

SUCCESSSES

In FFY 2018, Imperial County UC CalFresh Nutrition Education Program:

- reached 4,769 participants
- provided nutrition education at over 36 delivery sites including:
 - DREC Youth
 - Public Schools
 - ICOE Pre-Schools Federal/State
 - Migrant Head Starts
 - Pacific Southwest
 - Fairs/Newspaper Articles
 - ESL Adult classes



RESULTS

Youth

- 51% of youth are willing to ask for the food tasted at home.

Adult

- 81% of participating adults showed an improvement in 1 or more nutrition practices.

Organizational

"[UC CalFresh] has always gone above and beyond to exceed our expectations. In the past couple of years, so much value has been added to our school and the services we provide. Thanks!"

- Ms. Summer Heraz

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

The UC CalFresh Nutrition Education Program in Imperial County partners with community agencies and school districts to address the nutrition and physical activity needs of the community through experiential, evidence based nutrition education, physical activity, and policy, systems, and environmental supports.

Serving Individuals and Communities

The UC CalFresh provides our community with nutrition and physical activity education for the entire family.

- The program coordinates with school boards, principals and teachers to provide classroom nutrition education that meets the common core state standards reaching 4,332 students
- The adult program nutrition education is coordinated with various agencies/partners throughout Imperial County reaching 390 adults.
- The program had 20 sites with one or more healthy change adopted reaching 4,561 participants.

Providing Education

- UC CalFresh focuses on encouraging behavioral changes that educate on and help to prevent the affects of obesity, diabetes, heart conditions and other nutrition related diseases and disorders.
- The **Youth Program** provides no-cost evidence based curriculum, support and resources to TK-12th grade teachers in low-income schools to deliver in their classrooms. Training and technical assistance for CATCH Physical Education.
- The **Adult Program** provides no-cost evidence based nutrition education to UC CalFresh eligible and other low-income individuals and families in collaboration with local partners.

Helping to Make Organizational and Environmental Changes

UC CalFresh offers a comprehensive approach to overall health and well-being. We provide technical assistance on Smarter Lunchrooms Movement (SLM), Coordinated Approach to Child Health (CATCH) physical activity, enriching School Wellness Policies, Gardening and promoting youth voice/youth choice through Youth-Led Participatory Action Research (YPAR).

Serving California Agriculture

Connecting youth and adults nutrition education to school/community gardens, providing hands on experience learning and growing their own fruits and veggies. Connecting youth to Imperial Farmers through visits to the Desert Research and Extension Center (DREC) where a hands-on experience in harvesting produce is obtained.

Building Partnerships

- Public School Districts-extending nutrition program with teachers
- Public Health Department- COPA Leadership, ECE and School Wellness, County Nutrition Action Plan
- Youth/Adult Partnership- YPAR group at Meadows Union School and CHS.
- ICOE Pre-Schools-Coordinate and train teachers on nutrition and gardens.
- DREC- offers hands on agriculture at the farm.
- ESL Adult Classes- Meal Planning, using food labels saving money and cooking a meal, and food tasting.
- Pacific Southwest apartments-offer nutrition classes and community garden support.

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