UC CalFresh Nutrition Education Program

One of California's four SNAP-Ed State Implementing Agencies



California's SNAP-Ed Mission

Inspire and empower underserved Californians to improve their health and the health of their communities by promoting awareness, education, and community change through diverse partnerships, resulting in healthy eating and active living.

Delivered through UC Cooperative Extension County Offices (UCCE)

- UC CalFresh SNAP-Ed is delivered in 32 UCCE counties*
 - 12 UCCE Nutrition and Family/Youth Advisors (no SNAP-Ed funding)
 - **18** UCCE Program Managers and Supervisors
 - 109 UCCE Community Educators
 - 25 Physical Activity Leads
 - 55 trained Smarter Lunchrooms Movement of California (SLM of CA) Technical Advising Professionals (TAPs)

*FFY 2018

YOUTH PROGRAMS

Evidence-Based Direct Education

Early Care & Preschool Education



9,724 preschoolers (<5 years) reached



272 Early Care and Education sites receiving SNAP-Ed education



653 extenders - Early Care and Education staff - trained to provide nutrition and physical activity education

GO GLOW GROW

A Nutrition and Physical Activity Curriculum designed for 3-to-5-year-old children.





HAPPY HEALTHY ME . . . Moving, Munching & Reading Around MyPlate

A nutrition and literacy curriculum for 4-to-6-year-old children which includes reading storybooks with food-related themes and participating in hands-on nutrition education and physical activities.

Schools, Afterschool & Youth **Programs (Grades K-12)**



89,370 youth (5-17 years) reached



563 schools, afterschool programs and other youth program sites receiving SNAP-Ed education



2.854 extenders - classroom teachers, and afterschool willing to ask for this staff - trained to provide nutrition and physical activity education to school-aged youth

Based on the Teacher Tasting Tool...

Before today's class how many of you have tasted this food before?



How many of you are willing to eat the food again at school?

How many of you are food at home?



*Over 4,000 tastings with over 89,700 students (duplicate) in FFY 2018









ADULT PROGRAMS

Evidence-Based Direct Education

- 10,453 adults reached with direct education (unduplicated)
- **1,318** seniors reached with direct education (unduplicated)
- **206** additional adult only SNAP-Ed delivery sites

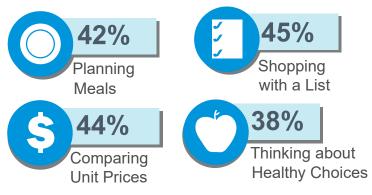
Food Resource Management

Stretching food dollars and fostering learning strategies to improve househould food security to maximize nutrition and health return on limited resources.

PSS&C Plan, Shop, Save and Cook

A curriculum designed to help adult participants stretch food dollars by learning shopping strategies and meal planning.

After completing the series, % reporting improvement...

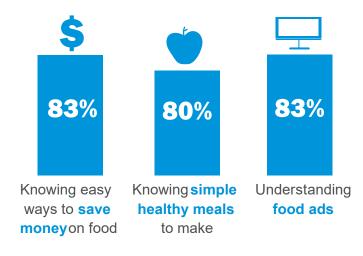


Results based on over 1,200 participants' pre and post-tests in FFY 2018

Making Every Dollar Count MEDC

A curriculum designed to help adult participants gain the tools needed to take control of their money.

After completing the series, % reporting improvement...



Results based at 1000 participants' pre and post-tests in FFY 2018

Physical Activity & Nutrition

After completing the series, % reporting improvement...



Eating Smart, Being Active

A curriculum designed to assist low-income families with young children to learn healthy lifestyle choices.



Ate more than one kind of fruit each day



Ate more than one kind of vegetable each day

Results based on over 800 participants' Food Behavior Checklist pre and post-tests in FFY 2018

Family-Centered Nutrition Education

Healthy, Happy Families

A curriculum composed of eight mini-lessons to help parents promote healthy eating habits in preschool-aged children.



where education efforts are focused on the family

Eat and Play Together!

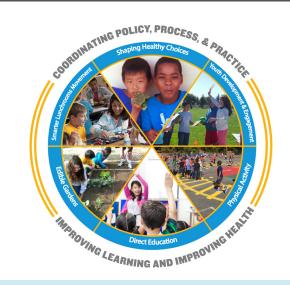
A nutrition and physical activity curriculum for 6-8 year old children and significant adults in the children's lives.



