

FFY2020 UCCE Imperial County

SUCSESSES

In FY 2020, CalFresh Healthy Living, UCCE Imperial County:

- 🌱 reached 3,831 participants
- 🌱 provided nutrition education at over 36 delivery sites including:
 - DREC Youth
 - Public Schools
 - ICOE Pre-Schools Federal/State
 - Migrant Head Starts
 - Pacific Southwest Community Development Corporation (PSW CDC)
 - Fairs/Social Media
 - ESL Adult classes



RESULTS

Youth Engagement

- 🌱 47% increase in behavior change on selecting food based on their nutritional value.
- 🌱 91% of youth found it impacted their future career.

Adult

- 🌱 70% of participating adults said they would consume foods from the 5 food groups more often.

Organizational

- 🌱 “Senior residents at Villa De Las Flores apartments in Calexico enjoyed learning from Martha Lopez on how to utilize fresh grown vegetables and herbs from our community garden.” – Layla Perez, Resident Services Coordinator, PSW CDC

IMPROVING CALIFORNIA’S HEALTH THROUGH SNAP-ED

County Statement: CalFresh Healthy Living, UC in Imperial County partners with community agencies and school districts to address the nutrition and physical activity needs of the community, evidence-based nutrition education, physical activity, and policy, system, and environmental change support.

Serving Individuals and Communities

- The program coordinates with school districts, principals, and teachers to provide classroom nutrition education that meets the common core state standards reaching 3,566 youth.
- The adult nutrition education program is coordinated with various partners throughout Imperial County reaching 265 adults.
- The program had 36 sites with one or more healthy changes adopted reaching 8,944 participants.

Providing Education

- CalFresh Healthy Living, UCCE focuses on encouraging behavioral changes that educate on and help to prevent the affects of obesity, diabetes, heart conditions and other nutrition related diseases and disorders.
- The **Youth Program** provides no-cost evidence-based curriculum, support, and resources for TK-12th grade schools for classroom delivery. Training and technical assistance is available for CATCH Physical Education.
- The **Adult Program** provides no-cost evidence-based nutrition education for CalFresh eligible individuals and families in collaboration with local partners.

Helping to Make Organizational and Environmental Changes

CalFresh Healthy Living, UC offers a comprehensive approach to overall health and well-being. We provide technical assistance on Smarter Lunchrooms Movement (SLM), Coordinated Approach to Child Health (CATCH) physical education, enriching School Wellness Policies, Gardening and promoting youth voice/youth choice through Youth-Led Participatory Action Research (YPAR) and Teens as Teachers.

Serving California Agriculture

Connecting youth and adult nutrition education to school/community gardens, providing hands on experiential learning and growing their own fruits and veggies. Connecting youth to Imperial agriculture through visits to the Desert Research and Extension Center (DREC) for hands-on experience in harvesting produce. Promoting nutrition and Farm to School activities with local school districts.

Building Partnerships

- Public School Districts-extending nutrition program with teachers, and youth engagement.
- ICOE Pre-Schools-Coordinate and train teachers on nutrition education and gardening.
- DREC- offers hands on nutrition and agriculture education at the farm.

Responding to COVID-19

- Adapted evidence-based curriculum for distance learning
- Created videos for online learning, and promotion
- Piloted newly adapted virtual curriculum with Dogwood Elementary School Kindergarten



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