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)

In 32 Counties*
- 10 UCCE Nutrition and Family/Youth Advisors (no SNAP-Ed funding)
- 21 UCCE Program Managers and Supervisors
- 81 UCCE Community Educators
  - Over 2,000 extenders or volunteers trained to provide nutrition and physical activity education
  - Over 1,000 low-income SNAP-Ed eligible delivery sites

*FFY 2020 or 2021

YOUTH PROGRAMS
Evidence-Based Direct Education

Early Care & Preschool Education
- 7,182 preschoolers (<5 years) reached
- 215 Early Care and Education sites receiving SNAP-Ed education

Schools, Afterschool & Youth Programs (Grades K-12)
- 59,911 youth (5-17 years) reached
- 386 schools and afterschool program sites receiving SNAP-Ed education

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 willing to ask for this food at home?

*Over 2,500 tastings with over 52,000 students (duplicate) in FFY 2020

California’s CalFresh Healthy Living, with funding from the United States Department of Agriculture’s Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.
ADULT PROGRAMS
Evidence-Based Direct Education

5,331 adults reached with direct education (unduplicated)

430 seniors reached with direct education (unduplicated)

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...

- Planning Meals: 59%
- Shopping with a List: 56%
- Comparing Unit Prices: 56%
- Thinking about Healthy Choices: 59%

Results based on over 400 participants' pre and post-tests in FFY 2020

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...

- Knowing easy ways to save money on food: 87%
- Knowing simple healthy meals to make: 85%
- Understanding food ads: 87%

Results based on over 350 participants in FFY 2020

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...

- Ate more than one kind of fruit each day: 51%
- Ate more than one kind of vegetable each day: 56%

Results based on 470 participants' Food Behavior Checklist's pre/post-tests primarily (79%) collected from ESBA in FFY 2020

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 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 320 SNAP-Ed sites reaching more than 170,000 people in FFY 2020.

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 89 SLM cafeteria assessments at schools with over 49,000 total students – (2019/20 School Year)
- have 42 trained SLM Technical Advising Professionals (TAPs) across 26 counties who provide assistance to school and district partners

Edible Gardens and Farm to Table
Growing, trying, and eating local produce.

In FFY 2020, UCCE programs helped to...
- establish new, reinvigorate or expand edible gardens at over 149 sites
- initiate or expand farm-to-table use of fresh or local produce at 33 sites

Physical Activity
Over 135 sites in 27 counties made at least one PA-related PSE change in FFY 2020.

Top PSE changes for PA include improved:
- **Opportunities** for structured (93 sites) and unstructured PA (15 sites)
- **Quality** of structured PA (77 sites) and PE (18 sites)
- **Incorporate** PA in school day or classroom (not recess/PE) (48 sites)
- PA **facilities/equipment/structures** (37 sites)
- **Establish** or improved PA policies (32 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 FY 2020...**
UCCE county programs implemented Shaping Healthy Choices in 7 counties

### STATE OFFICE STAFF

- **Kamaljeet Singh-Khaira, MS**
  Director, CalFresh Healthy Living, UC
  E: kjkhaira@ucdavis.edu

- **Lindsay Hamasaki**
  Administrative Officer 3 (Supervisor), Administration
  E: lmhamasaki@ucdavis.edu

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

- **Miguel Galvan, MS**
  State Office Assistant III, Administrative and Program Support
  Support E: miggalvan@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

- **Lolita Quintero**
  Nutrition Education & Evaluation Analyst
  E: lquintero@ucdavis.edu

- **Lyn Brock, MA, RD**
  Professional Development Coordinator
  E: rlbrock@ucanr.edu

- **Mary Ann Mills, MPH**
  Community Education Manager 1, Smarter Lunchrooms,
  School Wellness Policy, Gardens
  E: mamills@ucdavis.edu

- **Tammy McMurdo, MS, RD**
  Community Education Specialist 4, Curriculum & Program Development
  E: tjmcmurdo@ucdavis.edu

- **Michele Tabor, MPH**
  Community Education Specialist 4, Physical Activity
  E: mnbyrnes@ucdavis.edu

- **Kelley Brian, MPH**
  Community Education Specialist 4, Youth Engagement
  E: kmbrian@ucdavis.edu

- **Andra Nicoli, MA**
  Project Policy Analyst 3, Program/Training Analyst
  E: amnicoli@ucdavis.edu

- **Anna Jones, PhD**
  Assistant Project Scientist
  E: anajones@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

Revised 3/2021