

SUCCESSSES

- ✦ In FFY 2018 Kern County UC CalFresh reached over 4000 participants
- ✦ In FFY 2018 Kern County UC CalFresh delivered food resource management education and parent feeding classes to the following sites:
 - Public schools
 - Family resource centers
 - Early care and education centers
 - Public housing sites



RESULTS

Knowledge Change:

- ✦ 85% reported learning to use resources to make money go further
- ✦ 79% reported being more knowledgeable about easy ways to save money on food

Participants shared:

- ✦ "I learned a lot in this class, and how to save my money."
- ✦ "I learned to use coupons, make smaller meals and use community resources."

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

UC CalFresh helps alleviate pressing economic and health concerns faced by Kern County residents by teaching adults the skills they need to manage their resources more wisely, thereby improving their ability to purchase healthy food.

Serving Individuals and Communities

- Kern County's 2018 median household income was 26.4% less than the state median household income.
- Kern county food insecurity rate was 13%.
- 32% of Kern County adults are obese.
- Kern's 24% physical inactivity rate was higher than California's (18%).

Providing Education

- Making Every Dollar Count classes teach participants:
 - Goal setting and how to make sound choices
 - How to stretch personal and community resources
 - Strategies to save money on food
- Plan, Shop, Save & Cook classes teach participants:
 - Meal planning using MyPlate guidelines
 - Techniques to save money on food
 - How to understand food labels
- Healthy, Happy Families classes teach participants:
 - Positive parenting skills that teach healthy eating habits
 - Beginning healthy habits early and healthy routines
 - To try new foods

Helping to Make Organizational and Environmental Changes

- Implementing and supporting parent walking clubs at elementary and middle schools.
- Providing support for playground stencil projects at early childcare centers.

Building Partnerships

- Bakersfield City School District
 - Community Action Partnership of Kern
 - Kern County Department of Human Services
 - Kern High School District
 - Dignity Community Wellness
- A total of 18 staff were trained in Plan, Shop, Save and Cook Extender trainings provided by Kern County UC CalFresh.



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