

SUCCESSSES

Placer and Nevada Counties UC CalFresh Nutrition Education Program is making a vital impact in our communities, providing the most vulnerable populations with the information they need to make healthier, wiser food choices in:

- ✦ 9 elementary schools
- ✦ 122 teachers
- ✦ 20 preschools
- ✦ Variety of adult workshops
- ✦ 3 Family Fun Health Fairs
- ✦ 1 Student Nutrition Action Council (SNAC)
- ✦ 2 school gardens



RESULTS

Youth

- ✦ Cooking Academy students said, "It was fun learning how to cook healthy foods that taste good."

Adult

- ✦ "These workshops have taught me how to cook more healthy and save time and money"

Organizational

- ✦ Partnerships with teachers and principals ensure a comprehensive program in participating schools.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

The UC CalFresh Let's Eat Healthy! Program educates adults and youth in Placer and Nevada counties on the importance of healthy food choices and physical activity to promote lifelong health. Currently over 25% of youth in Placer and Nevada counties are overweight. More than 28% of students in Placer county and 41% of students in Nevada county are eligible for free or reduced lunch.

Serving Individuals and Communities

- ✦ Two hands-on nutrition lessons using research-based curricula were taught in 122 classrooms at qualifying elementary schools. Modeling of these lessons allow teachers to continue the education. Lesson topics are grade specific and include: My Amazing Body, Making Healthy Choices, Nutrients We Need and MyPlate.
- ✦ To address food insecurity, adults received information on eating healthy on a budget, reading food labels and meal planning. Seventy seven percent of adults said the next time they buy food, they will plan meals before going to the store.
- ✦ Over 200 adults in qualifying locations received nutrition education through the Plan, Shop, Save & Cook series as well as one-time workshops.

Providing Education

Children and adults receive important nutritional messages through hands-on classes, produce tastings, fun activities and cooking demonstrations. Our comprehensive program is enhanced through gardening, cooking classes and Zumba activities.

Helping to Make Organizational and Environmental Changes

UC CalFresh conducts morning Zumba at three elementary schools. Students take advantage of the Breakfast Program and participate in physical activity. Teachers note this combination helps students start the school day ready to listen and learn.

Serving California Agriculture

UC CalFresh oversaw the gardens in two schools in Placer County. Students had an opportunity to be involved from planting through harvesting, applying their nutrition and healthy lifestyle knowledge.

Tomatoes and cucumbers from the Rock Creek garden were brought to the Food Service Manager and prepared and served on the salad bar.

Building Partnerships

UC CalFresh partners with:

- ✦ UC 4-H Youth Development Program
- ✦ UC Master Gardener Program
- ✦ Placer & Nevada County Schools
- ✦ Department of Social Services
- ✦ Placer & Nevada County Public Health
- ✦ Placer County Office of Education
- ✦ Auburn Interfaith Food Closet
- ✦ KidzKount
- ✦ Placer & Nevada County CNAPs



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