



SHAPE California Meeting Bay Area/Central Coast Regions Tuesday, May 12, 2009

Professional Development for Teachers

- Oakland Unified School District (Garden Nutrition)
- Oakland Unified School District (PE Summer Institute)

HOTM

- Alameda County Public Health Department- Nutrition Services

Nutrition Education and Physical Activity in the Classroom

- Alameda County Public Health Department- Nutrition Services
- Alisal Union School District
- Cupertino Union School District
- Marin County Department of Health and Human Services

Nutrition Education and Physical Activity Outside the Classroom

- Alameda County Office of Education
- Gilroy Union School District
- Pajaro Valley Unified School District
- San Lorenzo Unified School District
- SJB Child Development Centers

Nutrition Education and Physical Activity in After School Programs

- Mt Diablo Unified School District CARES
- YMCA of Silicon Valley

Parent Education

- Berkeley Unified School District
- Livermore Joint Unified School District

Other- Resources

- Santa Clara County Office of Education/Santa Clara County Public Health Department- Tools for the School Community
- Walnut Creek School District- District Web site

Community Based Organizations and SHAPE Partners

- California Foundation for Agriculture in the Classroom
- Children's Power Play! Campaign

Any materials/handouts submitted by *Network* agencies for the showcase will be posted on the Region's Collaborative Web site. Other materials from the SHAPE meeting, including PowerPoint presentations, will also be posted on the Web site.

This material was produced by the California Department of Public Health, "*Network for a Healthy California*," with funding, in part, from the United States Department of Agriculture 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 <http://www.cachampionsforchange.net>



**SHAPE California Regional Meeting
Showcase Form**

Agency/Organization Oakland Unified School District	Contact Person Anne Tracy-Valva
Phone (510) 879-8677	E-mail Anne.tracy-valva@ousd.k12.ca.us

Which category best describes the activity/resource you want to showcase: Professional Development.

Describe your activity/resource: Garden educator open house.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.
It is a once a year event.

Number of participants reached with this activity/resource? 50

Nutrition education materials used to develop the activity/resource:
TWIGS, Botany on your Plate, Nutrition to Grow On, fruit and vegetable cards, and Kids Cook Farm Fresh Food.

Materials/Handouts: Binder was put together listing garden-based nutrition education resources. In house production, \$500.

Visuals/Supplies/Nutrition & physical activity promotion materials:
Garden educator resources: curriculum books and gardening supplies, provided by Alameda Public Health, HEAC, and Keep America Beautiful fund, etc.

Evaluation Method: Discussion groups within the meeting: how to get started, how to make your garden sustainable, and how to teach all curricular areas in the garden along with nutrition.

SHAPE California Regional Meeting Showcase Form

Agency/Organization Oakland Unified School District	Contact Person Pat Franklin, TSA for Physical Education
Phone (510) 879-4651	E-mail Pat.franklin@ousd.k12.ca.us

Which category best describes the activity/resource you want to showcase: Professional Development.

Describe your activity/resource: Physical Education Summer Institute: Professional development days in mid-June for both credentialed physical education teachers and elementary classroom teachers on best-practices for physical education at all grade levels. Participating teachers receive hands-on experience, curricular tools and resources, and a stipend.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used. Ranges from one full week to two days, seven hours a day (breaks included).

Number of participants reached with this activity/resource? 50-100

Nutrition education materials used to develop the activity/resource: Dairy Council of California will provide teachers with resources.

Materials/Handouts: Use of physical education state standards and associated materials, as well as materials developed by the professional presenters (i.e. Dr. Toni Yancey, Susan and Bud Turner, Cathie Summerford) and Oakland Unified School District teachers. Every participant receives a binder with all handouts and information. Also, conduct CPR, First Aid certification.

Continued:

Visuals/Supplies/Nutrition & physical activity promotion materials:

Varies based on the presenter. All presentations are hands-on and interactive (not lecture format).

Evaluation Method: Teachers complete survey questions after every session.

SHAPE California Regional Meeting Showcase Form

Agency/Organization Alameda County Public Health Department Nutrition Services Program	Contact Person Nori Grossmann
Phone (510) 595-6441	E-mail Nori.grossmann@acgov.org

Which category best describes the activity/resource you want to showcase:

Nutrition education and physical education in the classroom.

