



SUCCESSSES

- UC CalFresh reached a total of **17,559** youth and **1,872** adults with nutrition and food resource management workshops and series-based classes.
- UC CalFresh reached **66,971** adults and youth through community events such as health fairs, agriculture education events, immigration workshops, newsletters and social media.



RESULTS

Youth

- 16,025 received food samples/tastings in conjunction with nutrition and garden education. 92% of students reported willingness to try the foods again.

Adult

- Making Every Dollar Count education series showed adults improved their knowledge in ways to save money and understand food ads by an average of > 75%.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

The UC CalFresh Nutrition Education Program of Butte, Glenn, Colusa, Sutter, and Yuba counties collaborates with school-based partners, students, teacher extenders, UC Master Gardener and 4-H programs to provide comprehensive, research-based nutrition, garden and physical activity programming to low-income communities. Recognizing that nutrition and physical activity behaviors are dependent on many factors including individual knowledge and skills and social determinants including access to resources, opportunities and regional and institutional policies, UC CalFresh works with partners to identify and address barriers to health and wellness. UC CalFresh nutrition education utilizes integrated approaches which leverage community resources including agriculture to facilitate the creation of healthier communities by educating and encouraging community members to: 1) make informed nutrition and physical activity decisions; 2) maximize their food resources; 3) eat and enjoy a variety of locally grown fruits and vegetables.

Helping to Make Organizational and Environmental Changes

- Coordinated Approach to Child Health (CATCH) physical activity training and technical assistance for district PE Specialists and classroom teachers.
- Playground stencil projects improving school playgrounds with "CATCH friendly" elements enticing school staff and students to move more.
- Sustainability support for edible school gardens.
- School food service support for improved lunchroom environment utilizing Smarter Lunchrooms Movement strategies.
- School Wellness Policy support for district-wide improvements.

Serving California Agriculture

All five counties are influenced by agriculture production which is the primary industry in the region. UC Master Gardeners work as extenders and teach hour long garden lessons to students in school gardens. UC CalFresh staff collaborate with Master Gardeners to share knowledge and expertise across their disciplines. This mutually beneficial exchange positively impacts how school gardens are supported. Increasing learning opportunities in the garden and ensuring edible school gardens are growing are the results of this partnership.

Building Partnerships

The first annual Apple Crunch Street Fair in Gridley, CA was the result of a collaboration between UC CalFresh, Gridley GROW (Gridley Reaching Out for Wellness), and the Gridley Chamber of Commerce. Attendees helped make their city greener by planting fruit trees, vegetables, herbs, and edible flowers in planter boxes throughout downtown Gridley.



2279 Del Oro Avenue Ste. B Oroville, CA 95965 (530) 538-7201