

Successes

- Provided nutrition and garden education and promotion of physical activity to 2,492 individuals.
- Nutrition workshops for parents conducted at 8 Kai Ming Head Start programs.

Results

Youth

- My students asked for more vegetables after the nutrition class." - *Preschool Teacher*

Adult

- "It has helped me. Thank you so much for the information about nutrition facts and for teaching me how to read food labels"- *Plan, Shop, Save, and Cook participant*
- "I loved the class it will help me in my next meal and so on. Healthy living and healthy eating are important to good health."- *Plan, Shop, Save, and Cook participant*



Improving California's Health Through CalFresh Healthy Living

County Statement:

- San Francisco County has a multi-cultural population of approximately 863,218 residents, an estimated 19.7% are SNAP-Ed eligible. Approximately 170,000 people live at or below 185% poverty level.
- 32% of children aged 2-11 in San Francisco are consuming the recommended number of fruits and vegetables, and just 19% of SNAP-Ed eligible are meeting that goal.
- Nearly 91% of SNAP-Ed eligible youth, ages 2-17, reported being sedentary for 2+ hours per day.

Serving Individuals and Communities

- Provided education to 426 youth and 116 adults.
- Provided 74 sessions of nutrition education, physical activity, and/or garden-based nutrition education at SNAP-Ed qualified preschools, schools, and other community-based organizations.

Providing Education

- Low equipment cooking demonstrations conducted at adult education workshops.
- Provided education to both preschool youth and parents at Kai Ming Head Starts throughout San Francisco County.

Helping to Make Organizational and Environmental Changes

- Participated as a steering committee member of and co-chair of the Policy, Systems, and Environment Action Team for *Shape Up San Francisco*, an interdisciplinary coalition supporting healthy eating and active living.

Serving California Agriculture

- Garden education provided at Mission Bay Head Start.

Building Partnerships

- Key partners included Kai Ming Head Start, Mission Neighborhood Centers, Children's Council of San Francisco, Shanti Project, and San Francisco State University, Galileo High School and the San Francisco Department of Public Health.

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