



SUCCESSSES

- 4 of UC CalFresh schools received awards (one gold, one silver and two bronze) from the Alliance for a Healthier Generation Healthy Schools Program

"The Class was very good especially the nutritional information and I took it to heart and so far I have lost 8 pounds. Thank you for the class and I will keep taking it to heart."



RESULTS

Youth

- 97% of EatFit students made at least one improvement in their eating behavior

Adult

- 68% of PSSC participants now use MyPlate to make food choices

Organizational

- 8 schools/community sites made changes to healthier environment.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

About one third (34.9%) of Riverside County residents are CalFresh eligible and over 62% of students are eligible for free/reduced price meals. The prevalence of overweight/obesity in the low-income populations is high (64% in adults, 40% in youth ages 5-19 years and 31% in children ages 2-4).

Serving Individuals and Communities

In FFY 2016, Riverside UC CalFresh served 6,508 children and teens and 785 adults. We helped families, moms, youth and CalFresh recipients to make better nutrition decisions and maximize limited food budgets through Plan, Shop, Save, Cook series, workshops, small groups or one-on-one spotlight education.

Providing Education

During FFY 2016, Riverside UC CalFresh partnered with 72 teachers who volunteered a combined 1,973 hours to teach nutrition and physical activity education to youth from preschool to high school. A total of 5,146 early teens in middle schools enrolled in EatFit program this year.

Helping to Make Organizational and Environmental Changes

Riverside UC CalFresh provided garden support and garden-based nutrition education to 6 schools and community based organizations in 2016. We implemented Smarter Lunchrooms Movement in a middle school and a high school, and brought CATCH physical activity to an after school program.

Serving California Agriculture

We promote buying local produce to increase participant fruit and vegetable consumption. We offer nutrition curricula that promote gardening and eating healthy and making connections with school garden and agriculture.

Building Partnerships

Riverside UC CalFresh has strong partnerships with other local agencies including Riverside County Department of Public Health, Nutrition Education and Obesity Prevention Program, Department of Public Social Services, Dairy Council of California, Community Settlement Association of Riverside, Riverside Community Health Foundation, Kaiser Permanente Heal Zone, Office on Aging, Catholic Charities, YMCA of Corona, California Family Life Center, PW Enhancement Center and Torres Martinez Cahuilla Indian Reservation. We have a strong tie with school districts including Alvord Unified, Coachella Valley Unified, Banning Unified, Desert Sands Unified Head Start and Early Childhood Education Program.



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