities:

- Days of Action
 - Healthy Snack Day
 - ReThink Your Drink Day
- Harvest of the Month (HOTM)
- Social Media
- [Indirect Education Activity Reporting Tracking](#)



Challenge!

Unmute and answer

- True or False: When you do a single session class, you need to have participants do a pre- and post-survey.
- Which activity counts as an indirect activity?
 - a. Social Media
 - b. What do you do with 3 lbs of carrots, 5 loaves of bread, 10 cans of fruit?
 - c. Days of Action

Sharing and Brainstorming

Let's use our remaining time to share ideas and brainstorm strategies to begin Direct Education!



Thank You!



Photography Copyright Acknowledgements Include: California State University, Chico
& the Center for Healthy Communities

Funded by USDA SNAP, an equal opportunity provider and employer.
Visit www.CalFreshHealthyLiving.org for healthy tips.



Please Complete The Evaluation

Link provided in chat.
Thank you!