

Washington State SNAP-Ed Quarterly Report

Implementing Agency / Statewide Initiative: **Region 3, Washington State University Extension**

Reporting Period: **Quarter 2: January – March, 2019**

Milestones

Major successes that took place during the quarter and tie back to objectives outlined in year one of your FFY18-20 State Plan project summaries.

Year 1 Focus – Progress Updates:

1. Identify opportunities for program sustainability and expansion, including leveraging community and regional partnerships and funding
 - Encouraging and providing technical assistance as needed to local programs incorporating broader systems approaches and train-the-trainer models. Examples include:
 - Region 3 Farm to Community is collaborating with Viva Farms (a local farm incubator program), Whatcom Farm to School, WSDA and Common Threads to help coordinate a school garden and local food procurement meeting in May 2019. Invitees will include Region 3 SNAP-Ed staff, School Nutrition Services Directors, and local farms.
 - San Juan County Health and Community Services began a Produce Prescription Program on San Juan Island thanks to \$5,000 in funding from Peace Island Medical Center (PIMC). Many of the resources and materials will be modeled after the United General Produce Rx Program in Skagit County, an excellent example of regional resource sharing in action! San Juan is working with medical providers at PIMC and local grocery store Valmark to determine logistics for implementation and program enrollment, with the goal of providing economic incentives to promote increased consumption of fruits and vegetables for those with diabetes or pre-diabetes.
2. Practice regional resource sharing based on models developed in year 1 and highlight regional programs and success stories
 - Implementing Regional Resource Sharing plan:
 - Began planning first in-person regional meeting, to occur in Quarter 3
 - Collaboration with the statewide Curriculum and Evaluation teams to determine topical focus areas that are not duplicative
 - Disseminated weekly Friday update email messages
 - Posted weekly updates and resources to the Region 3 SNAP-Ed webpage
 - Connected new SNAP-Ed staff to other staff via email and opportunities to shadow experienced staff
3. Participate in evaluation as directed by the Washington State SNAP-Ed Evaluation team to show effectiveness of interventions for SNAP-Ed participants, progress towards state, regional and local SNAP-Ed goals and objectives; and to determine areas for growth (ongoing)
 - Surveyed local providers on their local evaluation needs
 - Met with new Regional Evaluation staff to discuss regional and local evaluation needs
 - Collaborated with Evaluation team to offer sites for survey piloting
4. Review and incorporate changes to direct education and PSE programming (ongoing)

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5. Facilitate support of local CSO offices by coordinating with DSHS to distribute CSO contact information to local SNAP-Ed programs not already working with their county CSOs (ongoing)

Special Focus Areas

Farm to Community: Quarter 2 activities included:

- **Statewide Farm to School Activity** – Continued to assist with coordination of the WA State Farm to School Food and Ag Education workgroup, and participating in Farm to Preschool, Local Food Procurement, and School Garden workgroups to improve and expand Farm to School programs.
- **Farmers Markets** – Continued collaboration with WSFMA and Regional Lead to explore expanding EBT access and promotion and expanding outreach to food banks, schools, CSOs and housing partners in Snohomish County.
- **Harvest of the Month / School Gardens Material Sharing** – Working to consolidate Harvest of the Month and garden resources used by SNAP-Ed partners, to facilitate resource sharing and support program expansion regionally (and potentially statewide).
- **School Garden Activity Card Development** – Regional and Statewide interest has spurred the creation of garden activity cards; 15-20 minute activities that can be implemented by SNAP-Ed educators or school staff. The tool will increase access to school gardens for teachers and classes that are not participating in school garden and nutrition education, to better integrate school gardens into ongoing school PSE efforts. Tool will be piloted in Quarters 3 and 4.
- **Oak Harbor School Garden Committee** – Continued coordination with school district funded Teacher on Special Assignment (TOSA) that is dedicated to school gardens across the district. Continued relationship development with newly assigned Nutrition Services Director in efforts to include produce from the school gardens in the cafeteria.
- **Farm to Preschool** – Working with Snohomish County ECEAP and Early Head Start Health Advisory Nutrition Subcommittee to identify opportunities to train staff and support Farm to Preschool in early childcare environments.

Physical Activity: Five local SNAP-Ed providers are working on physical activity PSE and community events, with an additional three local providers focusing on physical activity through gardening, and an additional two providers offering direct-education that includes a focus on physical activity. Eight have projects that are complete, ongoing, or in process. Two are yet to begin, with activities planned for later in the year. These activities range from community walking audits to walking and biking community events.

Food Banks: Five local SNAP-Ed providers are working on food bank PSE strategies. Three have projects in process, and two have activities planned for later this year. These activities range from recipe demonstrations featuring healthy foods available at the food bank, to healthy food pantry assessments that lead to changes in policy, procedure, and the variety of healthy foods available in our food banks.

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Target Audiences

Military Base: Island County WSU hired a new SNAP-Ed program coordinator in November. In quarter 1 she began developing a relationship with the Naval Air Station Whidbey Island community, and in quarter 2, a formative evaluation/needs assessment process has been started to determine best next steps to meet the needs of this community through gardening, procurement and farming career pathways.

Tribal Community: In quarter 2 the Tulalip SNAP-Ed team continues to demonstrate the deepening of their integration into the tribal community. SNAP-Ed staff were invited to participate in a Pow Wow, a personal invitation from the 16-year-old youth being celebrated. This youth invited SNAP-Ed to develop a menu incorporating traditional healthy foods, based on his experience with SNAP-Ed recipes through the Diabetes Prevention Program. This invitation is a significant sign that the Tulalip SNAP-Ed program is becoming an accepted and valued part of the culture of the tribe.

