

# CalFresh Healthy Living UC



## Program Highlights 2019–20

- Over 2,800 low-income Placer and Nevada Counties school children received nutrition education in their classrooms.
- 1,037 students participated in school gardens.
- \$580,948 in USDA grant funds supported CalFresh Healthy Living programs for low-income Placer and Nevada County youth.
- Nutrition Educators adapted to COVID-19 by providing resources to teachers, students, and families. These included worksheets, links to online activities, newsletters, virtual book readings, and physical activity “brain break” sessions.

## CalFresh Healthy Living, UCCE Placer and Nevada Counties

*Let's Eat Healthy!* is the name for the CalFresh Healthy Living program for UCCE Placer and Nevada Counties. The vision of Let's Eat Healthy! is to help CalFresh participants and CalFresh eligible children and families in Placer and Nevada Counties to maintain healthy lifestyles through wise food choices and physical activity.

This is done through direct education in qualifying schools where at least 50% of the students receive free or reduced-price meals. These schools receive nutrition lessons, USDA approved nutrition curricula, resources, and teacher trainings. We reach parents through adult workshops as well as family events at participating schools.

Changing individual behavior is difficult. While nutrition education can teach children what it means to be healthy and what foods they should eat, a comprehensive, coordinated strategy is needed to achieve the greatest benefits. Schools look to Let's Eat Healthy! for support in their efforts to create a healthy school environment. This year we provided assistance with Harvest Festivals, Jog-A-Thons, and other school events.

All schools receive direct education, tastings, and other program components such as:

- Cooking Academy
- Garden Education
- Zumba/CATCH
- Parent nutrition lessons
- Smarter Lunchrooms
- Student Nutrition Action Council

In these difficult economic times, families have to stretch food dollars to feed their families. Making nutritious meals adds to the challenge. Through nutrition workshops, adults learn how to plan and cook nutritious meals for their families, while saving money and time.



## Contact info

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CalFresh Healthy Living UC  
Nutrition Education Program

[ucanr.edu/sites/letseathealthy](http://ucanr.edu/sites/letseathealthy)