



FFY2022

UCCE Shasta, Tehama & Trinity Counties

SUCCESSES

- CalFresh Healthy Living, UCCE Shasta Cluster reached:
- 1,743 youth and 177 adults** with direct education strategies related to nutrition, food resource management, gardening and physical activity.
- 8,254 youth and adults** through newsletters, health fairs and other community events.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement: CalFresh Healthy Living, UCCE collaborates with schools, community partners and agencies to provide comprehensive, evidence-based nutrition, garden and physical activity education and programming to diverse and low-income families.

From October 1st, 2021, through September 30th, 2022, CalFresh Healthy Living, UCCE Shasta Cluster program accomplished the following:

Serving Individuals and Communities

- 1,743 students at 18 school sites or early childcare education facilities received nutrition, garden or physical activity education.
- 177 adults at 9 different community agency sites received nutrition education and food resource management education.
- 50 teachers were trained in UCCE curricula and taught 372 hours of education.
- 27 parents completed *Happy, Healthy Families* Series.

Providing Education

- The CalFresh Healthy Living, UCCE program acts as a bridge, tailoring the latest science, curriculum and information to the needs, culture and language of our communities in Shasta, Tehama, and Trinity Counties. Focusing on low-income families, the program uses the extender model to train teachers and staff to deliver nutrition and physical activity education in schools, afterschool, and summer camps to youth, adults, seniors, and families.

Helping to Make Organizational and Environmental Changes

- CalFresh Healthy Living, UCCE promotes and supports environmental changes by participating in Community and School wellness committees, implementing SLM, promoting structured physical activity opportunities through physical activity training and events, playground stencils, murals, and CATCH curricula, and utilizing and maintaining school gardens.

Serving California Agriculture

- Local agriculture is integrated and promoted as a part of CFHL, UCCE program through recognition of local farmers, lessons at school gardens, and collaborations with the Master Gardener program. Local Farmers are sought out for purchasing produce for the program's tastings and lesson demonstrations.

Building Partnerships

- School and after-school programs
- Health and Human Services programs
- Farmers Markets
- Faith-based groups
- Food Banks and Food Pantries
- Early Child Care and Education facilities
- Parks & Recreation Centers
- Residential Treatment Centers
- Local Libraries
- Family Resource Centers
- Perinatal Programs
- Senior Housing



RESULTS

Youth

- 64% of teachers agree/strongly agree that students now bring fruit and/or veggies as a snack.
- 95% of teachers report that students can identify healthy food choices.

Adult

- "This workshop will help my family to plan out better meals, [we got] to learn more about what we're eating and how healthy it is" – Eating Smart, Being Active Participant

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