

FFY2022 UCCE Imperial County

SUCCESSSES

In FFY 22, CalFresh Healthy Living, UCCE Imperial County:

- 🌱 Reached 1,481 participants with direct nutrition education.
- 🌱 Provided Policy, Systems and Environmental changes at 27 sites reaching 10,832 participants.
- 🌱 Piloted Our Voice Discovery Tool app with senior citizens in Calexico



RESULTS

🌱 Youth

"We established ten beds with a variety of fruits, vegetables, and herbs such as basil, strawberries, rosemary, peppers, swiss chard, and tomatoes. The garden provides hands on learning experiences on where our food comes from. Gardening instilled in us responsibility and accountability in making sure we care for our garden. Watering became something we looked forward to. Fungi grew in our flower bed. It was great to learn how fascinating fungi is and how essential it is in keeping gardens thriving. With our spring harvests, we made pizza with the help of Chef Nuñez using cherry tomatoes, bell peppers, and zucchini from the garden. - Keren Lee Araiza

🌱 Adult

Piloted Our Voice Discovery Tool app with senior citizens exploring walking accessibility.

🌱 Organizational

Delivered Smarter Lunchrooms Movement Scorecard Assessments district wide with Calexico Unified School District.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement: CalFresh Healthy Living, UCCE Imperial County partners with local agencies and school districts to address the nutrition and physical activity needs in the community using evidence-based nutrition education, physical activity programs, and by supporting policy, system, and environmental change interventions through youth and community engagement.

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 1,001 youth.
- Staff deliver garden PSE changes reaching 430 youth ages 0-4.
- Educators provide nutrition education series for 50 adults.

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 physical activity and garden-enhanced nutrition curricula
- 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

Partnering with Best Step Forward to increase nutrition education access for special needs community in Imperial County.

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