

January, 2021



Nutrition News for the Central Sierra

A monthly newsletter about food, nutrition, and healthy living in the Central Sierra.

2020 Annual Report for CalFresh Healthy Living UCCE Central Sierra

The CalFresh Healthy Living UCCE Central Sierra program serves people across El Dorado, Amador, Calaveras and Tuolumne Counties. We focus on improving community health for all, and on serving individuals who have limited financial means. Our main activities this past year included:

- Providing evidence-based nutrition and physical activity education in schools
- Supporting school gardens, Harvest of the Month, and other farm-to-school initiatives
- Facilitating collaborative youth engagement projects
- Supporting organizational wellness policies and community activities

Our education is offered at 39 different sites, including 25 schools, 5 preschools, and 12 adult education sites and family resource centers.

Across the Central Sierra in federal fiscal year 2020, the program made **5,310 educational contacts** (5,076 youth and 234 adult), teaching 210 series of workshops and 53 single-session classes for a total of **1,127 instructional hours**. An additional **39,631 indirect education contacts** were also made, with a focus on promoting fruits and vegetables and normalizing healthy living during the first half of the year, and shifting to food access and physical activity during the second half of the year. Also, by working with 34 organizations to implement 110 changes to their policies, systems, and physical environments, an estimated **13,579 people have greater opportunities** to make healthy choices in their lives. These activities were delivered and supported by **13 dedicated professionals** (10.6 FTE funded) and many volunteers who implemented dozens of different educational strategies and curriculum to improve the health of the most vulnerable Central Sierra residents.

Our team responded to the challenge of COVID-19 by moving to virtual delivery of nutrition education, and by creating take-home nutrition and gardening education kits that have reached over 1,000 families. Together, virtual education and take-home kits create a more comprehensive approach to providing services at a physical distance. While we look forward to resuming in-person educational activities when possible, we continue to pursue our mission despite current challenges.

We thank all of our partners throughout the Central Sierra who have also worked tirelessly to improve the health of our communities, and invite anyone who would like to partner with us, volunteer with our program, or learn more about receiving our services to contact us: ckjohnson@ucanr.edu.



FFY2020 UCCE Central Sierra

SUCCESSSES

- Nutrition and Gardening kits were distributed to 1,000+ Central Sierra families.
- Successful administration of 130 Pre/Post EATS surveys showed a 7.5% reduction in consumption of sugar sweetened beverages.
- Pivoting to provide virtual outreach and education, the team adapted Serving Up My Plate curriculum for online learning.



RESULTS

Youth

- 525 tasting opportunities provided 24,116 healthy food samples to youth; 79% liked it or would eat it again.

Adult

- 73 participants walked 8,224 miles in the Annual Central Sierra Step It Up challenge worksite wellness competition

Organizational

- 34 sites/organizations made 110 positive changes to policies, systems and physical environments.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement: UCCE Central Sierra serves El Dorado, Amador, Calaveras and Tuolumne Counties, and is the bridge between local challenges and the educational and research expertise of the University of California.

Serving Individuals and Communities

- Program focus areas include: evidence-based nutrition and physical activity curriculum in schools; school gardens, Harvest of the Month, and other farm-to-school initiatives; youth engagement; wellness policies; and community activities serving adults.
- Education is offered at 39 different sites, including 25 schools, 5 preschools, and 12 adult education sites and family resource centers.

Providing Education

- In 2019-2020, 5,310 educational contacts were made (5,076 youth and 234 adult), teaching 210 series of workshops and 53 single-session classes for a total of 1,127 instructional hours.
- 39,631 indirect educational contacts were made, increased primarily due to stay-at home orders.

Helping to Make Organizational and Environmental Changes

- As a result of changes made by partnering organizations, an estimated 13,579 people have greater opportunities to make healthy choices.
- The most common changes made were improving school gardens, providing Harvest of the Month tastings, and implementing school and organizational wellness policies.

