

UC Cooperative Extension – Central Sierra FFY15

SUCCESES

- Changed norms at Tuolumne County Behavioral Health – classes, food distribution in partnership with the Food Bank, snack stand policy, community garden
- Working with 20 School Food Service Directors to incorporate the Smarter Lunchroom Movement Program – to increase healthy food choices and sales
- FoodCorps Service Members taught 850 students at seven schools; all classes received 10 or more garden-enhanced nutrition education lessons



IMPACTS

Youth

After food tastings, we asked: “How many of you are willing to ask for this food at home?” 60% of the students responded positively.

Making a difference with kids AND teachers!” – 4th grade teacher

Adult

Of adults reporting to have not eaten foods from all five food groups the prior week, 71% intended to improve in that area during the coming week

“I sit down and plan (a) list with the whole family, getting everyone involved” – participant “Plan, Save, Shop and Cook” class

IMPROVING HEALTH THROUGH COMMUNITY AND INQUIRY-BASED NUTRITION, GARDEN AND PHYSICAL ACTIVITY 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 Region

- UCCE – Central Sierra UC CalFresh office provides nutrition and physical activity education to the residents of Amador, Calaveras, El Dorado and Tuolumne counties. We serve limited resource youth, families and adults to improve the knowledge and skills related to healthy food and activity choices.

Serving Individuals

- 3800 children received direct nutrition education at 26 schools
- 484 adults attended workshops and trainings
- Over 14,000 people were reached with indirect education through newsletters and social media outlets and at events and festivals

Serving Communities and Agriculture

- Our programs have strong connections to local farms, gardens and fresh produce. UC CalFresh offers tastings in our schools, using garden-grown and local produce. We support school and community gardens by providing resources for garden-enhanced nutrition education .
- UC CalFresh teaches adults and teens about resource management to prevent food insecurity -- e.g. no food at the end of the month.

Serving Education

- Garden Enhanced Nutrition Education
- Curriculum Aligned with Common Core and Next Generation Science Standards
- Reducing Consumption of Sugar Sweetened Beverages
- Increasing Physical Activity
- Advice on School Wellness Policies
- Smarter Lunchroom Movement Program

Our Partners

- Head Start/State Preschools
- Food Banks/Emergency Food Pantries
- Family Resource Centers
- Boys & Girls Clubs
- Amador Tuolumne Community Action
- Tahoe Sustainability Collaborative
- County Health and Human Services
- Elementary, Middle and High Schools
- Motherlode Farm to School Network
- Food Service Directors and Staff
- District and School Wellness Committees
- FoodCorps
- Youth Engagement Projects



MyPlate at home – photo submitted after an adult workshop at The Family Resource Center -Tahoe