



# UCCE Central Sierra

## SUCCESSES

After 35 teachers received nutrition education in their classrooms, between 92% and 100% observed that more of their students could identify healthy food choices and were willing to try new foods at school.

A pre-post cafeteria waste assessment in two elementary schools found an average 40% reduction in carrot waste per student served after carrots were featured as Harvest of the Month.



## RESULTS

### Youth

- 347 tasting opportunities provided 6,751 healthy food samples to youth; across all items, at least 71% were willing to eat the food again.

### Adult

- “I try to stay away from sugar and buy products that have low sugar.”

– class participant

### Organizational

- 27 sites/organizations made 86 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 issues and the 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 and other farm-to-school initiatives; youth engagement; wellness policies; and community activities serving adults.
- Education is offered at 92 different sites, including 34 schools, 14 preschools, 12 adult education sites, 6 family resource centers, and sites in 10 other types of settings.

### Providing Education

- In 2018-2019, 8,965 educational contacts were made (8,465 youth and 500 adult), teaching 275 series of workshops and 99 single-session classes for a total of 1,506 instructional hours. An additional 6,349 indirect educational contacts were also made.

### Helping to Make Organizational and Environmental Changes

- As a result of changes made at partner organizations, an estimated 25,628 people have greater opportunities to make healthy choices.
- The most common changes made were improving school gardens, creating cafeteria displays to promote healthy choices, and implementing school and organizational wellness policies.

### Serving California Agriculture

- Thirteen school, community and preschool gardens provide living laboratories for students to increase their food literacy. Seasonal, California-grown fruits and vegetables are featured monthly through Harvest of the Month promotions, and local farmers are introduced to students. These and other farm-to-school initiatives help to build knowledge of and appreciation for agriculture.

### 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.

**To learn more, visit <http://cecentralsierra.ucanr.edu/CentralSierraNutrition/> or email [ckrjohnson@ucanr.edu](mailto:ckrjohnson@ucanr.edu)**