



UCCE Yolo

SUCCESSSES

- Used 4-H teens in a youth service learning project, to create a vibrant activity promoting playground at low-income Spanish speaking preschool.
- Taught 115 upper elementary students how to prepare nutritious foods in the joint 4-H/UC CalFresh Cooking Academy.



RESULTS

Youth

- 100% of students who attended the cooking academy considered themselves a better cook.

Organizational

- A new model for improving food security was tested with UCD, the Yolo Food Bank, and Family Huie.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

Serving Individuals and Communities

- 3,072 youth & 224 adults received direct education.
- Information is extended through 75 sites to promote a healthy and active lifestyle.
- Over 200 educators are trained and enrolled as volunteers to extend research-based interventions.

Providing Education

- Comprehensive in-class and after school materials are provided to teachers free of charge and already prepared for easy to use lessons.
- Experiential after-school cooking lessons, in-class food preparation and tastings, and parent food resource management classes ensure Yolo County residents are ready and able to prepare nutritious foods.
- A focus on locally grown fruits and vegetables ensures the most nutritious, delicious, seasonal, economy spurring foods are used.

Helping to Make School Organizational and Environmental Changes

- School Wellness and Food Committees to promote local produce, healthy food and beverage policy adoption, and active students.
- Promotion of walk and bike initiatives to increase physical activity.
- Youth engagement strategies integrated into UC CalFresh program
- Joint 4-H/ EFNEP and UC CalFresh work.
- Coordinated nutrition, chronic disease prevention, and physical activity goals at county, state, and national level.

Serving California Agriculture

- The program collaborates with the Agricultural Commissioner, the Food Bank, the Health Department and others to promote locally grown seasonal produce and to increase consumption of these foods in the home.

Building Partnerships

- Food Bank of Yolo: Food Innovation project to address food waste and security.
- First 5 of Yolo: parent nutrition classes
- Local sites: implementing nutrition education lessons
- Dept. of Employment and Social Services: promoting programs
- 4-H: joint after school programming
- Ag Department: collaborating on farm to school endeavors
- Health Department: collaborating on PSE changes in the community
- Family Resource Center: Coordinating adult classes
- Yolo Farm to Fork: helping link school gardens to the classrooms
- ASES programs: Integrating after school skill based nutrition education
- Healthy Yolo: setting priorities for the county