

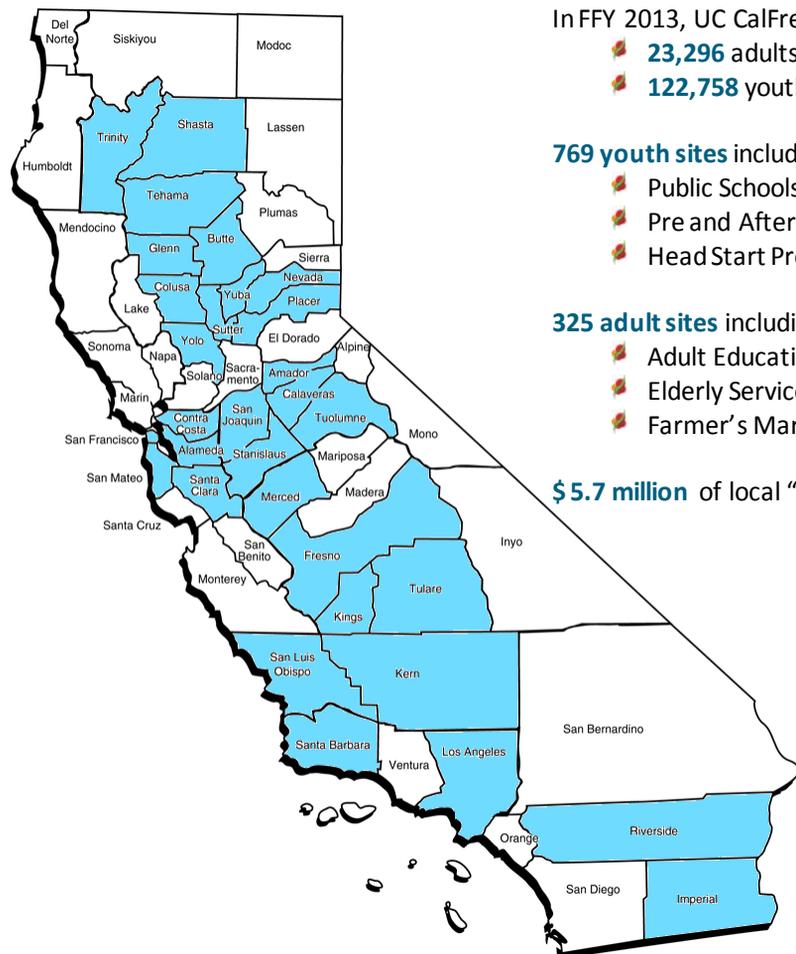
## IMPROVING CALIFORNIA'S HEALTH THROUGH COMMUNITY-BASED NUTRITION EDUCATION

*As more Californians are challenged by demanding schedules, increasingly tight budgets and conflicting food marketing messages, making smart nutrition decisions can seem daunting...*

The University of California, Davis along with UC ANR leads a statewide effort to provide low-income families, youth, adults and seniors with evidence-based nutrition and resource management education through the UC CalFresh Nutrition Education Program (NEP).

UC CalFresh has provided nutrition education to Californians for close to two decades by:

- Coordinating nutrition education and resource management lessons in **31** counties through school districts, state and county agencies, community centers and shelters at over **1,094** sites across the state.
- Building strong programs that affect the choices and health of low-income Californians through research and evaluation of program effectiveness.



In FFY 2013, UC CalFresh NEP reached over **146,054** participants:

- 🍎 **23,296** adults
- 🍎 **122,758** youth

**769** youth sites including:

- 🍎 Public Schools
- 🍎 Pre and After School Programs
- 🍎 Head Start Programs

**325** adult sites including:

- 🍎 Adult Education & Job Training Sites
- 🍎 Elderly Service Centers
- 🍎 Farmer's Markets

**\$5.7 million** of local "in kind" support generated

*"In my home I do all of the cooking and I've learned new ways to make healthy choices. Every week I've made small changes in my home and my family has embraced the changes. My grocery bill has decreased by \$20-\$30 a week. Thank you for all the tips!"*

--- UC CalFresh Participant

*"Isn't it amazing how some basic information can help children rethink their eating habits? The boys sit a little taller when they hear about how much stronger they will be if they eat more vegetables and fruit."*

--- Kindergarten Teacher

Supporting teachers with training, technical assistance and educational resources that link nutrition choices with overall good health



**Youth:**

**97%** can now identify healthy food choices

**93%** are willing to try new healthy foods at school

Creating awareness and demand for California's agricultural produce through curricula, garden projects and promotion of California's bountiful harvest.

Developing innovative approaches in curricula design and delivery with 4H, Master Gardeners and Farm Advisors.



**More than one-third** of our participants who took the *Plan, Shop, Save, Cook* classes reported running out of food **less often** at the end of the month.



Providing nutrition education training on how to stretch dollars throughout the month to assure food is available and achieve healthy nutrition choices for CalFresh eligible recipients

**83%** are more knowledgeable about saving money on food

Teaching parents how to improve their own eating habits and serve as positive role models for their children

**79%** are more knowledgeable about simple, healthy meals to make at home

