

### SUCCESSSES

- ✦ In FFY 2017 Kern County UC CalFresh reached over 3000 participants
- ✦ In FFY 2017 Kern County UC CalFresh delivered money/food resource management education and parent and feeding classes to the following sites:
  - Public schools
  - Community centers
  - Adult education and job training sites
  - Head Start Centers
  - Public housing sites



### RESULTS

#### Knowledge Change:

- 82% reported learning to use resources to make money go further
- 79% reported being more knowledgeable about easy ways to save money on food

#### Participants shared:

- I have started planning my meals one or two days ahead of time, and I find this so much more economical.
- We eat a lot more healthier. I shop more wisely.
- I learned a lot with these classes.

### 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 2015 median family income was 31% less than the state median family income and 17% lower than the national median family income.
- Kern's 26.5% child food insecurity rate was higher than California's (22.9%) and the United States (18%).
- 76.4% 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
- Healthy, Happy Families classes teach participants:
  - Positive parenting skills that teach healthy eating habits
  - Beginning healthy habits early and healthy routines
  - Trying new foods

#### Helping to Make Organizational and Environmental Changes

- Implementing and supporting parent walking clubs at elementary and middle schools.
- Providing support for playground stencil projects at early childcare centers.

#### Building Partnerships

- Bakersfield City School District
- Dignity Health Homemaker Care Program
- Community Action Partnership of Kern
- Kern County Department of Human Services
- Kern High School District



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