**SUCCESES**

- Comprehensive programs adding policy, systems and environmental strategies at 68 sites with direct education
- Improved access to structured physical activity and hardscape installations of playground stencils and murals ---serving over 3100 students
- First year program in Western El Dorado County adding 11 new sites reaching 2500 students and adults, with direct and garden-enhanced nutrition education

**RESULTS**

**Youth:** Met all four state objectives during tastings; e.g. 77% of students would ask for the food at home.
“Such a useful program that has truly impacted my students and their ability to make good nutrition choices” – Sierra House Elementary School Teacher

**Adult:** “This workshop will help to save money and make sure to have food all month.” – Plan, Save, Shop, Cook Participant

**Organizational:** Healthy snacks and prizes for school testing week; adult-led snack bar at Behavioral Health ONLY serving healthy snacks

**IMPROVING CALIFORNIA’S HEALTH THROUGH SNAP-ED**

*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 Individuals and Communities**

- Direct education: 64 children 0-4 ages, 3864 school students and 351 adults; indirect education reaching over 12,500 youth and adults
- Nineteen (19) physical activity (PA) interventions: structured PA – 16 sites; improvements in environments – three sites with murals and playground stencils
- Thirteen (13) different types of means-tested sites e.g. Elderly Service Centers, Job Training Centers, Head Starts, Shelters, Adult Rehabilitation Centers and Schools
- Doubled reach to Hispanic communities with a new program in Western El Dorado County serving 1088 Hispanic youth and adults FFY16 vs. 503 FFY17

**Providing Education**

- Direct education utilizing 125 trained extenders
- Increased series-based adult education from 7% FFY15 to 24% FFY16 of total workshops – increasing impact by reinforcing messages
- Increased access to structured PA; improving cafeteria and playground environments
- Youth engagement, peer-to-peer teaching, volunteer interns - career path

**Helping to Make Organizational and Environmental Changes**

- District and School Site Wellness Policies
- School Gardens
- Smarter Lunchroom Movement
- Farm to Cafeteria
- Improvement to Environments (Cafeteria, Playgrounds)
- Healthy Snack System Changes
- Career Path - Lake Tahoe Community College
- Youth Engagement, Peer-to-Peer Teaching
- Increased Structured Physical Activities

**Serving California Agriculture**

Our programs have strong connections to local farms, gardens and fresh produce. UC CalFresh offers tastings in our schools and community using garden-grown and local produce. Workshop and classes include field trips to local farms and UC Master Gardener Demo Gardens.

**Building Partnerships**

- Family Resource Centers
- Boys & Girls Clubs , Afterschool Programs
- Head Start Early Childhood Education
- County Behavioral Health, Job Club, Tribal TANF, Independent Living Programs
- Food Banks and Pantries
- Elementary thru High Schools and Continuation High Schools
- Collaborations – CNAP (3), Lake Tahoe Collective, Calaveras Unified School District Resilient Schools Program, CUSD Health Collaborative, Parent/Teacher Organizations, FoodCorp, Motherlode Farm to School Network
- Local Implementing Agencies – four (4) county public health department

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This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.