



## UCCE Yolo

### SUCCESSSES

- ✦ Provided multiple collaborative statewide trainings and professional development opportunities including:
  - Cooking Demonstration videos collaborative
  - Classroom Management
  - Happy, Healthy Families Community of Practice webinars
- ✦ Trained 36 UC CalFresh/4-H staff and 12 teens on how to enhance youth engagement strategies, programming, collaboration, reach, and sustainability through the Teens-as-teachers model using evidence-based curriculum.

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

#### Serving Individuals and Communities

- Information is extended through 46 sites to promote a healthy and active lifestyle.
- Over 150 educators are trained and enrolled as volunteers to extend research-based interventions.

#### Providing Education

- Comprehensive in-class and after school materials are provided to teachers free of charge and already prepared for easy to use lessons.
- Experiential after-school cooking lessons, in-class food preparation and tastings, and parent food resource management classes ensure Yolo County residents are ready and able to prepare nutritious foods.
- A focus on locally grown fruits and vegetables ensures the most nutritious, delicious, seasonal, economy spurring foods are used.

#### Helping to Make Organizational and Environmental Changes

- School Wellness and Food Committees to promote local produce, healthy food and beverage policy adoption, and active students.
- Promotion of walk and bike initiatives to increase physical activity.
- Youth engagement strategies integrated into UC CalFresh program
- Joint 4-H/ EFNEP/ and UC CalFresh work.
- Coordinated nutrition, chronic disease prevention, and physical activity goals at county, state, and national level.

#### Serving California Agriculture

- The program collaborates with the Agricultural Commissioner, the Food Bank, the Health Department and others to promote locally grown seasonal produce and to increase consumption of these foods in the home.

#### Building Partnerships

- Food Bank of Yolo: Food Innovation project to address food waste and security
- Local sites: implementing nutrition education lessons
- Dept of Employment and Social Services: promoting programs
- 4-H: joint after school programming
- Ag Department: collaborating on farm to school endeavors
- Health Department: collaborating on PSE changes in the community
- Yolo Farm to Fork: helping link school gardens to the classrooms
- ASES programs: Integrating after school skill based nutrition education
- Healthy Yolo: setting priorities for the county



### RESULTS

#### Youth

- ✦ 61 youth graduated from UC CalFresh/4-H cooking academy
- ✦ Recruited and trained 8 teens, 3 student leaders, and 5 college interns to teach cooking academy in after school sites

#### Adult

- ✦ 96% of adults who tried a new food are willing to serve the food at home

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