



# FFY2024 UCCE Sacramento



## Successes

- A full-day, comprehensive in-person training was conducted for 35 teen teachers and 8 afterschool staff, preparing them to deliver the Cooking Academy curriculum to 4th-6th grade students in Sacramento County.
- Two Go Glow Grow (GGG) Curriculum Extender trainings were held—one in-person and one virtual—to continue the GGG program and train 38 early childhood education (ECE) extenders and staff.
- 17 UC Davis School Of Nursing were trained to deliver CATCH physical activity lessons and supplemental handwashing activities to preschool students.
- 4 new Mutual Housing partner sites were trained to deliver the CATCH program and have begun its implementation.

## Results

### **Youth**

- Thirty-five Sacramento teenagers became Teen Teachers, an increase from 19 last year, representing an 84% growth reaching 396 students total.



## **Improving California's Health Through CalFresh Healthy Living**

*County Statement:* CFHL, UCCE Sacramento aims to support eligible CalFresh families by providing evidence-based nutrition education and physical activity programs. As well as through Policy, Systems, and Environmental strategies to foster lasting community change, promoting an environment where healthy choices are effortlessly accessible.

### Serving Individuals and Communities

- The Sacramento County program reached 1,317 participants, conducted 335 sessions, and logged 597 volunteer hours, with the support of 114 volunteers. We were able to accomplish this thanks to the dedication of our extenders and volunteers.

### Providing Education

- The primary focus was on four key IWP settings: Early Care and Education (ECE,) Before and After School, Public Housing Sites, Facilities and Schools (K-12, Elementary.)
- In FFY2024 the program expanded PSE efforts in Physical Activity and gardening in ECE and Public Housing Sites.

### Helping to Make Organizational and Environmental Changes

- The partnership with Mutual Housing helped address critical gaps in youth programming and resulted in the completion of four Cooking Academy series reaching 71 students . It also supported the expansion of direct education and CATCH physical activity PSE efforts in a new setting.
- CFHL, UCCE Sacramento institutionalized the use of the Go Glow Grow (GGG) Curriculum in the Sacramento Employment and Training Agency (SETA) Head Start program through a structured process in FFY 2024. Since then, we have built strong relationships and supported two PSE efforts in this setting: Physical Activity and Gardening. With gardening being our newest endeavor, we have seen great success with the Junior Master Gardener curriculum and GGG in ECE classrooms reaching four sites and 214 students.

### Building Partnerships

- CFHL, UCCE Sacramento County has actively partnered with 4H, EFNEP, SETA Head Start, Mutual Housing and Elk Grove Unified School District, to enhance physical activity and nutrition practices among youth in Sacramento County
- In collaboration with the Valley Hi Family Resource Center and EFNEP a six-week Cooking Academy Series reached 24 students and an Eating Smart Being Active series was delivered to 10 adults. This initiative targeted parents as well, making it a multi-generational intervention

**CalFresh Healthy Living, UCCE Sacramento County**  
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