

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

CalFresh Healthy Living, UC offers a wide range of garden curricula for all grade levels linking the classroom to the garden through various activities

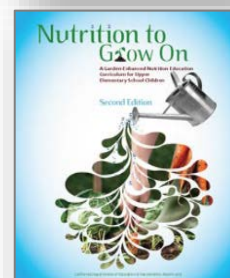
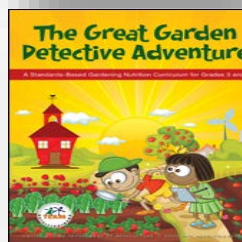
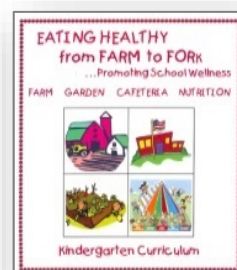
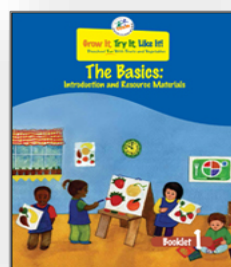
**Preschool**  
**Grow It, Try It, Like It**

**Grades K-2**  
**Eating Healthy from Farm to Fork**

**Grades 2-3**  
**Great Garden Detective Adventure**  
**Jr. Master Gardeners: Learn, Grow, Eat, & Go!**

**Grades 4-6**  
**Great Garden Detective Adventure**  
**Jr. Master Gardeners: Learn, Grow, Eat, & Go!**  
**Dig In!**  
**Discovering Healthy Choices**  
**Nutrition to Grow On**

**All Grade Levels**  
**TWIGs**



## 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 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

*“The garden has promoted our school culture in many positive ways. Students are excited to work in the garden and see their plants grow. They love to water, weed and harvest. Their parents enjoy preparing the garden as a family activity. It has helped with school-parent communication and working together in a community partnership. Students are learning to make healthier choices and how food gets to our table. It has been a wonderful experience so far!”*

*--4<sup>th</sup> grade teacher, San Luis Obispo/Santa Barbara Counties*



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