Describe your activity/resource:

The physical activity circuit cards (PA tool) are 12 laminated cards with one exercise per card. The goal of the PA tool is for teachers to increase the amount of physical education they offer to students in the classroom. The purpose of the cards are to make it easy to use so teachers can incorporate exercise between, during, and after classroom lessons in a variety of ways.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

Use of the PA tool can take as little as 45 seconds up to 20 minutes depending on how the teacher uses the cards. There is a one page explanation on how to execute each exercise.

Number of participants reached with this activity/resource?

So far: 90 teachers and 4 principals.

Nutrition education materials used to develop the activity/resource:

Will be revised with the idea to incorporate a nutrition message. Also in the planning is to develop some short lessons to compliment the PA tool.

Materials/Handouts:

Cost includes: printing on 110 # paper and lamination.

Continued:

Visuals/Supplies/Nutrition & physical activity promotion materials:

I will bring a set of the physical activity circuit cards to share.

Evaluation Method:

A simple pre and post survey has been developed, but this is going to be improved upon.

SHAPE California Regional Meeting Showcase Form

Agency/Organization Alameda County Public Health Department Nutrition Services Program	Contact Person Jenny Wang
Phone (510) 595-6475	E-mail Jenny.wang@acgov.org

Which category best describes the activity/resource you want to showcase:

Harvest of the Month (HOTM).

Describe your activity/resource:

We use a full range of HOTM intervention materials, including the Southern California developed HOTM workbooks (one per student), the monthly educator and family newsletters (one per teacher and one per parent per month), monthly HOTM stickers to each student on the day of the taste test, monthly taste tests, HOTM preference poster (one per classroom), monthly HOTM on the lunch menu, and HOTM promotional materials on a nutrition bulletin board.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

Alluded to above, but the big picture HOTM intervention is actually a series of smaller events and activities.

Number of participants reached with this activity/resource?

30,000 (parents, teachers, and students).

Nutrition education materials used to develop the activity/resource:

State HOTM website: <http://www.harvestofthemonth.com>.

Materials/Handouts:

HOTM Preference Poster and "Today I Tasted" stickers.

Continued:

Visuals/Supplies/Nutrition & physical activity promotion materials: N/A

Evaluation Method:

Impact Evaluation Survey Tool, given to all fourth graders among school partners in September, and given as a post to the same fourth graders at the end of May.

SHAPE California Regional Meeting Showcase Form

Agency/Organization Alisal Union School District	Contact Person Petra Martinez
Phone (831) 753-5770 x3280	E-mail Petra.martinez@alisal.org

Which category best describes the activity/resource you want to showcase:

Nutrition education and physical education in the classroom.

Describe your activity/resource:

1. Edible plant part lesson.
2. Root lesson.

These lessons meet California teaching standards in science and health. Specific standards will be listed on presentation materials.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

For SHAPE, presentation purposes each lesson will take approximately 15 minutes, (30 minutes max.).

For the classroom it takes approximately 30 minutes for each lesson.

Number of participants reached with this activity/resource?

20-30 students in a class, all grade levels.

Nutrition education materials used to develop the activity/resource:

- The Growing Classroom Lifelab; DOLE at <http://www.dole5aday.com>
- Healthy Foods from Healthy Soils_Roots Song
<http://www.bananaslugstringband.com>
- Nutrition to Grow On, Jennifer Morris, Sheri Zindenberg-Cherr, Department of Nutrition, UC Davis
- Botany on Your Plate: Investigating the Plants We Eat, by Katherine D. Barrett, Jennifer M. White, and Christine Manoux.

Continued:

Materials/Handouts:

Plant part costume less than \$10 (practical items), fruit and veggie cards, magnifying glasses, radishes, plastic knives, writing paper, napkins, and handouts.

Visuals/Supplies/Nutrition & physical activity promotion material:

Teacher made posters.

Evaluation Method:

Questionnaire for adults. In the classroom, discussion, question and answer.

**SHAPE California Regional Meeting
Showcase Form**

Agency/Organization: Cupertino Union School District	Contact Person: Divya Puri
Phone: (408) 252-3000 Ext. 302	E-mail: Puri-divya@cupertino.k12.ca.us

Which category best describes the activity/resource you want to showcase: Nutrition education in the classroom.

