



The vision of CalFresh Healthy Living, UCCE Placer and Nevada Counties is to teach CalFresh eligible children and adults about good nutrition, how to stretch their food dollars, and how to be physically active at any age. Effective, evidence-based nutrition education, garden education, and physical activity classes are aligned with policy, systems, and environmental (PSE) change strategies to create long-lasting community change.

Students and teachers in qualifying schools receive direct education on nutrition, physical activity, and garden topics with USDA-approved nutrition curricula, resources, and training. CalFresh eligible adults receive direct education through classes and training. Indirect education is also

provided through newsletters, educational literature, and online resources.

In 2022-2023 the CalFresh Healthy Living, UCCE program delivered nutrition lessons to over 4,200 CalFresh eligible youth and adults throughout Placer and Nevada Counties. Youth lessons were delivered in person at 24 elementary and preschool sites. Adult classes were delivered remotely and in-person at 12 sites. CalFresh Healthy Living, UCCE had an estimated reach of over 40,000 people through the delivery of indirect education. Indirect education was disseminated through newsletters, Facebook posts, and other virtual materials.

# CalFresh Healthy Living UC

## Program Highlights 2022-23:

- Delivered direct education to 8 elementary schools and 16 preschools in Placer/Nevada Counties.
- Over 4,200 students received direct nutrition education.
- Delivered CATCH physical activity program to 3 after-school sites.
- Partnered with Placer County Office of Education, Early Childhood Education to install school gardens at 10 State Preschool sites.
- Managed 3 elementary school garden sites.
- Delivered adult education in-person and virtually to 12 sites.



## Contact info

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