



# FFY2022 UCCE San Luis Obispo & Santa Barbara

## SUCCESSES

- Evidence-based and standards-aligned K-6 nutrition and physical activity curricula reaching 1,590 youth
- Supported healthy changes at 16 sites reaching 25,704 individuals.
- Reached 51,783 community members through indirect education and outreach.



## RESULTS

### Youth

“The best part about being a student leader was being able to learn new things about plants while being able to teach others. Also being able to eat what we grew, but everything was awesome!” – Youth leader

### Families

“After SNAC club my daughter always shared with me what she learned because I’m type II diabetic.” – Parent of youth leader

### Teachers

“My students were reading the food label on their snack foods all week after our lesson.” – Extender

## IMPROVING CALIFORNIA’S HEALTH THROUGH SNAP-ED

The CalFresh Healthy Living, UCCE program of San Luis Obispo and Santa Barbara (SLOS) counties collaborates with school-based partners, volunteers, government agencies, and non-profit organizations to provide comprehensive research-based nutrition and physical activity programming in low-income communities. Recognizing that nutrition and physical activity behaviors are dependent on access to resources, and regional and institutional policies, along with knowledge and skills, SLOS works with partners to identify and address barriers to health and wellness. **The mission of SLOS is to cultivate environments where local youth, families and community members have access to research-based resources and knowledge in order to be the creators of a healthy, inspired, active and connected Central Coast.**

### Serving Individuals and Communities

- Training and support of 59 student leaders in healthy eating and active living education and promotion.
- Engaging parents and adults in nutrition and food resource management skills at food pantries, online and at farmers markets.

### Providing Education

- K-6<sup>th</sup> standards-aligned nutrition and physical activity curricula and online resources.
- Professional development in evidence-based and standards-aligned physical activity and garden enhanced nutrition education curricula.

### Helping to Make Organizational and Environmental Changes

- Supported or implemented 77 policy, systems, or environmental changes at 16 sites to support healthy communities and schools.

### Serving California Agriculture

- Promoted increased utilization of CalFresh and Market Match bringing additional customers to participating farmers markets.
- Launched Farmers Market Navigator program to increase access to local food and revenue for farmers.

### Building Partnerships

- Partnered with 36 school, government programs, farmers, and non-profit organizations to support community health.



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