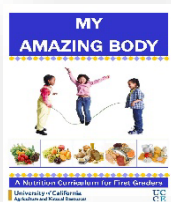


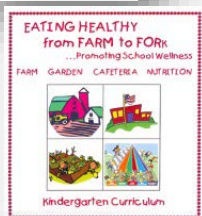
CalFresh Healthy Living, UC Nutrition Education

UC Cooperative Extension, San Mateo/ San Francisco County

Available Elementary Curricula



Grades K-1:
Discover MyPlate
Happy Healthy Me
My Amazing Body



Grades K-2: Eating Healthy from
Farm to Fork

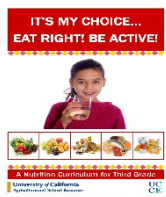
Grades K-3: A Yummy Curriculum:
Serving Up MyPlate

Let's Eat Healthy: Kindergarten, First,
Second and Third Grades



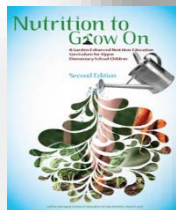
Grades 2-3:

Good For Me and You
Great Garden Detective Adventure
It's My Choice...Eat Right! Be Active!
Jr. Master Gardeners



Grades 4-6:

Children's Power Play!
Choose Health: Food, Fun and Fitness
Dig In
Discovering Healthy Choices
Cooking Up Healthy Choices
Great Garden Detective
Nutrition to Grow On
Nutrition Pathfinders



All Grade Levels:
TWIGs
CATCH

Grades K-2

Early elementary school curricula that incorporates hands-on nutrition education, physical activity and garden-based learning.

Grades 2-3

Curricula designed for middle elementary school students incorporating nutrition, physical activity and garden-based learning.

Grades 4-6

Upper elementary school curriculum emphasizing various California Common Core Standards while incorporating nutrition, garden-based activities and physical activity in students' learning.

All Grade Levels

Curricula available for all elementary grade levels that address physical activity, nutrition and gardens.

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-price school meals.

What We Offer

- In-person 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

"To have this program where actual curriculum is taught and new food is served is extremely valuable!"

--Teacher, Tuolumne County



For more information contact:

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