COMPREHENSIVE PROGRAMMING

Together education, marketing, and policy, systems, and environmental (PSE) changes are more effective than any of these strategies alone for preventing overweight and obesity.

Working with partners, UCCE programs reported PSE changes at 350 SNAP-Ed sites reaching more than 140,000 people in FFY 2018.



Smarter Lunchrooms Movement of California

Encouraging the selection of healthy options, through cafeteria makeovers using evidence-based, low-cost/no-cost strategies.

UCCE programs:

- conducted over 90 SLM cafeteria assessments at schools with over 39,000 total students – (2017/18 School Year)
- have 55 trained SLM Technical Advising Professionals (TAPs) who provided assistance in their counties at 71 sites in FFY 2018



Edible Gardens and Farm to Table

Growing, trying, and eating local produce.

In FFY 2018, UCCE programs helped to ...

- establish new, reinvigorate or expand edible gardens at over 130 sites
- initiate or expand farm-to-table use of fresh or local produce at 30 sites

Physical Activity

Over 180 sites in 27 counties made at least one PA-related PSE change reaching over 80,000 in FFY 2018.

Top PSE changes for PA include improved:

- Quality of structured PA (88 sites) and PE (28 sites)
- Access/opportunities for structured (on site–86 sites, before/afterschool–19 sites) and unstructured PA (44 sites)
- PA facilities/equipment (43 sites)
- Playground stencils (30 sites)





COMPREHENSIVE PROGRAMMING



Shaping Healthy Choices Program



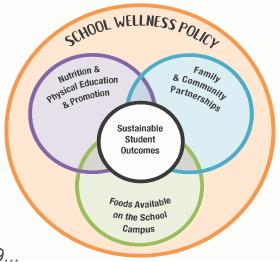
Comprehensive research-tested program combining inquiry-based education, cooking, gardening and changes to the cafeteria



Partnership with University of California, Davis' Center for Nutrition in Schools (CNS)



Integrating Physical Activity in existing curricula through Healthy Choices in Motion



In FFY 2019...

UCCE county programs are implementing
Shaping Healthy Choices in 10 schools in 8 counties

STATE OFFICE STAFF

Kamaljeet Singh-Khaira, MS

Director, UC CalFresh E: kjkhaira@ucdavis.edu

Lindsay Hamasaki

Administrative Officer 3 (Supervisor), Administration E: Imhamasaki@ucdavis.edu

Rolando Pinedo

State Office Assistant III, Administrative and Program Support E: rgpinedo@ucdavis.edu

Ryan Keeler

State Office Assistant III, Administrative and Program Support E: crkeeler@ucdavis.edu

Jennifer Quigley

Financial Analyst 2, Regional Counties Support E: jaquigley@ucdavis.edu

Barbara MkNelly, MS

Nutrition Education & Evaluation Analyst E: bmknelly@ucdavis.edu

Angie Keihner, MS

Nutrition Education & Evaluation Analyst E: akeihner@ucdavis.edu

Elizabeth Egelski, MPH

Nutrition Education & Evaluation Analyst E: eegelski@ucdavis.edu

Lyn Brock, MA, RD

Professional Development Coordinator E: rlbrock@ucanr.edu

UNIVERSITY OF CALIFORNIA



Tammy McMurdo, MS, RD

Community Education Specialist 4, Curriculum & Program Development

E: tjmcmurdo@ucdavis.edu

Mary Ann Mills, MPH

Community Education Specialist 4, Smarter Lunchrooms Movement

E: mamills@ucdavis.edu

Michele Byrnes, MPH

Community Education Specialist 4, Physical Activity E: mnbyrnes@ucdavis.edu

Andra Nicoli, MA

Project Policy Analyst 3, Program/Training Analyst E: amnicoli@ucdavis.edu

Bao Thao

Community Education Specialist 2, Curriculum & Evaluation E: bsthao@ucdavis.edu



Address:

1632 DaVinci Court Room 31 Davis, CA 95618

Contact Information: Phone: (530) 754-7794



For more information, visit our website at: uccalfresh.ucdavis.edu