

SUCCESSSES

- "It is so helpful for my children to see other adults and peer families showing concern and effort toward fitness and nutrition. She is always more willing to participate at home after having events such as these at school. Thank you!"*

- Eat & Play Together Participant
- "I thought I knew how to read nutrition labels on products but I learned things from Lori that made me re-evaluate. I look at things differently now and I've lost 7 pounds since our last meeting with Lori"*

- Eating Smart, Being Active Participant



RESULTS

Youth Education

- 95% of the teachers agreed that compared to the beginning of the school year more students are willing to try new foods offered at school.
- 71% of the teachers agreed that this year children chose more fruits and vegetables.

Adult Education

- Of adults that tasted healthy options, 84% are willing to serve those choices to their families.
- 79% of participants intend to eat foods from all five food groups each day.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

Shasta County is a large, diversified county which covers 3,847 square miles, located in the heart of Northern California and has an estimated population of 179,631 as of 2016. Currently 18% of the community members live at or below poverty. Food insecurity rates are 18% overall and 29% among children. Over half (53%) of the students are eligible for free and reduced price meals. Over 31% of adults are obese and 60% are overweight or obese; 35% of children aged 12-17 yrs. are overweight or obese.

Serving Individuals and Communities

- 7,700 youth from 21 different schools and 220 teachers, received 10,132 hours of food, nutrition and physical activity education.
- 860 adults, from 13 different Non-Profit Community Agencies, received 2,421 hours of direct food safety, food resource management, and nutrition education.

Providing Education

- The University of California CalFresh Nutrition Education Program provides quality evidence-based nutrition education to youth and adults in collaboration with local partners. The program acts as a bridge, tailoring the latest science, curriculum, and information to the needs of the low-income Shasta community. The program uses the extender model to train teachers and staff to deliver nutrition and physical activity direct and indirect education in schools, afterschool, summer camps, and nonprofit agencies reaching low-income youth, adults, seniors, and families.

Helping to Make Organizational and Environmental Changes

- UC CalFresh Nutrition Education Program promotes and supports environmental changes by implementing physical activity events, by participating in Community and School Wellness committees, implementing the Smarter Lunchroom Movement, promoting the CATCH program, utilizing and maintaining school gardens, and promoting stencils and murals projects at school playgrounds.

Serving California Agriculture

- Agriculture is an integral part of the Nutrition Education Program. The program includes recognition of local farmers, lessons at the Farmer's Markets, School Gardens, and the Master Gardener program. Local Farmers are sought out for purchasing produce for the program's tastings and lesson demonstrations.

Building Partnerships

- City of Redding and City of Anderson
- Growing Local Coalition
- Healthy Shasta Steering Committee
- Shasta County Master Gardener Program
- Shasta County SNAP-Ed Collaborative
- Shasta County 4-H Program
- Shasta County Office of Education
- Redding and Anderson Parks & Recreation
- Shasta Farm Bureau
- Shasta Growers Association
- Shasta County School Districts



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SUCCESSSES

- "I loved all the lessons done in class. Students were engaged and learned so much. Thank you for helping us get our garden started!"*
- Teacher
- "Thank you for giving students additional information about their health. They love when you guys come!"*
- Teacher
- "Healthy living, great class. I look forward to taking these ideas home!"*
- Eat & Play Together Participant

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

Tehama County is a farming community. It is rural in nature with vast open spaces and an estimated population of 63,276 as of 2016. It is located in the upper Sacramento Valley in northern California. Currently 20% of the community members live at or below poverty. Food insecurity rates are 16% overall and 27% among children. More than two-thirds (68%) of the students are eligible for free and reduced price meals. Over 37% of adults are obese and 67% are overweight or obese; 41% of children aged 12-17 yrs. are overweight or obese.

Serving Individuals and Communities

- 6,867 youth students and 105 teachers from 25 different schools, preschools, or after school programs received 3,109 hours of food, nutrition and physical activity education
- 143 adults from 2 different non-profit community agencies received 52 hours of food safety, food resource management, and nutrition education.

Providing Education

- The University of California CalFresh Nutrition Education Program provides quality evidence-based nutrition education to youth and adults in collaboration with local partners. The program acts as a bridge, tailoring the latest science, curriculum, and information to the needs of the low-income Tehama community. The program uses the extender model to train teachers and staff to deliver nutrition and physical activity direct and indirect education in schools, afterschool, summer camps, and nonprofit agencies reaching low-income youth, adults, seniors, and families.

