



UCCE Yolo

SUCCESSSES

- Provided multiple collaborative statewide trainings and professional development opportunities including:
 - A Taste of Success Cooking Demo videos
 - Happy, Healthy Families Community of Practice webinars
 - ANR Teens-as-Teachers grantee technical assistance support
- 2018 ANR Team Star Award recipient (4-H and UC CalFresh Program Integration through Teens-as-Teachers Cooking Academy Program)



RESULTS

Youth

- Over **250** youth have graduated from UC CalFresh/4-H Cooking Academy
- **95%** of youth are willing to try new foods offered at school after receiving direct nutrition education

Adult

- **91%** of adults who tried a new food are willing to serve the food at home

Organizational

- **Seven** new sites are making a systems change by increasing physical activity through implementation of CATCH

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

Serving Individuals and Communities

- Programming was provided at 52 sites to promote a healthy and active lifestyle.
- Over 150 educators were enrolled as volunteers and trained to deliver research-based interventions through nutrition education or physical activity curricula.

Nutrition and Physical Activity Interventions

- Teachers and after-school extenders were trained and received technical assistance on utilizing University of California classroom curricula and CATCH physical activity boxes. Combining these efforts allows individuals to receive nutrition education and physical activity exposure at multiple settings.
- Enrolled extenders receive nutrition and physical activity lessons in a "kit" format. Sites receive necessary lessons, supplemental experiential materials, or physical activity equipment to extend lessons with students.
- Experiential after-school cooking lessons, in-class food preparation and tastings, along with parent food resource management classes ensure Yolo County residents are ready and able to prepare nutritious foods.
- A focus on locally grown fruits and vegetables ensured the most nutritious, delicious, seasonal, economy spurring foods were used.

Helping to Make Organizational and Environmental Changes

- School Wellness and Food Committees to promote local produce, healthy food and beverage policy adoption, and active students.
- Promotion of walk and bike initiatives to increase physical activity.
- Youth engagement strategies integrated into UC CalFresh program.
- Joint 4-H/ EFNEP/ and UC CalFresh work.
- Coordinated nutrition, chronic disease prevention, and physical activity goals at county, state, and national level.

Serving California Agriculture

- The program collaborates with the Agricultural Commissioner, the Food Bank, the Health Department and others to promote locally grown seasonal produce and to increase consumption of these foods in the home.
- Local produce is being offered to students through guest lessons and classroom taste testings that reinforce Harvest of the Month promotions.

Building Partnerships

- Local school sites: implementing nutrition education lessons
- 4-H: joint after school programming through the Cooking Academy
- Southport Elementary School: Student Nutrition Action Council
- Health Department: collaborating on PSE changes in the community
- Yolo Farm to Fork: helping link school gardens to the classrooms
- ASES programs: Integrating after-school skill-based nutrition education and physical activity
- Healthy Yolo: setting priorities for the county



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