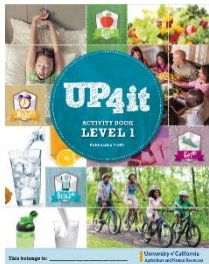


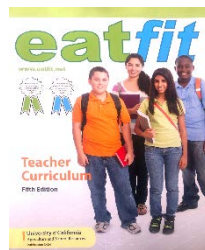
# CalFresh Healthy Living, UC Nutrition Education UC Cooperative Extension, San Mateo/ San Francisco County

## Available Middle School Curricula

## Available High School Curricula



**Up4It**



**Eat Fit**



**Nutrition Voyage:  
The Quest to Be  
Our Best**



**TWIGS**



**CATCH**

Curricula aligned with the California Common Core Standards which helps students make healthy food and physical activity choices including connection to the garden.



Curriculum designed to teach teens that the food they buy not only affects the amount of money they spend, but can also affect their health.



An inquiry-based science and nutrition program where students learn to make healthy food and activity decisions.

## CalFresh Healthy Living, UC Nutrition Education Program

*Helping students make the grade with healthy foods!*

### 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 youth program is delivered by UCCE staff and volunteer teachers in schools and community based organizations. Additionally, UCCE staff delivers adult and family-centered curricula. 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 schools, organizations or programs where 50% or more of youth are eligible to receive free or reduced-

### What We Offer

- Hands-on or virtual curriculum training
- **Curricula that supports Common Core State and Next Generation Science Standards**
- Nutrition education materials in “no prep” kits
- In-class presentations with food tastings or virtual lesson delivery
- Bilingual teaching materials (per request)
- Family newsletters and nutrition classes

*“...I know from experience that many students will remember these lessons and will draw upon this knowledge when they make dietary decisions for their own lives in the future. Thank you for helping our kids!”*

*-- Teacher, Butte County*



### For more information contact:

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