



# FFY2024 UCCE San Luis Obispo & Santa Barbara

## Successes

- Delivered evidence-based and standards-aligned nutrition and physical activity curricula reaching 3,351 youth/adults.
- Supported healthy changes at 18 sites reaching 18,691 individuals.
- Reached 23,755 community members through indirect education and outreach.

## Results

### Youth

- "I love how I got to teach others to eat healthy and learn more recipes to cook."  
– Youth Leader

### Teachers

- "I love this program and all it has to offer. I really appreciate the education behind it, along with opportunities for students to try new foods."  
– Teacher

### Community Members

- "This program helped families discover healthy eating habits and learn new recipes"  
– Supervisor, Family Outreach



## Improving California's Health Through CalFresh Healthy Living

### *County Statement:*

*The CalFresh Healthy Living, UCCE program in San Luis Obispo and Santa Barbara (SLOSB) counties collaborates with school-based partners, volunteers, government agencies, and non-profit organizations to provide comprehensive, research-based nutrition and physical activity programming in underserved communities. Recognizing that health behaviors are dependent on multiple factors including access to resources, regional and institutional policies, along with knowledge and skills, SLOSB works with partners to address barriers to health and wellness. The mission of SLOSB is to cultivate environments where youth, families, and communities have access to research-based resources and knowledge to be the creators of a healthy, inspired, active, and connected Central Coast.*

### Serving Individuals and Communities

- Trained and supported 124 student leaders in healthy eating and active living education and promotion.

### Providing Education

- Delivered K-6th standards aligned nutrition and physical activity curricula, online resources, and professional development opportunities to 74 extender volunteers.

### Helping to Make Organizational and Environmental Changes

- Supported or implemented 91 policy, systems, or environmental changes at 18 sites to support healthy communities and schools.

### Serving California Agriculture

- Promoted increased utilization of nutrition incentives at farmers markets and supported 6 school gardens.

### Building Partnerships

- Partnered with 41 school, government programs, farmers, and non-profit organizations to support community health.



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