



# UNIVERSITY OF CALIFORNIA

cal fresh Nutrition Education

## UCCE Fresno and Madera



### SUCCESSSES

- “I learned how to eat better and healthier and [more] nutritious; how to prevent diseases in the future; and how to do exercises. Thank you for the class.”  
—Adult class participant
- “I have been able to see the effects of the program not only as a teacher but as a mom. My own children come home and talk about the lessons and tastings and it has influenced our home choices.”  
—Teacher and Parent



### RESULTS

- Youth**
- 54% of children are willing to ask for the food tasted at home.
- Adult**
- 84% of participating adults showed an improvement in one or more nutrition practices.
- Organizational**
- In partnership with UC CalFresh, Rescue the Children made 1 policy, 1 systems and 1 environmental change to their program.

### IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

#### County Statement:

*Fresno and Madera counties are among the top producing agricultural counties in California and the nation. Yet, both counties have the highest rates of poverty, food insecurity, and hunger, particularly among children. The UC CalFresh Nutrition Education Program in Fresno and Madera in cooperative effort, partners with community agencies to address the nutrition and physical activity needs of the community through experiential, evidence based nutrition education and policy, systems and environmental supports.*

#### Serving Individuals and Communities

- 31,588 participants were reached with direct nutrition education.
- 65 school sites were reached with nutrition education.
- 82 total sites/organizations were reached.
- 2,689 participants were reached through policy, systems and environmental changes.
- 27,615 total single session or series-based nutrition education lessons were delivered.

#### Providing Education

- The UC CalFresh programs provides series-based adult nutrition education to teach adults how to make healthy lifestyle choices for their families. These skills help families to eat well, despite limited resources. Youth curricula teaches children how to identify healthy foods, increase physical activity, and apply what they have learned to make healthy choices at school and at home.

#### Helping to Make Organizational and Environmental Changes

- UC CalFresh utilizes a variety of Policy, Systems, and Environmental (PSE) strategies to enhance and support the delivery of direct education. Strategies include the Smarter Lunchrooms Movement, school and community gardens, school wellness policy, and structured physical activity.

#### Serving California Agriculture

- UC CalFresh teaches families to make the connection between nutrition and agriculture, helping to develop the skills needed to grow healthy foods. UCCE Master Gardeners enhance program curricula with support for our garden-based nutrition education.



#### Building Partnerships

- UC CalFresh is committed to providing comprehensive approaches to addressing the nutrition and physical activity needs of Fresno and Madera County families. This year UC CalFresh collaborated with approximately 21 community partners. Partnerships are key to influencing community-wide changes and multi-sector partnerships benefit the community and accomplish overarching goals.

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