

# 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 **31** UCCE counties
- 🌸 **8** UCCE Nutrition and Family/Youth Advisors  
*(no SNAP-Ed funding)*
- 🌸 **17** UCCE Program Managers and Supervisors
- 🌸 **93** UCCE Community Educators
- 🌸 **22** physical activity leads
- 🌸 **41** trained Smarter Lunchrooms Movement of California (SLM of CA) Technical Advising Professionals (TAPs)

## YOUTH PROGRAMS

Evidence-Based Direct Education

### Early Care & Preschool Education

- 🍏 **19,288** preschoolers (<5 years) reached
- 🍏 **237** preschool and Head Start sites receiving SNAP-Ed education
- 🍏 **831** extenders - preschool and Head Start staff - trained to provide nutrition and physical activity education



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## GO GLOW GROW

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



### 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)

- 🍏 **84,307** youth (5-17 years) reached
- 🍏 **409** schools, afterschool programs and other youth program sites receiving SNAP-Ed education
- 🍏 **3,032** 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**?

**69%**

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

**66%**

\*Over 4,000 tastings with over 90,000 students (duplicate) in FFY 2016



# ADULT PROGRAMS

## Evidence-Based Direct Education

- 🌟 **10,925** adults reached with direct education (unduplicated)
- 🌟 **1,985** seniors reached with direct education (unduplicated)
- 🌟 **104** total adult only sites for SNAP-Ed delivery



## Food Resource Management

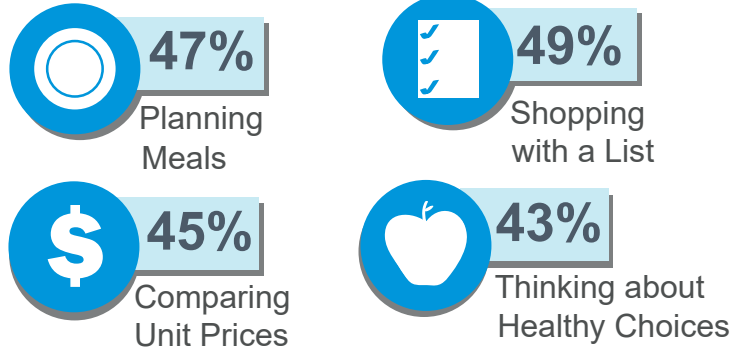
Stretching food dollars and fostering learning strategies to improve household food security to maximize nutrition and health return on limited resources.

## MEDC Making Every Dollar Count

### PSS&C Plan, Shop, Save and Cook

A curriculum designed to help adult participants stretch food dollars by learning shopping strategies and meal planning.

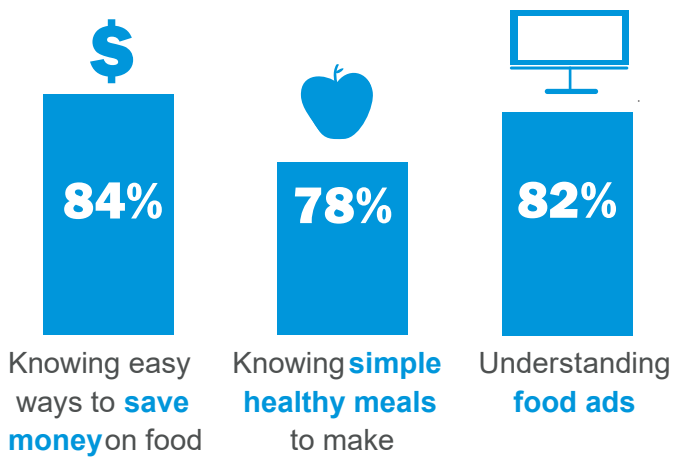
After completing the series, % reporting improvement...



Results based on over 1,000 participants' pre and post-tests in FFY 2016

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

After completing the series, % reporting improvement...



