

FFY2021 UCCE Yolo County



SUCCESSSES

- Due to COVID-19 pandemic, CFHL, UCCE Yolo created bilingual physical activity packets to increase movement during virtual learning.
- CFHL, UCCE Yolo offered a modified experiential cooking program exposing students to novel foods and teaching essential food preparation skills.
- In partnership with CFHL, UCCE Yolo, before- and after-school programming continued to implement CATCH, a physical activity curriculum, to underserved youth within Yolo County.



RESULTS

Youth

- Nearly 400 students received take-home physical activity packets improving access to structured and unstructured physical activity. Packet lessons were incorporated into teacher extender virtual lesson plans.
- All 18 students participating in the cooking club would recommend the program to their friends, and all learned a new food preparation skill.
- Five before- and after-school sites are making a systems change by increasing access to physical activity through implementation of CATCH.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement: The CalFresh Healthy Living, UCCE Yolo County Program commits to helping residents lead healthier and happier lives through multi-sector collaboration and partnerships integrating policy, system and environmental change efforts.

Serving Individuals and Communities

- Programming was provided at 20 sites to promote a healthy and active lifestyle.
- 44 extenders were enrolled as volunteers and trained to deliver research-based interventions through nutrition education and physical activity curricula.
- Trained extenders delivered 186 hours of nutrition education and physical activity curricula interventions to youth.

Providing Education

- Teachers and after-school extenders were trained and received technical assistance on utilizing University of California classroom curricula and CATCH physical activity boxes. Combining these efforts allows individuals to receive nutrition education and physical activity exposure in multiple settings.
- Experiential after-school cooking lessons along with parent food resource management classes ensure Yolo County residents are ready and able to prepare nutritious foods.
- Youth are encouraged to eat locally-grown fresh fruits and vegetables through delivery of Harvest of the Month materials, Cooking Academy, and guest lessons. Providing exposure to novel fruits and vegetables ensures the most nutritious, delicious, seasonal, and economy-spurring foods are integrated into program delivery.

Helping to Make Organizational and Environmental Changes

- Promotion of walk- and bike-to-school, healthy snack, and Re-Think Your Drink Day initiatives to increase physical activity along with healthy food and beverage consumption through newsletter, website, and social media outlets.
- Joint 4-H and CalFresh Healthy Living, UCCE programming through after-school Cooking Academy integrating youth engagement strategies.
- Coordination of nutrition, chronic disease prevention, and physical activity goals at county, state, and national levels through partnerships and collaborations.

Serving California Agriculture

- Collaborates with the Food Bank, Health Department, Yolo Farm to Fork, and school garden coordinators promoting locally-grown seasonal produce and increasing consumption of these foods at home.
- Local produce is being offered to students through Cooking Club, reinforcing Harvest of the Month produce.

Building Partnerships

- Local school sites and districts: implementing nutrition and physical activity curricula.
- 4-H: Joint after-school programming through Cooking Academy.
- After School Programs: Integrating skills-based nutrition education and physical activity.
- Yolo County Office of Education Head Start: Institutional implementation of Go, Glow, Grow preschool curriculum into program lesson plans.



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