

Fuel Healthy Living through Garden Education

About Us

EDUCATE → PARTNER → BUILD CAPACITY → TRANSFORM

CalFresh Healthy Living, University of California is your partner in healthy living. Our road map to healthier living is simple but has profound effects by teaching:



SNAP eligible residents about good nutrition



How to make food dollars stretch further



How to be physically active at any age

With a local office serving your county, CalFresh Healthy Living, University of California Cooperative Extension offers an array of youth, adult, family centered and intergenerational lessons that are engaging and interactive.

Garden – Enhanced Nutrition Education

LEARN → PLANT → CULTIVATE → EAT FRESH!

Fruit and vegetable gardening is an activity that leads to the affordable production of healthy fresh food. We can help you develop edible gardens to ensure easy access to fruits and vegetables:



Finding community partners to share knowledge and resources



Assist in developing an action plan for school gardens and farm-to-school programs



Setting up community food gardens in areas such as public housing sites, schools, and community sites

Garden - Enhanced nutrition lessons are available for youth and adults. Lessons are free, easy to use, and incorporate social emotional learning practices.

Please join us as together we rethink and transform healthy living in our community.

CalFresh Healthy Living, UC Cooperative Extension