

Promoting Healthy Communities

WHO WE ARE

EDUCATE → PARTNER → BUILD CAPACITY → TRANSFORM

CalFresh Healthy Living, University of California empowers SNAP-Ed eligible Californians to improve their health through nutrition, physical activity, and garden-based education aligned with policy, systems and environmental change initiatives which can strengthen community partnerships and healthy living practices.

With a local office serving your county, CalFresh Healthy Living, University of California Cooperative Extension (UCCE) offers effective, evidence-based youth, adult, family centered and intergenerational lessons that are engaging and interactive.

Increase nutrition and physical activity knowledge, skills, and practice.



Advance local priorities through training and technical assistance.

Encourage state and local partnerships in support of individual and community health.

Act as a catalyst for healthy lifestyle change through policy, systems and environmental strategies.

MAKING A DIFFERENCE IN YOUR COMMUNITY

Instructions: Please fill this space with target audience, initiatives, and curricula used if space allows.



MEETING YOUR HEALTH EDUCATION NEEDS

RESET → REFOCUS → RETHINK HEALTHY LIVING

Our standard in-person delivery offers a variety of platforms for dynamic, learner-centered, personalized instruction. Lessons are free, easy to use, and incorporate social emotional learning practices that can lead to lifelong positive health behaviors. On-line or hybrid lessons may be available, ask your CalFresh Healthy Living, UCCE office.

	School Wellness Policy		Physical Activity		Youth Engagement
	Evidence-Based Nutrition Education		Smarter Lunchroom Movement		Garden-Enhanced Nutrition Education

CalFresh Healthy Living, UCCE _____ County

Add your name and email address.

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