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

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...

- 42% of students are willing to eat the food again at school.
- 69% of students have tasted this food before.
- 66% of students are willing to ask for this food at home.

*Over 8,000 tastings with over 190,000 students (duplicate) in FFY2015

UC CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

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.
**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

**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...

- **$** 41% Planning Meals
- **Plan$ Shopping with a List** 43% Shopping with a List
- **$** 39% Comparing Unit Prices
- **Apple** 38% Thinking about Healthy Choices

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

**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...

- **Fruit** 47% Eat more than one kind of fruit each day
- **Vegetable** 44% Ate more than one kind of vegetable each day

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

**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

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

Healthy Living Ambassador

University of California Agriculture and Natural Resources

4-H Youth Development Program

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)

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

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

Center for Nutrition in Schools

Connecting Food, Health, and Learning
UC CalFresh Nutrition Education Program
State Office Contacts

Program Director
David Ginsburg
dcginsburg@ucdavis.edu
(530) 752-0555

State Office
University of California, Davis
One Shields Ave.
1103 Meyer Hall
Davis, CA 95616

State Office Staff

EVALUATION

Barbara MKNelly
Program and Evaluation Analyst
bmknelly@ucdavis.edu
(530) 754-7796

Angie Keihner
Program and Evaluation Analyst
akeihner@ucdavis.edu
(530) 752-8813

PROGRAMMATIC

Andra Nicoli
Program and Evaluation Analyst
amnicoli@ucdavis.edu
(530) 754-9059

Mary Ann Mills
Smarter Lunchrooms Movement
mamills@ucdavis.edu
(530) 752-8946

Tammy McMurdno
Curriculum
tjmcmurdo@ucdavis.edu
(530) 754-4934

Michele Byrnes
Physical Activity
mnbyrnes@ucdavis.edu
(530) 752-0711

Lyn Brock
Nutrition Education Professional
Development Coordinator
rlbrock@ucanr.edu
(209) 953-6116

FISCAL

Lindsay Hamasaki
Analyst II (Lead)
lmhamasaki@ucdavis.edu
(530) 752-1856

Jennifer Quigley
Analyst II
jaquigley@ucdavis.edu
(530) 754-4137

Sandor Vice
Analyst II
sevice@ucdavis.edu
(530) 752-8904

Rolando Pinedo
Business Office Assistant II
rgpinedo@ucdavis.edu
(530) 754-7794