UC CalFresh Nutrition Education Program
One of California’s five SNAP-Ed State Implementing Agencies

California’s SNAP-Ed Mission
Inspire and empower underserved Californians to improve their health and the health of their communities by promoting awareness, education, and community change through diverse partnerships, resulting in healthy eating and active living.

Delivered through UC Cooperative Extension County Offices (UCCE)

- UC CalFresh SNAP-Ed is delivered in 32 UCCE counties
- 12 UCCE Nutrition and Family/Youth Advisors
  (no SNAP-Ed funding)
- 10 UCCE Program Managers and Supervisors
- 109 UCCE Community Educators
- 23 physical activity leads
- 61 trained Smarter Lunchrooms Movement of California (SLM of CA) Technical Advising Professionals (TAPs)

YOUTH PROGRAMS
Evidence-Based Direct Education

Early Care & Preschool Education

- 21,813 preschoolers (<5 years) reached
- 289 preschool and Head Start sites receiving SNAP-Ed education
- 643 extenders - preschool and Head Start staff - trained to provide nutrition and physical activity education

Schools, Afterschool & Youth Programs (Grades K-12)

- 117,892 youth (5-17 years) reached
- 491 schools, afterschool programs and other youth program sites receiving SNAP-Ed education
- 2,866 extenders - classroom teachers, and afterschool staff - trained to provide nutrition and physical activity education to school-aged youth

Based on the Teacher Tasting Tool...

- Before today’s class how many of you have tasted this food before? 42%
- How many of you are willing to eat the food again at school? 64%
- How many of you are willing to ask for this food at home? 60%

*Over 4,000 tastings with over 90,000 students (duplicate) in FFY 2017

The material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.
Adult Programs
Evidence-Based Direct Education

- 16,381 adults reached with direct education (unduplicated)
- 1,706 seniors reached with direct education (unduplicated)
- 213 adult only sites for SNAP-Ed delivery

Food Resource Management
Stretching food dollars and fostering learning strategies to improve household food security to maximize nutrition and health return on limited resources.

PSS&C Plan, Shop, Save and Cook
A curriculum designed to help adult participants stretch food dollars by learning shopping strategies and meal planning.

After completing the series, % reporting improvement...
- 44% Planning Meals
- 43% Shopping with a List
- 45% Comparing Unit Prices
- 29% Thinking about Healthy Choices

Results based on over 1,500 participants’ pre and post-tests in FFY 2017

Physical Activity & Nutrition

Eating Smart, Being Active
A curriculum designed to assist low-income families with young children to learn healthy lifestyle choices.

After completing the series, % reporting improvement...
- 43% Ate more than one kind of fruit each day
- 44% Ate more than one kind of vegetable each day

Results based on over 1,000 participants’ Food Behavior Checklist pre and post-tests in FFY 2017

Family-Centered Nutrition Education

Healthy, Happy Families
A curriculum composed of eight mini-lessons to help parents promote healthy eating habits in preschool-aged children.

Eat and Play Together!
A nutrition and physical activity curriculum for 6-8 year old children and significant adults in the children’s lives.
Together education, marketing, and policy, systems, and environmental (PSE) changes are more effective than any of these strategies alone for preventing overweight and obesity.

Working with partners, UCCE programs reported PSE changes at over 300 SNAP-Ed sites reaching more than 130,000 people in FFY 2017.

Smarter Lunchrooms Movement of California
Encouraging the selection of healthy options, through cafeteria makeovers using evidence-based, low-cost/no-cost strategies.

UCCE programs:
- conducted over 100 SLM cafeteria assessments at schools with over 40,000 total students – (2016/17 School Year)
- have 61 trained SLM Technical Advising Professionals (TAPs) who provided assistance in their counties at 95 sites in FFY 2017

Edible Gardens and Farm to Table
Growing, trying, and eating local produce.

In FFY 2017, UCCE programs helped to...
- establish new, reinvigorate or expand edible gardens at over 100 sites reaching almost 20,000 people
- initiate or expand farm-to-table use of fresh or local produce at 47 sites

Physical Activity
Over 180 sites in 27 counties made at least one PA-related PSE change reaching over 95,000 people in FFY 2017.

PA-related PSE changes included improved:
- quality of structured PA at 77 sites
- PA facilities/equipment at 45 sites
- opportunities for unstructured PA at 28 sites
- quality of physical education at 23 sites
- incorporation of PA into school day and classroom instruction at 20 sites
- playground stencils to encourage PA at 17 sites
Shaping Healthy Choices Program

- Comprehensive research-tested program combining inquiry-based education, cooking, gardening, and changes to the cafeteria
- Partnership with University of California, Davis' Center for Nutrition in Schools (CNS)
- Integrating Physical Activity in existing curricula through Healthy Choices in Motion

In FFY 2018...
UCCE county programs are implementing Shaping Healthy Choices in 17 schools in 10 counties

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For more information, visit our website at uccalfresh.org

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