



# FFY2020 UCCE Placer/Nevada

## SUCCESSES

CalFresh Healthy Living, UC 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:

- 🌱 9 elementary schools
- 🌱 107 elementary teachers
- 🌱 19 preschools
- 🌱 7 adult sites
- 🌱 3 school gardens
- 🌱 2 Student Nutrition Action Council (SNAC)

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*The CalFresh Healthy Living, UCCE Program (CFHL, UCCE) Placer and Nevada Counties educates low-income adults and youth on the importance of healthy food choices and physical activity to promote lifelong health. Currently, over 25% of youth in Placer and Nevada counties are overweight. Over 20% of adults are obese. More than 28% of students in Placer County and 46% of students in Nevada County are eligible for free or reduced lunch.*

### Serving Individuals and Communities

- Hands-on nutrition lessons using evidence-based curricula were taught to over 3,600 qualifying elementary and preschool students. Modeling of these lessons allow teachers to continue the education. Lesson topics are grade specific and include: My Amazing Body, Making Healthy Choices, Nutrients We Need and MyPlate.
- To address food insecurity, adults received information about eating healthy on a budget, reading food labels and meal planning. 80% said the next time they shop for food they will read "Nutrition Facts".
- Over 200 adults in qualifying locations received nutrition education through the Plan, Shop, Save & Cook series as well as one-time workshops.

### Providing Education

3,381 children and 220 adults received important nutrition messages through hands-on classes, produce tastings, fun activities and cooking demonstrations. Our school based comprehensive program is enhanced through gardening, cooking, CATCH, SNAC and Zumba.

### Helping to Make Organizational and Environmental Changes

SNAC groups at both Cirby Elementary (16 students) and First Street School (48 students) collaborated with Food Service through a focus group and cafeteria tastings to encourage a total of 780 students to participate in the school lunch program and increase their intake of fruits and vegetables.

### Serving California Agriculture

CFHL, UCCE oversaw gardens in three schools in Placer County. While students were unable to participate in garden activities for most of 2020, gardens were still maintained by volunteers. At Rock Creek Elementary 650lbs of produce has been delivered to families who came to get meals during the school year and the summer. Educational information on produce was also provided.

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



*Produce from Rock Creek Garden*

## RESULTS

### Youth

- 🌱 SNAC students taught nutrition to 23 very enthusiastic 1<sup>st</sup> graders at First Street School.

### Adult

- 🌱 Over 5,700 individuals were reached through indirect nutrition education efforts including social media and newsletters.

### Organizational

- 🌱 Our 150 partnerships with teachers, principals and food service ensure a comprehensive program in all participating schools.

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