



## Placer and Nevada Counties

### SUCCESSSES

- Placer and Nevada Counties UC CalFresh Nutrition Education Program is making a vital impact in our communities, providing the most vulnerable populations with the information they need to make healthier, wiser food choices:
- 9 elementary schools
- 107 teachers
- 18 preschools
- Variety of adult workshops
- 4 Family Fun Health Fairs that reached students and families from 5 schools



### RESULTS

#### Youth

- ✦ 75% teachers agree students now willing to try new foods at school.

#### Adult

- ✦ Participants agree this program has helped to improve meals prepared for their families.

#### Organizational

- ✦ Partnerships with teachers and principals ensure a comprehensive program in participating schools.

### IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

#### County Statement:

Over 25% of youth ages 5-19 in Placer & Nevada counties are overweight. Currently 10% of children in Placer County and 17% of children in Nevada County live in poverty. More than 28% of children in Placer County and more than 41% of children in Nevada County are eligible for free or reduced price lunch. The UC CalFresh Nutrition Education Program, also known as Let's Eat Healthy!, educates adults and youth about the importance of physical activity, healthy food choices and what these foods do for your body; laying the foundation for healthy eating and lifestyle habits.

#### Serving Individuals and Communities

- To address food insecurity, adults received information on eating healthy on a budget, reading food labels and meal planning. 90% of adults said they will eat from all five food groups each day more often within the next week.
- Two hands-on nutrition lessons using research-based curricula were taught in 107 classrooms at qualifying elementary schools. Modeling of these lessons allow teachers to continue the education. Lesson topics are grade specific and include: My Amazing Body, Making Healthy Choices, Nutrients We Need and Reading the Food Label.
- Adults in qualifying locations received nutrition education through the Plan, Shop, Save & Cook series as well as one-time workshops.

#### Providing Education

Children and adults receive important nutritional messages through hands-on classes, produce tastings, fun activities and cooking demonstrations.

#### Helping to Make Organizational and Environmental Changes

Smarter Lunchrooms Movement principles were implemented in three qualifying schools in Placer County.

#### Serving California Agriculture

- As part of the Shaping Healthy Choices Program, youth engaged in growing and tasting produce while exploring nutrition concepts.
- Local produce tastings were conducted at all nine elementary schools.

#### Building Partnerships

Together with our partners we are creating healthy communities in Placer and Nevada Counties.

- 4-H Youth Development Program
- Nutrition BEST
- Master Gardeners
- CYFAR
- Placer & Nevada County Schools
- Department of Social Services
- Placer & Nevada County Public Health
- WIC
- Placer County Office of Education
- Mothers in Recovery
- KidZKount
- Placer & Nevada CNAP
- CalWorks
- Consolidated Programs



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