



FFY2022 UCCE Alameda County

SUCCESSES

- Early Childhood teacher extenders (6) at 28 preschool sites, used *Go Glow Grow Curriculum* (6 lessons) providing 753 hours of extender education, reaching 1,545 children less than 5 years old with nutrition education.
- Reached 321 adults and seniors with series-based nutrition education and one-time only workshops.
- Strategic partnerships provided over 1,000 seedlings for preschool and senior gardens.



RESULTS

Youth

- Teacher Observation Survey results show that of the 48 teachers that responded, 96% agree that students can now identify healthy food choices and that 92% agree that students are now willing to try new foods at school.

Adult

- Follow-up assessments of Adults and Seniors found that nearly half said that they will use the "Nutrition Facts" on the food label to choose foods. While 85% reported an increase in daily fruit and vegetables eaten.

Organizational

- School Gardens – reached 510 students across 15 sites.
- CATCH for Early Childhood Education reached 1,545 students across 28 sites.
- Playground Stencils were installed at 2 sites reaching close to 150 students. Supporting them in increasing their daily physical activity.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

California SNAP participation rate ranks 48 among all states (USDA). Alameda County has a Program Access Index of 53.2% which estimates CalFresh utilization among low-income individuals (CFPA). Over 16% of individuals in Alameda County live below the poverty level; 20.7% are under the age of 18; 30.9% are single parents; and over 13.5% are 65 and over (Census). The Food Bank reports that 40,000 (40% children, 18% seniors) seek food weekly; over 82% run out of CalFresh benefits monthly; 47% choose between paying rent and food. One in 4 Alameda County residents are food insecure and those hungry are 38% families with children and 39% seniors. Since COVID19 the Food Bank saw their food access activities increase as high as 70%.

Serving Individuals and Communities

- 1545 youth ages 3-5 were reached with 6 sessions of evidenced-based nutrition education curricula conducted with over 753 extender education hours.
- 321 low-income adults and seniors were reached with nutrition education: 13 series-based workshops, and 20 one-time only workshops.

Providing Education

- Go Glow Grow curriculum used in 28 Early Childhood Education (ECE) sites by 60 teachers reached 1,545 students ages 3-5.
- Grow it! Like it! Try it! Curriculum used at 15 ECE sites reaching 41 teachers and 510 students.
- Making Every Dollar Count, Healthy Happy Families, and Eating Smart Being Active Curriculum reached 50 Adults across 6 sites. While 151 adults across 4 sites received one-time workshops: Choosing Healthy Beverages, My Plate for My Family, Eat Healthy Be Active Community Workshops and Food Smarts.
- Seniors at 4 sites received series based Eat Smart Live Strong, while 98 seniors across 5 sites received one-time workshops: Eat Healthy Be Active Community Workshops and Choosing Healthy Beverages.

Helping to Make Organizational and Environmental Changes

- CATCH Activity Box for ECE is implemented at 28 ECE sites, reaching 1,545 students ages 3-5.
- Two (2) preschools received support for garden expansion/rebuild and four (4) received irrigation systems installed.

Serving California Agriculture

- Over 1,000 edible plant seedlings were distributed across 15 Early Childhood Education schools to support nutrition and garden education.
- 132 low-income seniors received edible plant starts across four (4) senior housing sites.

Building Partnerships

- Oakland Unified School District
- Alameda County Local Health Department
- Area Agency on Aging
- Catholic Charities
- Alameda County Community Food Bank
- Alameda County Master Gardeners
- Contra Costa County Master Gardeners
- Oakland Housing Authority
- SAHA Housing
- Eden Housing
- Mercy Housing
- Unity Council
- Christian Church Homes
- Safe Alternatives to Violent Environments
- Building Opportunities for Self-Sufficiency
- East Bay Asian Local Development Corporation



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