



### SUCSESSES

*"I offered cookies or other sweets, but now I bring in more healthier snacks. I always remind the parents about healthy snacks, but now I do it a lot more."* —classroom teacher

*"This class has helped me learn how to eat better, and how to manage my money when it comes to spending it on food."* —adult class participant

*"I understand that the health of my children is very important and that I can make simple changes to ensure that I prevent diseases including the way they choose foods."* —adult class participant



### IMPACTS

**Youth**  
➤ 98% of teachers reported that compared to the beginning of the school year, more students are now willing to try new foods offered at school.

**Adult**  
➤ 85% of evaluated adults showed improvement in one or more nutrition practices, which include: planning meals, making healthy food choices, preparing foods without adding salt, reading nutrition labels and feeding their children breakfast.  
➤ 41% of evaluated adults reported an increase in planning meals in advance.

## IMPROVING CALIFORNIA'S HEALTH THROUGH COMMUNITY-BASED NUTRITION EDUCATION

### County Statement:

Fresno County is one of the most productive agricultural counties in the nation. However, amidst this bounty of fresh food lies concentrated areas of poverty and hunger in the state of California. The Fresno County UC CalFresh Nutrition Education Program addresses the nutrition and physical activity needs of the community by providing evidence-based nutrition education and environmental supports to build a healthier community.

### Serving the Community

UC CalFresh coordinates efforts to provide comprehensive programming across multiple sectors of influence. Direct education paired with system level interventions such as Smarter Lunchrooms, are used to shape a healthier Fresno County.

### Serving Individuals

UC CalFresh provides direct education to over 23,700 youth and 3,600 adults annually. Participation in UC CalFresh nutrition programming has shown to increase children's willingness to try new foods and to increase adults use of the nutrition facts label to select healthy food for their families.

### Serving California Agriculture

UC CalFresh teaches families to make the connection between nutrition and agriculture, helping to develop the skills needed to grow healthy foods for their families. UCCE Master Gardeners enhance program curricula with support for our garden-based nutrition education.

### Serving Education

UC CalFresh's signature adult nutrition education series, *Plan, Shop, Save and Cook*, teaches food resource management skills to SNAP-eligible adults. These skills help families to eat well, despite limited resources. Youth curriculum teaches children how to identify healthy foods, increase their physical activity, and apply what they have learned to make healthy choices at school and at home.

### Building Partnerships

UC CalFresh is committed to providing comprehensive approaches to addressing the nutrition and physical activity needs of Fresno County families. Partnerships are key to influencing community-wide changes. Partners include: Fresno County Office of Education, Fresno Unified School District, Department of Social Services, Parlier Unified School District, Firebaugh-Las Deltas Unified School District, Coalinga- Huron Unified School District, Public Health Department, City Of Fresno PARCs & Recreation, Housing Authority, California Health Collaborative, Dairy Council, Community Food Bank, Expanded Food & Nutrition Program, Fresno County Farm Bureau, Fresno State Dietetics program and UCCE Master Gardeners.

