



## FFY2023 UCCE Shasta Cluster (Shasta, Tehama, Trinity Counties)

### Successes

7,793 people reached through sustainable Policy, Systems and Environmental (PSE) initiatives, including:

- Edible Gardens
- Daily Quality Physical Activity
- Smarter Lunchroom Movement
- Nutrition Standards
- School Wellness Policies

### Results

- *"We did the persimmon tasting... Some kids knew what it was, a few were wanting to taste it but not everyone was sold. There was enough for my [classroom] aide and I to try some. Once the kids saw that we tried it and were talking about how much we liked it then most kids decided to try it. I had a few parents message me and ask me what the food was because their kids had asked them to go buy some. They were really delicious!"*

- Teacher at North Cottonwood



### **Improving California's Health Through CalFresh Healthy Living**

*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 communities.*

*From October 1st, 2022, through September 30th, 2023, our program accomplished the following:*

#### **Serving Individuals and Communities**

- 5,686 youth received 1,756 hours of Nutrition Education.
- 253 adults received 199 hours of Nutrition Education.

#### **Providing Education**

- 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 CalFresh eligible families, the program uses the extender model to train teachers and staff to deliver nutrition and physical activity education in schools, afterschool, summer camps, and local organizations serving youth, adults, seniors and families.

#### **Helping to Make Organizational and Environmental Changes**

- CalFresh Healthy Living, UCCE promotes and supports environmental changes by implementing physical activity trainings and events, participating in community and school wellness committees, implementing the Smarter Lunchrooms Movement, utilizing and maintaining school gardens, and promoting stencil and mural projects on school playgrounds.

#### **Serving California Agriculture**

- Agriculture is an integral part of the CalFresh Healthy Living, UCCE program. The program includes recognition of local farmers, school gardens, local procurement and farm-to-school efforts, and collaborations with the UCCE Master Gardener program. We source and purchase produce for our program tastings from local farmers.

#### **Building Partnerships**

- 39 community partners
- School and after-school programs
- Local Human Services organizations
- Farmers Markets
- Faith-based groups
- Food Banks/Food Pantry
- Early Childcare and Education facilities
- Local Public Health organizations
- Parks & Recreation Centers



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