

Division 16 Pictures

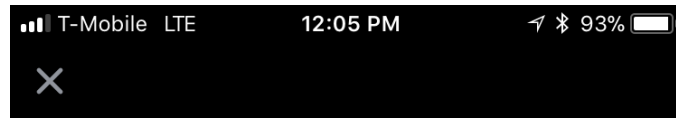
Champion Moms



My Plate



OC Health Care Agency Facebook Post



ochealth

July 19 · 🌐

More than 70 **#OrangeCounty** Champion Moms (<http://bit.ly/2t0VHZt>) and peer educators attended a recent workshop at **Centennial Farm** to learn how to build and prepare **#healthymeals** using fresh produce.

The workshop "Try It, Like It, Grow It" featured a **#farmtotable** approach (system in which food production, and consumption are integrated to enhance environmental, economic, social and nutritional health of a particular place) as participants toured the grounds and sampled fresh produce and learned tips from a **#mastergardener** on how to grow the fruits and vegetables they tasted in their own backyards.

Attendees committed to sharing key messages for choosing healthy, fresh options within their communities and expressed interest in bringing their families to local farmer's markets or the Centennial Farm.

Our Nutrition Services Nutrition Education and Obesity Prevention (NEOP) program along with Community Action Partnerships and the **OC Fair & Events Center** hosted the event for moms and educators who advocate for healthy changes in their neighborhood. OC Champion Moms is part of the **California Department of Public Health's** Champions for Change (<http://bit.ly/1IMJGla>) Supplemental Nutrition Assistance Program Education (SNAP-Ed) program.

Orange County is proud to support 87 Champion Moms; the greatest number in the State's SNAP-Ed program. To learn more, visit HCA's NEOP Program at <http://bit.ly/2shQYp2>.



Orange County, California - Nutrition Education & Obesity Prevention (NEOP)

ohealthinfo.com

Taste Test Challenge



Examples of Flyers



Spring Parent Workshop
Try It! Like It! Grow It!
Prepare and Taste Fruits and Vegetables from the Farm

WHEN: Wednesday, May 3, 2017
WHERE: Centennial Farm – OC Fair and Event Center
88 Fair Drive, Costa Mesa, CA 92626
TIME: 8 a.m. to 12 p.m.
No cost, free parking, breakfast included

RSVP BY MONDAY, May 1: Contact Allan Carranza,
Acarranza@capoc.org | 714-899-3684 Ext. 3246

PARTIALLY FUNDED BY USDA SNAP-ED, AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



Taller de Primavera para Padres
Pruébelo! Disfrútelo! Cultívelo!
Prepare y pruebe las frutas y verduras de la granja

CUÁNDO: Miércoles, 3 de mayo, 2017
DÓNDE: Centennial Farm – Feria de OC y Centro de Eventos
88 Fair Drive, Costa Mesa, CA 92626
HORA: 8 a.m. a 12 p.m.
Sin costo, estacionamiento gratis, desayuno incluido

POR FAVOR RESPONDA ANTES DEL 1 DE MAYO:
Contactar a Allan Carranza | Acarranza@capoc.org | (714)899-3684 ext.3246

PARCIALMENTE FINANCIADO POR SNAP-ED DEL USDA, UN PROVEEDOR Y EMPLEADOR QUE OFRECE OPORTUNIDADES EQUITATIVAS

Survey Results



Spring Parent Workshop, May 3, 2017
N=61



1. Please tell us how useful each topic was to you:

Topic	Very useful	Useful	Somewhat	Not Useful	Comments
a) Try It! Build a Healthy Plate: Creating Healthier Latino Meals n=59	97%	3%			<ul style="list-style-type: none"> • Very good • I love that our traditional plate can use 5 food groups. • Loved the parents! They did amazing • New ideas
b) Like It! Enjoy local foods n=57	96%	4%			<ul style="list-style-type: none"> • Excellent • Wow! Taste is amazing. •
c) Grow It! Tips & tricks from a UCCE Master Gardener n=55	98%	2%			<ul style="list-style-type: none"> • Everything's good. • Even if I live in an apartment, I can grow some produce.

