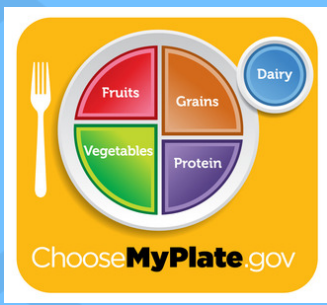


Eating Smart, Being Active

UC COOPERATIVE EXTENSION CONTRA COSTA COUNTY

UCCE Nutrition Educators empowered 140 parents to improve their health and fitness behaviors and food security (2018-2019)



1 92% IMPROVED NUTRITION HABITS

Eating a variety of fruits and vegetables; drinking less soda and sugary drinks; and cooking dinner at home more often



2 78% IMPROVED FOOD BUDGETING PRACTICES

Planning meals, using food on hand; shopping with a list; and comparing prices



3 83% IMPROVED FOOD SAFETY SKILLS

Washing hands and food preparation surfaces; thawing and storing foods properly; using a meat thermometer

What parents are saying...

"I use less sugar and salt. We drink more water; go on walks as a family; use whole grains; use brown rice instead of white."

"I balance portions based on food groups necessary for nutrition. Read labels for the ingredients, salt, fats, and nutrition facts. Use the recipes and ideas that Santos gave us to cook healthier. "

Expanded Food and Nutrition Education Program Changing Knowledge & Behaviors

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