

CalFresh Healthy Living UC



Program Highlights 2021–22:

- Delivered direct education to 9 elementary schools in Placer/Nevada Counties.
- Over 2,200 students received direct nutrition education.
- Delivered CATCH physical activity program to 3 afterschool sites.
- Managed 3 school garden sites.
- Delivered adult education in-person and virtually to 8 sites.
- Delivered 4 electronic newsletters throughout the year to program participants.
- Cooking enrichment First Street Elementary – 61 student participants.

The vision of CalFresh Healthy Living, UCCE Placer and Nevada Counties is to teach CalFresh eligible children and adults about good nutrition, how to stretch their food dollars, and how to be physically active at any age. Effective, evidence-based nutrition education, garden education, and physical activity classes are aligned with policy, systems, and environmental (PSE) change strategies to create long-lasting community change.

Students and teachers in qualifying schools receive direct education on nutrition, physical activity and garden topics with USDA approved nutrition curricula, resources, and trainings. CalFresh eligible adults receive direct education through classes and trainings. Indirect education is also provided through newsletters, educational literature, and online resources.

In 2021-2022 the CalFresh Healthy Living, UCCE program activities and numbers looked very similar to a normal pre-COVID year. We resumed in-person lesson delivery to youth and adults. While in-person delivery is clearly the best option for youth we discovered virtual lessons are still a good option for adults. We were able to educate more CalFresh eligible adults on a more consistent basis this year, and therefore have continued the delivery of virtual education. We were able to reconnect with school administration, staff, students, and other community partners to ensure renewed program delivery. We continued our indirect education delivery through newsletters, social media, and other virtual materials.



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