

SUCCESSSES

In FY 2017, Imperial County UC CalFresh Nutrition Education Program:

- reached 5,958 participants
- provided nutrition education at over 48 delivery sites including:
 - DREC Adult & Youth
 - Public Schools
 - ICOE Pre-Schools Federal/State
 - Migrant Head Starts
 - Pacific Southwest
 - Fairs/Newspaper Articles
 - ESL Adult classes



RESULTS

96 teacher extenders delivered a total of 4,685 hours of nutrition education, reaching 4,384 youth.

Youth:

- "Thanks Mr. Paul for everything we really enjoyed this year!"
- Youth Researcher

Adult:

- Class has been very useful and on eye opening towards different foods.
- 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 4,384 students.
- The adult program nutrition education is coordinated with various agencies/partners throughout Imperial County reaching 1,487 adults.
- The program had 19 sites with one or more healthy change adopted reaching 1,724 participants.

Providing Education

- UC CalFresh NEP focus on encouraging behavioral changes that educate on and help to prevent the effects 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, enriching School Wellness Policies, Gardening and promoting youth voice/youth choice through Youth-Led Participatory Action Research (YPAR).

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

- Public School Districts-Train the trainer program with teachers
- Public Health Department- COPA Leadership, Early Care/Education and School Wellness, County Nutrition Action Plan
- Youth/Adult Partnership- YPAR group at Meadows Union School
- ICOE Pre-Schools-Coordinate and train teachers on nutrition and gardens.
- 4-H- Sustainable YOU Camp summer program sustainability
- DREC- offers hands on agriculture at the farm.
- ESL Adult Classes- Meal Planning, using food labels saving money and cooking a meal, and food tasting.
- Pacific SouthWest apartments-offer nutrition classes and gardening support to residents.

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