

SUCCESSSES

- ✦ Provided nutrition education to 4,535 individuals
- ✦ Reached 7,991 individuals with nutrition messaging in a variety of formats
- ✦ Implemented or supported policy, system, and environmental (PSE) changes at 19 sites, reaching over 4,000 individuals



RESULTS

Youth

- ✦ Compared to the beginning of the school year 72% of teachers reported more students choosing fruits and/or vegetables in the cafeteria or during class parties.

Adult

- ✦ 37% of Plan, Shop, Save & Cook graduates do not run out of food as often.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

Santa Clara County in the San Francisco Bay Area has a population of approximately 1.8 million people, with 21% being SNAP-Ed eligible (income < 185% FPL). The prevalence of overweight or obesity is 63.1% for SNAP-Ed eligible adults. Among low-income children, 33.9% of 2-4 year olds and 41.8% of 5-19 year olds are overweight or obese. The county has a food insecurity rate of 13.4% overall, and 19.5% among children.

Serving Individuals and Communities

In FFY2016, the UC CalFresh Nutrition Education Program provided evidence-based nutrition education to CalFresh recipients and other low-income individuals and families at over 60 sites in Santa Clara County. The program supported over 30 PSE changes that encourage physical activity and healthy eating. Approximately 190 extenders were trained and supported in providing nutrition education in FFY16.

Providing Education

The UC CalFresh program in Santa Clara County acts as a bridge between the UC system and the community, tailoring the latest science-based curricula to the culture and language of the county's low-income residents. The program delivered comprehensive nutrition education and environmental supports at approximately 50 SNAP-Ed qualified school and preschools in the county.

Helping to Make Organizational and Environmental Changes

UC CalFresh Santa Clara County supported Farm to School efforts; helped to re-establish, maintain, or revitalize school gardens; encouraged structured physical activity; and assisted with the implementation of Smarter Lunchroom Movement techniques.

Serving California Agriculture

Both youth and adult lessons promote the benefits of fresh, local produce; tastings are aligned to seasonal, local grown produce whenever possible. Garden-based nutrition education curricula is offered to all partnering schools and agencies.

Building Partnerships

- Santa Clara Unified School District
- Mount Pleasant School District
- Santa Clara County Public Health
- UCCE Master Gardener
- Community Alliance with Family Farmers
- Kidango
- Dairy Council of California



1553 Berger Drive, Bldg 1, 2nd Floor, San Jose, CA 95112
(408) 282-3110



SUCCESSSES

- Provided nutrition education to 4,572 individuals.
- Reached 9,149 individuals with nutrition messaging in a variety of formats.
- Implemented or supported policy, system, and environment changes at 17 sites, reaching over 2,300 individuals.



RESULTS

Youth

- By the end of the year, 69% of teachers reported more students choosing fruits and/or vegetables in the cafeteria or during class parties.

Adult

- Over 55% of Plan, Shop, Save & Cook graduates use MyPlate more often when making food choices.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

San Mateo and San Francisco Counties have a combined population of approximately 1.5 million people, with 27% of San Francisco's residents being SNAP-Ed eligible and 18% of San Mateo's residents being eligible. A combined total of approximately 348,000 people live at or below 185% of the poverty level. Of the SNAP-Ed eligible population, 45.6% of San Francisco adults and 53% of San Mateo adults are overweight/obese. Greater than 31% of the low income children in both counties are overweight/obese.

Serving Individuals and Communities

In FFY 2016, UC CalFresh provided evidence-based nutrition education to CalFresh recipients and other low-income individuals and families at over 60 sites. The program supported over 20 policy, system, and environment changes that encourage physical activity and healthy eating. Approximately 147 extenders (teachers/afterschool leaders) were trained and supported in providing nutrition education.

Providing Education

The UC CalFresh program in San Mateo/San Francisco Counties acts as a bridge between the UC system and the community, tailoring the latest science-based curricula and information to the culture and language of the county's low-income communities. The program provided nutrition education and environmental supports at approximately 40 SNAP-Ed qualified schools and preschools.

Supporting Organizational and Environmental Changes

Supporting Farm to School efforts, participating in the re-establishment and maintenance of school gardens, encouraging structured physical activity and assisting with the implementation of Smarter Lunchrooms Movement techniques.

Serving California Agriculture

Both youth and adult lessons promote the benefits of fresh, local produce and tastings are aligned to seasonal, local grown produce whenever possible. Garden-based nutrition education curricula is offered to all partnering schools and agencies. In partnership with UCCE 4-H San Mateo/San Francisco, teen extenders delivered a ten week series of garden-based nutrition education lessons.

Building Partnerships

- Jefferson Elementary School District
- San Mateo County Public Health
- San Francisco County Public Health
- San Mateo Food System Alliance
- UCCE 4-H, Master Gardeners, Elkus Ranch



**300 Piedmont Ave., Bldg B, Rm 227 San Bruno, CA 94066
(650) 871-7559**