Helping to Make Organizational and Environmental Changes

- UC CalFresh Nutrition Education Program promotes and supports environmental changes by implementing physical activity events, by participating in Community and School Wellness committees, implementing the Smarter Lunchroom Movement, promoting the CATCH program, utilizing and maintaining school gardens, and promoting stencils and murals projects at school playgrounds.

Serving California Agriculture

- Agriculture is an integral part of the Nutrition Education Program. The program includes recognition of local farmers, lessons at the Farmer's Markets, School Gardens, and the Master Gardener program. Local Farmers are sought out for purchasing produce for the program's tastings and lesson demonstrations.

Building Partnerships

- City of Red Bluff
- Healthy Tehama
- Tehama County SNAP-Ed Collaborative
- Tehama County Farm Bureau
- Tehama County 4-H Program
- Tehama County Farmer's Markets
- Tehama County Office of Education
- Tehama Community Food Alliance
- Tehama County School Districts



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RESULTS

Youth Education

- 100% of the teachers agreed that compared to the beginning of the school year more students are willing to try new foods offered at school.
- 81% of the teachers agreed that this year children chose more fruits and vegetables.

Adult Education

- Of adults that tasted healthy options, 64% are willing to serve those choices to their families.
- 62% of participants intend to drink a sweetened beverage less often.

SUCCESSSES

- *"Whenever the UC representatives present in class it has always been a very positive experience. It is great to have programs that teach positive healthy choices!"*
- Teacher
- *"My students love these lessons and look forward to these activities."*
- Teacher
- *"I am vegan and appreciate the instruction and learning."*
- Eating Smart, Being Active Participant



RESULTS

Youth Education

- 100% of the teachers agreed that compared to the beginning of the school year more students are willing to try new foods offered at school.
- 90% of the teachers agreed that this year children chose more fruits and vegetables.

Adult Education

- Of adults that tasted healthy options, 64% are willing to serve those choices to their families.
- 67% of participants intend to eat whole grains or use whole grain products more often.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

Trinity County is a large, rugged, mountainous and heavily forested county located in the northwestern part of California. It covers an area of over two million acres, and has an estimated population of 12,782 as of 2016. Currently 19% of the community members live at or below poverty. Food insecurity rates are 18% overall and 30% among children. More than two-thirds (68%) of the students are eligible for free and reduced price meals. Over 29% of adults are obese and 57% are overweight or obese; 49% of children aged 12-17 yrs. are overweight or obese.

Serving Individuals and Communities

- 2,787 youth students from 11 different schools or early education sites, with 58 teachers received 2,736 hours of food, nutrition and physical activity education.
- 28 adults from 8 non-profit community agencies received 38 hours of food safety, food resource management, and nutrition education.

Providing Education

- The University of California CalFresh Nutrition Education Program provides quality evidence-based nutrition education to youth and adults in collaboration with local partners. The program acts as a bridge, tailoring the latest science, curriculum, and information to the needs of the low-income Trinity community. The program uses the extender model to train teachers and staff to deliver nutrition and physical activity direct and indirect education in schools, afterschool, summer camps, and nonprofit agencies reaching low-income youth, adults, seniors, and families.

Helping to Make Organizational and Environmental Changes

- UC CalFresh Nutrition Education Program promotes and supports environmental changes by implementing physical activity events, by participating in Community and School Wellness committees, implementing the Smarter Lunchroom Movement, promoting the CATCH program, utilizing and maintaining school gardens, and promoting stencils and murals projects at school playgrounds.

Serving California Agriculture

- Agriculture is an integral part of the Nutrition Education Program. The program includes recognition of local farmers, lessons at the Farmer's Markets, School Gardens and the Master Gardener program. Local Farmers are sought out for purchasing produce for the program's tastings and lesson demonstrations.

Building Partnerships

- Trinity County Resource Conservation District
- Trinity Coalition for Activity and Nutrition
- Watershed Research & Training Center
- Trinity County SNAP-Ed Collaborative
- Trinity County Master Gardener Program
- Trinity County Farmer's Markets
- Young Family Ranch
- Trinity County 4-H Program
- Trinity County Office of Education
- Human Response Network
- Weaverville and Douglas City Parks and Recreation



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