
CalFresh Healthy Living, UC

Providing Nutrition Education during COVID-19

What: CFHL, UC wanted to continue to reach SNAP eligible communities with quality nutrition education and physical activity during COVID-19. Due to shelter in place orders, traditional methods for delivering education to community members were no longer available. In close partnership with the CFHL, UCCE county programs, the CFHL, UC State Office began transitioning direct education delivery to distance learning formats.



How: CFHL, UCCE programs are employing a variety of methods to deliver quality virtual education to students and families including: live zoom lessons, a flipped classroom model, and delivery through an extender model.

*Explore the tips and lessons learned from
CalFresh, HL on online learning*

1. **Live Virtual Lessons:** UCCE Community Education Specialists (CES) deliver virtual lessons to students during class time.
 - **Tools for Live Virtual Lessons:**
 - Zoom
 - PowerPoint
 - **Tips for Live Virtual Lessons:**
 - Use zoom features like polling, whiteboard, reactions etc. to engage students in learning
2. **The Flipped Classroom Model:** Online content is provided to students for self-study. UCCE CES or teacher extender then lead a live, interactive session to reinforce lesson concepts objectives.
 - **Tools for the Flipped Classroom Model:**
 - Recorded PowerPoint Presentations with audio for self-study
 - [Biteable](#) to make recorded videos more engaging
 - YouTube for closed captioning and housing videos
 - Zoom for live, interactive session
 - **Tips for the Flipped Classroom Model:**
 - Include animation and music to maintain student engagement
 - During the live session, start by providing students with a recap of what was covered in self-study

3. **Delivery through a Teacher Extender:** CFHL, UCCE provides teachers with a lesson plan template which includes links to videos, activities, and materials. The teacher delivers the content to students during class.

- **Tools for Extender Delivery:**

- PowerPoint slides with talking points for teachers OR video recording of UCCE educators delivering lesson segments
- [Biteable](#) to make recorded videos more engaging
- [Lesson Plan Template](#) to guide teachers through lesson delivery
- Zoom

- **Tips for Extender Delivery:**

- Break lessons into short segments that are simple to deliver, and can be delivered throughout the week
- Incorporate activities and discussion as much as possible

Sample Lesson Structure

- Introduction
 - *Introduces the topic, goals and objectives, review previous lesson if applicable.*
- Content Segment
 - *Shares content with the participants, such as a mini lecture*
- Activity Segment with Hands-On Activity
 - *Explains the activity in which participants will engage*
- Physical Activity Break Segment
 - *A short physical activity for participants to follow along with.*
- Mindfulness Moment Segment
 - *A short mindfulness exercise, such as guided breathing or body scan meditation*
- Wrap-Up/Goal Setting
 - *Reviews lessons learned, main points, goal setting, and activities participants should complete before next lesson*

Considerations

- Teachers are overwhelmed with providing education in a virtual format.
- In many areas, students and families who qualify for CFHL, UC programming do not have access to the technology to participate in virtual lessons. UCCE programs are working to find solutions to ensure program delivery is equitable.
- As the situation with COVID-19 evolves, programs need to be prepared to adapt distance learning to the needs of the communities we serve.