

SUCCESSSES

In FFY 2016, Imperial County UC CalFresh Nutrition Education Program:

- reached 7,246 participants
- provided nutrition education at over 59 delivery sites including:
 - DREC
 - Public Schools
 - ICOE Pre-Schools
 - 4-H Sustainable You Camp
 - Migrant Head Starts
 - Pacific SouthWest
 - Fairs/Newspaper Articles
 - Community Center



Mary Welch-Bezemek, Paul Tabarez, & Martha Lopez.

RESULTS

In FFY 2016, 129 teacher extenders delivered a total of 2,550 hours of nutrition education reaching 4,256 youth.

Youth:

"This salad is pretty & fun. Students thought the peppers would be hot not sweet."

- Teacher

Adult:

This class helped "A lot because I have a 13 yr old girl that weighs 287 lbs that I just referred to Children's Hospital."

- Adult participant

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

The University of California CalFresh Nutrition Education Program (NEP) in Imperial County provides evidence-based nutrition education to SNAP-Ed recipients, other low-income individuals and their families in collaboration with local partners. Our goal is to help these families, adults, youth and seniors make better nutrition decisions, maximize limited food budgets and be physically active.

Serving Individuals and Communities

The UC CalFresh NEP provides our community with nutrition and physical activity education for the entire family.

- The program coordinates with school boards, principals and teachers to provide classroom nutrition education that meets the common core state standards reaching 4256 students.
- The adult program nutrition education is coordinated with various agencies/partners throughout Imperial County reaching 1657 adults
- 1,333 families were reached through Health Fairs and Newspaper media.

Providing Education

- UC CalFresh NEP focus on encouraging behavioral changes that educate on and help to prevent the affects of obesity, diabetes, heart conditions and other nutrition related diseases and disorders.
- The **Youth Program** provides no-cost research based curriculum, support and resources to pre-school through junior high school teachers in low-income schools for delivery in their classrooms.
- The **Adult Program** provides no-cost evidence based nutrition education to UC CalFresh eligible and other low-income individuals and families in collaboration with local partners.

Helping to Make Organizational and Environmental Changes

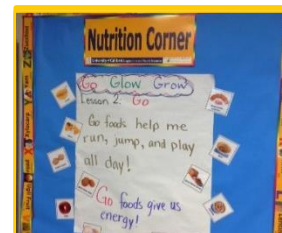
UC CalFresh offers a more comprehensive approach to overall health and well-being. We provide technical assistance on Smarter Lunchrooms Movement (SLM), Coordinated Approach to Child Health (CATCH) physical activity and on enriching School Wellness Policies.

Serving California Agriculture

Connecting youth and adults to Imperial Farmers through visits to the Desert Research and Extension Center (DREC) where a hands-on experience in harvesting produce is obtained.

Building Partnerships

- School Districts-Train the trainer program with teachers and other leaders.
- Public Health Department-Coordinate Nutrition Education.
- ICOE Pre-Schools-Coordinate and train teachers on nutrition and gardens.
- Food Bank
- 4-H- Sustainable YOU Camp summer program
- DREC- offers hands on agriculture at the farm.
- Community Centers-Teach food preparation classes and give recipes to each participant.
- Pacific SouthWest apartments-offer nutrition classes and gardening support to residents.



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