Serving California Agriculture

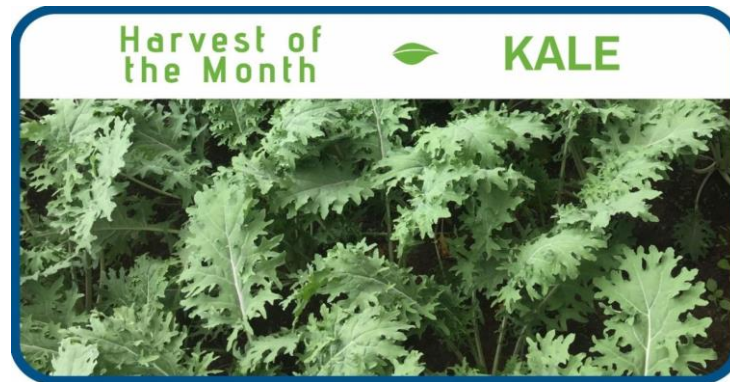
- Donations of fruits and vegetables from local farms supplied 24 tasting events in 6 school cafeterias. Students learned about the seasonal item of the month, had the chance to taste food produced within their own county, and voted on how much they liked the item.
- Of the approximately 6,461 tastes of local produce served last school year, 57.6% of votes expressed that the student loved what they tasted, and 22.4% of votes expressed that the student liked what they tasted, indicating that the majority of students like local produce!

Building Partnerships

- Strong partnerships have been built with Calaveras Unified School District, Lake Tahoe Unified School District, Amador Unified School Food Services, Georgetown School of Innovation, the Amador Tuolumne Community Action Agency Food Bank, local health departments, and many others. Participation on five community coalitions further connects program staff with local organizations.

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January's Harvest of the Month



January is a time many of us turn to healthier foods, and one good way to do that is to include leafy greens in our daily meals. Kale is a particularly nutritious green vegetable, whether eaten cooked until tender or raw in salads and smoothies. It is an excellent source of vitamins A, K and C, and a good source of vitamin B6, calcium and other minerals. Kale comes in many different varieties including the frilly curly kale, the ruffled Purple Russian, and the deep green, bumpy Tuscan kale (a.k.a. Dinosaur kale for its theoretical resemblance to dinosaur skin). Kale is especially delicious this time of year when the cool weather helps it to develop a sweet and mild flavor. See below for healthy recipe ideas to make kale a part of your meals this January, or learn more about kale and view its nutrition facts at the USDA's [Seasonal Produce Guide](#).

Recipe Ideas:

- [Nellie's Kale Stew](#)
- [Kale Salad with Nuts and Seasonal Fruits](#)
- [Kale Chips](#)
- [Simple Green Smoothie](#)

New & Noteworthy

Visit these links for a round-up of recent health and nutrition news, information, and events. For general healthy eating information based on an expert analysis of nutrition research, visit [ChooseMyPlate.gov](#). For individual questions, consult a registered dietitian or medical provider.

The Food Expiration Dates You Should Actually Follow. Essential information for balancing food safety with the very real problem of food waste.

This App Aims to Help SNAP Users Make the Most of Their Benefits. A new app may help California CalFresh shoppers find the best grocery prices, allowing them to stretch their benefits further.

Fishermen Team Up With Food Banks To Help Hungry Families. An innovative program has been successful connecting food banks with healthy fish and seafood.

Inside California's new master plan to reshape early education and child care. Read details of the ambitious plan to improve the availability and quality of early child care and education, as well as increasing access to paid family leave in California.

COVID-19 Community Resources

During the COVID-19 pandemic, you can help spread the word about Central Sierra resources to make sure everyone has enough to eat. **If your family, your neighbors, or anyone you know is in need of food, assistance is available!**

Links to information about Central Sierra food banks, WIC agencies, school meal sites, senior meals, how to [sign up for CalFresh/food stamps](#), and more are available on the following webpage: http://cecentralsierra.ucanr.edu/CentralSierraNutrition/Community_Resources/

About Us

As the State of California has issued a shelter-in-place order to reduce the spread of COVID-19, UC Cooperative Extension in the Central Sierra is now working remotely. We are still here to answer your questions and address needs during this unprecedented situation.

Nutrition, Family and Consumers Sciences (NFCS) in the Central Sierra conducts education, outreach, and applied research to support nutrition, food security, and public health in Calaveras, Tuolumne, Amador, and El Dorado Counties. NFCS includes the CalFresh Healthy Living-UC program, which teaches free classes in local schools, community centers, libraries, and other public places. Our classes show people how to choose, grow, cook, and enjoy affordable healthy foods, and how to make physical activity a regular and fun part of life. We also work to create environments where it's easier for people to make healthy choices by supporting wellness policies, community and school gardens, walking clubs, and more. For more information or to participate in the NFCS program, visit our [website](#), [Facebook](#), or [Twitter](#), or email NFCS advisor Katie Johnson at ckrjohnson@ucanr.edu.



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

Nutrition, Family and Consumer Sciences Program



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