Describe your activity/resource: Interns from San Jose State University assist with taste testing and story telling. All are focused on encouraging healthy eating. Resource varies depending on what we want to focus on, i.e., if we are switching on introducing low fat cookies, we might do a taste test and use a hedonic scale.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used. 15-20 minutes as a single event.

Number of participants reached with this activity/resource? 20-30 students at one time.

Nutrition education materials used to develop the activity/resource: Fruit and vegetable books, Dole 5-A-Day.

Materials/Handouts: Posters

Visuals/Supplies/Nutrition & physical activity promotion materials:

Evaluation Method: Closing questions and questionnaires. Hedonic scale is used.

**SHAPE California Regional Meeting
Showcase Form**

Agency/Organization Marin County Dept. of Health and Human Services	Contact Person Ellen Szakal
Phone (415) 473-2612	E-mail eszakal@co.marin.ca.us

Which category best describes the activity/resource you want to showcase: Nutrition education and physical activity in the classroom.

Describe your activity/resource: Nutrition education calendar developed for teachers at Bahia Vista Elementary School.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.
It is a tool that was developed to coordinate nutrition education and physical activity efforts for teachers in grades kindergarten through fifth grade.

Number of participants reached with this activity/resource?
Approximately 450.

Nutrition education materials used to develop the activity/resource:
SHAPE competencies (draft).

Materials/Handouts:

Visuals/Supplies/Nutrition & physical activity promotion materials:

Evaluation Method:
Calendars are submitted at end of year and activities developed by the teachers for each competency and grade level are incorporated into the new calendar for the following school year.

**SHAPE California Regional Meeting
Showcase Form**

Agency/Organization Alameda County Office of Education	Contact Person Craig McKinley
Phone (510) 670-7720	E-mail cmckinley@acoe.org

Which category best describes the activity/resource you want to showcase: Nutrition education and physical activity outside the classroom; parent education and community outreach.

Describe your activity/resource: Children and their parents explore the nature and ingredients of healthy foods by tasting, testing, and comparing a great variety of produce and ingredients from the garden and market. They learn to measure their pulse rate, engage in aerobic exercise, and estimate the calories used by their bodies. They plan healthy meals, and read product labels to identify sugar, fats, fiber, calories, and other nutrients in the items they observe. These are a few of the activities they encounter as they visit twelve activity stations, recording their results in a personalized Food & Fitness Log. This dynamic festival will be conducted in a large multipurpose room, accommodating 100 participants (children and adults) for each 60-minute session. The festival is introduced by a brief, upbeat invitation to become "food explorers" and enjoy the tastes and science of organic foods from the garden. Adult or teen monitors oversee the station materials and facilitate the family investigations. There are large illustrated signs depicting the steps of the investigations guide and the activities at each tabletop station. The signs and Food & Fitness Logs are in English and Spanish.

1. CEREAL DETECTIVES: Taste low sugar cereals and find your favorite.
2. FABULOUS FIBER: Calculate your daily fiber goal and taste high fiber foods.
3. HOW MUCH SUGAR: Compare the amount of sugar in foods and list ways to reduce the amount of sugar you eat.
4. FAT FINDERS: Read food labels and use "word clues" to find healthy and unhealthy fats in foods. Compare the amount and type of fat in foods and taste a food with healthy fats.
5. ROOTS: Observe and taste root foods. Complete a food label.
6. LEAVES: Observe and taste edible leaves and make a chlorophyll rubbing.
7. FLOWERS: Observe, taste, and list edible flowers. Complete a food label.

Continued:

8. FRUIT: Observe and taste fruits. Estimate the number of seeds in a bell pepper.
9. PROTEINS PLUS: Observe, taste and draw a seed. List seeds you like to eat. Complete a food label.
10. 5-A-DAY MENU: Use fruit and vegetable stamps to create a picture menu of foods.
11. PULSE-HEART FITNESS: Learn to measure your pulse. Compare your pulse before and after exercise.
12. MOVE IT: Burn calories as you jump rope, march in place or dance to music for three minutes. Calculate how many calories you burned and reward your efforts with a healthy snack and a drink of water.

This activity was created by the Family Health Project at the Lawrence Hall of Science in Berkeley, California.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

Two to three hours, single event; Family Night.

Number of participants reached with this activity/resource? 1,400

Nutrition education materials used to develop the activity/resource:

Family project at the Lawrence Hall of Science, Berkeley, California.

