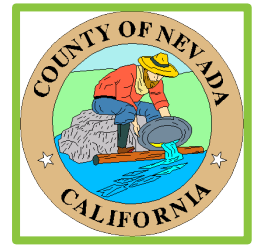




UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources



# FFY2023 UCCE Placer & Nevada Counties

## Successes

- Direct nutrition education was delivered in 8 elementary schools, 16 preschools & 7 adult sites
- School gardens at 15 sites
- CATCH implemented at 3 afterschool sites
- Harvest of the Month tasting were delivered 54 times.

## Results

### Youth

- 3,805 youth were provided direct education, a 23% increase from 2022.

### Adult

- 294 adults were provided direct education, a 32% increase from 2022.

### Organizational

- School gardens were supported at 15 sites in 2023, an 80% increase from 2022.
- 10 garden site were part of an organizational level PSE with Placer County Office of Education (PCOE).
- 2 new garden PSE sites in Nevada County.



## Improving California's Health Through CalFresh Healthy Living

### *County Statement:*

CalFresh Healthy Living, UCCE Placer and Nevada Counties educates CalFresh eligible adults and youth on the importance of healthy food choices and physical activity to promote lifelong health utilizing evidence-based curricula and strong community partnerships.

### Serving Individuals and Communities

- Nutrition lessons were taught to over 3,805 qualifying elementary and preschool students. Lesson topics are grade specific and include: MyPlate, nutrients we need, fruits & vegetables, physical activity, making healthy drink choices, and gardening.
- Volunteers extended 3,343 hours of direct education throughout the IWP settings in both counties.
- Over 294 adults in 7 qualifying locations received nutrition education through the Plan, Shop, Save & Cook series and other one-time workshops.
- Partnered with Auburn Interfaith Food Closet to provide recipe kits to clients who participated in CFHL cooking demos and tastings.

### Providing Education

- 4,099 children and adults received important nutrition messages through hands-on classes, produce tastings, fun activities and cooking demonstrations, and garden education.

### Helping to Make Organizational and Environmental Changes

- Over 15 school garden sites were supports in 2023
- 10 ECE garden sites were installed and maintained at the organizational level through a partnership with PCOE.
- CATCH was implemented at 3 afterschool sites.
- SLM tastings took place at 1 school cafeteria site, which also served as a youth engagement opportunity.

### Serving California Agriculture

- Students at Bell Hill tasted locally grown produce monthly as part of the Harvest of the Month Program in partnership with Sierra Harvest.
- Students at Bell Hill, Scotten, Rock Creek, Cirby, and Auburn Elementary schools all learned about how fruits & vegetable are grown and participated in all aspects of tending their own school garden.

### Building Partnerships

Key partners in 2023: UC Master Gardener Program, Placer & Nevada County Schools, Sierra Harvest, Department of Social Services, Placer & Nevada County Public Health, Auburn Interfaith Food Closet, PCOE, Placer & Nevada County CNAPs, and WPUSD Food Service.

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