# **UC Cooperative Extension**

# Master Gardener Nutrition Education Natural Resources 4-H Youth Development Agriculture Environmental Horticulture △ Multiple Programs (2–4)

## **Los Angeles County, 2023**

From the Campus to the Community

"Since taking these classes, we've learned to incorporate more fruits and veggies in our diet. We also grew cilantro and will try to grow more herbs/veggies to consume at home."

> CalFresh Healthy Living, UC Adult Participant

youth participants of

EFNEP\* nutrition education
\*Expanded Food and Nutrition
Education Program



CalFresh Healthy Living, UC adult participants empowered to improve their health and the health of their families



"These are wonderful informative classes. I have gained knowledge and insight on how to better plan healthy meals for the family while saving money and time. The recipes were healthy and delicious. Thank you for providing these amazing classes."

> CalFresh Healthy Living, UC Adult Participant

**UCCE** Advisors and Specialists in local communities





local growers received assistance or training from our Urban Agriculture/Small Farms program





4-H youth put on the path to success partner organization collaborators on community development projects



# **UC Cooperative Extension in Los Angeles County**

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# **Our programs**



#### **4-H Youth Development Program**

4-H empowers youth to reach their full potential through hands-on learning, engagement in local communities, and development of leadership and life skills. Our program includes 4-H Community Clubs throughout LA County, 4-H Summer Camp and Project Learning Tree (high-quality environmental education for youth).

#### **Food and Health**

UC Cooperative Extension offers two programs to help low-income Los Angeles County families acquire the knowledge and skills to establish and maintain healthy eating habits, shop smart and stay physically active: The Expanded Food and Nutrition Education Program (EFNEP) and CalFresh Healthy Living, UC. Staff reach out to families in community settings.



#### **UC Master Gardener Program**

UC Cooperative Extension trains community-based Master Gardeners who volunteer their time to community and school gardens. They help Los Angeles County residents grow their own food and help build stronger communities.



#### **Natural Resources**

Our advisors work with local, state and federal agencies; community organizations; and educational institutions to plan and implement improvements in resource management, including in areas such as water use and equity.



#### **Environmental Horticulture**

Our advisors conduct applied research and extend objective, research-based information to public and private clients through workshops, seminars and meetings. Their clients are a valuable part of the local "green industry."



## **Integrated Pest Management**

Our IPM program provides practical information and training on pest management techniques for a broad range of pests. They help solve pest problems while minimizing risks to people and the environment.



### **Urban Agriculture/Small Farms**

Our advisors work closely with local growers and organizations to develop cost-effective and sustainable agricultural methods that take into consideration future conditions of farming with climate change.