Materials/Handouts:

12 Kits, \$1 300

Produce for each event, \$150

Printing, .85 cents a piece

Visuals/Supplies/Nutrition & physical activity promotion materials:

Evaluation Method: Questionnaire and Focus Group.

**SHAPE California Regional Meeting
Showcase Form**

Agency/Organization: Gilroy Union School District	Contact Person: Jody Ornellas
Phone: (408) 848-7151	E-mail: J.ornellas@gusd.k12.ca.us

Which category best describes the activity/resource you want to showcase: Nutrition education and physical activity outside the classroom.

Describe your activity/resource: Second year of Run for Fitness. All schools participate in training students' kindergarten through twelfth grade to run on this day. On the day we have several vendors helping. Handouts on nutrition and a goody bag with healthy foods.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.
The run is one day. The training lasts a few months.

Number of participants reached with this activity/resource? 800

Nutrition education materials used to develop the activity/resource:
Handouts on nutrition. Bags, cookbook, pencil, orange-water, and health snack.

Materials/Handouts: We work with donations. We give out a goody bag with fruit, water, and nutrition ideas. The students also get a shirt for running. We also have vendors there, such as: Kaiser, Saint Louise Hospital, YMCA, and staff from Gilroy Union School District.

Visuals/Supplies/Nutrition & physical activity promotion materials:
See above.

Evaluation Method:
The committee gets together after the event to discuss pros and cons.

**SHAPE California Regional Meeting
Showcase Form**

Agency/Organization: Pajaro Valley Unified School District	Contact Person: Nicole Meschi / Paula Barajas
Phone: (831) 786-2325	E-mail: Nicole_meschi@pusd.net / Paula_barajas@pusd.net

Which category best describes the activity/resource you want to showcase: Nutrition education and physical activity outside the classroom; Cafeteria Connections.

Describe your activity/resource: Farmers' Market through a fresh fruit and vegetable grant that is being implemented in a high school, middle school, and elementary school.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used. Middle school has a farmers' market one time a week at lunch for the school year. Elementary school has a farmers' market one time per week and nutrition education in the classroom two times per week.

Number of participants reached with this activity/resource? 500 students

Nutrition education materials used to develop the activity/resource: Fruit and vegetable cards.

Materials/Handouts: Lots of fresh fruit and vegetables.

Visuals/Supplies/Nutrition & physical activity promotion materials:

Evaluation Method: Meeting to describe progress and what is being done at school site.

**SHAPE California Regional Meeting
Showcase Form**

Agency/Organization San Lorenzo Unified School District	Contact Person Rachel Gekas
Phone (510) 317-4660	E-mail rgekas@slzusd.org

Which category best describes the activity/resource you want to showcase: Nutrition and physical activity outside the classroom and Cafeteria Connections.

Describe your activity/resource: Mock Farmer’s Markets incorporating physical education and nutrition education.

- Provide a beautiful display of fresh fruits & veggies to sample with fruit and veggie cards listing nutritional benefits.
- 5-A-Day wheel (asks questions about serving sizes and where produce grows and produce facts).
- Physical education piece (jump ropes are provided to promote exercise and carrot hop race).

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used. This is a yearly event that occurs during lunchtime.

Number of participants reached with this activity/resource? 90 percent of our schools, 85 percent of each school population.

Nutrition education materials used to develop the activity/resource:

Materials/Handouts: NERI supplies (jump ropes), 5-A-Day wheel, American Cancer Society, Fresh Produce (\$200), vendors donate some items, American Cancer Society fry bags.

Continued:

Visuals/Supplies/Nutrition & PA promotion materials: 5-A-Day wheel, fruit and vegetable cards listing the nutritional benefits.

Evaluation Method:

We evaluate how successful the event was by: the leftover food on the tables, the knowledge students demonstrate when answering 5-A-Day wheel questions and students verbalizing they remembered and enjoyed the event in prior years.

SHAPE California Regional Meeting Showcase Form

Agency/Organization: SJB Child Development Centers	Contact Person: Shannel Reed
Phone: (408) 538-0200 Ext. 216	E-mail: sreed@sjbcdc.org

Which category best describes the activity/resource you want to showcase:

Community outreach.

