# EXTENDER BENEFITS TO SCHOOLS & COMMUNITIES

#### **EMPOWERMENT**

Empowers teachers, staff and volunteers to be health advocates.

# **EDUCATION**

Builds capacity for teachers and community members by providing FREE nutrition, garden and physical activity education training.

#### **EVIDENCE-BASED**

Curricula is evidence-based and aligns with common core math and science standards.

## SUSTAINABLE

Program offers policy, systems, and environmental activities that reinforce education and support healthy lifestyles and community wellness.



Please contact your CalFresh Healthy Living, UCCE representative for more information.



#### **Contact Information**

#### NAME

Program Supervisor Email CFHL, UCCE XX County

# NAME

Community Nutrition Educator Email CFHL, UCCE XX County

Office Address City, ZIP Code

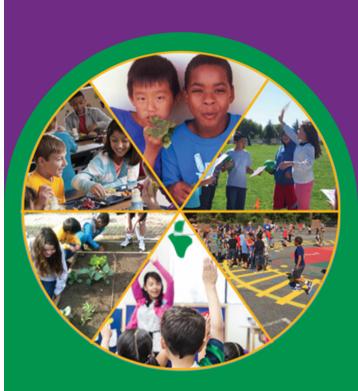
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# Becoming a CalFresh Healthy Living, UCCE Extender



#### WHO WE ARE

We promote healthy people and communities through:

- Education
- Partnership
- Capacity Building

Seeking healthy lifestyle solutions that are sustainable, transformative, inclusive and grass roots driven.

# WHAT WE DO

CalFresh Healthy Living, UC Cooperative Extension (UCCE) offers evidence-based education in nutrition, physical activity, and garden-enhanced programming to SNAP eligible Californians.

# WHO ARE EXTENDERS

Extenders are members of the school or community that receive training to deliver nutrition, gardening, and physical activity education:

- Teachers
- Community volunteers
- Community partners
- Youth in Teens-as-Teachers programs

# TRAINING AND SUPPORT

CalFresh Healthy Living, UCCE staff support extenders by providing curriculum training, technical support, and lesson modeling. Our program provides a kit with:

- Lesson Materials and Step-by-Step
  instructions (varies by grade level)
- Teacher Observation Tool and Program
   Activity Tracking Tool
- Take-home Activity/Family Newsletter

# Steps to Becoming a CalFresh Healthy Living, UCCE Extender

# **GETTING STARTED**

- Planning
- Identifying appropriate curriculum

# TRAINING

- One to one
- Grade level
- Department level
- Lesson modeling

## SUPPORT

- Curriculum and program support
- Resources

# **REPORTING & EVALUATION**

- Track lessons delivered
- Evaluate student progress



"Our program is really designed to educate, engage, and cocreate with our participants, whether that is an extender, youth, parent, or teacher. We can have better health outcomes as a result of that." - UCCE County Director

