



# FFY2019 UCCE Placer and Nevada Counties

## SUCSESSES

CalFresh Healthy Living, UCCE Placer/Nevada Counties is making a vital impact in our communities, providing the most vulnerable populations with the information they need to make healthy food choices in:

- 🌱 10 elementary schools
- 🌱 117 teachers
- 🌱 20 preschools
- 🌱 10 adult sites
- 🌱 2 Family Fun Health Fairs
- 🌱 2 school gardens
- 🌱 1 Student Nutrition Action Council (SNAC)



## RESULTS

### Youth

- 🌱 "They're so sweet, like candy. Like healthy candy!"  
Second grader eating grapes in the garden

### Adult

- 🌱 "Since completing this workshop, I no longer buy sodas or juice drinks."

### Organizational

- 🌱 Partnerships with teachers, principals, and food service ensure a comprehensive school program.

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*The CalFresh Healthy Living, UCCE Program in Placer and Nevada Counties educates low income adults and youth about the importance of healthy food choices and physical activity to promote lifelong health. Currently, over 25% of youth are overweight; 20% of adults are obese. More than 28% of students in Placer County and 51% of students in Nevada County are eligible for free or reduced lunch.*

### Serving Individuals and Communities

- 137 classrooms received nutrition lessons using evidence-based curricula at 10 qualifying elementary schools and 20 Head Start preschools.
- To address food insecurity, adults received information about eating healthy on a budget, reading food labels, and meal planning. Over 300 adults in qualifying locations received nutrition education through the Plan, Shop, Save & Cook, a food resource management curriculum, as well as in one-time workshops.
- Fifty-nine percent of adults indicated that "the next time they buy food, they will plan meals before going to the store".

### Providing Education

- 3,200 children and 687 adults receive important nutritional messages through hands-on classes, produce tastings, fun activities, and cooking demonstrations. School based comprehensive programming is enhanced through gardening, cooking classes, Youth Engagement projects such as SNAC, CATCH physical activity curriculum and Zumba classes.

### Helping to Make Organizational and Environmental Changes

- Up to 90 students regularly take advantage of the Breakfast Program and participate in Zumba physical activity at 3 elementary schools. Teachers note this combination helps students start the school day "ready to listen and learn".

### Serving California Agriculture

- Experiential learning through garden enhanced nutrition education in two Placer County schools gave students the opportunity to plant and harvest produce - applying their nutrition and healthy lifestyle knowledge.
- The Food Service Manager prepared and served garden produce at lunch salad bars.

### Building Partnerships

- 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
- KidZCommunity
- Placer & Nevada County CNAPs
- Sierra Harvest
- RCSD, WPUSD, and AUSD Food Service



11477 E. Avenue, Auburn, CA 95603 (530) 889-7350