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 FFY 2022, across 34 Counties
- 10 UCCE Nutrition and Family/Youth Advisors (no SNAP-Ed funding)
- 22 UCCE Program Managers and Supervisors
- 81 UCCE Community Educators
  - Over 1,600 extenders or volunteers trained to provide nutrition and physical activity education
  - Over 650 SNAP-Ed eligible sites received direct education
  - With return to in-person programming, the majority (74%) of direct education activities were delivered face-to-face and a quarter either online or a mix of online and face-to-face or phone.

YOUTH PROGRAMS
Evidence-Based Direct Education

Early Care & Preschool Education
- 4,725 preschoolers (<5 years) reached
- 193 Early Care and Education sites receiving SNAP-Ed education

Schools, Afterschool & Youth Programs (Grades K-12)
- 49,972 youth (5-17 years) reached
- 257 schools and 84 after-school 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? 39%
How many of you are willing to eat the food again at school? 71%
How many of you are willing to ask for this food at home? 65%

*Over 1,400 tastings with over 24,000 students (duplicate) in FFY 2022
ADULT PROGRAMS
Evidence-Based Direct Education

3,761 adults reached with direct education (unduplicated)

495 seniors reached with direct education (unduplicated)

Food Resource Management
Stretches 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.

MEDC Making Every Dollar Count
A curriculum designed to teach participants budgeting and food resource management skills.

Physical Activity & Nutrition

Eating Smart, Being Active
A curriculum designed to assist low-income families with young children to learn healthy lifestyle choices.

When asked to share how the ESBA workshop would help, one participant responded, “It has informed how to plan better week meals, better understand the labels on products, and... what to add to improve our meals”.

After completing the series, % reporting improvement...
- 63% Planning Meals
- 62% Shopping with a List
- 61% Comparing Unit Prices
- 55% Thinking about Healthy Choices

Results based on over 700 participants’ pre and post-tests in FFY 2022

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 286 SNAP-Ed sites reaching more than 108,000 people in FY 2022.

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

In FY 2022, UCCE programs helped to...

- establish new, reinvigorate or expand edible gardens (86 sites)
- provide opportunities for parents/students/community to work in the garden (68 sites)
- initiate or expand use of garden produce for meals and snacks (30 sites)
- initiate or expand a mechanism for distributing seedlings and/or other materials to families or communities for home gardening (28 sites)
- initiate or expand farm-to-table use of fresh or local produce (9 sites)

**Physical Activity**
111 sites in 19 counties made at least one PA-related PSE change in FY 2022.

Top PSE changes for PA include:

- **Improved opportunities** for structured (69 sites) and unstructured PA (36 sites)
- **Improved quality** of structured PA (61 sites) and PE (2 sites)
- **Incorporated** PA in school day or classroom (not recess/PE) (15 sites)
- **Initiated or expanded** PA professional development opportunities (13 sites/org)
Youth Engagement
Building youth leadership and skills for healthier schools and communities.

Across 13 counties, over 850 youth actively shaped PSEs and over 30 youth led direct education activities in FFY 2022. Key Youth Engagement strategies include:

- **Youth-led Participatory Action Research (YPAR):** Youth research issues that impact them to support PSE efforts.
- **Student Nutrition Advisory/Action Council:** Youth leaders support nutrition and physical activity in their school community.
- **Teens as Teachers:** Trained older youth deliver curricula to younger youth.

After participating in this YPAR project, I have learned that I can make a difference in my community (n=108):

- Yes, **probably** 40%
- Yes, **definitely!** 45%

When asked what, if any, impact YPAR had on future job/career interests one student responded, “I can make a change with my voice and the help of others.”

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