UC CalFresh Nutrition Education Program
One of California’s five 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 31 UCCE counties
- 8 UCCE Nutrition and Family/Youth Advisors (no SNAP-Ed funding)
- 17 UCCE Program Managers and Supervisors
- 93 UCCE Community Educators
- 22 physical activity leads
- 41 trained Smarter Lunchrooms Movement of California (SLM of CA) Technical Advising Professionals (TAPs)

YOUTH PROGRAMS
Evidence-Based Direct Education

Early Care & Preschool Education

- 19,288 preschoolers (<5 years) reached
- 237 preschool and Head Start sites receiving SNAP-Ed education
- 831 extenders - preschool and Head Start staff - trained to provide nutrition and physical activity education

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

- 84,307 youth (5-17 years) reached
- 409 schools, afterschool programs and other youth program sites receiving SNAP-Ed education
- 3,032 extenders - classroom teachers, and afterschool staff - trained to provide nutrition and physical activity education to school-aged youth

Based on the Teacher Tasting Tool...

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

<table>
<thead>
<tr>
<th>Question</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>How many of you have tasted this food before?</td>
<td>42%</td>
</tr>
<tr>
<td>How many of you are willing to eat the food again at school?</td>
<td>69%</td>
</tr>
<tr>
<td>How many of you are willing to ask for this food at home?</td>
<td>66%</td>
</tr>
</tbody>
</table>

*Over 4,000 tastings with over 90,000 students (duplicate) in FFY 2016

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.
ADULT PROGRAMS
Evidence-Based Direct Education

- **10,925** adults reached with direct education (unduplicated)
- **1,985** seniors reached with direct education (unduplicated)
- **104** total adult only sites for SNAP-Ed delivery

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.

- **47%** Planning Meals
- **49%** Shopping with a List
- **45%** Comparing Unit Prices
- **43%** Thinking about Healthy Choices

Results based on over 1,000 participants’ pre and post-tests in FFY 2016

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...

- **$ 84%** Knowing easy ways to save money on food
- **78%** Knowing simple healthy meals to make
- **82%** Understanding food ads

Results based on over 750 participants’ pre and post-tests in FFY 2016

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

- **40%** Ate more than one kind of fruit each day
- **42%** Ate more than one kind of vegetable each day

Results based on 991 participants’ Food Behavior Checklist pre and post-tests in FFY 2016

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

- **113** total family-centered sites for SNAP-Ed delivery where education efforts are focused on the family

Eat and Play Together!
A nutrition and physical activity curriculum for 6-8 year old children and significant adults in the children’s lives.
Smarter Lunchrooms Movement of California

Cafeteria makeovers using evidence-based, low-cost and no-cost strategies for making the healthy option the easy option

Smarter Lunchrooms Movement of California partners
- California Department of Education
- Dairy Council of California
- UC CalFresh
- California Department of Public Health

Since FFY 2013...
- 973 people trained
- 128 Technical Advising Professionals (TAPs) including 61 UCCE TAPs

UCCE has more TAPs than any other agency in the state

Physical Activity Integration

In FFY 2016, UCCE programs reported working on PA integration at 149 SNAP-Ed sites across 21 counties

- Incorporating short PA breaks into classroom-based instruction (100 sites)
- Offering new/improved access to structured PA (most often CATCH) (85 sites)
- Working on improvements in access to safe walking/bicycling paths or Safe Routes to School (17 sites)
- Implementing stencils to encourage PA/promote healthy eating (13 sites)

22 Physical Activity leads in 31 counties with 40 staff trained in CATCH Physical Education and 35 staff trained in Early Childhood Education

Youth Development and Engagement

In FFY 2016...

- All UCCE county programs participated in at least one youth engagement/ PSE training
- More intensive engagement with 7 programs

Various strategies:
- Student Nutrition Action Committees
- Youth Participatory Action Research
- Youth leaders and peer educators
- Strategic partnership with UCCE’s 4-H Program

Edible Gardens

Across 25 counties, UC CalFresh programs established, reinvigorated or maintained 123 edible gardens.

- Over 15,000 estimated people learned in, worked in, or ate from these gardens.

Partners included teachers, principals, local health departments & UCCE Master Gardeners

TOP CURRICULA USED includes
- Eating Healthy from Farm to Fork
- Discovering Healthy Choices
- Nutrition to Grow On
- Learn Grow Eat & Go.
In FFY 2017...

UCCE county programs are implementing Shaping Healthy Choices in 14 schools in 7 counties

Comprehensive research-tested program combining inquiry-based education, cooking, gardening, and changes to the cafeteria

Partnership with University of California, Davis' Center for Nutrition in Schools (CNS)

Integrating Physical Activity in existing curricula through Healthy Choices in Motion

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For more information, visit our website at uccalfresh.org

Revised 1/2017
The Issue

Forty percent of Coachella Valley children aged 2 to 17 are overweight or obese (2013, harcdata.org). Located in a remote area with limited access to fresh fruit and vegetables, the Torres Martinez Desert Cahuilla Indian Reservation covers 24,024 acres of desert spanning part of Coachella Valley and Imperial County, with an estimated population of 4,000. The tribal headquarters, in the unincorporated community of Thermal, is the location of the Temporary Assistance for Needy Families (TANF). TANF is charged with providing assistance and social support to families with children on the reservation. TANF’s youth department was interested in nutrition education that would help children develop good eating habits and a healthy lifestyle.

What Has ANR Done?

The UC CalFresh Nutrition Education Program in Riverside County teamed up with a tribal education guidance counselor to offer a summer enrichment program that teaches youth about healthy foods. A series of nutrition classes for 1st and 2nd graders was offered six times during a three-week period in August 2016. UC CalFresh nutrition educator trained the counselor to teach the “Good for Me and You!” curriculum and helped plan the classes. The classes were held in the tribal hall, and with additional funds from the tribal’s Family Preservation Department, the children were provided with a healthy snack and a full lunch each time. The youth helped with food preparation, so they learned to both make and try new healthy recipes such as whole-wheat torta. After the series of lessons concluded, the UC CalFresh Educator conducted a review of MyPlate with a short physical activity break. The group also played a game of spinning wheel where the children answered simple knowledge questions such as naming fruits and vegetables of different colors. The nutrition program was promoted as the first of many nutrition programs for TANF children and families and a great way for the families to start taking steps in a healthy direction.

The Payoff

Tribal children wanted more nutrition activities

While the program began with six students, it quickly grew to 13 as the children brought friends and relatives. At the last class, the children knew what the MyPlate was by name and were all able to name and sort the food models into their proper food groups. They also knew that they need to eat all of the food groups, especially fruits and vegetables to stay healthy so they can be at their best and have energy for other things like school. The children also helped clean the table before meals with disinfecting wipes. The children learned that “keeping food safe is good for me and you,” so when the counselor asked why they were cleaning the table they responded it was to get rid of the germs. The children enjoyed coming to these classes. Most indicated that trying new foods was their favorite part. The family preservation department manager said the program was so successful that the children were asking for more classes! Over six months later the children still knew all of the food groups that were on MyPlate and could sort meals into the different food groups. Several children said they are now interested in nutrition as a profession. Plans are under way to offer another nutrition enrichment program to tribal youth in 2017, and UC CalFresh is currently working with the counselor to bring nutrition information to the parents.

Contact

Supporting Unit:

Riverside County UC CalFresh Nutrition Education Program

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Engaging Youth to Increase Positive Social Determinants of Health in School Communities

The Issue

Addressing the social determinants of health - such as social and economic opportunities, high-quality education, and access to nutritious food - was identified in Healthy People 2020 as a priority for improving the nation’s health. Differences in social determinants are major contributors to health disparities among communities. Environmental factors, including adverse experiences and economic stresses, have been found to disrupt adolescents' social-emotional foundation and can impact their future wellbeing. Conversely, successful implementation of youth engagement strategies can increase adolescents' positive social and emotional development; leadership, problem-solving, and decision making skills; a sense of belonging; and a sense of purpose, while decreasing adolescent engagement in high-risk behaviors. Engaging adolescents in identifying and addressing the social determinants of health in their communities can have a compounding impact on adolescent and community wellness.

What Has ANR Done?

To create opportunities for youth to impact positive change in their communities, the Youth, Families, & Communities Program of Santa Barbara County paired existing UC CalFresh Nutrition Education programming with new 4-H Youth Development Programming (YDP) in schools. The objectives of this project were to 1) cultivate youth in historically underserved communities to become leaders for health, while 2) developing scalable, transdisciplinary programming that can become a model for Cooperative Extension across the nation. Adult allies are trained to prepare youth to be leaders and advocates through the development of knowledge, skills, and partnerships to increase access to positive social determinants of health in their communities. The programming was piloted in three schools communities in Santa Maria, CA, which have over 92% Hispanic/Latino students and more than 90% of the students are from low-income families (based on qualification for the Free and Reduced School Meal Program).

The Payoff

Students became leaders in health and nutrition

In total this programming reached more than 2,300 youth from low-income families and initiated three new in-school 4-H clubs with 1,696 group-enrolled and 47 individually-enrolled members. At the end of the school year, over 90% of youth participants surveyed agreed that as a result of the programming, they learned why it is important to eat a healthy diet and how to make healthy food choices. Student leaders collectively engaged in over 600 hours of 4-H youth development programming, including participating on the District Wellness Committee and completing training in nutrition, cooking, leadership, and presentation skills. Student leaders conducted food demonstrations, family education, and physical activity lessons with their peers and community members and produced and acted in Get to Know Your Salad Bar! (link: http://articles.extension.org/pages/73810/get-to-know-your-salad-bar-video). The video teaches peers across the country strategies for increasing salad bar use. This transdisciplinary program models the success of 4-H SNAC Clubs in California and may influence programming across the nation.

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Supporting Unit:
Santa Barbara County

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