UC CalFresh Nutrition Education Program
One of California’s four SNAP-Ed State Implementing Agencies

California’s SNAP-Ed Mission
Inspire and empower underserved Californians to improve their health and the health of their communities by promoting awareness, education, and community change through diverse partnerships, resulting in healthy eating and active living.

Delivered through UC Cooperative Extension County Offices (UCCE)

- UC CalFresh SNAP-Ed is delivered in 32 UCCE counties*
- 12 UCCE Nutrition and Family/Youth Advisors (no SNAP-Ed funding)
- 18 UCCE Program Managers and Supervisors
- 109 UCCE Community Educators
- 25 Physical Activity Leads
- 55 trained Smarter Lunchrooms Movement of California (SLM of CA) Technical Advising Professionals (TAPs)

*FFY 2018

YOUTH PROGRAMS
Evidence-Based Direct Education

Early Care & Preschool Education

- 9,724 preschoolers (<5 years) reached
- 272 Early Care and Education sites receiving SNAP-Ed education
- 653 extenders - Early Care and Education staff - trained to provide nutrition and physical activity education

Schools, Afterschool & Youth Programs (Grades K-12)

- 89,370 youth (5-17 years) reached
- 563 schools, afterschool programs and other youth program sites receiving SNAP-Ed education
- 2,854 extenders - classroom teachers, and afterschool staff - trained to provide nutrition and physical activity education to school-aged youth

Based on the Teacher Tasting Tool...

Before today’s class how many of you have tasted this food before?

51%

How many of you are willing to eat the food again at school?

67%

How many of you are willing to ask for this food at home?

63%

*Over 4,000 tastings with over 89,700 students (duplicate) in FFY 2018
ADULT PROGRAMS
Evidence-Based Direct Education

- **10,453** adults reached with direct education (unduplicated)
- **1,318** seniors reached with direct education (unduplicated)
- **206** additional adult only SNAP-Ed delivery sites

Food Resource Management
Stretching food dollars and fostering learning strategies to improve household food security to maximize nutrition and health return on limited resources.

PSS&C Plan, Shop, Save and Cook
A curriculum designed to help adult participants stretch food dollars by learning shopping strategies and meal planning.

After completing the series, % reporting improvement...

<table>
<thead>
<tr>
<th>Activity</th>
<th>Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Planning Meals</td>
<td>42%</td>
</tr>
<tr>
<td>Shopping with a List</td>
<td>45%</td>
</tr>
<tr>
<td>Comparing Unit Prices</td>
<td>44%</td>
</tr>
<tr>
<td>Thinking about Healthy Choices</td>
<td>38%</td>
</tr>
</tbody>
</table>

Results based on over 1,200 participants’ pre and post-tests in FFY 2018

Making Every Dollar Count
A curriculum designed to help adult participants gain the tools needed to take control of their money.

After completing the series, % reporting improvement...

<table>
<thead>
<tr>
<th>Activity</th>
<th>Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowing easy ways to save money on food</td>
<td>83%</td>
</tr>
<tr>
<td>Knowing simple healthy meals to make</td>
<td>80%</td>
</tr>
<tr>
<td>Understanding food ads</td>
<td>83%</td>
</tr>
</tbody>
</table>

Results based at 1000 participants’ pre and post-tests in FFY 2018

Physical Activity & Nutrition
After completing the series, % reporting improvement...

<table>
<thead>
<tr>
<th>Activity</th>
<th>Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ate more than one kind of fruit each day</td>
<td>44%</td>
</tr>
<tr>
<td>Ate more than one kind of vegetable each day</td>
<td>44%</td>
</tr>
</tbody>
</table>

Results based on over 800 participants’ Food Behavior Checklist pre and post-tests in FFY 2018

Family-Centered Nutrition Education
160 family-centered sites for SNAP-Ed delivery where education efforts are focused on the family

Healthy, Happy Families
A curriculum composed of eight mini-lessons to help parents promote healthy eating habits in preschool-aged children.

