



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



FFY2020 UCCE Shasta, Tehama & Trinity Counties

SUCCESSES

- CalFresh Healthy Living, UCCE Shasta Cluster reached 6,646 youth and 437 adults with direct education strategies related to nutrition, food resources management, gardening and physical activity.
- CalFresh Healthy Living, UCCE Shasta Cluster reached 21,049 youth and adult through indirect education strategies such as newsletters, health fairs and other community events.



RESULTS

Improve Youth Hand Washing

- 89% of teachers "Agree" or "Strongly Agree" that compared to the beginning of the school year, more students wash their hands before handling food.

Teacher Feedback

- "The CalFresh HealthyLiving, UC program is awesome. The students enjoy planting and eating vegetables out of the garden, and they will take with them all the Junior Master Gardening knowledge. I only offer healthy snacks in the classroom, so the families don't need to be reminded to bring healthier snacks and there is not any difference as to what I offer students. Thank you for all the garden lessons and experience - it has empowered me to teach more lessons!"

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

CalFresh Healthy Living, UCCE collaborates with school sites and community partners and agencies to provide comprehensive, evidence-based nutrition, garden and physical activity education and programming to diverse and low-income communities.

Serving Individuals and Communities

- 6,646 students at 50 school sites, after-school sites, or early childcare education facilities received series-based nutrition, garden or physical activity education lessons.
- 382 adults at 17 different community agency sites, received series-based food resource management education lesson.
- 304 teachers or extenders trained on UCCE curricula.

Providing Education

- CalFresh HealthyLiving, UCCE 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, Tehama, and Trinity communities. 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 HealthyLiving, UCCE promotes and supports environmental changes by implementing physical activity training and events, participating in Community and School Wellness committees, implementing the Smarter Lunchroom Movement, promoting structured physical activity through CATCH, 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 HealthyLiving, UCCE 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

- 41 school and after-school programs
- Local Human Services organizations
- Farmers Markets
- Faith-based groups
- Food Banks/Food Pantries
- Early Child Care and Education facilities
- Local Public Health organizations
- Parks & Recreation Centers



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