



WHO WE ARE

U.C. Cooperative Extension (UCCE) is the public outreach arm of the University of California. The UCCE Youth Expanded Food and Nutrition Education Program (EFNEP) addresses the nutrition education needs of youth from limited-income families.

What We Do:

Our educators provide six nutrition education lessons per class at eligible schools.

Eligibility:

Teachers who work at schools, organizations or programs where 50% or more of youth are receiving free or reduced-price school meals are eligible to enroll. Upon meeting these criteria, our services are offered at no cost!

What We Offer:

- Common Core-aligned curriculum
- Interactive lessons including books, worksheets, and hands-on activities
- In-class presentations with food tastings
- Nutrition education materials on loan
- Bilingual teaching materials (per request)
- Family newsletters and parent nutrition classes

AVAILABLE CURRICULA:

We offer a variety of nutrition education curricula that supports the Common Core State Standards.

Grade 1: My Amazing Body

Grade 2: Good for Me and You

Grade 3: It's My Choice

An English Language Arts-based health and nutrition curriculum. Students learn to make healthy food and exercise choices to establish lifelong habits.

Grades 4-5: Nutrition to Grow On

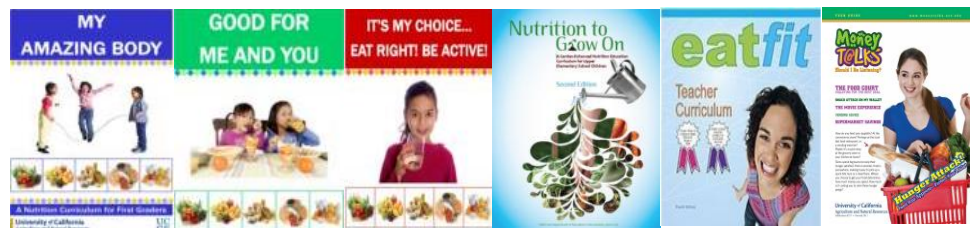
An innovative curriculum designed to teach students about food and nutrition through plant-based lessons. Students discover the importance of eating plants and learn how to market a healthy fruit or vegetable. * *Teachers are not required to have a school garden to participate.*

Grades 6-8: EatFit

This curriculum provides hands-on activities with a magazine style workbook that challenges adolescents to improve their eating and fitness choices.

Grades 9-12: Hunger Attack! Feed Your Appetite - Protect Your Wallet

Through interactive lessons, teens learn that the food they buy not only affects the amount of money they spend, but can also affect their health.



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