Describe your activity/resource:

SJB annual fitness fairs provide nutrition resources, fun physical activities, and demonstrations to the community.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

One day event.

Number of participants reached with this activity/resource? 300 – 500 people.

Nutrition education materials used to develop the activity/resource:

School health clinics, Second Harvest Food Bank, local businesses, and more.

Materials/Handouts:

All participants provided information to the public.

Visuals/Supplies/Nutrition & physical activity promotion materials:

Evaluation Method:

Questionnaire and survey.

**SHAPE California Regional Meeting
Showcase Form**

Agency/Organization Mt Diablo Unified School District CARES	Contact Person Debra Mason
Phone (925) 458-1601	E-mail Ambrose31@hotmail.com

Which category best describes the activity/resource you want to showcase:

Nutrition education and physical activity in after school programs.

Describe your activity/resource:

CARES is making a difference in the lives of children, their families, and our community. Our program is committed to developing well rounded, self motivated children with strong connections to their schools, communities, and families.

At Mt Diablo CARES, we are aware that poor nutrition and sedentary lifestyles cause serious health problems and lower self esteem which contribute to low academic achievement. Over time we have adapted our program to address these issues. CARES intentionally integrates nutrition, physical activity and youth development into our after school program on a daily basis. Participants receive a total of seven and one-half hours of nutrition education and physical activity each week. This includes one and one-half hours of cooking instruction, one and one-half hours of nutrition lessons, one hour of garden class, one and one-half hours of snack time, and two hours physical activity.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

Ongoing

Number of participants reached with this activity/resource? 2,500

Nutrition education materials used to develop the activity/resource:

Harvest of the Month, Dairy Council, CATCH, Power Play!, SPARK, Reading Across the Food Guide Pyramid, Farm to Fork, and Eat Fit.

Continued:

Materials/Handouts:

Visuals/Supplies/Nutrition & physical activity promotion materials:

Evaluation Method:

Impact evaluation.

**SHAPE California Regional Meeting
Showcase Form**

Agency/Organization YMCA of Silicon Valley	Contact Person Becca Barczykowski
Phone (408) 351-6418	E-mail beccab@ymcasv.org

Which category best describes the activity/resource you want to showcase:

Nutrition education and physical activity in after school programs.

Describe your activity/resource:

Fit for Learning after school, resource guide developed in conjunction with the FFL program currently being implemented in Santa Clara County elementary schools for use in after school programs. The guide provides nutrition education and physical activity resources to implement in after school programs.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

All YMCA after school and after school All-Stars sites, as well as some other after school programs in Santa Clara County have a resource guide on site. Staff and partners also receive support and additional resources from the YMCA FFL Project Director.

Number of participants reached with this activity/resource? 10,000 kindergarten through eighth grade children.

Nutrition education materials used to develop the activity/resource:

Numerous local and national resources are included in the FFL resource guide including Dairy Council of California, Kaiser Permanente, SCC Public Health Department, and PowerPlay!, etc.

Evaluation Method:

Fitness Gram components and nutrition education and healthy behavior surveys.

**SHAPE California Regional Meeting
Showcase Form**

Agency/Organization Berkeley Unified School District	Contact Person Melanie Okamoto
Phone (510) 644-6710	E-mail melanie_okamoto@berkeley.k12.ca.us

Which category best describes the activity/resource you want to showcase: Parent education and community outreach.

Describe your activity/resource: Parent nutrition education cooking classes are currently offered at four *Network* funded schools as a five-class series. Each class focuses on a specific theme and nutrition concept. Lesson 1, Salads; Lesson 2, Homemade Soups; Lesson 3, Whole Grains; Lesson 4, Healthy Snacks; Lesson 5, and Cooking with Kids. Parents are recruited primarily through the after school program as well as the district parent resource center, classroom teachers, phone trees, and school-wide events.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used. The parent nutrition education cooking class is offered once a year as a series of five evening classes. Each two hour class meets once a week for five consecutive weeks. At the first class, participants are given a binder that is used throughout the series.

Number of participants reached with this activity/resource? Approximately 10-20 participants are reached at each school. At the elementary school, classes are offered to parents and guardians. At the middle school, classes are geared towards families and parents and are encouraged to bring their daughter or son attending the school.

