

# UC CalFresh Nutrition Education



## 2018–2019 Program Highlights

- Over 3,200 low-income Placer and Nevada County school children received nutrition education in their classrooms.
- Over 10,000 adults learned about nutrition through workshops, newsletters, website content, and Facebook posts.
- 484 students participated in school garden activities including planting, tending, harvesting, and tasting. Two schools used the school garden produce in their salad bar and in scratch-made menu items.
- \$556,035 in USDA grant funds supported the UC CalFresh programs for low-income Placer and Nevada County youth and adults.

Let's Eat Healthy! is the name for the UC CalFresh Nutrition Program in Placer and Nevada Counties. The vision of Let's Eat Healthy! is to help CalFresh participants and CalFresh eligible children and families in Placer and Nevada Counties to maintain healthy lifestyles through wise food choices and physical activity.

This is done through direct education in qualifying schools where at least 50% of the students receive free or reduced-price meals. These schools receive nutrition lessons, USDA-approved nutrition curricula, resources, and teacher trainings. We reach parents through adult workshops as well as family events at participating schools.

Changing individual behavior is difficult. While nutrition education can teach children what it means to be healthy and what foods they should eat, a comprehensive, coordinated strategy is needed to achieve the greatest benefits.

Schools look to Let's Eat Healthy! for support in their efforts to create a healthy school environment. This year we provided assistance with Harvest Festivals, Jog-A-Thons, and other school events.

All schools receive direct education, tastings, and other program components such as:

- \* Cooking Academy
- \* Garden Education
- \* Zumba/CATCH
- \* Parent nutrition lessons
- \* Smarter Lunchrooms
- \* Student Nutrition Action Council

For families with limited resources, stretching food budgets can be difficult. Trying to make nutritious meals adds to the challenge. Through nutrition workshops, adults learn to plan and cook nutritious meals for their families, while saving money and time.



## Contact info

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Education Program

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