

UCCE Stanislaus and Merced

SUCCESSSES

- 100% of adults who tried new foods in nutrition education classes will prepare those foods for their families.
- 35 community sites created 65 different Policy, System or Environmental changes; 29 sites included school wellness policy; 15 sites include gardens; 11 made improvements to their physical activity environments; and one site is piloting recess before lunch.



RESULTS

Youth

- Over 60% of youth said yes, they would be willing to ask for the foods again at home.

Adult

- 79% of adults know easy ways to save money on food
- "I check over our food and try to incorporate more healthy ingredients. I also organize my shopping more."
- "I will plan ahead of time and make a list for my meals so I'm not buying more than what we need."

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

In Stanislaus and Merced Counties only 51% of youth are within the healthy fitness zone. The majority of youth are obese or at risk of becoming obese. Overweight children are more likely to become obese adults. School meals and summer feeding programs are often the only sources of meals for children in this area. Forty-Eight Percent of students in Stanislaus County and 59% of students in Merced County, eat both breakfast and lunch at school. This has led the need for UC CalFresh to become the trusted source for the development of programs and policy in school and community nutrition.

Serving Individuals and Communities

- In partnership with United Way of Stanislaus County Health initiative of Cooking. Eating. Healthy. Food (CHEF) and in collaboration with Second Harvest Food Bank we provide families with two 15-18lb bags of food and provide nutrition education to the families. Assisting over 375 youth and their families be more food secure each month.
- Provide direct education services at over 53 community sites. The majority of which include 39 youth focused Kinder thru 12th grade public schools and afterschool programs, four Adult Education & Job Training Sites; and a small number of local churches.

Providing Education

- The focus for youth is integrated nutrition education, increased physical activity and outdoor classroom projects like school gardens.
- Adult Education focuses on making healthy choices by reading food labels, comparing prices and managing resources.

Helping to Make Organizational and Environmental Changes

- Staff are Technical Advising Professionals for Smarter Lunchroom Movement of California. Educators collaborate with School Wellness and food service for no cost to low-cost strategies to help make lunchtime a success.
- Partnering with United Way, Cultiva La Salud and Department of Public Health to address food security issues.

Serving California Agriculture

- As a collaborative partner of the Stanislaus Food and Nutrition Network we focus on creating a regionally recognized Harvest of the Month program, promoting locally grown, farm fresh foods to be promoted monthly by all participating agencies. This regional project spans the San Joaquin, Stanislaus and Merced counties.

Building Partnerships

UC CalFresh collaborates with many County partners to maximize success across multiple community levels. These include the Stanislaus County Health and Human Services, Merced County Dept. of Public Health, Merced County Office Of Education, local school districts and United Way of Stanislaus and Merced Counties.



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