County Statement:
Approximately 134,443 people in San Mateo County live at or below 185% of the poverty level and 18% are SNAP-Ed eligible. Given the pandemic and ongoing economic crisis, we expect this number will grow next year. Of the SNAP-Ed eligible population, 66% of adults are overweight/obese.

Serving Individuals and Communities
In FFY2020, CalFresh Healthy Living, UC (CFHL, UC) provided evidence based nutrition education and/or structured physical activity lessons to 548 youth and 128 adults. The program supported PSE improvements that encourage physical activity and healthy eating at 19 sites.

Providing Education
The program provided evidence based curricula and information to tailored to the culture and language of the county’s low-income communities. This education was provided or supported at 14 sites including schools, afterschool programs, preschools, homeless shelters, and a job training center.

Helping to Make Organizational and Environmental Changes
CFHL, UC supported Farm to School efforts and Smarter Lunchroom Movement techniques. The program established, reinvigorated, or maintained three edible school gardens, and expanded the use of the gardens for nutrition education.

Serving California Agriculture
San Mateo CFHL, UC promoted the benefits of fresh local seasonal produce through 13 school cafeteria produce tastings in nine schools in the county. Garden based education was provided or supported at seven sites, and six gardens were assessed for best practices, including sustainability measures. The program distributed vegetable seedlings to families of two elementary schools for the establishment of home gardens during COVID-19 Stay-at-Home orders.

Building Partnerships