SUCCESSES

- 321 adults received direct nutrition education in English and Spanish. Topics included: healthy meal planning, nutrition facts label reading, food safety, and eating healthy on a budget.
- 2,100 adults received direct and indirect nutrition education through food bank distribution sites, series classes, and at pantries.
- 5,868 youth received nutrition education using teacher-led No Prep Education Kits.
- 191 teachers delivered K-6 nutrition education, with an average of 11 hours taught per educator.

IMPACTS

Youth

- 76% of students reported they would be willing to ask for a new food item at home and 80% were willing to try the new food at school

“After the lesson, five students said they went home and made the recipe for their parents.”
- Santa Barbara County educator

Adult

- 53% of participants reported an intent to increase the frequency of meal planning

“Now that I know how to read a (food) label, I will always do it with much more confidence.”
- Adult participant

IMPRESSING CALIFORNIA’S HEALTH THROUGH COMMUNITY-BASED NUTRITION EDUCATION

County Statement:
The UC Cal Fresh Nutrition Education Program, in collaboration with local partners, provides evidence-based nutrition education to Cal Fresh eligible individuals, as well as other low-income individuals and families. Bridging the learning and knowledge of the UC system and our communities, we tailor the latest science and dietary guidelines to meet the needs and culture of our program recipients. Ultimately, our goals are to assist our community members in: 1) making healthier nutrition choices; 2) maximizing their food dollars; and 3) connecting with county resources.

Serving the Community

UC Cal Fresh specializes in a family-centered approach to nutrition education, annually serving over:

- 5,000 youth and their parents at qualifying public schools
- 300 adults through series-based nutrition classes with hands-on food demonstrations and practical tips for preparing healthy recipes

Serving Individuals

- Parents participate in learner-centered workshops and community-based nutrition events.
- Youth participate in hands-on, interactive lessons and food demonstrations.
- Food Bank clients receive education, recipes, and food demonstrations to encourage healthy recipe preparation, especially for unfamiliar foods or produce items that may be included in the distribution.

Serving California Agriculture

Nutrition education curricula and workshops promote farm to fork concepts through:

- Garden-based nutrition education
- Curricular and cafeteria connections with local food

Serving Education

Educators receive our No-Prep Nutrition Education Kits, which provide free, research-based, age-appropriate nutrition curricula aligned with California’s health and common core standards.

Building Partnerships

- SLO & SB County Departments of Public Health
- San Luis Obispo (SLO) and Northern Santa Barbara (SB) County School Districts
- SLO & SB County Food Banks
- Community Action Partnership of SLO
- Dignity Health
- Cal Poly Athletics
- SLO & SB County Master Gardeners