TULARE/KINGS COUNTY

SUCCESSES
Youth and adults who participated in UC CalFresh changed their behaviors in the following ways:

 78% improved their fruit or vegetable intake
 92% can identify healthy food choices
 78% increased hand washing and food safety
 88% increased children trying new foods
 52% use nutrition facts labels when shopping for meals
 82% can identify community resources to use if needed

IMPACTS
Youth
 Reaching the entire family is important to us. Tulare/Kings County reached 12,445 participants directly with nutrition education and overall impacted over 21,000 CalFresh eligible participants! Above families learn how to plant carrot seeds and learn the nutritional benefits of eating their vegetables everyday!
 “Mrs. Gomez is extremely energetic and always actively engages my students. She reviews to reinforce the information that they have been taught and her taste tests are also well received.”

Adult
 Participants demonstrated excellent behavior change and knowledge gain after taking our classes.
 “This class taught me to set goals, use money wisely and to cook at home more”

IMPROVING CALIFORNIA’S HEALTH THROUGH COMMUNITY-BASED NUTRITION EDUCATION

County Statement:
Tulare and Kings Counties rank among the lowest counties in food security and the highest in low income residents. UC CalFresh, Tulare/Kings addresses these issues by educating low-income families to adopt life applicable skills and practices in money and food management, healthy food selection and preparation, improving physical activity and food safety.

Serving the Community
 The University of California of California CalFresh Nutrition Education Program (UC-CalFresh NEP) provides evidence-based nutrition education to CalFresh recipients and other low-income individuals and families in collaboration with local partners. We act as a vital bridge between the learning and knowledge of the UC system and our community. We tailor the latest science, curriculum and information needs, to the culture and language of our low-income communities. Our goal is to improve the food choices and physical activity levels of school children and their families through education and encouragement to make healthy choices.

Serving Individuals
 Our UC CalFresh program is a great resource providing the necessary tools to equip participants with life changing knowledge in the areas of resource management, planning and preparing healthy meals, food safety, increasing physical activity, and drinking more water as opposed to sugar-sweetened beverages.

Serving California Agriculture
 UC CalFresh, Tulare/Kings collaborate with community partners in a joint effort to produce huge events such as AgVentures Day, and Farm Day. These events feature tastings of fresh locally grown produce. The focus is agriculture education and reaches over 2000 students and residents. Our collaboration with community partners also includes the promotion of farmers’ markets in encouraging families and youth to increase fruit and vegetable consumption.

Serving Education
 Our staff of talented nutrition educators is dedicated to partnering with schools and agencies to provide training and support to encourage positive behavior change through engaging, hands-on educational experiences. Our local staff is supported by experts from the University of California who are on the cutting-edge of research and curriculum design.

Building Partnerships
 Dedicated to leveraging every opportunity, UC CalFresh Nutrition Education Program collaborates with dozens of organizations and entities to maximize our success:
  • Local Businesses
  • Tulare County Nutrition Collaborative
  • Master Gardeners
  • Law Enforcement
  • Farm Bureau
  • Food Bank
  • Office of Education
  • Local Farmers
  • Local Media
  • Health Department
  • Public Libraries
  • Agencies serving the low-income