

Western Region Update

Rick Griffiths, (NM), Western Region Director

I would like to thank everyone who signed up to judge award applications and presentations for Annual Session, as well as all of the members working on NEAFCS committees this Spring.

Additionally, I have heard many great stories about the experiences members had at the JCEP ELC and PILD conferences this year and commend all those who worked on the planning committees. I encourage everyone to take advantage of the NEAFCS scholarship opportunities to attend these great conferences in the future.



The following updates were provided by our Western Affiliates:

Washington:

1. Washington State University recently published a new Pacific Northwest Extension (PNW) publication titled ***Fruit Pie Fillings for Home Canning***. The publication highlights the USDA fruit pie filling recipes and including recipes and instructions for preparation and processing. The design team included numerous photos to demonstrate several of the pie filling preparation steps. A special section addressing siphoning of pie filling was included to address one of the common problems encountered by consumers. You can find *Fruit Pie Fillings for Home Canning* Pacific Northwest Extension Publication PNW736 at <https://pubs.extension.wsu.edu/fruit-pie-fillings-for-home-canning>
2. Diane Smith, WSU Skagit County Extension, and her co-presenter, Claudia Avendano-Ibarra, presented a workshop on “Fostering behavioral health with Latinx community in Skagit County WA” at the National Health Outreach Conference on May 3, 2021. The presentation described the response to behavioral and mental health concerns of the Latinx community in Skagit County. Outreach, program delivery and participant engagement strategies to increase Hispanic family participation in a culturally appropriate way. Strengthening Family parenting program for families with youth ages 1-14 were described. The session presented resources developed, shared evaluation data demonstrating the value to families who participated and illustrated the need for adapting materials to be culturally sensitive to priority audiences to promote health equity.
3. Doreen Hauser-Lindstrom, State Program Leader for Nutrition, Health and Wellness at Washington State University Extension, (and team) received funding for their grant, titled *Community Information Campaign: Teen Voices in Vaccination Education in Their Communities*. The grant was funded by All in Washington in the amount of \$50,000. The grant will provide community teen leaders and their adult mentors with the resources, knowledge and training to deliver a vaccination campaign that is culturally relevant and utilizes linguistically appropriate messages that build confidence, reduce complacency and identifies convenience for obtaining vaccinations.
4. Safe Recipes Washington:

Multiple studies show that when consumers use recipes that contain food safety instructions written into the directions, they are more likely to use safe food handling practices in their home kitchens. Zena Edwards and Lizann Powers-Hammond, two WSU Extension county-based faculty have begun the Safe Recipes Washington project. The project utilizes the Safe Recipe Style Guide and associated materials published by Partnership for Food Safety Education with support from the Food Marketing Institute Foundation and based on academic research. Two workshops have been offered over zoom, with more to come.

The workshops include:

- The research on why the Safe Recipe Style Guide is needed
- Background on how the Safe Recipe Style Guide was developed
- How to use the Safe Recipe Style Guide
- Practice with sample recipes, report back/action plan for using
- Wrap up: How will you use the Safe Recipe Style Guide
- Resources

Additional workshops will be offered throughout local communities. Master Food Preserver volunteers are also being trained to expand outreach. Adding these simple, yet highly effective, food safety prompts in recipes provided to program participants, clients, consumers or the general public has the potential to make a huge impact when it comes to promoting consumer food safety practices and preventing foodborne illness.

New Mexico:

Warmest congratulations to the following members who won our NMEAFCS (State Affiliate) awards this year!

Excellence in Teamwork: *New Mexico Behavioral Health and Wellness Team* Amanda Benton, Karim Martinez, LaJoy Spears, Marcy Ward, Laura Bittner, Beatriz Favela, Desaree Jimenez

Mary W. Wells Memorial Diversity Award Amanda Benton

Past Presidents' New Professional Award Amanda Benton

School Wellness Award Amanda Benton, Nicole Jacobs, Mindy Turner, Beatriz Favela, Desaree Jimenez, Robin Mack-Hayes, Laura Bittner, Katie Sharpton, Cheyenne Law, Trisha Chavez

Family Health & Wellness Award: Slim and Strong: Crafting a Healthy Lifestyle Dianne Christensen

Communications Newsletters Award Joy Czmyrid

Communications Television/Video Award: Make Your Own Facemask Nicole Jacobs

Innovation in Programming Award: COVID-19 Stress and Resilience: Thriving in Today's Demanding World Karim Martinez, Suzanne DeVos-Cole, Dianne Christensen, Karen Plawecki

Community Partnership Award: *Gestational Diabetes Support Group* Katie Sharpton, Daisy Arsenault, Marcia Monterrosa, Lisa Rodriguez