



SUCCESSSES

- “I learned how to read labels correctly and this class made me cut down on the sodas and juices after seeing how much sugar I was having. I’ve been switching my kids to fruits instead of candy and snacks.” –Adult class participant
- “My students enjoy the program very much. They are much more aware of healthier food options. They love trying out new and different foods.” –Teacher



RESULTS

Youth

- 58% of elementary students are willing to ask for the food at home.

Adult

- 80% of participating adults showed an improvement in one or more nutrition practices.

Organizational

- All 16 Middle Schools in Fresno Unified School District achieved Gold Status in their implementation of the Smarter Lunchrooms Movement.

IMPROVING CALIFORNIA’S HEALTH THROUGH SNAP-ED

County Statement:

Fresno and Madera Counties are the most productive agricultural counties in the Nation producing a large majority of the United States’ fruits, vegetables and nuts. However, amidst this bounty of fresh food lies one the most concentrated areas of poverty and hunger in the nation. Over the past several years, Fresno County and recently the Madera County UC CalFresh Nutrition Education Program has worked in collaboration with other community partners to address the nutrition and education and environmental supports.

Serving Individuals and Communities

- 25,056 children received direct nutrition education
- 76 school sites were served with nutrition education
- 1,446 hours of nutrition education conducted in schools by extenders and nutrition staff
- 1,235 adults participated in workshops and series-based classes
- 20 community sites, such as senior centers, public housing, job training, and farmer’s markets were served with nutrition education

Providing Education

- The UC CalFresh Fresno/Madera signature adult nutrition education series, Eating Smart Being Active is a learner centered curriculum, that teaches 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. Partnerships are key to influencing community-wide changes. Partners include: Fresno and Madera County Public Health Departments, Fresno, Madera, Firebaugh-Las Deltas, Coalinga-Huron Joint, and Central Unified School Districts, Community Action Partnership Madera County, Department of Social Services in Fresno and Madera Counties, Dairy Council of California, Alliance for a Healthier Generation, Fresno and Madera County Farm Bureau, Fresno State Dietetics Program and UCCE Master Gardeners.

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