

**UC Master Food Preserver and EFNEP Program Integration**

**UC Master Food Preserver (UC MFP)**

Mission: *To teach research-based practices of safe home food preservation to the residents of California.*

- In 17 counties, 12 academics, 12 coordinators
- 17,724 reported contacts with the community
- 18,908 reported volunteer hours
- 447 active volunteers

**Expanded Food and Nutrition Education Program (EFNEP)**

Mission: *To assist low-income youth and families with young children to acquire knowledge, skills, attitudes, and changed behavior necessary to choose nutritionally sound diets and to contribute to their personal development and the improvement of total family diet and nutritional welfare.*

- Peer educator, experiential, evidence-based curricula, mandatory evaluation component
- In 24 counties
- FY 18: 51,302 family members served

**Counties with both programs**

- Del Norte
- Humboldt
- Inyo
- Orange
- Sacramento
- San Bernardino
- San Mateo
- San Joaquin

**Topic suggestions for EFNEP Augmentation**

Potential Topic/Workshop	EFNEP Objective
Canning	Resource management, food security, food safety, healthy diet
Techniques: freezing, blanching, batch cooking, storing fruits and vegetables	Resource management, food security, food safety, healthy diet
Dehydrating	Resource management, food security, food safety, healthy diet
Seasonal food/ food bank ingredients for classes such as quick pickling, low-sugar jams, jellies, chutney, etc	Resource management, food security, food safety, healthy diet

**Opportunities**

- UC MFP volunteers partner to offer demonstrations to EFNEP or UC CalFresh Adult Program classes
- UC MFP Food Storage Fair – bringing MFPs to do demonstration stations at the graduation class of EFNEP or separate event (like a Health Fair) in order to promote enrollment into the UC MFP program.
- Partner with Food Banks (i.e San Luis Obispo)
- Small grants to fund/subsidize materials and classes for low-income participants
- Offer scholarships based on graduation of EFNEP/UC CalFresh program series.
- UC MFP training for EFNEP/UC CalFresh staff. This can be a single workshop or the full volunteer training.

### **Proposed impacts and outcomes**

- Increase diversity and reach (Goal 2 of ANR Strategic Plan) for UC Master Food Preserver Programs
- Improve financial and food management practices for families
- Improve staff retention and career development through collaboration and cross-training
- Augment the food resource management component for both EFNEP and UC CalFresh
  - Increase knowledge, skills and abilities regarding food waste reduction
- Augment the food safety component for both EFNEP and UC CalFresh
  - Increase knowledge, skills and abilities regarding food safety, storage and expiration dates

### **Policy & Program Structure Considerations**

- Need to have a UC MFP volunteer present at classes and demonstrations (UC MFP is not train-the-trainer program)
- Volunteer chooses how to spend time so interest in working with youth and/or low-income communities and general interest in collaboration is determined by the volunteer
- Training: UC CalFresh and EFNEP funds cannot be used to pay for time while participating in the extensive training time (60 hours) for nutrition educators to become volunteers or any programming for the general public to fulfill continuing education requirements. UC MFP is willing to adjust volunteer requirements for staff wanting to take the class to conduct workshops as part of position
- EFNEP staff must have supervisor approval and sufficient PDL funds to cover the cost of the full training. Training would have to be done outside of scheduled work
- UC CalFresh approval of MFP-UC CalFresh collaborative activities and written into IWP
- UC MFP volunteers cannot deliver any lessons on nutrition or share information on healthy diets
- UC MFP volunteers are NOT mandated reporters under CANRA. Our audience is 18 and older. UC MFP programs can partner with other ANR programs to do youth outreach (e.g., 4-H) and cannot be responsible for meeting the learning objectives of the youth/state testing requirements and cannot be alone with the youth (because they are not mandated reporters).

### **Models of Success**

- Wei-Ting Chen, NFCS Advisor San Francisco and San Mateo Counties, ([wtgchen@ucanr.edu](mailto:wtgchen@ucanr.edu))
- Chutima Ganthavorn, NFCS Advisor Riverside and San Bernardino Counties, ([cganthavorn@ucanr.edu](mailto:cganthavorn@ucanr.edu))

### **Tips to Integration**

- Build a relationship
- Plan early
- Learn about each other's program
- Plan a common vision

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