

# CalFresh Healthy Living Virtual Promising Practice Exchanges

SEPTEMBER 10 - 24, 2021

## HEALTH EQUITY IN A HYBRID WORLD

### SUB-THEMES:

- ✦ Assessments
- ✦ Nutrition Security
- ✦ Access to Healthy Food
- ✦ Access to Physical Activity
- ✦ Partnering During the Pandemic

### SKILLS TRAINING:

- ✦ Boost Your Online Presence to Create Connection



5 DAYS - 6 EXPERT-LED SESSIONS - 3 SKILLS TRAININGS - NETWORKING

Promising Practice Exchanges are designed to foster local and regional connections, develop regional learning communities, and allow opportunities for attendees to network with peers. Each exchange is developed by planning committees from local implementing agency representatives to address region-specific interests and are open statewide for all to join!

### CHOOSE FROM:

- ✦ **SIX unique sessions** with content specific to your CalFresh Healthy Living work. You'll hear from subject experts, then discuss issues and learn from one another in small breakout groups.
- ✦ **ONE online skills training** to build your capacity for connecting with your audience by boosting your online presence. Developed and delivered by Katrina Kennedy, (*Best Practices for Virtual Engagement and Virtual Training Bootcamp*).

**[CLICK HERE TO REGISTER](#)**

*All events will be recorded and made available at the conclusion of the event.*



# CalFresh Healthy Living

## Virtual Promising Practice Exchanges

### SESSION DESCRIPTIONS

#### Assessments & Partnering During the Pandemic:

The COVID-19 pandemic has disrupted CalFresh Healthy Living agencies' relationships and partnerships with other organizations and community members. During this Partnership session, we will explore promising practices for re-engaging partners, or reaching out to new partners, while navigating the shifting COVID-19 situation. During the Assessment session, through real-world LIA examples, attendees will explore strategies for selecting an appropriate site-level assessment, helpful practices when conducting an assessment, and strategies for making assessment results relevant and actionable

- Partnering During the Pandemic  
*Tuesday September 14<sup>th</sup>, 1:30-3:30pm*
- Assessments  
*Tuesday September 21st, 1:30-3:30pm*

#### Nutrition Security & Access to Healthy Food

In response to the pandemic, there has been an increase in the number of Californians who have experienced food insecurity and similarly, difficulty obtaining access to healthy food. The food recovery session provides information on how our CalFresh Healthy Living work aligns with SB1383 to reduce food waste. The community gardens session supports food access and security by focusing on distribution of healthy food through partnerships across multiple settings.

- Growing a Healthy Community - How to Support Schools and Food Banks Through Community Garden  
*Wednesday September 15th, 1:30-3:00 p.m.*
- Rescuing Food to Feed Californians – How CalFresh Healthy Living Can Support Implementation of SB1383  
*Wednesday September 22nd 1:30-3:30pm,*

#### Access to Physical Activity - Promising Community PA Programs, Partnerships & Resources

Throughout the COVID-19 Pandemic, CalFresh Healthy Living agencies are facing extraordinary circumstances that challenge the ability to support their community's ability to maintain an active lifestyle, yet many have worked hard to overcome these challenges. The session on improving outdoor environments will explore tools, resources, and funding to support active lifestyles now and beyond the pandemic. The session on resources for getting your community active will provide approved resources for engaging diverse communities in physical activity (PA) and setting specific resources to support PSE strategies.

- Improving Access and Utilization of Outdoor PA Environments  
*Thursday September 23<sup>rd</sup>, 9:00-11am*
- PA Resources for Getting your Community Active and Fit - Which will be your team's big hit?  
*Thursday September 23<sup>rd</sup>, 1:30-3:30pm*

#### Boost Your Virtual Presence to Create Connection

Strong connections help teams to collaborate, promotes knowledge sharing and deepens our learning. This class will explore methods to strengthen connections in meaningful ways through your presentation techniques and presence. Learn to: present in a natural, approachable way; create an engaging, safe space for interaction; identify opportunities for valuable connection; and select from a variety of connecting activities.

- 3 Sessions: Friday, September 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> ALL from 9:30am-12:00pm