

CalFresh Healthy Living, University of California

One of California's four SNAP-Ed State Implementing Agencies



California's SNAP-Ed Mission

Inspire and empower underserved Californians to improve their health and the health of their communities by promoting awareness, education, and community change through diverse partnerships, resulting in healthy eating and active living.

Delivered through UC Cooperative Extension County Offices (UCCE)

In **32** Counties*

- **10** UCCE Nutrition and Family/Youth Advisors (no SNAP-Ed funding)
- **21** UCCE Program Managers and Supervisors
- **81** UCCE Community Educators
 - **Over 2,000** extenders or volunteers trained to provide nutrition and physical activity education
 - **Over 1,000** low-income SNAP-Ed eligible delivery sites

*FFY 2020 or 2021

YOUTH PROGRAMS

Evidence-Based Direct Education

Early Care & Preschool Education

7,182 preschoolers (<5 years) reached

215 Early Care and Education sites receiving SNAP-Ed education

GO GLOW GROW

A Nutrition and Physical Activity Curriculum designed for 3-to-5-year-old children.



HAPPY HEALTHY ME...

Moving, Munching & Reading Around MyPlate

A nutrition and literacy curriculum for 4-to-6-year-old children which includes reading storybooks with food-related themes and participating in hands-on nutrition education and physical activities.



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Schools, Afterschool & Youth Programs (Grades K-12)

59,911 youth (5-17 years) reached

386 schools and afterschool program sites receiving SNAP-Ed education

Based on the Teacher Tasting Tool...

Before today's class how many of you have tasted this food **before**?

40%

How many of you are **willing to eat the food** again at **school**?

71%

How many of you are willing to ask for this food **at home**?

65%

*Over 2,500 tastings with over 52,000 students (duplicate) in FFY 2020

ADULT PROGRAMS

Evidence-Based Direct Education

 **5,331** adults reached with direct education (unduplicated)

 **430** seniors reached with direct education (unduplicated)



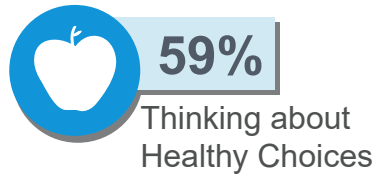
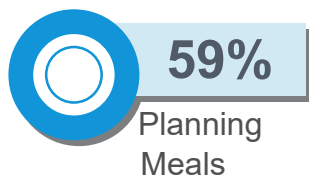
Food Resource Management

Stretching food dollars and fostering learning strategies to improve household food security to maximize nutrition and health return on limited resources.

PSS&C Plan, Shop, Save and Cook

A curriculum designed to help adult participants stretch food dollars by learning shopping strategies and meal planning.

After completing the series, % reporting improvement...

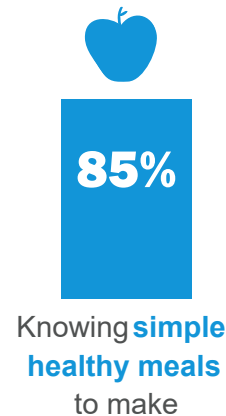
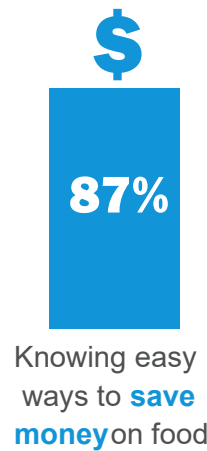


Results based on over 400 participants' pre and post-tests in FFY 2020

MEDC Making Every Dollar Count

A curriculum designed to help adult participants gain the tools needed to take control of their money.

After completing the series, % reporting improvement...



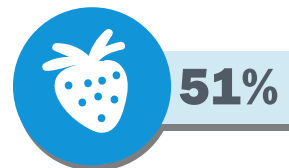
Results based on over 350 participants in FFY 2020

Physical Activity & Nutrition

Eating Smart, Being Active

A curriculum designed to assist low-income families with young children to learn healthy lifestyle choices.

After completing the series, % reporting improvement...



Ate more than one kind of **fruit** each day



Ate more than one kind of **vegetable** each day

Results based on 470 participants' Food Behavior Checklist's pre/post-tests primarily (79%) collected from ESBA in FFY 2020

Family-Centered Nutrition Education

Healthy, Happy Families

A curriculum composed of eight mini-lessons to help parents promote healthy eating habits in preschool-aged children.



Eat and Play Together!

A nutrition and physical activity curriculum for 6-8 year old children and significant adults in the children's lives.



COMPREHENSIVE PROGRAMMING

Together education, marketing, and policy, systems, and environmental (PSE) changes are more effective than any of these strategies alone for preventing overweight and obesity.

Working with partners, UCCE programs reported **PSE changes at 320 SNAP-Ed sites** reaching more than **170,000** people in FFY 2020.



Smarter Lunchrooms Movement of California

Encouraging the selection of healthy options, through cafeteria makeovers using evidence-based, low-cost/no-cost strategies.

UCCE programs:

- 🌈 conducted 89 SLM cafeteria assessments at schools with over 49,000 total students – (2019/20 School Year)
- 🌈 have 42 trained SLM Technical Advising Professionals (TAPs) across 26 counties who provide assistance to school and district partners



Edible Gardens and Farm to Table

Growing, trying, and eating local produce.

In FFY 2020, UCCE programs helped to...

- 🌈 establish new, reinvigorate or expand **edible gardens at over 149 sites**
- 🌈 initiate or expand **farm-to-table use of fresh or local produce at 33 sites**



Physical Activity

Over 135 sites in 27 counties made at least one PA-related PSE change in FFY 2020.

Top PSE changes for PA include improved:




- 🌈 **Opportunities** for structured (93 sites) and unstructured PA (15 sites)
- 🌈 **Quality** of structured PA (77 sites) and PE (18 sites)
- 🌈 **Incorporate** PA in school day or classroom (not recess/PE) (48 sites)
- 🌈 PA **facilities/equipment/structures** (37 sites)
- 🌈 **Establish** or improved PA policies (32 sites)

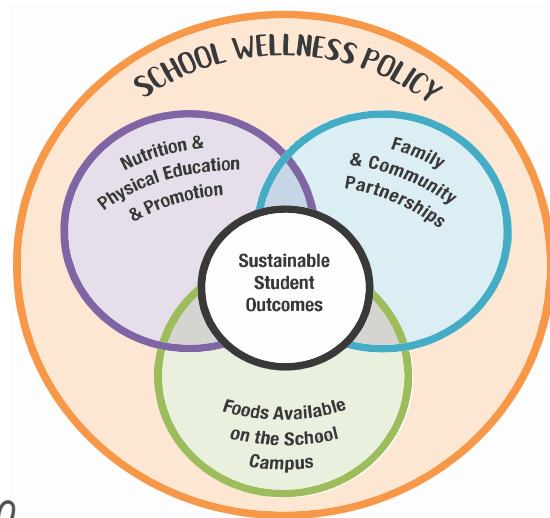


COMPREHENSIVE PROGRAMMING



Shaping Healthy Choices Program

-  Comprehensive research-tested program combining inquiry-based education, cooking, gardening and changes to the cafeteria
-  Partnership with University of California, Davis' Center for Nutrition in Schools (CNS)
-  Integrating Physical Activity in existing curricula through Healthy Choices in Motion



In FFY 2020...
UCCE county programs implemented Shaping Healthy Choices in **7** counties

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