

### SUCCESSSES

- ✦ Provided nutrition education to 4,752 individuals
- ✦ Reached 3,631 individuals with indirect education
- ✦ Implemented or supported policy, system, and environmental (PSE) changes at 18 sites, reaching an estimated 4,089 individuals



### RESULTS

#### Youth

- ✦ Compared to the beginning of the school year, 77% of teachers reported more students choosing fruits and/or vegetables in the cafeteria or class parties

#### Adult

- ✦ 67% of Plan, Shop, Save & Cook graduates use MyPlate more often when making food choices

### IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

#### County Statement:

*Santa Clara County in the San Francisco Bay Area has a population of approximately 1.9 million people, with 21% being SNAP-Ed eligible (income ≤ 185% FPL). The prevalence of overweight or obesity is 64% for SNAP-Ed eligible adults. Among low-income children, 14% of 2-11 year olds are overweight. The county has a food insecurity rate of 11% overall, and 17% among children.*

#### Serving Individuals and Communities

In FFY2018, the UC CalFresh Nutrition Education Program provided evidence-based nutrition education to CalFresh recipients and other low-income individuals and families at approximately 60 sites in Santa Clara County. The program supported approximately 28 PSE changes that encourage physical activity and healthy eating.

#### Providing Education

The UC CalFresh program in Santa Clara County acts as a bridge between the UC system and the community, tailoring the latest science-based curricula to the culture and language of the county's low-income residents. The program delivered comprehensive nutrition education and/or environmental supports at approximately 55 SNAP-Ed qualified schools and preschools in the county.

#### Helping to Make Organizational and Environmental Changes

UC CalFresh Santa Clara County supported Farm to School efforts; helped to re-establish, maintain, or revitalize school gardens; encouraged structured physical activity; and assisted with the implementation of Smarter Lunchroom Movement techniques.

#### Serving California Agriculture

Both youth and adult lessons promote the benefits of fresh, local produce; tastings are aligned to seasonal, local grown produce whenever possible. Garden-based nutrition education curricula is offered to all partnering schools and agencies.

#### Building Partnerships

- Santa Clara Unified School District
- Mount Pleasant School District
- Dairy Council of California
- Santa Clara County Public Health
- UCCE Master Gardener
- Community Alliance with Family Farmers



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### SUCCESSSES

- ✦ Provided nutrition education to 3,158 individuals
- ✦ Reached 2,468 individuals with indirect education
- ✦ Implemented or supported policy, system, and environment changes at 21 sites, reaching an estimated 5,135 individuals



### RESULTS

#### Youth

- ✦ By the end of the year, 92% of teachers reported more students choosing fruits and/or vegetables in the cafeteria or during class parties

#### Adult

- ✦ 35% of *Plan, Shop, Save & Cook* graduates do not run out of food as often

### IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

#### County Statement:

*San Mateo County has a population of approximately 750,000 people, with 19% of the residents being SNAP-Ed eligible. Approximately 140,908 people live at or below 185% of the poverty level. Of the SNAP-Ed eligible population, 67% of adults are overweight/obese. 23% of low income children ages 12-17 are overweight/obese.*

#### Serving Individuals and Communities

In FFY2018, UC CalFresh provided evidence-based nutrition education to CalFresh recipients and other low-income individuals and families in San Mateo County. The program supported policy, system, and environment changes that encourage physical activity and healthy eating.

#### Providing Education

The UC CalFresh program in San Mateo County acts as a bridge between the UC system and the community, tailoring the latest science-based curricula and information to the culture and language of the county's low-income communities. The program provided nutrition education and/or environmental supports at approximately 33 SNAP-Ed qualified schools and preschools.

#### Helping to Make Organizational and Environmental Changes

UC CalFresh San Mateo County supported Farm to School efforts, participated in the re-establishment and maintenance of school gardens, encouraged structured physical activity and assisted with the implementation of Smarter Lunchrooms Movement techniques.

#### Serving California Agriculture

Both youth and adult lessons promote the benefits of fresh, local produce and tastings are aligned to seasonal, local grown produce whenever possible. Garden-based nutrition education curricula is offered to all partnering schools and agencies. In partnership with UCCE 4-H San Mateo, teen extenders delivered a ten week series of garden-based nutrition education lessons.

#### Building Partnerships

- Jefferson Elementary School District
- Redwood City Elementary School District
- San Mateo County Public Health
- Community Alliance with Family Farmers
- UCCE 4-H & Master Gardeners



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## SUCCESSSES

- ✦ Provided nutrition education to 1,402 individuals.
- ✦ Reached 900 individuals with indirect education.
- ✦ Supported policy, system, and environment improvements at 9 school/preschool locations, reaching 2,096 youth.



## RESULTS

### Youth

- ✦ The majority of teachers (78%) observed more students being willing to try new foods by the end of the school year.

### Adult

- ✦ 74% of *Plan, Shop, Save & Cook (PSSC)* graduates increased meal planning practices and 97% are using nutrition facts labels more often.

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*San Francisco County has a population of approximately 850,000 people, with 26% of the residents being SNAP-Ed eligible. Approximately 211,181 people live at or below 185% of the poverty level. Of the SNAP-Ed eligible population, 56% of adults are overweight/obese.*

### Serving Individuals and Communities

In FFY2018, UC CalFresh provided evidence-based nutrition education and structured physical activity to CalFresh recipients and other low-income individuals and families at 19 sites in San Francisco County. The program participated in ongoing planning for policy, system, and environment improvements that encourage physical activity and healthy eating at 8 of those sites.

### Providing Education

The UC CalFresh program in San Francisco County acts as a bridge between the UC system and the community, tailoring the latest science-based curricula and information to the culture and language of the county's low-income communities. The program provided nutrition education and environmental supports at approximately 9 SNAP-Ed qualified schools and preschools.

### Helping to Make Organizational and Environmental Changes

UC CalFresh San Francisco County supports school and preschool wellness policies and practices. Assists schools and preschools in completing environmental assessments, including the Children's Council San Francisco Healthy Apple Program online assessment. Provides training and technical support for Smarter Lunchroom Movement and other policy, system and environmental changes.

### Serving California Agriculture

Both youth and adult lessons promote the benefits of fresh, local produce and tastings are aligned to seasonal, local grown produce whenever possible. Garden-based nutrition education curriculum is offered to all partnering schools and agencies.

### Building Partnerships

- Children's Council of San Francisco
- San Francisco Unified School District
- Kai Ming Head Start
- Wu Yee Children Services
- Donaldina Cameron House
- Raphael House of San Francisco



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