

## SUCCESSES

- Provided nutrition education to 8,484 individuals.
- Reached an additional 7,515 individuals with indirect education.
- Implemented or supported policy, system, and environmental (PSE) changes at 26 settings, reaching an estimated 7,292 individuals.



## RESULTS

### Youth

- Compared to the beginning of the school year 78% of teachers reported more students choosing fruits and/or vegetables in the cafeteria or during class parties.

### Adult

- 40% of Plan, Shop, Save & Cook graduates do not run out of food as often.

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*Santa Clara County in the San Francisco Bay Area has a population of approximately 1.9 million people, with 21% being SNAP-Ed eligible (income  $\leq$  185% FPL). The prevalence of overweight or obesity is 64% for SNAP-Ed eligible adults. Among low-income children, 14% of 2-11 year olds are overweight. The county has a food insecurity rate of 11% overall, and 17% among children.*

### Serving Individuals and Communities

In FFY 2017, the UC CalFresh Nutrition Education Program provided evidence-based nutrition education to CalFresh recipients and other low-income individuals and families at approximately 70 sites in Santa Clara County. The program supported approximately 52 PSE changes that encourage physical activity and healthy eating. Approximately 140 extenders were trained and supported in providing nutrition education.

### Providing Education

The UC CalFresh program in Santa Clara County acts as a bridge between the UC system and the community, tailoring the latest science-based curricula to the culture and language of the county's low-income residents. The program delivered comprehensive nutrition education and environmental supports at approximately 65 SNAP-Ed-qualified schools and preschools in the county.

### Helping to Make Organizational and Environmental Changes

UC CalFresh Santa Clara County supported Farm to School efforts; helped to re-establish, maintain, or revitalize school gardens; encouraged structured physical activity; and assisted with the implementation of Smarter Lunchroom Movement techniques.

### Serving California Agriculture

Both youth and adult lessons promote the benefits of fresh, local produce; tastings are aligned to seasonal, local grown produce whenever possible. Garden-based nutrition education curricula is offered to all partnering schools and agencies.

### Building Partnerships

- Santa Clara Unified School District
- Mount Pleasant School District
- Dairy Council of California
- Santa Clara County Public Health
- UCCE Master Gardener
- Community Alliance with Family Farmers
- Kidango



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## SUCCESSSES

- ✦ Provided nutrition education to 4,162 individuals.
- ✦ Reached an additional 2,178 individuals with indirect education.
- ✦ Implemented or supported policy, system, and environment changes at 14 sites, reaching an estimated 2,880 individuals.



## RESULTS

### Youth

- ✦ By the end of the year, 63% of teachers reported more students choosing fruits and/or vegetables in the cafeteria or during class parties.

### Adult

- ✦ 39% of *Plan, Shop, Save & Cook* graduates do not run out of food as often.

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*San Mateo County has a population of approximately 750,000 people, with 19% of the residents being SNAP-Ed eligible. Approximately 140,908 people live at or below 185% of the poverty level. Of the SNAP-Ed eligible population, 67% of adults are overweight/obese. 23% of low income children ages 12-17 are overweight/obese.*

### Serving Individuals and Communities

In FFY 2017, UC CalFresh provided evidence-based nutrition education to CalFresh recipients and other low-income individuals and families in San Mateo County. The program supported policy, system, and environment changes that encourage physical activity and healthy eating. Approximately 111 extenders (teachers/afterschool leaders) were trained and supported in providing nutrition education.

### Providing Education

The UC CalFresh program in San Mateo County acts as a bridge between the UC system and the community, tailoring the latest science-based curricula and information to the culture and language of the county's low-income communities. The program provided nutrition education and environmental supports at approximately 49 SNAP-Ed qualified schools and preschools.

### Helping to Make Organizational and Environmental Changes

UC CalFresh San Mateo County supported Farm to School efforts, participated in the re-establishment and maintenance of school gardens, encouraged structured physical activity and assisted with the implementation of Smarter Lunchrooms Movement techniques.

### Serving California Agriculture

Both youth and adult lessons promote the benefits of fresh, local produce and tastings are aligned to seasonal, local grown produce whenever possible. Garden-based nutrition education curricula is offered to all partnering schools and agencies. In partnership with UCCE 4-H San Mateo, teen extenders delivered a ten week series of garden-based nutrition education lessons.

### Building Partnerships

- Jefferson Elementary School District
- Redwood City Elementary School District
- San Mateo County Public Health
- Community Alliance with Family Farmers
- UCCE 4-H & Master Gardeners



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## SUCCESSSES

- Provided nutrition education to 1,669 individuals.
- Trained and supported approximately 40 extenders (teachers/afterschool leaders) in providing nutrition education.
- Assessed the nutrition and physical activity environments of 8 preschool locations.



## RESULTS

### Youth

- 40% of students participating in tastings were willing to eat the foods at school again.

### Adult

- 79% of *Plan, Shop, Save & Cook* graduates increased meal planning practices.
- 81% of *Plan, Shop, Save & Cook* graduates are more likely to use nutrition facts labels.

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*San Francisco County has a population of approximately 850,000 people, with 26% of the residents being SNAP-Ed eligible. Approximately 211,181 people live at or below 185% of the poverty level. Of the SNAP-Ed eligible population, 56% of adults are overweight/obese.*

### Serving Individuals and Communities

In FFY2017, UC CalFresh provided evidence-based nutrition education to CalFresh recipients and other low-income individuals and families at 20 sites in San Francisco County. The program participated in planning for policy, system, and environment changes that encourage physical activity and healthy eating at 8 sites.

### Providing Education

The UC CalFresh program in San Francisco County acts as a bridge between the UC system and the community, tailoring the latest science-based curricula and information to the culture and language of the county's low-income communities. The program provided nutrition education and environmental supports at approximately 15 SNAP-Ed qualified schools and preschools.

### Helping to Make Organizational and Environmental Changes

UC CalFresh San Francisco County supports school and preschool wellness policies and practices. Assists schools and preschools in completing environmental assessments. Provides training and technical support for Smarter Lunchroom Movement and other policy, system and environmental changes.

### Serving California Agriculture

Both youth and adult lessons promote the benefits of fresh, local produce and tastings are aligned to seasonal, local grown produce whenever possible. Garden-based nutrition education curriculum is offered to all partnering schools and agencies.

### Building Partnerships

- Children's Council of San Francisco
- San Francisco Unified School District
- Kai Ming Head Start
- Wu Yee Children Services



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