



## SUCCESSSES

- 100% of surveyed teachers agreed that students were more often identifying healthy food choices after receiving UC CalFresh lessons.
- Of the 8,326 students who tasted and evaluated food samples, a majority reported they were willing to eat the food at school again.
- Changes to policies, systems or environments were adopted at 28 sites, reaching 9,187 youth and adults.



## RESULTS

### Youth

- "We got to chose health foods to put in our garden."  
-GT School of Innovation student

### Adult

- "We save \$100 dollars on breakfast items."  
-El Dorado family

### Organizational

- "Students really look forward to this class and learning about food and healthy choices."  
-Amador teacher

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*The Central Sierra Cooperative Extension serves Amador, Calaveras, Tuolumne, and El Dorado and is the bridge between local issues and the research expertise of the University of California.*

### Serving Individuals and Communities

- Direct education reached 133 children aged 0-4, 8,351 youth aged 5-17, and 404 adults.
- Indirect education reached an additional 6,245 youth and adults.

### Providing Education

- 3 schools or school districts updated or implemented School Wellness Policies.
- 20 food service employees were introduced to the Smarter Lunchrooms Movement (SLM).
- UC CalFresh supported peer mentoring for 70 Calaveras High School students, who extended garden-enhanced nutrition education and physical activity curriculum to 2,813 elementary peers.

### Helping to Make Organizational and Environmental Changes

- A 200% increase in volunteer and youth extenders since the previous year has allowed nutrition educators to increase program sustainability.
- Schools have taken on paying for garden coordinators, encouraging SLM practices in the cafeteria, supporting physical education trainings for teachers and much more.

### Serving California Agriculture

- The UC CalFresh program has strong connections to local farms, gardens and fresh produce. The program supports 14 school and community gardens and promotes food literacy among students. Tastings are offered using local fruits and vegetables, and workshops and classes provide information on tasty ways to eat healthy produce.

### Building Partnerships

- The UC CalFresh program works with 108 partners and coalitions that receive no direct SNAP-Ed funding, but are involved in furthering the SNAP-Ed mission.
- Partners include: food banks and pantries, faith-based groups, Indian Tribal organizations, senior centers, K-12 schools/districts, parent-teacher organizations, and non-profit organizations.
- Other SNAP-Ed Local Implementing Agencies include 4 county public health agencies.



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