

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

## Available Preschool Curricula

### Go, Glow, Grow



The Go, Glow, Grow curriculum provides opportunities for younger children to actively learn about healthy eating and exercise. Preschoolers will make the connection between eating healthy foods and being able to Go, Glow and Grow.

### Grow It, Try It, Like It



Grow It, Try it, Like It! is a garden-themed nutrition education kit that introduces children to three fruits and three vegetables through hands-on activities, planting activities, and nutrition education activities that introduce MyPlate.

### Happy Healthy Me... Moving, Munching and Reading Around MyPlate



Happy, Healthy Me is a nutrition and literacy curriculum for 4-6 year olds that uses high quality children's literature to introduce important nutrition and physical activity concepts.

## 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

- Hands-on **or virtual** curriculum training
- **Curricula that supports State 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

*“The children are more aware about Go, Glow, Grow food items and what they do for their bodies. During lunchtime, the children have held up Go, Glow, Grow foods to talk about what it does for their bodies.”*

*--Preschool Teacher, San Joaquin County*



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