

UC Cooperative Extension – Central Sierra

SUCCESSES

- After lessons and food tastings during 337 school classes, 64% of students were willing to ask for the target food at home.
- After completing *Eat Smart & Be Active* classes, 61% of the adult participants intend to increase their physical activity.
- School Wellness Committees, with the assistance of Nutrition Educators continue to update and implement School Wellness Policies.



IMPACTS

Youth

Sixty-four percent (64%) increase in students willing to eat new foods at school and ask for the food at home.

“The taste tests have been extremely useful to get the kids to try new things. Parents even comment that their kids will eat veggies at home if they have tasted them at school!”

Adult

After completing workshops, 76% of the participants said that during the following week they planned to choose a smaller amount of food or beverages

“I think it will help tremendously in future meals. I'm really excited about being more aware of reading labels.”

IMPROVING CALIFORNIA'S HEALTH THROUGH COMMUNITY-BASED NUTRITION EDUCATION

The Central Sierra cooperative Extension serves Amador, Calaveras, Tuolumne and El Dorado counties and is the bridge between local issues and the research expertise of the University of California.

Serving the Community

- UCCE – Central Sierra UC CalFresh provides nutrition education to the residents of Amador, Calaveras, El Dorado/South Lake Tahoe and Tuolumne counties. Through partnerships and collaboration, we serve limited resource families to improve the knowledge and skills related to healthy choices

Serving Individuals

- 5520 children received direct nutrition education
- 95 teachers were trained and supported in their nutrition education efforts
- 827 adults participated in one or more workshops
- 5200 hours of nutrition education was conducted in schools

Serving California Agriculture

- Our programs have a strong connections to local farms, gardens and fresh produce. We provide tastings in our schools, using garden-grown and local produce. We support school and community gardens by providing resources for garden-enhanced nutrition education .

Serving Education

- Garden Enhanced Nutrition Education
- Make Half Your Plate Fruits and Vegetables
- Make Half Your Grains Whole Grains
- Reducing Consumption of Sugar Sweetened Beverages
- Increasing Physical Activity
- Advice on School Wellness Policies

Building Partnerships

- First 5
- Head Start
- Food Banks/Emergency Food Pantries
- Family Resource Centers
- Boys & Girls Club
- Amador Tuolumne Community Action
- Tahoe Sustainability Collaborative
- County Health and Human Services
- Elementary, Middle and High Schools
- County Nutrition Action Programs