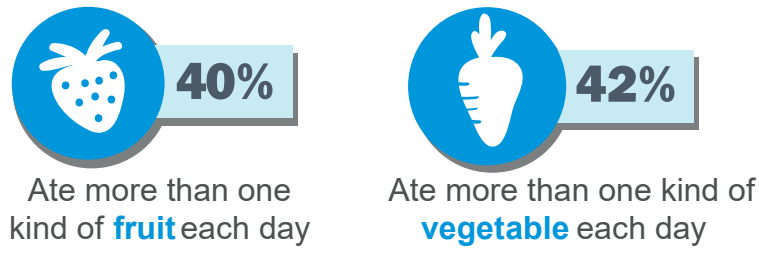
Results based on over 750 participants' pre and post-tests in FFY 2016

## Physical Activity & Nutrition

After completing the series, % reporting improvement...

### Eating Smart, Being Active

A curriculum designed to assist low-income families with young children to learn healthy lifestyle choices.



Results based on 991 participants' Food Behavior Checklist pre and post-tests in FFY 2016

## Family-Centered Nutrition Education

🌟 **113** total family-centered sites for SNAP-Ed delivery where education efforts are focused on the family

### 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.



# NEW DIRECTIONS

Comprehensive Programs

Education focused on the individual level & **policy, systems and environmental** change at the setting level.



## Smarter Lunchrooms Movement of California



Cafeteria makeovers using **evidence-based, low-cost and no-cost strategies** for making the healthy option the easy option



Smarter Lunchrooms Movement of California partners

California Department of Education  
Dairy Council of California  
UC CalFresh  
California Department of Public Health



Since FFY 2013...

**973** people trained

**128** Technical Advising Professionals (TAPs) including **61** UCCE TAPs

UCCE has more TAPs than any other agency in the state

## Youth Development and Engagement



In FFY 2016...

All UCCE county programs participated in at least one youth engagement/PSE training

More intensive engagement with 7 programs



Various strategies:

- Student Nutrition Action Committees
- Youth Participatory Action Research
- Youth leaders and peer educators
- Strategic partnership with UCCE's 4-H Program



## Physical Activity Integration



In FFY 2016, UCCE programs reported working on PA integration at **149** SNAP-Ed sites across **21** counties

- Incorporating short PA breaks into classroom-based instruction (**100 sites**)
- Offering new/improved access to structured PA (most often CATCH) (**85 sites**)
- Working on improvements in access to safe walking/bicycling paths or Safe Routes to School (**17 sites**)
- Implementing stencils to encourage PA/promote healthy eating (**13 sites**)



**22** Physical Activity leads in **31** counties

with **40** staff trained in **CATCH** Physical Education

and **35** staff trained in Early Childhood Education

## Edible Gardens

Across **25** counties, UC CalFresh programs established, reinvigorated or maintained **123** edible gardens.



Over **15,000** estimated people learned in, worked in, or ate from these gardens.



**Partners** included teachers, principals, local health departments & UCCE Master Gardeners



**TOP CURRICULA USED** includes

Eating Healthy from Farm to Fork, TWIGs, Discovering Healthy Choices, Nutrition to Grow On, Learn Grow Eat & Go.

# NEW DIRECTIONS

Comprehensive Programs (Continued)



## Shaping Healthy Choices Program



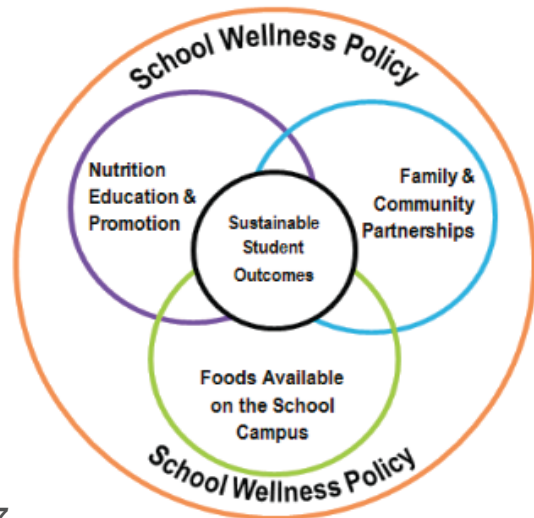
Comprehensive research-tested program combining inquiry-based education cooking, gardening and changes to the cafeteria



Partnership with University of California, Davis' Center for Nutrition in Schools (CNS)



Integrating Physical Activity in existing curricula through Healthy Choices in Motion



Center for Nutrition in Schools

In FFY 2017...

UCCE county programs are implementing Shaping Healthy Choices in **14** schools in **7** counties

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