**SUCCESSES**

- In FY2014, UC CalFresh San Mateo/San Francisco Counties provided direct education to 5,594 youth
- 853 adults educated through workshops and multi-lesson series of Plan, Shop, Save, Cook
- 227 teachers enrolled
- 200 San Mateo County youth participated in six week garden based nutrition and physical activity lessons

**IMPACTS**

**Knowledge change:**

**Youth**
- Compared to the beginning of the school year, more than 96% of San Francisco students are better able to identify healthy food choices
- In San Francisco, 92% of the students are more willing to try new foods offered at school

**Adult**
- 63% of adults use MyPlate to make food choices after attending a Plan, Shop, Save, Cook series in San Francisco

“The nutrition education class has helped me to make better choices when I am shopping for meals for my family...I have learned what should be on our plates at meal time....”

—PSSC participant

**County Statement:** San Mateo and San Francisco Counties have a combined population of approximately 1.5 million people, with 27% of San Francisco’s residents being SNAP-Ed eligible (income ≤185% FPL) and 18% of San Mateo’s residents being eligible. A combined total of 344,413 people live below the poverty line. One third to half of all residents in both counties are overweight or obese.

**Serving the Community:** The University of California CalFresh Nutrition Education Program (UC CalFresh) provides evidence-based nutrition education to CalFresh recipients and other low-income individuals and families in collaboration with local partners. We act as a bridge between the education and research of the UC system and our community, tailoring the latest science, curriculum and information to the culture and language of our low-income communities. Our goal is to help families, youth, and seniors make better nutrition decisions and maximize limited food budgets.

**Serving Individuals:** The adult education program provides evidence based nutrition education to CalFresh eligible individuals and families in collaboration with local community partners.

**Serving California Agriculture:** Garden-enhanced nutrition education curricula is offered to all partnering schools and afterschool programs. In partnership with UCCE 4-H San Mateo/San Francisco, teen extenders deliver six garden based nutrition education lessons. The benefits of fresh, local produce are promoted in both our youth and adult lessons. UCCE Master Gardeners provide school gardening workshops for educators, parents, volunteers, and community members.

**Serving Education:** Eligible schools receive UCCE curricula, supplies, classroom presentations, food tastings, and ongoing support to help them educate students about the benefits of healthy eating and an active lifestyle. UC CalFresh nutrition educators assist teachers and administrators to create a healthy school environment.

**Building Partnerships:** UC CalFresh Santa Clara County partners with local schools, churches, government agencies and non-profits to maximize resources. Partners include:

- Redwood City School District
- Kai Ming Head Start
- Mission Neighborhood Head Start
- Daly City Partnership
- City College of SF Nutrition Assistant Program
- UCCE 4-H & Master Gardeners
- San Mateo County Public Health Dept.
- San Francisco County Public Health Dept.