

UC Cooperative Extension, San Mateo & Francisco Counties

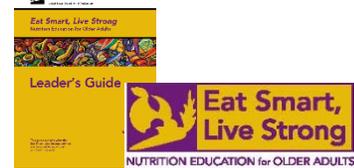
Available Adult Curricula

Eating Smart, Being Active



Eating Smart, Being Active is an Expanded Food and Nutrition Education Program (EFNEP) curriculum for adults based upon the socioecological model. It is evidence based, nutrition education and obesity prevention curriculum.

Eat Smart, Live Strong



Eat Smart, Live Strong is an intervention designed to improve fruit and vegetable consumption and physical activity among seniors. It can support the efforts of program providers and communities in delivering nutrition education to low-income older adults.

Making Every Dollar Count



Making Every Dollar Count curriculum helps you learn how to make your money work for you. The program gives you the tools you need to help you gain control of your money.

MyPlate for My Family



MyPlate for My Family is a MyPlate resource that supports SNAP-Ed nutrition education and obesity prevention efforts, and is based on recommendations from the Dietary Guidelines for Americans. It plays a key role in planning, purchasing, and preparing food for their families.

Plan, Shop, Save & Cook



Plan, Shop, Save, & Cook curriculum introduces meal planning's for your family and writing shopping lists to save money and time, how to choose foods that are the most nutritious and fit within your budget, learn techniques to lower your food bill and stretch your money, and how to use unit pricing.

The University of California prohibits discrimination or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at <http://ucanr.org/sites/anrstaff/files/107734.doc>). Inquiries regarding the University's equal employment opportunity policies may be directed to John Sims, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, 2801 2nd Street, Davis, CA 95618, (530) 750-1397.



UC CalFresh Nutrition Education Program

UC Cooperative Extension, San Mateo & San Francisco Counties

Helping adults make healthy food & physical activity choices!

Who We Are

The University of California CalFresh Nutrition Education Program is a federally-funded program that offers nutrition education to limited-resource individuals, families and children. In California, UC CalFresh is administered by the University of California Cooperative Extension (UCCE). UC CalFresh assists limited-resource clients gain the knowledge skills, attitudes and changed behavior necessary to choose nutritionally sound diets and improve well-being.

What We Do

The adult program is delivered by UCCE staff and community based organizations. Additionally, UCCE staff delivers youth and family-centered curricula. Staff and volunteers use one of several UC CalFresh approved curricula. We provide our curricula and support at no cost when you partner with us!

Who Can Participate

Our services are offered at **no cost** to organizations or programs that enrolls CalFresh recipients, applicants, and eligibles on a voluntary basis.

What We Offer

- Direct delivery of Nutrition Education curriculum
- In-class presentations with food tastings
- Bilingual teaching materials (per request)
- Family newsletters and nutrition classes

“Great class! It helped my family to make better choices when we go the grocery store and when we cook at home. A. is a dynamic and great instructor! Thank you!”

-UC CalFresh Participant (2015)



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.

The University of California CalFresh Nutrition Education Program is funded through a joint agreement among the U.S. Department of Agriculture/Food and Nutrition Service (USDA/FNS), the California Department of Social Services (CDSS) CalFresh Branch, and the University of California Cooperative Extension (UCCE).

For more information contact: Mary Vollinger: mvollinger@ucanr.edu