

## FFY2019 UCCE Shasta County

### 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. Based upon 2018 SNAP-Ed data, currently 36% of the community members live at or below poverty 185% of the federal poverty level (SNAP-Ed eligible). 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**

- 4,633 youth served at 25 different schools/sites
- 668 adults served at 17 agencies
- 192 teachers or extenders trained

#### **Providing Education**

- CalFresh Healthy Living, UC 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**

- CalFresh Healthy Living, UC 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 CalFresh Healthy Living, UC Program. The program includes recognition of local farmers, lessons at the Farmer's Markets, Farm Club for Kids, School Gardens, and collaborations with 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 Coalition
- Northern Valley Catholic Social Services
- Shasta Grower's Association
- Shasta Farm Bureau
- Shasta County Office of Education
- Shasta County 4-H



**2030 Hartnell Ave. Suite A Redding, Ca 96003 Phone: (530) 224-4301**

### RESULTS

#### **Youth**

- 🌱 95% of teachers agreed that students can now identify healthy food choices.
- 🌱 82% of teachers agreed that this year students chose more fruits and veggies in the cafeteria and during classroom parties.

#### **Adult**

- 🌱 41% of Plan Shop Save Cook participants reported they will plan more meals ahead of time.

## FFY2019 UCCE Tehama County

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

#### **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. Based upon 2018 SNAP-Ed data, currently 44% of the community members live at or below 185% of the federal poverty level (SNAP-Ed eligible). 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. Seventy percent of adults are overweight.*

#### **Serving Individuals and Communities**

- 2,656 youth served at 21 different schools/sites
- 104 teachers or extenders trained

#### **Providing Education**

- CalFresh Healthy Living, UC 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**

- CalFresh Healthy Living, UC 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 CalFresh Healthy Living, UC Program. The program includes recognition of local farmers, lessons at the Farmer's Markets, Farm Club for Kids, School Gardens, and collaborations with 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



**1754 Walnut St. Red Bluff, Ca 96080 Phone: (530) 527-3101**



### RESULTS

#### Youth

- 🌈 95% of teachers agreed that students can identify healthy food choices.
- 🌈 100% of teachers agreed that this year students chose more fruits and veggies in the cafeteria and during classroom parties.





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



#### **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. Based upon 2018 SNAP-Ed data, currently 42% of the community members live at or below 185% of the federal poverty level (SNAP-Ed eligible). 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. Sixty percent of adults are overweight.

#### **Serving Individuals and Communities**

- 1,237 youth served at 18 different schools/sites
- 57 teachers or extenders trained

#### **Providing Education**

- CalFresh Healthy Living, UC 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**

- CalFresh Healthy Living, UC 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 CalFresh Healthy Living, UC Program. The program includes recognition of local farmers, lessons at the Farmer's Markets, Farm Club for Kids, School Gardens, and collaborations with 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 Farmer's Markets
- Trinity County 4-H Program
- Trinity County Office of Education
- Young Family Ranch
- Watershed Research & Training Center



**260 Oregon St. Weaverville, Ca 96093 Phone: (530) 623-3746**

### RESULTS

#### Youth

- 95% of teachers agreed that students can identify healthy food choices.
- 80% of teachers agreed that this year students washed hands more often before handling food.
- 77% of teachers agreed that this year students chose more fruits and veggies in the cafeteria and during classroom parties.