Nutrition education materials used to develop the activity/resource: The lessons were adapted from the Mission Latino Family Partnership's "Cook Well, Live Better" Train the Trainer program, Alameda County Nutrition Service presentation guides, and feedback from instructors and parents. Additional information was obtained from <http://www.fruitsandveggiesmatter.com>.

Continued:

Materials/Handouts:

Network brochures and NERI (free):

- fruit and vegetable slide guide
- cookbooks
- backpacks
- T-shirts
- pedometers
- jump ropes

Other materials:

- Pacific Coast Farmers' Market Association seasonality chart - available in Spanish and English (download free at <http://www.pcfma.com>).
- Sodium handouts adapted from Alameda County Nutrition Services, Secrets of Sodium presentation (download free at <http://www.healthylivingforlife.org/resources.htm>).
- Whole grain handouts - available in Spanish and English (download free at <http://www.wholegrainscouncil.org>).
- Sugar handouts adapted from Alameda County Nutrition Services, Be Sugar Savvy presentation - available in Spanish and English (download free at <http://www.healthylivingforlife.org/resources.htm>).

Visuals/Supplies/Nutrition & physical activity promotion materials:

Network poster (free): serving size

USDA Team Nutrition poster (free but currently out of stock): Read it Before You Eat It.

Evaluation Method:

Using the food behavior checklist, the Berkeley Unified School District *Network* Program will collect data from parent participants to measure the impact that the parent nutrition education classes have on parents' consumption of fruits and vegetables. The survey will be administered as a pre and post-test at the beginning of the first class and end of the last class. In addition, we will conduct two parent focus groups to gather qualitative data about parents' experience participating in the nutrition education cooking classes.

SHAPE California Regional Meeting Showcase Form

Agency/Organization: Livermore Valley Joint USD	Contact Person: Sally Reese
Phone: (925) 606-3295	E-mail: sreese@livermore.k12.ca.us

Which category best describes the activity/resource you want to showcase: Parent education and nutrition education and physical activity in the classroom.

Describe your activity/resource: Cooking together classes: "Teens cooking together" and "families cooking together." Participants cook a healthy meal and listen to a nutrition education lesson.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used. Each session consists of three classes.

Number of participants reached with this activity/resource? 25 per session.

Nutrition education materials used to develop the activity/resource: Kaiser NEW (Nutrition Education Wellness) kids program; Registered Dietician and health educator. Also, fruit and vegetable promotion materials.

Materials/Handouts: See below.

Visuals/Supplies/Nutrition & physical activity promotion materials: Each family gets a bag of produce and dry goods at the end of each class. Also, we distribute cookbooks and pamphlets created by the *Network* for a Healthy California and promotional materials (hats, tote bags, measuring spoons, etc.).

Evaluation Method: Pre and post surveys.

SHAPE California Regional Meeting Showcase Form

Agency/Organization: Santa Clara County Office of Education (SCCOE) & Santa Clara County Public Health Department (SCCPHD)	Contact Person: Michelle Mount, SCCOE Holly Weber, SCCPHD
Phone: (408) 453-6982- Michelle (408) 793-2709- Holly	E-mail: Michelle_mount@sccoe.org Holly.weber@hhs.sccgov.org

Which category best describes the activity/resource you want to showcase:

Resource for district, school, and community members.

Describe your activity/resource:

Resource kit for local wellness policy implementation "Tools for the School Community."

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

Credible and accessible resources and handouts. Each are referenced for further information by link to Web sites.

Number of participants reached with this activity/resource?

State of California school and community members involved in student wellness.

Nutrition education materials used to develop the activity/resource:

Eight sections including handouts and talking points, legislation and standards, many resources listed and referenced for further information by link to Web sites.

Materials/Handouts:

Free and downloadable at <http://www.fitforlearning.org> will be updated on line as needed and referenced for further information by link to Web sites.

Continued:

Visuals/Supplies/Nutrition & physical activity promotion materials:

All materials online at <http://www.fitforlearning.org> also produced as a CD available through Santa Clara County Office of Education.

Evaluation Method:

Guide will be updated online as needed with new legislation, standard, and/or information.

SHAPE California Regional Meeting Showcase Form

Agency/Organization: Walnut Creek School District	Contact Person: Pam Vandergroen
Phone: (925) 943-2691	E-mail: pvandergroen@wcsd.k12.ca.us

Which category best describes the activity/resource you want to showcase: Resource, district nutrition education and physical activity Web site.

