

## COUNTY NUTRITION ACTION PLAN - Orange County

Oct. 1, 2016 - Sept. 30, 2018

Goal: Increase number of low income individuals consuming healthy foods

Objectives	Activities	Desired outcomes
<b>1. <u>Participation</u>: Increase participation in all FNS programs by encouraging individuals to participate in one or more of the FNS and partner programs serving the low-income target audience.</b>		
<b>1.A Educate staff &amp; partners:</b> Provide staff & key partners with info on the FNS programs available to address food insecurity.	1) Update & post the <i>How to Get Food Help in OC</i> presentation & handout that describes FNS programs-eligibility criteria, services, etc. 2) Distribute items to CNAP partners & conduct staff trainings 3) Distribute items to community partners & assist with staff trainings to better help those not familiar with FNS programs. Partners may include NuPAC, food pantry sites, grocery stores, administrators, medical providers/students, school nurses, churches, community colleges, outreach coordinators, resource centers, daycares, schools, etc.	Presentation & handout updated by 4/17 and 4/18. Items shared with CNAP members; staff trainings annually or every 2 years. Info shared with least 20 partners annually. Post on web by 5/17.
<b>1.B Referral &amp; resource materials:</b> Update and/or share materials to facilitate outreach and cross-referral among FNS programs.	1) Update and distribute the CNAP OC insert – Eng, Sp & Viet 2) Share CNAP partners' outreach materials 3) Review need for new materials and branding of FNS in OC a) Generic flyer to promote all CalF outreach providers b) Generic flyer to promote all WIC providers, update current version c) Adapt LA CalF/WIC flyer for use in OC d) Consumer version of "How to Get Food Help" handout e) Materials in Vietnamese, Farsi, Korean &/or Arabic f) Materials for target groups, e.g. drug felons, child-only homes, etc.	Inserts updated by 1/17. Defined referral materials shared with CNAP partners & others at least 4x/yr. 1 new material shared annually.
<b>1.C Priority programs:</b> Provide additional efforts to improve participation in select programs.	1) Select 1-3 priority programs per year for targeted activities (may include Older Adults, college students/pantries, men, WIC, School Pantry, CACFP- esp. home daycare providers, Summer Meal, etc.) 2) Implement additional efforts to improve participation rates	Improved participation rates in select programs. Initial priorities: Older Adults, College Students and WIC.
<b>1.D Routine communication:</b> Provide updates to FNS partners to ensure appropriate referrals and good customer service.	1) Provide updates on program enrollment, number that can be served, changes to eligibility and other pertinent information at quarterly CNAP meetings or as needed 2) Summarize participation numbers for select programs annually to track progress and services provided	Status of program & participation shared at quarterly meetings & as needed. Participation summarized for key programs annually in "Food Help" presentation.
<b>1.E Link with local anti-hunger partners:</b> Coordinate with non-FNS partners addressing hunger issues.	1) Encourage non-FNS partners addressing hunger, such as the OC Food Access Coalition, to participate in CNAP meetings 2) Link with non-FNS partners on training and advocacy issues 3) Assist in coordinating efforts related to Older Adults, Farmers Markets, CalF Market Match, Waste Not OC, etc.	Info from food security advocates will be shared at quarterly meetings & as needed.
<b>1.F Evaluate:</b> Determine effectiveness of key outreach efforts.	1) Complete a tracking form annually to determine number of partners reached with "Food Help" presentation and key resource materials. 2) Conduct at least one evaluation survey with low-income individuals to determine familiarity with FNS programs.	Results from tracking form compiled annually. Results from survey shared at least once every two years.

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<b>2. Nutrition Education: Coordinate nutrition education messages across FNS programs.</b>		
<b>2.A Web resources:</b> Promote use of online nutrition information & resources from key websites.	<ol style="list-style-type: none"> <li>1) Promote the use of ChooseMyPlate, Champions for Change and EatFresh websites. Share the “Eat Better – Use the Web” and “Visit Eat.Fresh” materials.</li> <li>2) Promote CNAP member websites, including WIC’s online education.</li> </ol>	Web resources will be promoted at a minimum of 10 sites. Web resources will be integrated into lessons and nutrition ed activities.
<b>2.B Early Childhood:</b> Coordinate nutrition education targeting the needs of children from birth to 5 yrs of age.	<ol style="list-style-type: none"> <li>1) Convene at least 2 meetings/yr to coordinate nutrition efforts conducted by WIC, Head Start, NEOP, CACFP &amp; other key partners</li> <li>2) Integrate information on CalFresh, WIC and other food assistance programs into nutrition education shared with staff and families</li> <li>3) Promote sustainable PSE changes at participating sites</li> </ol>	Summary of mtg notes on file. 100% of classes conducted by NEOP will have CalF and WIC info available. Share summary of PSE efforts annually.
<b>2.C Target Food Asst Sites:</b> Provide nutrition ed & materials to CalFresh offices, CalFresh Outreach sites & other food assistance sites.	<ol style="list-style-type: none"> <li>1) Provide nutrition education materials to all CalFresh offices quarterly &amp; at least 50 food assistance sites semi-annually</li> <li>2) Provide nutrition education classes and/or booths at a minimum of 3 CalFresh offices, 2 CalFresh Outreach sites &amp; 20 food assistance sites</li> <li>3) Share info on the new food labels &amp; Dietary Guidelines</li> </ol>	100% of CalF offices will receive nutrition ed resources. List of sites receiving nutrition education shared annually.
<b>2.D Link to grocers:</b> Coordinate food assistance & nutrition education messaging disseminated at grocery stores and to food vendors.	<ol style="list-style-type: none"> <li>1) Convene at least 1 meeting/yr to coordinate WIC Vendor Liaison, Farmers Market, CalF &amp; NEOP “Shop” grocery store efforts</li> <li>2) Promote CalFresh and WIC use at local stores by providing information to customers and store staff</li> </ol>	Summary of mtg notes on file. 100% of in-store nutrition activities conducted by NEOP will have CalF and WIC info available.
<b>2.E Evaluate:</b> Determine effectiveness of key education efforts.	<ol style="list-style-type: none"> <li>1) Survey low-income individuals at least once every 2 years to determine barriers &amp; opportunities related to using web resources</li> <li>2) Review effectiveness of materials &amp; on-site education at a minimum of 5 food asst sites annually</li> </ol>	Results from survey on web resources will be shared by 10/17. Results from survey on effectiveness of ed at food asst sites shared annually.
<b>3. Coordination and Communication: Maintain, expand and share CNAP with FNS programs, local partners and external stakeholders.</b>		
<b>3.A</b> Maintain and expand local CNAP efforts.	<ol style="list-style-type: none"> <li>1) Convene quarterly meetings to track progress</li> <li>2) Maintain membership list &amp; recruit new partners</li> <li>3) Summarize progress on yearly basis &amp; update plan as needed</li> </ol>	Qtrly mtg minutes & annual summary shared and on file.
<b>3.B</b> Communicate with partners about CNAP activities.	<ol style="list-style-type: none"> <li>1) Share CNAP information with partners and administrators at community meetings and conferences and through written updates (e.g. ListServ)</li> <li>2) Share CNAP information by posting materials on a website</li> </ol>	CNAP information shared with at least 5 partners annually.
<b>3.C Evaluate:</b> Determine effectiveness of CNAP coordination.	<ol style="list-style-type: none"> <li>1) Obtain feedback from members to help improve quarterly meetings &amp; CNAP efforts</li> <li>2) Review attendance at and/or participation in CNAP meetings and activities</li> </ol>	50% of members attend ≥2 mtgs/yr or participate in ≥2 activities/yr.