



## SUCCESSSES

- ✦ In FFY 2016 Kern County UC CalFresh reached over 840 participants
- ✦ In FFY 2016 Kern County UC CalFresh delivered money/food resource management education to 37 sites including:
  - Public schools
  - Community centers
  - Adult education and job training sites
  - Head Start Centers
  - Public housing sites



## RESULTS

### Knowledge Change:

- ✦ 88% learned to use resources to make money go further
- ✦ 82% reported being more knowledgeable about easy ways to save money on food

### Participants shared:

- ✦ "This is a good program, worth every minute"
- ✦ "I will cook more, make better choices and save money"

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*UC CalFresh helps alleviate pressing economic and health concerns faced by Kern County residents by teaching adults the skills they need to manage their resources more wisely, thereby improving their ability to purchase healthy food.*

### Serving Individuals and Communities

- Kern County's 2014 median family income was 30% less than the state and 26% less than the nation
- Kern's 29% child food insecurity rate was higher than California (25%) and the United States (21%).
- 78% of Kern County adults are overweight or obese

### Providing Education

- Making Every Dollar Count classes teach participants:
  - Goal setting and how to make sound choices
  - How to stretch personal and community resources
  - Strategies to save money on food
- Plan, Shop, Save & Cook classes teach participants:
  - Meal planning using MyPlate guidelines
  - Techniques to save money on food
  - How to understand food labels

### Building Partnerships

- Bakersfield City School District
- Dignity Health Homemaker Care Program
- Community Action Partnership of Kern Head Start
- Housing Authority of the County of Kern
- Kern High School District

