

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
-  **11** UCCE Nutrition and Family/Youth Advisors (no SNAP-Ed funding)
-  **16** UCCE Program Managers and Supervisors
-  **82** UCCE Community Educators
 -  **17** are physical activity leads
 -  **42** are trained Smarter Lunchrooms Movement of California (SLM) Technical Advising Professionals (TAPs)



YOUTH PROGRAMS

Evidence-Based Direct Education

Early Care & Preschool Education

-  **14,496** preschoolers (<5 years) reached
-  **246** preschool, Head Start and other sites receiving SNAP-Ed education
-  **577** preschool **"extenders"** - preschool teachers and others - 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



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)

-  **88,035** youth (5-17 years) reached
-  **396** schools, afterschool programs and youth program sites receiving SNAP-Ed education
-  **2,897** extenders - classroom teachers, afterschool staff and others - 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 8,000 tastings with over 190,000 students (duplicate) in FFY2015

ADULT PROGRAMS

Evidence-Based Direct Education

-  **13,667** adults reached with direct education (unduplicated)
-  **2,474** seniors reached with direct education (unduplicated)
-  **133** total adult only sites for SNAP-Ed delivery



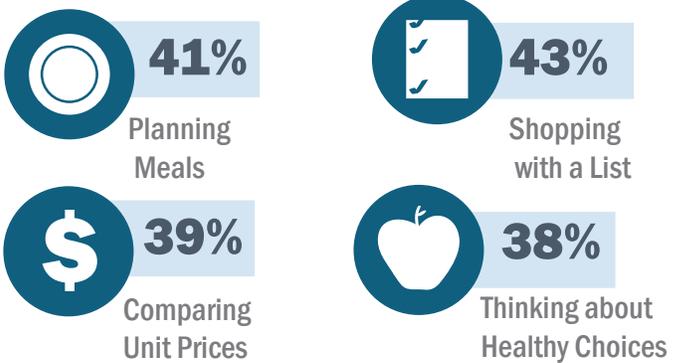
Food Resource Management

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

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...

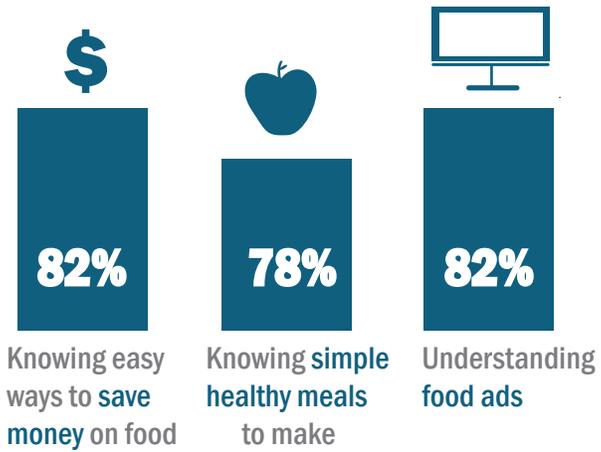


Results based on over 1,600 participants' pre and post-tests in FFY2015

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 450 participants' pre and post-tests in FFY2015

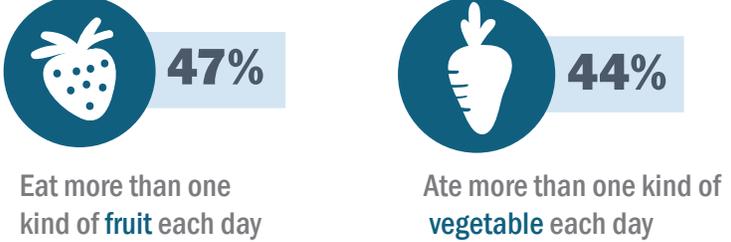
Physical Activity & Nutrition

Eating Smart • Being Active® Eating Smart, Being Active

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

Results based on 483 participants' Food Behavior Checklist pre and post-tests in FFY2015

After completing the series, % reporting improvement...



Family-Centered Nutrition Education

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



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...

713 people trained

92 Technical Advising Professionals (TAPs)

including **42** UCCE TAPs

UCCE has more TAPs than any other agency in the **state**

Physical Activity Integration

CATCH[®]



Evidence-based curriculum based on the CDC **Whole School, Whole Community and Whole Child Model** in which health education, school environment and family/community involvement work together to support youth in developing a healthy lifestyle



Used in **before, during and after school** sites providing greater access to physical activity



Train-the-Trainer Model and **Youth Engagement Model** where high schoolers become assistant trainers for younger students

In FFY 2015...

17 Physical Activity leads in **31** counties

with **52** staff trained in **CATCH Physical Education**

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

In FFY 2016...

Potential to reach **600** youth sites in UC CalFresh Programs

Youth Development and Engagement

Assessment of current youth engagement practices

Key informant interviews

Student Nutrition Action Committees

Youth Participatory Action Research

Support and Training with 4-6 county programs

Strategic partnership with UCCE's 4-H Program



University of California
Agriculture and Natural Resources
4-H Youth Development Program



Edible Gardens in FFY 2015

10 UC CalFresh county cluster programs established or maintained an edible garden at **51** school sites



9,440 estimated students 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



Average garden size **64** square feet with an average of **8** items grown including tomatoes, lettuce, carrots, strawberries, peppers, & others



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)

In FFY 2016...

7 UCCE county programs implementing Shaping Healthy Choices in **11** schools



Integrating Physical Activity in existing curricula titled **Healthy Choices in Motion**



Further expansion in FFY 2017

UC CalFresh Nutrition Education Program

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