



SUCCESSSES

- Hosted a bilingual nutrition and CATCH curricula training for 30 early childhood migrant education professionals
- Provided multiple collaborative statewide trainings across UC ANR programs including:
 - Happy, Healthy Families Community of Practice webinars
 - UP4it Activity Guide Introduction webinar



RESULTS

Youth

- Over 35 youth graduated from CalFresh Healthy Living, UC/4-H Cooking Academy this FFY
- Compared to the beginning of school year, 100% of students enjoy doing physical activity after participating in CATCH

Adult

- More than two thirds of adults who tried a new food are willing to serve the food at home

Organizational

- Seven 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 50 sites to promote a healthy and active lifestyle.
- Over 125 extenders were enrolled as volunteers and trained to deliver research-based interventions through nutrition education and physical activity curricula.
- Trained extenders delivered 2,650 hours of nutrition education and physical activity curricula interventions to youth and adults.

Providing Education

- 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.
- 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, utilizing Harvest of the Month materials, ensured the most nutritious, delicious, seasonal, economy spurring foods were used within program delivery.

Helping to Make Organizational and Environmental Changes

- Promotion of walk and bike to school, healthy snack, and Re-Think your Drink day initiatives to increase physical activity along with healthy food and beverage consumption through newsletter, website and social media outlets.
- Youth engagement strategies integrated through after-school Cooking Academy and Student Nutrition Action Council programs.
- Joint 4-H, EFNEP and CalFresh Healthy Living, UC work through Cooking Academy Programming and UP4IT Activity Guides.
- Coordinated nutrition, chronic disease prevention, and physical activity goals at county, state, and national level through partnerships and collaborations.

Serving California Agriculture

- Collaborates with the Food Bank, Health Department, Yolo Farm to Fork, 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, classroom taste testing's, and Cooking Academy reinforcing Harvest of the Month.
- Partnered with local preschool participating in Yolo County Food Bank's Kids Farmers Market through delivery of nutrition education resources.

Building Partnerships

- Local school sites and districts: implementing nutrition and physical activity curricula.
- 4-H: Joint after-school programming through Cooking Academy.
- Yolo Farm to Fork: Linking school gardens to classroom.
- After School Programs: Integrating skills-based nutrition education and physical activity.
- County Nutrition Action Plan partnerships: collaboration on county health priorities.



70 Cottonwood Street, Woodland, CA 95695 (530) 666-8740