



# UCCE Riverside

## SUCCESSSES

- ✦ The UC CalFresh team helped Wells Middle School achieve a gold medal from the Alliance for a Healthier Generation National Healthy Schools Award.
- ✦ We partnered with Coachella Valley Unified Child Nutrition Services to implement Smarter Lunchrooms Movement strategies and conducted a plate waste study at Bobby Duke Middle School.



## RESULTS

### Youth

- ✦ 95% of EatFit students made at least one improvement in their eating behavior.

### Adult

- ✦ "It (PSSC) has given me more knowledge and understanding about eating healthy."

### Organizational

- ✦ 28 sites that we worked with adopted one or more policy, systems & environmental changes through gardens, SLM, and CATCH ECE reaching over 20,000 students.

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement

*Riverside County has a high incidence of overweight/obese adults (67.5%) and youth (39.5%). These adults and youth lead sedentary lifestyles that exceed California rates: 20% and 50%, respectively. Twelve percent of adults are eligible to receive CalFresh benefits and 64% of youth receive free or reduced meal pricing. Ten percent of adults are food insecure.*

### Serving Individuals and Communities

In FFY 2017, UC CalFresh in Riverside County worked to give families the tools to make healthier food choices, maximize their food budget, and help them be more physically active. During FFY 2017, we served 9,708 youth and adults through evidence based curricula, community workshops and one-on-one education at schools and community centers throughout Riverside County.

### Providing Education

Riverside County focuses on preschool, middle, and high school youth with teacher extenders that carry out nutrition and garden interventions. We also teach parents of students in these schools how they can help their families lead healthier lifestyles.

### Helping to Make Organizational and Environmental Changes

Riverside County UC CalFresh team works with schools and community partners to provide county-wide wellness efforts. These efforts include garden-based education and support, Smarter Lunchrooms Movement (SLM) strategies, and Coordinated Approach to Child Health (CATCH) physical activity. These methods help educators teach youth to be healthy and make it easy for youth to choose healthy lifestyle options.

### Serving California Agriculture

We offer garden curricula that teach youth about best gardening practices and nutrition information to link gardening and healthy eating. We partner with UC Master Gardeners to bring research based garden information to communities and complement it with lessons on the importance of fruit and vegetable consumption and buying locally grown produce.

### Building Partnerships

Together with our partners, we help improve behaviors and change environments to help families lead healthier lifestyles. Our partners include: Riverside County Department of Public Health-Nutrition Education & Obesity Prevention Program, Department of Public Social Services, Dairy Council of California, Riverside Community Health Foundation, Community Settlement Association, Kaiser Permanente, Heal Zone, Office on Aging, Catholic Charities, YMCA of Corona, Torres Martinez, Alvard Unified, Coachella Valley Unified, Banning Unified, Desert Sands Unified Head Start, Palm Springs Early Childhood Education.



**Riverside Office: 21150 Box Springs Rd. suite 202, Moreno Valley, CA 92557**

**Indio Office: 81-077 Indio Blvd., Suite H, Indio CA 92201**