



## SUCCESSSES

The UC CalFresh team helped Loma Vista Middle School achieve a gold medal from the Alliance for a Healthier Generation National Healthy Schools Award, for the second time!

*"In combination with the school's healthy choices program, I believe our students are significantly more informed of making healthy food choices and the importance of exercising. Thank you!"*



## RESULTS

### Youth

- 94% of K-5 teachers strongly agreed or agreed that more students are willing to try new foods at school.

### Adult

- 87% made improvement in at least one of five behaviors (plan meals, compare prices, shop with a list, think healthy choices and use Nutrition Facts) as compared with 84% statewide.

### Organizational

- 27 partners/sites made policy, systems and environmental (PSE) changes.

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*The obesity rates for adults and teens in Riverside County (67% and 39% respectively) are higher than the State rates (63% and 33%). A large percentage of County residents are practicing unhealthy lifestyle behaviors.*

### Serving Individuals and Communities

In 2017-2018, Riverside UC CalFresh provided direct education to 6,127 youth and 819 adults countywide to help them adopt healthy eating behaviors and be more active. We worked in 36 locations including 26 schools, 2 SNAP offices and 2 community organizations.

### Providing Education

Youth from preschools to high schools received lessons from an age appropriate, evidence-based curriculum such as Go Glow Grow, Happy Healthy Me, EatFit and Hunger Attack. Parents also received lessons from the Plan, Shop, Save, Cook series or a single workshop/spotlight education focusing on one healthy eating behavior.

### Helping to Make Organizational and Environmental Changes

The multi-layer comprehensive programming (Shaping Healthy Choices) was implemented in 3 classrooms at Loma Vista and Nicolet middle schools. A Youth-led Participatory Action Research (YPAR) Project was initiated at Nicolet. We trained cafeteria staff in Smarter Lunchrooms Movement (SLM) strategies and worked with the school cafeteria at Cesar Chavez Elementary to promote healthy school breakfast.

### Serving California Agriculture

Riverside UC CalFresh helped maintain the school and community gardens at 6 locations to increase opportunities for healthy food access. We also partnered with UC Master Gardener Program to provide gardening education to youth and families to promote locally grown food.

### Building Partnerships

- We partnered with Desert Sands Unified Early Childhood Education to provide CATCH training to Head Start teachers at 9 locations.
- Our partnership with FIND Food Bank resulted in over 200 lbs of food donated to participants in 13 Plan, Shop, Save, Cook classes at Coachella Valley Adult School.



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