Eating Smart, Being Active
A curriculum designed to assist low-income families with young children to learn healthy lifestyle choices.

Eat and Play Together!
A nutrition and physical activity curriculum for 6-8 year old children and significant adults in the children’s lives.
Together education, marketing, and policy, systems, and environmental (PSE) changes are more effective than any of these strategies alone for preventing overweight and obesity.

Working with partners, UCCE programs reported **PSE changes at 350 SNAP-Ed sites** reaching more than **140,000** people in FFY 2018.

**Smarter Lunchrooms Movement of California**
*Encouraging the selection of healthy options, through cafeteria makeovers using evidence-based, low-cost/no-cost strategies.*

**UCCE programs:**
- conducted over 90 SLM cafeteria assessments at schools with over 39,000 total students – (2017/18 School Year)
- have 55 trained SLM Technical Advising Professionals (TAPs) who provided assistance in their counties at 71 sites in FFY 2018

**Edible Gardens and Farm to Table**
*Growing, trying, and eating local produce.*

*In FFY 2018, UCCE programs helped to...*
- establish new, reinvigorate or expand edible gardens at over **130** sites
- initiate or expand farm-to-table use of fresh or local produce at **30** sites

**Physical Activity**
*Over 180 sites in 27 counties made at least one PA-related PSE change reaching over **80,000** in FFY 2018.*

**Top PSE changes for PA include improved:**
- **Quality** of structured PA (88 sites) and PE (28 sites)
- **Access/opportunities** for structured (on site–86 sites, before/afterschool–19 sites) and unstructured PA (44 sites)
- **PA facilities/equipment** (43 sites)
- **Playground stencils** (30 sites)
Integrating Physical Activity in existing curricula through Healthy Choices in Motion

In FFY 2019...
UCCE county programs are implementing Shaping Healthy Choices Program in 10 schools in 8 counties

STATE OFFICE STAFF

Kamaljeet Singh-Khaira, MS
Director, UC CalFresh
E: kjkhaira@ucdavis.edu

Lindsay Hamasaki
Administrative Officer 3 (Supervisor), Administration
E: lmhamasaki@ucdavis.edu

Rolando Pinedo
State Office Assistant III, Administrative and Program Support
E: rgpinedo@ucdavis.edu

Ryan Keeler
State Office Assistant III, Administrative and Program Support
E: crkeeler@ucdavis.edu

Jennifer Quigley
Financial Analyst 2, Regional Counties Support
E: jaquigley@ucdavis.edu

Barbara MkNelly, MS
Nutrition Education & Evaluation Analyst
E: bmknelly@ucdavis.edu

Angie Keihner, MS
Nutrition Education & Evaluation Analyst
E: akeihner@ucdavis.edu

Elizabeth Egelski, MPH
Nutrition Education & Evaluation Analyst
E: eegelski@ucdavis.edu

Lyn Brock, MA, RD
Professional Development Coordinator
E: rlbrock@ucanr.edu

UNIVERSITY OF CALIFORNIA
California Nutrition Education

Tammy McMurdo, MS, RD
Community Education Specialist 4, Curriculum & Program Development
E: tjmcmurdo@ucdavis.edu

Mary Ann Mills, MPH
Community Education Specialist 4, Smarter Lunchrooms Movement
E: mamills@ucdavis.edu

Michele Byrnes, MPH
Community Education Specialist 4, Physical Activity
E: mnbyrnes@ucdavis.edu

Andra Nicoli, MA
Project Policy Analyst 3, Program/Training Analyst
E: amnicoli@ucdavis.edu

Bao Thao
Community Education Specialist 2, Curriculum & Evaluation
E: bsthao@ucdavis.edu

Address:
1632 DaVinci Court
Room 31
Davis, CA  95618

Contact Information:
Phone: (530) 754-7794

For more information, visit our website at:
uccalfresh.ucdavis.edu

Revised 1/2019