

# FFY2020 UCCE Yolo County



## SUCCESSES

- Due to COVID-19 pandemic, pivoted nutrition education delivery platform to virtual learning through creation of recorded evidence-based lessons from approved curriculum in order to continue reaching limited-resource youth and adults.
- Before and after school programming continue to implement CATCH, a physical activity curriculum, to underserved youth within Yolo County.
- As of Fall 2020, over 320 youth chefs have graduated from the Cooking Academy Program.



## RESULTS

- Over 85 youth received virtual nutrition and physical activity lessons as a result of COVID-19 school closures.
- Six before and after school sites are making a systems change by increasing physical activity through implementation of CATCH.
- 92% of chefs who graduated from Cooking Academy often or always now cook from home.

wheat  
tofu pasta  
golden radish  
raisin blood potato  
edamame  
orange  
sweet

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*The CalFresh Healthy Living, UCCE Yolo County Program commits to helping residents lead healthier and happier lives through multi-sector collaboration and partnerships integrating policy, system and environmental change efforts.*

### Serving Individuals and Communities

- Programming was provided at 26 sites to promote a healthy and active lifestyle.
- Over 100 extenders were enrolled as volunteers and trained to deliver research-based interventions through nutrition education and physical activity curricula.
- Trained extenders delivered 523 hours of nutrition education and physical activity curricula interventions to youth.

### 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.
- Youth are encouraged to eat locally-grown fresh fruits and vegetables through delivery of Harvest of the Month materials, Cooking Academy, and guest lessons. Providing exposure opportunities to novel fruits and vegetables ensures the most nutritious, delicious, seasonal, and economy-spurring foods are integrated into 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.
- Joint 4-H, EFNEP, and CalFresh Healthy Living, UCCE programming through after-school Cooking Academy integrating youth engagement strategies.
- Coordination of 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 school garden coordinators promoting locally-grown seasonal produce and increasing consumption of these foods at home.
- Local produce is being offered to students through guest lessons, classroom taste tests, and Cooking Academy reinforcing Harvest of the Month produce.
- Partnering with Yolo County's Food Bank Kid's Farmers Market to bring local fresh fruits and vegetables to a local, limited-income preschool, who also receive 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.



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