

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

GO GLOW GROW

A Nutrition and Physical Activity Curriculum designed for 3-to-5-year-old children.



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HAPPY HEALTHY ME...
Moving, Munching & Reading Around MyPlate
A nutrition and literacy curriculum for 4-to-6-year-old children which includes reading storybooks with food-related themes and participating in hands-on nutrition education and physical activities.

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**?



How many of you are **willing to eat the food** again at **school**?



How many of you are willing to ask for this food **at home**?



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

This 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



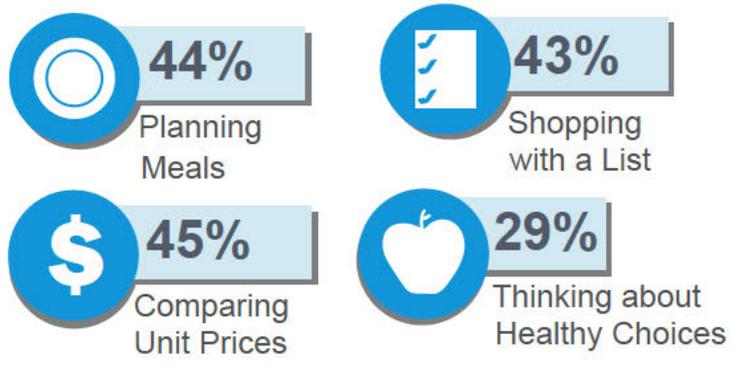
Food Resource Management

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...

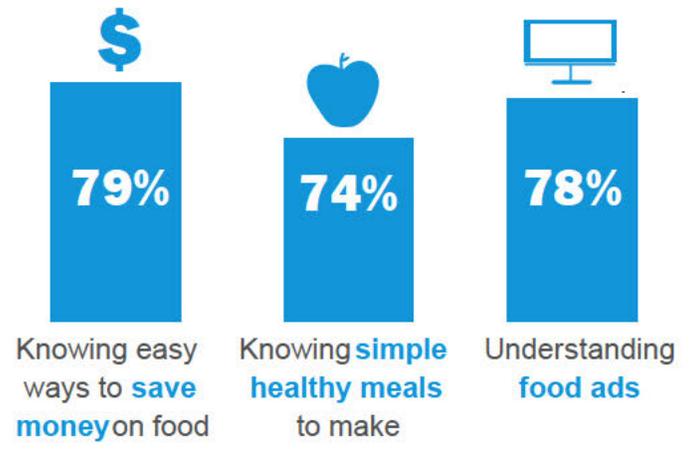


Results based on over 1,500 participants' pre and post-tests in FFY 2017

MEDC Making Every Dollar Count

A curriculum designed to help adult participants gain the tools needed to take control of their money.

After completing the series, % reporting improvement...



Results based on over 1,146 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...



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.



- 🍌 **115** family-centered sites for SNAP-Ed delivery where education efforts are focused on the family

Eat and Play Together!

A nutrition and physical activity curriculum for 6-8 year old children and significant adults in the children's lives.



COMPREHENSIVE PROGRAMMING

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



COMPREHENSIVE PROGRAMMING



Shaping Healthy Choices Program



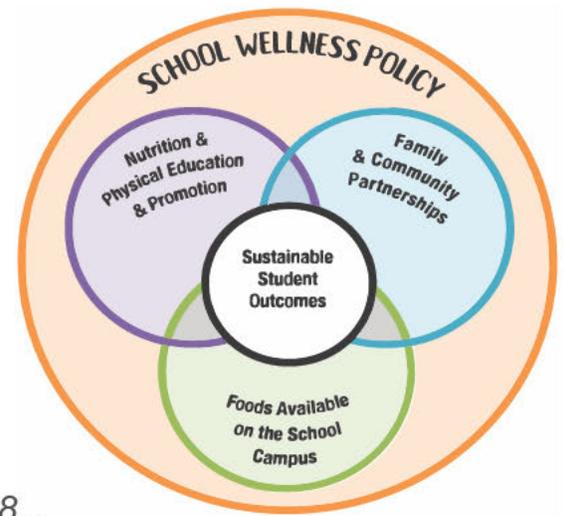
Comprehensive research-tested program combining inquiry-based education cooking, gardening and changes to the cafeteria



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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