

FFY2019 UCCE San Mateo County

SUCCESSES

- Provided nutrition education to 2,808 individuals
- CFHL, UC supported five teens as teachers projects and one in partnership with 4-H Youth Development Program
- Supported policy, system, and environmental (PSE) improvements at 21 schools, preschools, and other community based organizations.



RESULTS

Youth

- 72% of students participating in tastings were willing to eat the foods again at school

Adult

- 40% of *Plan, Shop, Save & Cook* graduates increased meal planning practices

Organizational

- "I'm going to eat them for the rest of my life!"* –Fair Oaks Elementary 1st grade boy when being introduced to persimmons in the cafeteria

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

Approximately 140,908 people in San Mateo County live at or below 185% of the poverty level and 19% are SNAP-Ed eligible. Of the SNAP-Ed eligible population, 67% of adults are overweight/obese and 23% of children ages 12-17 are overweight/obese.

Serving Individuals and Communities

In FFY2019, CalFresh Healthy Living, UC (CFHL, UC) provided evidence-based nutrition education to 2,409 youth and 399 adults in San Mateo County. The program also supported PSE changes that encouraged physical activity and healthy eating at 21 sites reaching 4,125 residents.

Providing Education

The program acted as a bridge between the UC system and the community by tailoring the evidence based curricula and information to the culture and language of the county's low-income communities. San Mateo CHFL, UC provided nutrition education at approximately 36 SNAP-Ed qualified schools, preschools, and other community based organizations.

Helping to Make Organizational and Environmental Changes

San Mateo CHFL, UC Supported Farm to School efforts and Smarter Lunchrooms Movement techniques. The program established, reinvigorated or maintained 10 edible school gardens, and increased or improved opportunities for structured physical activity with *Coordinated Approach to Child Health* at 6 sites.

Serving California Agriculture

San Mateo CHFL, UC promoted the benefits of fresh local seasonal produce through tastings. In partnership with UCCE 4-H Youth Development Program, 30 teen extenders delivered a ten week series of garden-based nutrition education lessons.

Building Partnerships

Partnered with Jefferson Elementary School District, Redwood City Elementary School District, San Mateo County Public Health, Community Alliance with Family Farmers, 4-H Youth Development Program, UCCE Master Gardeners and others.



300 Piedmont Ave., Bldg. B, Rm 227 San Bruno, CA 94066 (650) 871-7559