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.

Contacts

Name
Title
Email
Name
Title
Email

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California’s CalFresh Healthy Living, with funding from the United States Department of Agriculture’s Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org