



FFY2023 UCCE Central Sierra

Successes

- Growth of relationships with network of agricultural farms and educators in the region.
- Gardens were reinvigorated at elementary, middle, and high schools, as well as community centers.

Results

Youth

- 586 tasting opportunities of healthy food samples were provided to 4,078 unique participants.

Adult

- Conducted 61 sessions of direct education with adults.
- "I got lots of excellent tips today for budgeting as well as the desire to cook tonight!"
-Class participant

Organizational

- 17 sites/organizations made 49 positive changes to policies, systems, and physical environments.



Improving California's Health Through CalFresh Healthy Living

County Statement:

UCCE Central Sierra serves El Dorado, Amador, Calaveras, and Tuolumne Counties, and is the bridge between local challenges and the educational and research expertise of the University of California.

Serving Individuals and Communities

- Program focus areas include evidence-based nutrition and physical activity curriculum in schools; school gardens, Harvest of the Month, and other farm-to-school initiatives; youth engagement; wellness policies; and community activities serving adults.
- Education is offered at 32 different sites, including 17 schools, as well as adult education facilities, family resource centers, before and after school programs, congregant meal sites, and early care and education facilities.

Providing Education

- In 2022-2023, 3,111 educational contacts were made (2,849 youth, 214 adult), teaching 856 sessions for a total of 760 instructional hours. 91,769 indirect educational contacts were made.

Helping to Make Organizational and Environmental Changes

- As a result of changes made by partnering organizations, an estimated 4,397 people have greater opportunities to make healthier choices.
- The most common changes made were expanding school gardens, initiating farm-to-table initiatives, implementing school and organizational wellness policies, and Our Voice projects.

Serving California Agriculture

- Participants learned about food produced in their county through 13 garden PSEs, interactive educational videos, and in-person seasonal cooking classes.

Building Partnerships

- Strong partnerships have been built with UCCE Master Gardeners, UCCE Master Food Preservers, Farms of Amador, Calaveras Unified School District, and the Boys and Girls Club of South Lake Tahoe.

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