

# CalFresh Healthy Living, UC Nutrition Education UC Cooperative Extension, San Mateo/ San Francisco County

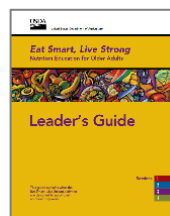
## Available Adult Curricula



**EATING SMART  
BEING ACTIVE**

**Eating Smart,  
Being Active**

Eating Smart, Being Active is an evidence-based curriculum designed using the socioecological model. The curriculum uses a dialog based approach to engage adult learners in nutrition, physical activity, food safety and food resource management activities.



**Eat Smart,  
Live Strong**

Eat Smart, Live Strong is an intervention designed to improve fruit and vegetable consumption and physical activity among older adults. It supports the efforts of program providers and communities in delivering nutrition education to limited resource older adults.

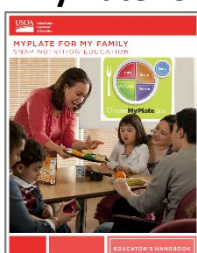
### Making Every Dollar Count



**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



**PSS&C**

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.

## CalFresh Healthy Living, UC Nutrition Education Program

*Helping adults make healthy food & physical activity choices!*

### Who We Are

The CalFresh Healthy Living, University of California Nutrition Education Program is a federally-funded program that offers nutrition education to limited-resource individuals, families and children. In California, CalFresh Healthy Living, UC is administered by the University of California Cooperative Extension (UCCE). CalFresh Healthy Living, UC 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 education. Staff and volunteers use one of several CalFresh Healthy Living, UC 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 or virtual delivery of nutrition education and food resource management curriculum
- In-class presentations with food tastings or virtual lesson delivery
- 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!”*

*- CalFresh Healthy Living, UC Participant*



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