

# Promoting Healthy Communities through Distance Learning

## WHO WE ARE

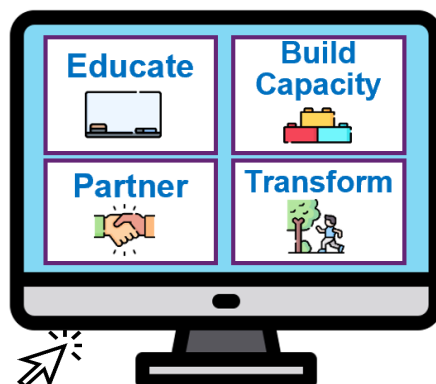
### EDUCATE → PARTNER → BUILD CAPACITY → TRANSFORM

CalFresh Healthy Living, the University of California empowers SNAP-Ed eligible Californians to improve their health through education aligned with policy, systems and environmental change initiatives which strengthen community partnerships, resulting in healthy eating and active living.

With a local office serving your county, CalFresh Healthy Living, University of California Cooperative Extension (UCCE) offers effective, evidence-based youth, adult, family centered and intergenerational lessons that are engaging and interactive.

Increase nutrition and physical activity knowledge, skills, and practice.

Encourage state and local partnerships in support of individual and community health.



Advance local priorities through training and technical assistance.

Act as a catalyst for healthy lifestyle change through policy, systems and environmental strategies.

## MAKING A DIFFERENCE IN OUR COMMUNITY



## WHAT WE ARE PROVIDING IN A VIRTUAL ENVIRONMENT

### RESET → REFOCUS → RETHINK HEALTHY LIVING

Online and hybrid options have been added to our standard in-person delivery – offering a variety of platforms for dynamic, learner-centered, personalized instruction. Lessons are free, easy to use, and incorporate social emotional learning practices that can lead to lifelong positive health behaviors.

	School Wellness Policy		Physical Activity		Youth Engagement
	Evidence-Based Nutrition Education		Smarter Lunchroom Movement		Garden-Enhanced Nutrition Education

**Please join us as together we rethink and transform healthy living in our community.**

**CalFresh Healthy Living, UC Cooperative Extension**