



FFY2022 UCCE YOLO



SUCSESSES

- Presented and showcased the CFHL, UC program and marketed curricula during an all-staff teacher meeting at Esparto Elementary.
- Provided training and technical assistance for all Yolo County Office of Education Head Start teacher extenders on the Go Glow Grow curriculum.
- Conducted a training for Woodland Joint Unified School District (WJUSD) after-school program to implement CATCH, a physical activity curriculum, to underserved youth within Yolo County.



RESULTS

Youth

- Ninety percent of Esparto Elementary teachers enrolled in the CalFresh Healthy Living, UC Program as a result of the marketing showcase, reaching over 350 students.

Organizational

- The Yolo County Office of Education institutionalized Go, Grow, Glow curriculum in all 15 Head Start sites reaching over 270 students, aged 3 to 5 years.
- The WJUSD After-School Program made a systems change by adopting and implementing CATCH at the organizational level, reaching over 500 students to increase physical activity.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement: *The CalFresh Healthy Living, UCCE Yolo County Program commits to helping residents lead healthier and happier lives through multi-sector collaboration and partnerships integrating policy, system and environmental change efforts.*

Serving Individuals and Communities

- Programming was provided at 35 sites to promote healthy and active lifestyles.
- 87 extenders were enrolled as volunteers and trained to deliver research-based interventions through nutrition education and physical activity curricula.
- Trained extenders delivered 655 hours of nutrition education and physical activity curricula interventions to 1,217 youth.

Providing Education

- Teachers and after-school extenders were trained and received technical assistance on utilizing University of California classroom curricula and CATCH physical activity curriculum. Combining these efforts allows individuals to receive nutrition education and physical activity exposure in multiple settings.
- Experiential food preparation and taste-testings, along with parent food resource management classes, ensure Yolo County residents are ready and able to prepare nutritious foods.
- Youth are encouraged to eat locally-grown fresh fruits and vegetables through delivery of Harvest of the Month materials, food preparation classes, and lesson demonstrations. Providing exposure to novel fruits and vegetables ensures the most nutritious, delicious, seasonal, and economy-spurring foods are integrated into program delivery.

Helping to Make Organizational and Environmental Changes

- Promotion of walk- and bike-to-school, healthy snack, and Re-Think Your Drink Day initiatives to increase physical activity along with healthy food and beverage consumption through newsletter, website, and social media outlets.
- Joint 4-H and CalFresh Healthy Living, UCCE programming through after-school Cooking Academy integrating youth engagement strategies.
- Coordination of nutrition, chronic disease prevention, and physical activity goals at county, state, and national levels through partnerships and collaborations.

Serving California Agriculture

- Collaborations with the Food Bank, Health Department, Yolo Farm to Fork, and school garden coordinators promoting locally-grown seasonal produce and increasing consumption of these foods at home.
- Local produce is being offered to students through food demonstrations and food preparation classes, reinforcing Harvest of the Month produce.

Building Partnerships

- Local school sites and districts: implementing nutrition and physical activity curricula.
- 4-H: Joint after-school programming through Cooking Academy.
- After-School Programs: Integrating skills-based nutrition education and physical activity.
- Yolo County Office of Education Head Start: Institutional implementation of Go, Glow, Grow preschool curriculum into program lesson plans.
- Esparto RISE: Collaborating on multiple projects to improve health outcomes of Esparto residents.



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