



## SUCCESSSES

- Comprehensive programs adding policy, systems and environmental strategies at 23 sites reaching 9,166 clients
- 95% of PSE sites successfully adopted one complementary strategy (marketing, evidence-based ed., parent community involvement and staff training)
- 15 of 23 sites reported implementing mechanisms to support sustainability of PSE changes over time.



## RESULTS

**Youth:** “This class was super helpful. I learned how to read the nutrition facts and to shop with small amounts of money.”  
Divide High School Student

**Adult:** “I learned to give my family more than one serving of vegetables a day.” –*Healthy Happy Family* Participant

**Organizational:** “Being seniors at Tahoe Senior Plaza , it is important to revisit our eating habits and which foods have which health effects. I read labels when I go grocery shopping now.” Participant

## 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: 581 children 0-4 ages, 6,821 school students and 503 adults; indirect education reaching over 5,389 youth and adults
- Twenty-five (25) of 27 students self-reported learning they can make a difference in their communities after participating in a youth-lead participatory action research project
- Thirteen (16) different types of means-tested sites e.g. Elderly Service Centers, Job Training Centers, Head Starts, Shelters, Adult Rehabilitation Centers and Schools

### Providing Education

- Direct education utilizing 50 newly trained extenders in FFY 17
- Increased access to structured PA ; improving cafeteria and playground environments
- Youth engagement, peer-to-peer teaching, volunteer interns

### 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
- Youth-Lead Participatory Action Research Project
- 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 schools and communities 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
- Senior Centers
- Elementary thru High Schools and Continuation High Schools
- Colombia and Lake Tahoe Community Colleges
- Collaborations – CNAP (3), Lake Tahoe Collective, 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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