



FFY2024 UCCE Shasta Cluster (Shasta, Tehama, Trinity Counties)

Successes

11,308 people reached through sustainable Policy, Systems and Environmental (PSE) initiatives, including:

- Edible Gardens
- Daily Quality Physical Activity
- Smarter Lunchroom Movement
- Playground Stencils
- School Wellness Policies

Results

Teacher Testimonials

- "I love CalFresh [Healthy Living], You guys make a lot of difference in children's lives. I see it all the time. I strongly believe kids are more willing to try new foods because of what you do."
- "At our last class party, one of the students brought a bunch of cut up fruits. More kids ate that than anything else and it was gone by the end of the party!"
- "I now have P.E. 5 days a week instead of 4. I ask for waters and fruit for a sweet treat at school parties."



Improving California's Health Through CalFresh Healthy Living

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

From October 1st, 2023, through September 30th, 2024, our program accomplished the following:

Serving Individuals and Communities

- 8,795 youth received 1,718 hours of direct education lessons.
- 434 adults received 174 hours of direct education lessons.

Providing Education

- CalFresh Healthy Living, UCCE program acts as a bridge, tailoring the latest science, curriculum and information to the needs, culture and language of our communities in Shasta, Tehama, and Trinity Counties. Focusing on CalFresh eligible families, the program uses the extender model to train teachers and staff to deliver nutrition and physical activity education in schools, afterschool, summer camps, and local organizations serving youth, adults, seniors and families.

Helping to Make Organizational and Environmental Changes

- CalFresh Healthy Living, UCCE promotes and supports environmental changes by implementing physical activity trainings and events, participating in community and school wellness committees, implementing the Smarter Lunchrooms Movement, utilizing and maintaining school gardens, and promoting stencil and mural projects on school playgrounds.

Serving California Agriculture

- Agriculture is an integral part of the CalFresh Healthy Living, UCCE program. The program includes recognition of local farmers, school gardens, local procurement and farm-to-school efforts, and collaborations with the UCCE Master Gardener program. We source and purchase produce for our program tastings from local farmers.

Building Partnerships

- 29 school and after-school programs
- Local Human Services organizations
- Farmers Markets
- Food Banks/Food Pantries
- Early Childcare and Education facilities
- Local Public Health organizations
- Parks & Recreation Centers



Phone: (530) 224-4301 Office: 2030 Hartnell Ave. STE A Redding, CA 96002