



SUCSESSES

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 in:

- 8 elementary schools
- 107 teachers
- 15 preschools
- Variety of adult workshops
- 3 Family Fun Health Fairs
- 1 Student Nutrition Action Council (SNAC)



RESULTS

Youth

- ✦ 75% of the SNAC students plan to continue making their school a more healthy place.

Adults

- ✦ 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:

The Placer and Nevada Counties UC CalFresh Nutrition Education Program, also known as Let's Eat Healthy!, educates adults and youth about the importance of physical activity and healthy food choices, laying the foundation for lifelong healthy eating and lifestyle habits. 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.

Serving Individuals and Communities

- 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.
- To address food insecurity, adults received information on eating healthy on a budget, reading food labels and meal planning. Seventy-one percent of adults said they now read the Nutrition Facts Label to help make food choices.
- Over 140 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

UC CalFresh conducts Wednesday morning Zumba at Cirby Elementary. Students take advantage of the Breakfast Program and participate in physical activity. Teachers note this combination helps students start the school day ready to listen and learn.

Serving California Agriculture

- UC CalFresh oversaw the gardens in two schools in Placer County. Students had an opportunity to be involved from planting through harvesting, applying their nutrition and healthy lifestyle knowledge.
- Local produce tastings of Brussels sprouts were conducted at all eight elementary schools.

Building Partnerships

UC CalFresh partners with:

- 4-H Youth Development Program
- Master Gardeners
- Placer & Nevada County Schools
- Department of Social Services
- Placer & Nevada County Public Health
- Placer County Office of Education
- Mothers in Recovery
- Interfaith Food Closet
- KidZKount
- Placer & Nevada CNAP
- Consolidated Programs



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