Latino Outreach: In quarter 2, our Regional Spanish-speaking Latino Outreach has supported 5 local programs (San Juan Health & Community Services, United General District 304: CHOP, WSU Skagit, WSU Whatcom, WSU Snohomish) with direct education, food bank recipe demonstrations/tastings, Harvest of the Month activities, or translation of materials and/or interpreting at classes and events. In this quarter she reached:

- 1,271 people with direct services, 56% of whom were Latino or Spanish-speaking.
- 2,409 people with indirect messaging, 25% of whom were Latino or Spanish-speaking.

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Local SNAP-Ed Program Activities Status

Region 3 SNAP-Ed Direct-Ed and PSE Activities, FFY19 Quarter 1		Island		San Juan	Skagit		Snohomish			Whatcom	
		Island County Public Health	WSU Island County Extension	San Juan County Health & Community Services	WSU Skagit County Extension	United General District 304 - CHOP	Snohomish Health District	Tulalip Tribes	WSU Snohomish County Extension	Common Threads Farm	WSU Whatcom County Extension & Lummi Nation
Direct-Ed	Youth				in process			yet to begin	in process		in process
	Adults				in process			Planning	yet to begin		in process
Farm 2 Community	Promote EBT, FMNP, SFMNP, WIC at Farmers Markets	yet to begin		in process	ongoing			yet to begin	planning	ongoing	
	Gleaning			in process							
	Grow a Row	yet to begin	planning								
	Gardens: School, Community, Food Bank, Military		in process					ongoing	planning	ongoing	in process
	Local foods procurement		yet to begin			in process					
	Military to farming careers		yet to begin								
	Community coalition or taskforce	ongoing	ongoing	ongoing	ongoing	ongoing	ongoing	ongoing	ongoing	ongoing	ongoing
	Retail environmental assessment			in process				yet to begin			
Health Bucks (retail, farmers markets)					yet to begin						
Physical Activity	Environmental assessment/audits			complete							
	Community Physical Activity Events			planning		yet to begin		in process			in process
	Shared-use Agreements						yet to begin				
Food Banks	Healthy Food Pantry Assessment				yet to begin			yet to begin	yet to begin		yet to begin
	Environmental Changes				yet to begin				in process		yet to begin
	Policy/Procedure								yet to begin		
	Backpack programs				in process				planning		
	Recipe Demonstrations				in process			yet to begin	in process	planning	in process
Schools	Smarter Lunchrooms				Complete	in process			in process		yet to begin
	Student Nutrition Councils								Cancelled		in process
	Healthier US Schools Challenge				in process						
	Farm to School	in process	in process		in process	in process			planning	ongoing	in process
	Brain Breaks (PA)				in process	in process					
	Wellness Advising/ Councils			complete					in process		Cancelled
Social Marketing	Harvest of the Month	in process		in process	in process	in process					in process
	Food Hero						in process				
	Champions for Change			in process							

Discussion of Program activities not yet “in process”

All activities not yet in process, are planned to occur later in the year, or are dependent upon relationship development currently in process. The one exception is food bank environmental assessments: please see

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“Challenges” section, below. Two activities were cancelled due to partners no longer being interested in that particular intervention.

Challenges

Please share opportunities for improvement that adversely affected programming in your region during the quarter, along with planned solutions/response.

Several local SNAP-Ed programs have reported programming changes or delays due to partners being unresponsive, or champions not being available due to time constraints. We continue to advise local programs to adjust their plans to fit local needs and readiness, as those changes occur.

We are receiving feedback from the four local programs working with food banks, that food bank staff are not receptive to/ready for the Healthy Food Pantry Assessment tool. Region 3 IAs have noted this barrier, and will begin to explore other tools, trainings or resources that can support our regional efforts to assess and improve food bank policies and environments.

Local programs continue to voice frustration due to the focus of Evaluation only on Direct Education.

- Only 4/10 programs in Region 3 do direct-ed, and we estimate this is only about 25% of the SNAP-Ed work happening in Region 3. Direct-ed staff are feeling overburdened with visits from Evaluation and Curriculum on top of our local ME visits.
- All 10 programs in Region 3 do PSE, and we estimate this accounts for 75% of SNAP-Ed work in Region 3. Staff working on PSE feel that they have little to no support with evaluating and showing the impacts of their programs.
- **Solution/Response:** IAs surveyed our local programs on evaluation needs, and invited our new Regional Evaluation Specialist to meet and discuss those needs in March.
- **Solution/Response:** IAs invited Nikki to attend our May 8th and 9th Region 3 meeting in Bellingham as an opportunity to get to know our programs, our program providers and hear their needs directly from them. This also provides an opportunity to the Evaluation Team to share information and ask our providers questions to help us all exist on the same page using language we all understand.

Budget

Complete the table for each quarterly billing. If you are not on target with spending (either over/under), please provide a brief explanatory paragraph below the chart.

	1 st Quarter	2 nd Quarter	3 rd Quarter	4 th Quarter
Total Billing	\$267,115.21	\$362,323.80		
On target?	N	Y		
Cumulative \$s		\$629,439.01		
Cumulative %	18%	42%		

Region 3’s first quarter expenditures are 8% lower than the expected 50%. This amount is in line to accommodate summer work to be done by subcontractors and travel that is planned for later in this fiscal year.