2. What did you find most helpful at today's workshop?

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| <ul style="list-style-type: none"> • The 3 topics were very interesting to me. • How we can do all the 5 groups in a meal • The information about MyPlate and the 5 food groups. • Experience the taste of local fruits & vegetables that I can grow at home and teach agriculture to my children. • Farm tour was awesome. • The most helpful was learning famous dishes: pozole, are in the MyPlate group. • All the different types of veggies we could grow in our home. • I really enjoyed the farm tour to learn more about the products that are grown here. • MyPlate class, learning the 5 food groups/ fruits, vegetables, grains, protein & dairy. • To learn how to eat in a plate with all the food groups. • To learn about the 5 food groups we need to use in our plate. • To learn how to combine the food groups in our plate • The modification we can make in our traditional plates to make them healthier and understanding portion sizes • To taste different flavors of fruits and vegetables • To eat food farmed in the same place. Getting an idea how to farm. • They taught us how to eat healthier. • They taught us how to eat healthy • The complete presentation was very important because the knowledge was shared directly, including the importance of the nutrient value with organic produce. • To learn how to serve a meal following "MyPlate" • Everything • To learn to eat healthy food and the opportunity to meet kind and nice people. • How to make a healthier plate. • I would like to bring my grandkids for them to learn. • Because there's a lot of information for the family. • I liked it and we learned something new. | <ul style="list-style-type: none"> • We learned how to improve our meals. • I learned how to add the 5 food groups in my plate. I had an idea, but today I reinforced it. "Thank you." • To review MyPlate and how to apply the tips day by day. • To know how to harvest fruits and vegetables. • The portion of the meals and how to balance them. • I learned how to harvest new plants and vegetables. • The people in charge. • Agriculture- the take it takes to grow vegetables. • Tour of the farm – Master Gardener info and all that Centennial Farm has available for our school & parish. • I learned what animals are raised for milk and what animals are raised for meat. • How to improve our plate. • How to include the 5 food groups in every plate. • I learn about how to grow fruits & veggies. • The presentation of different meals of different countries. • The farm tour. • To learn different types of recipes & opinions and learned how to eat healthier. • How to build MyPlate with the 5 food groups. • Learned the importance to eat the 5 food groups and how to mix them. • Everything. • The importance to include the 5 food groups in my plate. • The importance to combine the 5 food groups (fruits, vegetables, grains, protein & dairy) • The 5 food groups; different cow's milk production. |
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3. Before this event, have you ever been to the OC Fair & Event Center's Centennial Farm? n=60

Yes=48%:

<u>When</u>		<u>Why</u>	
<ul style="list-style-type: none"> • April; summer • Sept 2016 • Summer • During school year • Last year • - • Every year • Don't remember • - • Last school year • - • July • 2 years ago • OC Fair 	<ul style="list-style-type: none"> • 2010 • 2000 • Last summer • Last year • 2010 • - • - • 2 weeks ago • 2 years ago • 2010 • 2 years ago • 10 years ago • - • 4 years ago 	<ul style="list-style-type: none"> • Cooking Up Change workshop/OC Fair • Field trip with my child • During OC fair • My daughter's school tour • At the OC fair • School tour with my son • OC fair • With my kids • With my kids • With school students • Kids come to the farm tour • OC Fair • School trip with my daughter • Curious 	<ul style="list-style-type: none"> • With my kids • My son's school: Patrick Henry • Came with my family • OC fair and school's field trips w/ my kids • Garfield school tour for kinder • Because I love it. • Imaginology • Visiting • My kid's school tour • With my kid's school • OC Fair • - • School & other events • School

No=52%: It's my first time here.

4. Would you come back to visit Centennial Farm? n=60 Yes=100% No Unsure

- Because it's beautiful
- Because it's a very interesting learning experience.
- Because I learned that I can grow most everything in my home.
- There's a lot of interesting & productive things
- Yes, to share with my community, so families will have the opportunity to learn and share.
- I like it because it's important to know how to feed the animals
- To learn to farm and motivate myself how to do it
- Because I liked it, I will bring my family; there are a lot of things that they'll like.
- Because now I know, it's not only the fair or the variety of foods offered at the fair that we would come for a visit. Now I can come to visit the farm with my daughter.
- Because this is fascinating.
- To learn and observe more directly
- Is very interesting and we learned a lot
- Because the tour was fast
- Everything was beautiful; I will bring my kids.
- Because I liked the environment in the place.
- I liked everything they harvest.
- For family
- I would like to share with family & friends.
- To learn more and bring my kids.
- Would like to bring a tour to motivate our gardening efforts in the parish before venturing out to a "community garden."
- Because I would like to bring my kids.
- Because it's a very pleasant place.
- I love to bring my kids, help us to know and learn more about the farm.
- It's important to know the harvest season of different fruits & vegetables.
- It's important to know how the vegetables grow.
- Is fun for my kids
- I liked everything about the farm. I was able to relate because I was born in a ranch
- New options or alternatives to make latino meals (plates)
- For my family to know more about agriculture.
- I liked the tour and the important information.
- I will come back with my family to know the place.
- Because I want my kids to learn the process of farming.
- Because it's interesting to learn how to harvest the food.
- I did like it a lot.

PDF Entry Information

Exhibitor Name: Chris Gunst OC Fair & Event Center

WEN: 8EA941

Division: Section 2 - Innovation & Managemen

Class: 16 New Wellness Program

Title: Champion Moms

Description:

Notes:

