

CalFresh Healthy Living, UCCE



Program Highlights 2020–21

- 19 virtual lessons recorded.
- 18 book readings recorded.
- 191 live virtual lessons delivered to youth and adults.
- 250 lbs. of produce harvested and distributed to families during school meal distribution program at Rock Creek Elementary School.
- 176 Facebook posts.
- Cooking with Mrs. Carter — 134 student participants. School administrators, teachers, food service, parents, and students collaborated to make these events successful.

The vision of CalFresh Healthy Living, UCCE Placer and Nevada Counties is to teach CalFresh eligible children and adults about good nutrition, how to stretch their food dollars, and how to be physically active at any age. Effective, evidence-based nutrition education, garden education, and physical activity classes are aligned with policy, systems, and environmental change strategies to create long-lasting community change.

Students and teachers in qualifying schools receive direct education on nutrition, physical activity and garden topics with USDA approved nutrition curricula, resources, and trainings. We also reach parents through workshops and family events at participating schools. CalFresh eligible adults receive direct education through classes and trainings.

Typically, the CalFresh Healthy Living, UCCE program activities and numbers look very similar year after year. However, 2020-2021 posed significant challenges and usual activities and outreach came to a halt. Our staff were challenged to think creatively and come up with new ways to deliver education. Lessons were delivered to youth and adults virtually and we relied heavily on indirect delivery methods using newsletters, Facebook posts, virtual cooking with kids, and virtual school garden lessons. Throughout the year, staff have continued to keep in close contact with school administration, staff, and other partners to ensure we stay abreast of the continually changing dynamic brought on by the pandemic, and to ensure we are adapting to the needs of our clientele.



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