



IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

Shasta County is a large, diversified county which covers 3,847 square miles, located in the heart of Northern California and has an estimated population of 179,921 as of 2017. Currently 35% of the community members live at or below poverty. Food insecurity rates are 17% overall and 24% among children. Approximately 55% of the students are eligible for free and reduced price meals and 74% of schools are SNAP-Ed Eligible. Over 63% of adults are overweight.

Serving Individuals and Communities

- 5,092 youth from 19 schools and 174 teachers, received 5,638 hours of nutrition, cooking, gardening, and physical activity education.
- 570 adults from 15 different Non-Profit Community Agencies, received 215 hours of direct food safety, food resource management and nutrition education.

Providing Education

- The University of California CalFresh Nutrition Education Program provides quality evidence-based nutrition education to youth and adults in collaboration with local partners. The program acts as a bridge, tailoring the latest science, curriculum and information to the needs, culture and language of the low-income Shasta community. The program uses the extender model to train teachers and staff to deliver nutrition and physical activity direct and indirect education in schools, afterschool, summer camps and nonprofit agencies reaching low-income youth, adults, seniors and families.

Helping to Make Organizational and Environmental Changes

- UC CalFresh Nutrition Education program promotes and supports environmental changes by implementing physical activity events, participating in Community and School Wellness committees, implementing the Smarter Lunchroom Movement, promoting the CATCH program, utilizing and maintaining school gardens, and promoting stencils and murals projects on school playgrounds.

Serving California Agriculture

- Agriculture is an integral part of the Nutrition Education Program. The program includes recognition of local farmers, lessons at the Farmer's Markets, Farm Club for Kids, School Gardens, and the Master Gardener program. Local Farmers are sought out for purchasing produce for the program's tastings and lesson demonstrations.

Building Partnerships

- City of Redding
- City of Anderson
- Dairy Council of California
- Healthy Shasta Movement
- Northern Valley Catholic Social Services
- Shasta County Master Gardener Program
- Shasta County 4-H Program
- Shasta County Office of Education
- Shasta Farm Bureau
- Shasta Growers Association
- Shasta County Resource Conservation District



2030 Hartnell Ave. Suite A. Redding, CA 96002 Phone: (530) 224-4301

RESULTS

Youth Education

- 95% of students are more willing to try new foods offered at school.
- 74% of the teachers agreed that this year children chose more fruits and vegetables.
- 82% of the teachers agreed that this year students wash hands more often.



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County Statement:

Tehama County is a farming community. It is rural in nature with vast open spaces and an estimated population of 63,926 as of 2017. It is located in the upper Sacramento Valley in northern California. Currently 44% of the community members live at or below poverty. Food insecurity rates are 15% overall and 25% among children. Approximately 71% of the students are eligible for free and reduced price meals and 84% of schools are SNAP-Ed Eligible. Over 70% of adults are overweight.

Serving Individuals and Communities

- 4,459 youth from 17 schools or preschools and 80 teachers, received 3,266 hours of nutrition, cooking, gardening, and physical activity education.
- 77 adults from 5 different Non-Profit Community Agencies, received 19 hours of direct food safety, food resource management and nutrition education.

Providing Education

- The University of California CalFresh Nutrition Education Program provides quality evidence-based nutrition education to youth and adults in collaboration with local partners. The program acts as a bridge, tailoring the latest science, curriculum and information to the needs, culture and language of the low-income Shasta community. The program uses the extender model to train teachers and staff to deliver nutrition and physical activity direct and indirect education in schools, afterschool, summer camps and nonprofit agencies reaching low-income youth, adults, seniors and families.

Helping to Make Organizational and Environmental Changes

- UC CalFresh Nutrition Education program promotes and supports environmental changes by implementing physical activity events, participating in Community and School Wellness committees, implementing the Smarter Lunchroom Movement, promoting the CATCH program, utilizing and maintaining school gardens, and promoting stencils and murals projects on school playgrounds.

Serving California Agriculture

- Agriculture is an integral part of the Nutrition Education Program. The program includes recognition of local farmers, lessons at the Farmer's Markets, Farm Club for Kids, School Gardens and the Master Gardener program. Local Farmers are sought out for purchasing produce for the program's tastings and lesson demonstrations.

Building Partnerships

- Center for Healthy Communities
- City of Red Bluff
- Dairy Council of California
- Tehama County Farm Bureau
- Tehama County 4-H Program
- Tehama County Farmer's Markets
- Tehama County Office of Education
- Tehama Community Food Alliance
- Tehama Community Food Share
- Tehama County School Districts



RESULTS

Youth Education

- 📌 78% of students are more willing to try new foods offered at school.
- 📌 95% of the teachers agreed that compared to the beginning of the school year more students can now identify healthy food choices.
- 📌 84% of the teachers agreed that this year students wash hands more often.

1754 Walnut Street Red Bluff, CA 96080 (530) 527-3101

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County Statement:

Trinity County is a large, rugged, mountainous and heavily forested county located in the northwestern part of California. It covers an area of over two million acres, and has an estimated population of 12,709 as of 2017. Currently 42% of the community members live at or below poverty. Food insecurity rates are 18% overall and 24% among children. Approximately 64% of the students are eligible for free and reduced price meals and 88% of schools are SNAP-Ed Eligible. Over 60% of adults are overweight.

Serving Individuals and Communities

- 1,306 youth from 14 schools and 49 teachers, received 2,000 hours of nutrition, cooking, gardening, and physical activity education.

Providing Education

- The University of California CalFresh Nutrition Education Program provides quality evidence-based nutrition education to youth and adults in collaboration with local partners. The program acts as a bridge, tailoring the latest science, curriculum and information to the needs, culture and language of the low-income Shasta community. The program uses the extender model to train teachers and staff to deliver nutrition and physical activity direct and indirect education in schools, afterschool, summer camps and nonprofit agencies reaching low-income youth and families.

Helping to Make Organizational and Environmental Changes

- UC CalFresh Nutrition Education program promotes and supports environmental changes by implementing physical activity events, participating in Community and School Wellness committees, implementing the Smarter Lunchroom Movement, promoting the CATCH program, utilizing and maintaining school gardens, and promoting stencils and murals projects on school playgrounds.

Serving California Agriculture

- Agriculture is an integral part of the Nutrition Education Program. The program includes recognition of local farmers, lessons at the Farmer's Markets, Farm Club for Kids, School Gardens and the Master Gardener program. Local Farmers are sought out for purchasing produce for the program's tastings and lesson demonstrations.

Building Partnerships

- Dairy Council of California
- Human Response Network
- Partnership in Action for Trinity Health (PATH)
- Trinity County Resource Conservation District
- Trinity County Master Gardener Program
- Trinity County Farmer's Markets
- Trinity County Young Family Ranch
- Trinity County 4-H Program
- Trinity County Office of Education
- Trinity County School Districts
- Watershed Research & Training Center
- Weaverville/ Douglas City Parks and Recreation



260 Oregon Street, Weaverville, CA 96093 Phone: (530) 623-3746



RESULTS

Youth Education

- 100% of students are more willing to try new foods offered at school.
- 100% of the teachers agreed that compared to the beginning of the school year more students can now identify healthy food choices.
- 89% of the teachers agreed that this year students wash hands more often.