

SUCCESES

Tehama County UC CalFresh Nutrition Education Program is making a vital impact in providing our community's most vulnerable populations with the information they need to make healthier food choices and to stay active.

Youth

- 3,377 Children Served
- 20 Preschools & Schools Served
- 97 Teachers Served

Adult

- 185 Adults Served
- 8 Non-Profit Community Agencies Served



IMPACTS

Due to the UC CalFresh Nutrition Education Program, on average:

- 56.4% of the children increased acceptability of fruits, vegetables and other healthy foods.
- 82.2% of the teachers agreed that this year children chose more fruits and vegetables, are willing to try new foods, can identify healthy choices, wash hands more often and bring more fruits and vegetables as snacks.

For adults and families who received UC CalFresh nutrition education, on average:

- 91.0% increased acceptability of fruit and vegetable and other healthy food choices.
- 81.0% are willing to serve the new fruits and vegetables and other healthy choices at home to their families.
- 55.0% eat 2 or more kinds of vegetables each day.
- 20.0% used, more frequently, nutrition facts labels when shopping.

IMPROVING CALIFORNIA'S HEALTH THROUGH COMMUNITY-BASED NUTRITION EDUCATION

County Statement:

Tehama County is a farming community. It is rural in nature with vast open spaces and an estimated population of 63,067 as of 2014. It is located in the upper Sacramento Valley in northern California.

Serving the Community

The percentage of people living below the poverty level in Tehama county is an estimated 19.7%, with an unemployment rate of 6.6%. Half of the students eligible for free and reduced price meals do not participate in the National School Lunch Program. Over one-third (38.2%) of adults are obese and 70.2% are overweight or obese; 23.9% of adolescents (ages 12 to 17) are overweight or obese; 14.0% of children (ages 5 to 11) are overweight or obese; and 7.2% of children (ages 0 to 4) are overweight.

Serving Individuals and Families

The University of California CalFresh Nutrition Education Program provides evidenced-based nutrition education to CalFresh Recipients and other low-income individuals and families in collaboration with valuable local partners. The program acts as a bridge, tailoring the latest science, curriculum and information to the needs, culture and language of the low-income communities.

Serving California Agriculture

Agriculture is an integral part of our Nutrition Education Program, which includes recognition of local farmers, lessons at the Farmer's Markets, Farmer of the Month, School Gardens and the Master Gardener program. Local Farmers are sought out for purchasing produce for our tastings and lesson demonstrations. Agriculture is a key component of the Nutrition education UC CalFresh delivers. Farmers Feed America!

Serving Education

UC CalFresh Nutrition Education Program provides quality evidence based nutrition education lessons and physical activities to schools, afterschool programs, summer camps, and at school events.

Building Partnerships

Dedicated to working together to Maximize Success!

- Area Agency on Aging
- City of Tehama
- Growing Local Coalition
- Tehama 4H
- Tehama County Office of Education
- Tehama County Social Services
- Tehama Food Share
- Tehama Public Health
- Tehama School Districts
- Tehama Together
- And others....

