



FFY2021 UCCE Central Sierra

SUCCESSES

- ✦ Growth of relationships and partnerships with network of agriculture farms and educators in the region.
- ✦ Gardens were reinvigorated at elementary, middle, and high schools, as well as, Head Start sites.
- ✦ Nutrition and Gardening kits were distributed to 1,000+ Central Sierra families.



RESULTS

Youth

- ✦ “The Nearpod (virtual) lessons were engaging. My students have an understanding of MyPlate!”. - Maestra Magallanes

Families

- ✦ 1,120 participants walked 17,367 miles in the Annual Central Sierra Step It Up challenge

Organizational

- ✦ 27 sites/organizations made 62 positive changes to policies, systems and physical environments

IMPROVING CALIFORNIA’S HEALTH THROUGH SNAP-ED

County Statement: *UCCE Central Sierra serves El Dorado, Amador, Calaveras and Tuolumne Counties, and is the bridge between local challenges and the educational and research expertise of the University of California.*

Serving Individuals and Communities

- Program focus areas include: evidence-based nutrition and physical activity curriculum in schools; school gardens, Harvest of the Month, and other farm-to-school initiatives; youth engagement; wellness policies; and community activities serving adults.
- Education is offered at 22 different sites, including 13 schools, as well as, adult education sites, family resource centers, faith-based centers or places of worship, before and after-school programs, and in early care and education facilities.

Providing Education

- In 2020-2021, 2,174 educational contacts were made (1,953 youth and 221 adults), teaching 591 sessions virtual, hybrid, and in-person, for a total of 539 instructional hours.
- 102,686 indirect educational contacts were made, increased primarily due to stay-at home orders.

Helping to Make Organizational and Environmental Changes

- As a result of changes made by partnering organizations, an estimated 8,716 people have greater opportunities to make healthy choices.
- The most common changes made were expanding school gardens, initiating farm-to-table initiatives, and implementing school and organizational wellness policies.

Serving California Agriculture

- Students learned about food produced in their schools and grown in their county through interactive educational videos and in-person seasonal cooking classes.

Building Partnerships

- Strong partnerships have been built with Calaveras Unified School District, Lake Tahoe Unified School District, Amador Unified School Food Services, Georgetown School of Innovation, the Amador Tuolumne Community Action Agency Food Bank, local health departments, and many others. Participation on five community coalitions further connects program staff with local organizations.

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