



# FFY2023 UCCE San Mateo County

## Successes

- Provided nutrition and garden education and promotion of physical activity to 967 individuals.
- Supported 40 PSE changes at 22 sites, reaching an estimated 9,448 individuals.

## Results

### Youth

- 70% of students reported "loved it" after trying local produce items or potential entrees for the school menu across 53 cafeteria promotion taste tests.

### Adult

- "I thought I knew a lot about nutrition before this and I still learned lots of new information"- Plan, Shop, Save, and Cook participant

### Organizational

- Co-hosted CATCH Kids Club trainings, reaching over 500 YMCA staff members across Santa Clara and San Mateo Counties.



## Improving California's Health Through CalFresh Healthy Living

### County Statement:

- San Mateo County has a multi-cultural population of approximately 765,773 residents, with an estimated 15.2% SNAP-Ed eligible.
- In 2020, the percentage of children under the age of 18 living in households that experienced food insecurity at some point during the year was 5.8 %. As of 2021, the projected households with children under 18 years of age expected to experience food insecurity at some point during this year is 9.3%.

### Serving Individuals and Communities

- Provided education to 780 youth and 184 adults.
- Provided 91 sessions of nutrition education, physical activity, and/or garden-based nutrition education at SNAP-Ed qualified schools, preschools, and other community-based organizations.
- Trained interns from LifeMoves shelters to deliver CATCH Kids Club Activity Box and Small Bytes nutrition curriculum at sites.

### Helping to Make Organizational and Environmental Changes

- Partnered with local Public Health Department to lead various curriculum trainings for Redwood City School District middle school PE teachers. PE teachers were trained on *Healthy Choices in Motion*, Dairy Council's *Exercise Your Options*, and *CATCH PE*.

### Serving California Agriculture

- In partnership with various school districts foodservice, hosted taste tests at lunch at 17 school sites.
- College Corp Fellowship interns from San Francisco State led garden clubs using TWIGS curriculum

### Building Partnerships

- Key partners included Jefferson Elementary School District, Redwood City School District, South San Francisco School District, San Bruno School District, Izzi Head Start, JobTrain, LifeMoves, and YMCA of the Silicon Valley



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