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

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 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? 51%
How many of you are willing to eat the food again at school? 67%
How many of you are willing to ask for this food at home? 63%

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

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers.
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 household 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...

- 42% Planning Meals
- 45% Shopping with a List
- 44% Comparing Unit Prices
- 38% Thinking about Healthy Choices

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

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

After completing the series, % reporting improvement...

- $83% Knowing easy ways to save money on food
- 80% Knowing simple healthy meals to make
- 83% Understanding food ads

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

Physical Activity & Nutrition
Eating Smart, Being Active
A curriculum designed to assist low-income families with young children to learn healthy lifestyle choices.

After completing the series, % reporting improvement...

- 44% Ate more than one kind of fruit each day
- 44% 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.

Eat and Play Together!
A nutrition and physical activity curriculum for 6-8 year old children and significant adults in the children’s lives.
Together education, marketing, and policy, systems, and enviromental (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)
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

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