



## FFY2022 UCCE Central Sierra

### SUCCESSES

- † Nutrition and Gardening kits were distributed in 4 sites and reached 621 youth.
- † Growth of relationships and partnerships with network of agricultural farms and educators in the region.
- † Gardens were reinvigorated at elementary, middle, and high schools, as well as, community centers.



### RESULTS

#### Youth

- † 365 tasting opportunities of healthy food samples were provided to 7,240 youth.

#### Adult

- † Over 800 adults and families received recipe cards in their monthly commodity distribution at 2 food banks.

#### Organizational

- † 14 sites/organizations made 62 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 23 different sites, including 13 schools, as well as, adult education sites, family resource centers, faith-based centers or places of worship, before and after-school programs, and in early care and education facilities.

#### Providing Education

- In 2021-2022, 2,928 educational contacts were made (2,877 youth and 47 adults), teaching 793 sessions virtual, hybrid, and in-person, for a total of 769 instructional hours.
- 60,890 indirect educational contacts were made.

#### Helping to Make Organizational and Environmental Changes

- As a result of changes made by partnering organizations, an estimated 4,295 people have greater opportunities to make healthy choices.
- The most common changes made were expanding school gardens, initiating farm-to-table initiatives, and implementing school and organizational wellness policies.

#### Serving California Agriculture

- Students learned about food produced in their schools and grown in their county through interactive educational videos and in-person seasonal cooking classes.

#### Building Partnerships

- Strong partnerships have been built with Calaveras Unified School District, Lake Tahoe Unified School District, 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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