

CalFresh Healthy Living, UC

Promoting healthy people and communities

Our vision

A California where everyone is healthy, active, and nourished.

Who we are

CalFresh Healthy Living, University of California teaches people eligible for SNAP about good nutrition, how to make their food dollars stretch further, and how to be physically active at any age.

Effective, evidenced-based nutrition education and physical activity classes are aligned with policy, systems and environmental change strategies to create long lasting community change.

What we do

- **Educate** – Increase garden-based learning, nutrition and physical activity knowledge, skills, and practice
- **Partner** – Encourage state and local partnerships in support of shared goals
- **Co-Capacity Building** – Advance local priorities through training and technical assistance
- **Transform** – Act as a catalyst for healthy lifestyle change

Who we serve

The majority of CalFresh Healthy Living, University of California participants are preschool (3-5) and school aged youth (5-17) and their families. The program also works with SNAP-Ed eligible adults and seniors.

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