



FFY2020 UCCE Central Sierra

SUCCESSSES

- Nutrition and Gardening kits were distributed to 1,000+ Central Sierra families.
- Successful administration of 130 Pre/Post EATS surveys showed a 7.5% reduction in consumption of sugar sweetened beverages.
- Pivoting to provide virtual outreach and education, the team adapted Serving Up My Plate curriculum for online learning.



RESULTS

Youth

- 525 tasting opportunities provided 24,116 healthy food samples to youth; 79% liked it or would eat it again.

Adult

- 73 participants walked 8,224 miles in the Annual Central Sierra Step It Up challenge worksite wellness competition

Organizational

- 34 sites/organizations made 110 positive changes to policies, systems and physical environments.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement: *UCCE Central Sierra serves El Dorado, Amador, Calaveras and Tuolumne Counties, and is the bridge between local challenges and the educational and research expertise of the University of California.*

Serving Individuals and Communities

- Program focus areas include: evidence-based nutrition and physical activity curriculum in schools; school gardens, Harvest of the Month, and other farm-to-school initiatives; youth engagement; wellness policies; and community activities serving adults.
- Education is offered at 39 different sites, including 25 schools, 5 preschools, and 12 adult education sites and family resource centers.

Providing Education

- In 2019-2020, 5,310 educational contacts were made (5,076 youth and 234 adult), teaching 210 series of workshops and 53 single-session classes for a total of 1,127 instructional hours.
- 39,631 indirect educational contacts were made, increased primarily due to stay-at-home orders.

Helping to Make Organizational and Environmental Changes

- As a result of changes made by partnering organizations, an estimated 13,579 people have greater opportunities to make healthy choices.
- The most common changes made were improving school gardens, providing Harvest of the Month tastings, and implementing school and organizational wellness policies.

Serving California Agriculture

- Donations of fruits and vegetables from local farms supplied 24 tasting events in 6 school cafeterias. Students learned about the seasonal item of the month, had the chance to taste food produced within their own county, and voted on how much they liked the item.
- Of the approximately 6,461 tastes of local produce served last school year, 57.6% of votes expressed that the student loved what they tasted, and 22.4% of votes expressed that the student liked what they tasted, indicating that the majority of students like local produce!

Building Partnerships

- Strong partnerships have been built with Calaveras Unified School District, Lake Tahoe Unified School District, Amador Unified School Food Services, Georgetown School of Innovation, the Amador Tuolumne Community Action Agency Food Bank, local health departments, and many others. Participation on five community coalitions further connects program staff with local organizations.

311 Fair Lane, Placerville, CA 95667 (530) 621-5502