

FFY2019 UCCE San Francisco County

SUCCESSSES

- ✔ Provided nutrition education to 1,249 individuals
- ✔ Mission Neighborhood Center's Women's Building Head Start won a Gold Healthy Apple Award in Nutrition for 2019
- ✔ Supported policy, system, and environmental (PSE) improvements at 4 school/preschool locations



RESULTS

Youth

- ✔ 70% of students participating in tastings were willing to eat the foods again at school.

Adult

- ✔ 74% of *Plan, Shop, Save & Cook* graduates increased meal planning practices and 83% are more likely to use nutrition facts labels

Organizational

- ✔ Increased or improved opportunities for structured physical activity

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

San Francisco County has a population of approximately 850,000 people, with 26% of the residents being SNAP-Ed eligible. Approximately 211,181 people live at or below 185% of the poverty level. Of the SNAP-Ed eligible population, 56% of adults are overweight/obese.

Serving Individuals and Communities

In FFY2019, CalFresh Healthy Living, UC(CFHL,UC) provided evidence-based nutrition education and/or structured physical activity lessons to 975 youth and 274 adults at 28 sites in San Francisco County. The program participated in ongoing planning for PSE improvements that encourage physical activity and healthy eating at 4 of those sites.

Providing Education

The CFHL, UC acts as a bridge between the UC system and the community, tailoring the latest evidence-based curricula and information to the culture and language of the county's low-income communities.

Helping to Make Organizational and Environmental Changes

San Francisco CFHL, UC assisted schools and preschools in completing the Children's Council San Francisco Healthy Apple Program online assessment. CFHL, UC provided training and technical assistance for PSE changes including support of preschool wellness policies and practices such as the implementation of regular structured physical activity.

Serving California Agriculture

Both youth and adult lessons promoted the benefits of fresh produce through tastings aligned to seasonal, local grown produce. Garden-based nutrition education curriculum was offered to all partnering schools and agencies.

Building Partnerships

Partnered with Expanded Food Nutrition Education Program, Children's Council of San Francisco, Kai Ming Head Start, Mission Neighborhood Centers and others.

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