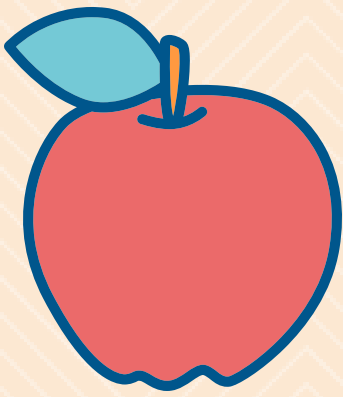


Helping Students Make the Grade!



UC COOPERATIVE EXTENSION CONTRA COSTA COUNTY

UCCE Nutrition Educators partnered with teachers to deliver a nutrition education series to 2879 students (2018-2019)



1 81% ARE CHOOSING HEALTHIER FOODS & BEVERAGES

Including a variety of fruits and vegetables; healthy snacks; and less sugar sweetened drinks



2 56% ARE MORE PHYSICALLY ACTIVE

Being active 1 hour everyday; and less screen time



3 52% IMPROVED FOOD SAFETY SKILLS

Washing hands and storing food properly

What teachers are saying...

"Love the program! Most students don't know the difference between healthy and sometimes choices. Now they do, and they help their families."

"Students are aware of nutrition labels and how to calculate portion sizes."

"The students make better choices and bring up what they learn during lunches/snacks."

Expanded Food and Nutrition Education Program Changing Student's Knowledge & Behaviors

For More Information Contact Marisa Neelon,
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