Describe your activity/resource: Nutrition Education and PA Web site includes: healthy recipes, adult health issues, nutrition education for children on subjects such as healthy snacks, how to read labels, what is a serving size, along with fun interactive Web links.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.
Ongoing, updated monthly.

Number of participants reached with this activity/resource?
Our entire district.

Nutrition education materials used to develop the activity/resource:
Dole, Nibbles for Health, Contra Costa School Insurance Group, Dairy Council, and MyPyramid.

Materials/Handouts: Everything on Web can be printed out.

Visuals/Supplies/Nutrition & physical activity promotion materials:
Web site <http://www.walnutcreeksd.k12.ca.us>

Evaluation Method: Seeing how many times our Web site is visited.

SHAPE California Regional Meeting Showcase Form

Agency/Organization: CA Foundation for Agriculture in the Classroom (CFAITC)	Contact Person: Kelly Benarth
Phone: (916) 561-5625	E-mail: kbenarth@fbf.com

Which category best describes the activity/resource you want to showcase:

Cafeteria Connections and nutrition in the classroom (Also, youth development and empowerment).

Describe your activity/resource:

CFAITC develops and distributes multiple standards-based, teacher-tested and scientifically sound resources for kindergarten through twelfth grade students and educators. All resources are free of charge. Examples include:

- What's Growin' On? Annual 16 page student activity newspaper (grade three through eight).
- Teacher resource guide, reference book for educators to include agricultural information into any grade and subject.
- Agricultural fact and activity sheets, featuring 27 California grown commodities and accompanying information and lessons.
- "Imagine This" annual story writing contest (third through eighth grade) stories written about California food, fiber, and forests.
- "Gardens for Learning: Creating and Sustaining Your School Garden" CSGN book and new teachers guide.
- Unique lesson plans involving health, gardening, dairy, environment, water, food production, minerals, etc.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.

These resources are produced and updated annually, and can be requested at any time, in multiple quantities.

Number of participants reached with this activity/resource?

We can provide resources to accommodate any class or school size.

Continued:

Nutrition education materials used to develop the activity/resource:

CFAITC produces our own education materials while also recommending many other quality resources. We also work closely with the California School Garden *Network*.

Materials/Handouts:

See list of resources above. No cost to educators.

Visuals/Supplies/Nutrition & physical activity promotion materials:

Very minimal, indicated on printed resources, if any.

Evaluation Method:

We follow up with educators using a brief online survey at the conclusion of each year. A specific evaluation can be designed for *Network* participants if needed.

SHAPE California Regional Meeting Showcase Form

<p>Agency/Organization Bay Area Children's PowerPlay! UCCE-Alameda</p> <p>Central Coast Children's PowerPlay! Campaign, Monterey County Health Department</p>	<p>Contact Person Tuline Baykal</p> <p>Andrea Estrada</p>
<p>Phone (510) 639-1272: Tuline Baykal</p> <p>(831) 796-2898: Andrea Estrada</p>	<p>E-mail tnbaykal@ucdavis.edu</p> <p>Estradaa1@co.monterey.ca.us</p>

Which category best describes the activity/resource you want to showcase: Nutrition education and physical activity in the classroom; nutrition education and physical activity in after school programs.

Describe your activity/resource:
 School and Community Youth Organization (CYO) tool kit with nutrition education and physical activity lessons for ages nine through eleven year olds. All lessons in school and idea resource kit meet the California Content Standards.

How long does the activity last and is it a single event or a series of events? If it is a resource, provide information about how it is used.
 At the SHAPE meeting, we will provide a 14-slide PowerPoint explaining Children's PowerPlay! Campaign (five min). We will also have a resource table top display with additional information and sample materials.

Number of participants reached with this activity/resource?
 All 50 percent free or reduced lunch elementary school sites.

Nutrition education materials used to develop the activity/resource:
 Children's PowerPlay! Campaign

Continued:

Materials/Handouts:

Children's PowerPlay! Campaign informational flyer.

Visuals/Supplies/Nutrition & Physical Activity promotion materials:

PowerPoint, display board, sample tool kits (fourth grade, fifth grade, and CYO), posters, jump ropes, and *Kids Get Cookin'* Cookbook.

Evaluation Method: