

A Message From the County Director



Placer and Nevada Counties' UC Cooperative Extension (UCCE) staff provides research-based educational services to meet the needs of local residents. Our programs in 4-H and youth development, Master Gardeners, Specialty Crops Eat Local Program, nutrition, horticulture and livestock provide education with an emphasis on hands-on learning to "help people help themselves."

The Eat Local Placer and Nevada Counties Project works to motivate residents to eat more fruits and vegetables and buy from local farmers. The project reached over 201,000 residents, injected more than \$49,000 into the local farming economy, provided \$9,616 of local produce for local food bank distribution, and handed out over 40,000 recipe cards at 157 tastings and events.

Over 25% of children and adults are obese in Placer and Nevada Counties. UCCE has developed an integrated approach to educate county residents to eat healthier and to buy from local farmers or start a garden. The UC Cal Fresh program works with low-income schools and pre-schools to provide nutrition education and community events. The Nutrition Best program provides nutrition education to families with children 0-5 years of age. Nutrition Best works with four Early Head Start sites to provide a weekly box of produce to 96 families for 22 weeks. The Master Gardener program works collaboratively with Nutrition Best in helping Early Head Start families learn how to grow their own food. The 4-H Eating Healthy from Farm to Fork project in Nevada County works with afterschool children at two low-income schools to provide nutrition education, learning how to grow vegetables in the school gardens, and tour a local farm.

UCCE continues to emphasize training a new generation of farmers and ranchers. Over 600 aspiring farmers and ranchers received training. 62% of Beginning Farmer Academy participants have started their own operation and several are selling produce direct to consumers.

The 4-H Summer Camp program provides over 5 days of mountain camping to over 290 youth. The cost for the camp is less than \$130 providing a low-cost opportunity for many families. This low-cost is possible by the dedicated and tireless efforts of 4-H adult volunteers and teen camp counselors. Camp features a ropes course, kayaking, crafts, and science activities.

A summary of these and many other contributions are contained in this document. Their diverse and extensive efforts were supported by over \$700,000 in grant funding from UC Cal Fresh, Placer County First 5 Commission and USDA Risk Management. I hope you will find our efforts relevant and meaningful in their ability to maintain and improve the quality of life enjoyed here in Placer and Nevada Counties.

*Roger Ingram,
County Director*

