

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

Website Link

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 co-create 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

