



SUCCESSSES

- CalFresh Healthy Living UC reached 11,111 youth and 1,083 adults with nutrition, food resource management, gardening, physical activity education of primarily series-based delivery.
- CalFresh Healthy Living UC reached 1,291 adults and youth through community events such as health fairs, agriculture and/or garden education events.



RESULTS

Youth

- Over 10,000 students received food tastings and improvements in nutrition knowledge and willingness to try new foods again was demonstrated.

“The nutrition class was an awesome experience. He tried many new foods, even learned how to cook them. He learned all about healthy food choices, the MyPlate and used a knife for the first time”-Adriene Maloney (Mother of a six year old student)

IMPROVING CALIFORNIA’S HEALTH THROUGH SNAP-ED

County Statement:

CalFresh Healthy Living, UC collaborates with school and community-based partners, UC Master Gardeners and Farm Advisors, and 4-H programs to provide comprehensive, researched-based nutrition, garden and physical activity programming to diverse low-income communities. Recognizing that nutrition and physical activity behaviors are dependent on many factors including individual knowledge and skills and social determinants including access to resources, opportunities and regional and institutional policies, CalFresh Healthy Living, UC works with partners to identify and address barriers to health and wellness.

Providing Education

- 11,111 students at 40 school sites received series-based lessons utilizing nutrition, physical activity and garden education curricula. 24 before or after-school programs received series-based education.
- CalFresh Healthy Living UC staff taught series-based nutrition, food resource management and/or money management education at 5 family resource centers and 6 public house sites in the Butte County Cluster region.

Serving Individuals and Communities

- Integrated approaches were implemented to leverage community resources including agriculture to facilitate the creation of healthier communities by educating and encouraging community members to: 1) make informed nutrition and physical activity decisions; 2) maximize their food resources; 3) eat and enjoy a variety of locally grown fruits and vegetables.
- Changes in Policy, Systems and/or the Environment where residents work and play occurred at 5 sites.

Serving California Agriculture

- Three school gardens were expanded with more planting beds for teachers and their students to grow fruits, vegetables and herbs. One new school garden was installed. Butte UC Master Gardener extenders delivered garden lessons at three school sites.

Building Partnerships

- 64 schools and after-school programs
- Department of Social Service offices
- Enloe Hospital
- CNAP groups in Butte, Sutter, Yuba, Glenn and Colusa counties
- 6 Public Housing sites
- UC Master Gardener Program
- 4-H Programs in Butte, Sutter, Yuba and Colusa counties
- UC Farm Advisors

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