



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



FFY2023 UCCE Sacramento

Successes

- A full day comprehensive in-person training was held for 19 teens-as-teachers and 8 afterschool staff, to be trained as extenders to deliver Cooking Academy curriculum to 4th-6th graders in Sacramento County.
- 2 Go Glow Grow (GGG) Curriculum Extender trainings were conducted, expanding the number of trained ECE extenders.
- 4 ECE extenders and 14 UC Davis School Of Nursing were trained to deliver BEPA 2.0 physical activity lessons and supplemental handwashing activities to preschool students.
- UCCE Sacramento County participated in the SETA Summer Series, where 18 teachers received training on the Fuel Their Minds Curriculum. To engage more youth during the summer months.

Results

Youth

- 19 Sacramento teenagers became Teen Teachers. Working in teams of 2-4, they dedicated six weeks, meeting weekly, to deliver lessons.

Organizational

- Cooking Academy lesson series were successfully delivered across 12 elementary schools in South Sacramento and Elk Grove.

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

- In FFY23, CFHL, UCCE Sacramento increased the number of Early Care and Education (ECE) sites served from 13 to 18, a 38% increase. Additionally, 16 new k-12 sites and 4 new low-income housing sites received services.
- Moreover, there was an outstanding 499% increase in participants receiving direct education, soaring from 191 to 1,144.

Providing Education

- In FFY2023, the primary focus was on two key IWP settings: Early Care and Education Facilities and Schools (K-12, Elementary.)

Helping to Make Organizational and Environmental Changes

- CFHL, UCCE Sacramento institutionalized the use of the Go Glow Grow Curriculum in the Sacramento Employment and Training Agency (SETA) Head Start program through a structured process. This involved initial meetings with site administration to plan curriculum implementation, creation of curriculum and subsequent teacher training during in-service meetings. Following this, kits were disseminated and ongoing technical support was provided. As a result, the successful implementation paved the way for scaling the Go Glow Grow Program to other SETA sites in FFY 2024.

Building Partnerships

- CFHL, UCCE Sacramento County has actively partnered with SETA Head Start, CHOC Housing, Elk Grove Unified School District, to enhance physical activity and nutrition practices among youth in Sacramento County.



CalFresh Healthy Living, UCCE Sacramento County
4145 Branch Center Rd
Sacramento, CA 95827