



FFY2020 UCCE San Mateo County

SUCSESSES

- Provided nutrition and physical activity education to 676 individuals
- Supported 3,988 San Mateo County residents with indirect education especially during COVID-19 Stay-at-Home orders.
- Encouraged policy, system, and environmental (PSE) improvements reaching 3,595 individuals



RESULTS

Youth

- The garden buddy program “instilled a sense of ownership and responsibility.” -4th Grade Teacher

Adult

- 73% of Plan, Shop, Save & Cook graduates reported using nutrition facts labels more often

Organizational

- School sites made 32 PSE improvements supporting healthy eating and physical activity

IMPROVING CALIFORNIA’S HEALTH THROUGH SNAP-ED

County Statement:

Approximately 134,443 people in San Mateo County live at or below 185% of the poverty level and 18% are SNAP-Ed eligible. Given the pandemic and ongoing economic crisis, we expect this number will grow next year. Of the SNAP-Ed eligible population, 66% of adults are overweight/obese.

Serving Individuals and Communities

In FFY2020, CalFresh Healthy Living, UC (CFHL, UC) provided evidence based nutrition education and/or structured physical activity lessons to 548 youth and 128 adults. The program supported PSE improvements that encourage physical activity and healthy eating at 19 sites

Providing Education

The program provided evidence based curricula and information tailored to the culture and language of the county’s low-income communities. This education was provided or supported at 14 sites including schools, afterschool programs, preschools, homeless shelters, and a job training center.

Helping to Make Organizational and Environmental Changes

CFHL, UC supported Farm to School efforts and Smarter Lunchroom Movement techniques. The program established, reinvigorated, or maintained three edible school gardens, and expanded the use of the gardens for nutrition education.

Serving California Agriculture

San Mateo CFHL, UC promoted the benefits of fresh local seasonal produce through 13 school cafeteria produce tastings in nine schools in the county. Garden based education was provided or supported at seven sites, and six gardens were assessed for best practices, including sustainability measures. The program distributed vegetable seedlings to families of two elementary schools for the establishment of home gardens during COVID-19 Stay-at-Home orders.

Building Partnerships

Partnered with Jefferson Elementary School District, Redwood City School District, San Mateo County Public Health, Community Alliance with Family Farmers, UCCE Master Gardeners.



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