

# CalFresh Healthy Living, University of California Cooperative Extension



*September 23, 2020 Update*

Presented By: Karina Macias  
Elizabeth Lopez

# Our Mission

*To inspire and empower under-served Californians to improve their health by promoting awareness, education, and community change through diverse partnerships, resulting in healthy eating and active living.*

# Who We Are

- Federally funded by The United States Department of Agriculture (USDA)
  - Work locally through the University of California Cooperative Extension
- Partner with Local Health Department and different school sites

# Serving 11 School Sites

- Alpha
- Dixieland
- Easton-Arcola
- Howard
- James Madison
- John Adams
- La Vina
- Lincoln
- Virginia Lee Rose
- Madera High
- Madera South

# 2020-2021 School Year

## Youth Program

- Continue to support PE teachers
- School site wellness councils
- Offering live nutrition lessons to students
  - Pre-recorded and teacher led
- EatFresh.org mini course for high schools
- Support Safe Routes to School efforts



# 2020-2021 School Year

## Adult Program

- Working with Parent Resource Centers to offer parent nutrition classes
- Provide a variety of curriculums
  - Eating Smart Being Active
  - Plan Shop Save Cook
  - Eat Healthy Be Active
  - EatFresh.org Mini Course
  - UCCE Connects to You!

### UCCE Connects to You!

Making nutrition education available to all Californians

#### Learn how to be healthy at home with UCCE Connects to You!

You can complete this 8-lesson program at home! Learn how to improve your health and the health of your family. Each lesson includes healthy recipes and lots of tips. Connect regularly with UC nutrition educators by phone or video chat so you can ask questions and get support. When you complete the program, you will receive a graduation certificate and a Walk Indoors DVD. We are providing this at no cost to you! Our goal is to improve the health of families in California.

Program Eligibility: Limited resource families with children

You will learn how to...  


- ✓ Keep yourself and your family fit and healthy.
- ✓ Save money at the grocery store.
- ✓ Make healthy food choices.
- ✓ Plan and prepare low-cost, tasty meals.

For more information, please contact:  
UCCE Nutrition Educator,  
Amber Viveros  
by calling (559)691-4772 or Email  
calfreshuccefresnomadera@ucanr.edu

Lesson Topics:  

- Get Moving!
- Plan, Shop & Save
- Fruits & Veggies: Half Your Plate
- Make Half Your Grains Whole
- Build Strong Bodies: Milk & Protein
- Make A Change: Fat, Sugar, Salt
- Celebrate! Eat Smart and Be Active

UC  
Connects  
to You!

FFNEP | UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources

CalFresh | UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources

Take the EatFresh.org Mini Course  
to live a healthier life!



Use referral  
code:  
**UC20**

Learn how to:

- ✓ Eat for health
- ✓ Save money on groceries
- ✓ Cook easy, tasty meals

Get started in 3 easy steps:

Go to [eatfresh.org/minicourse](http://eatfresh.org/minicourse).

Create a free user account with referral code **UC20**.

Click on the course title and begin!

For information contact: Elizabeth Lopez, erlopez@ucanr.edu, 559-241-7548

CalFresh | UC  
Connects | UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources

eatFresh.org | Mini  
Course

# Thank You!

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California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit the [CalFresh Healthy Living](#) website.

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CalFresh Healthy Living de California, con fondos del Programa de Asistencia para Nutrición Supplemental (SNAP) del Departamento de Agricultura de los Estados Unidos (USDA), produjo este material. Estas instituciones son proveedores y empleadores que ofrecen oportunidades equitativas. Para obtener información nutricional importante, visite [CalFresh Healthy Living](#) website.

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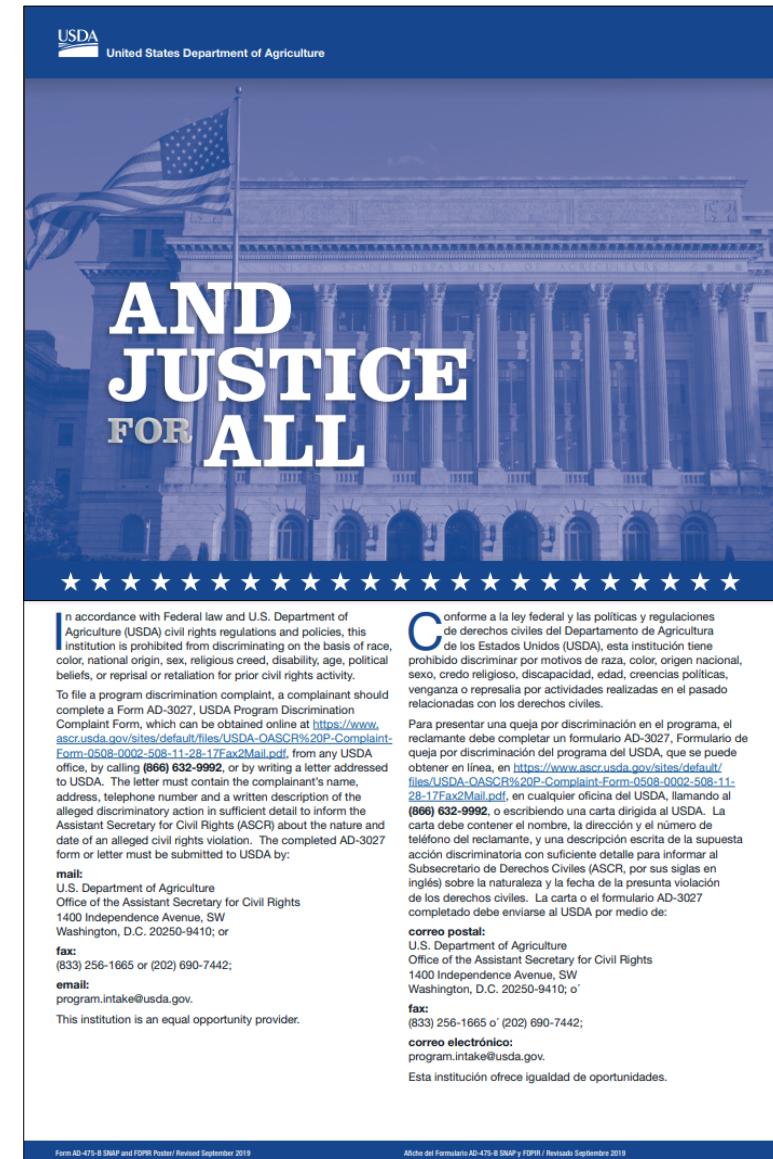
**mail:**

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW Washington, D.C. 20250-9410; or

**fax:** (833) 256-1665 or (202) 690-7442;

**email:** [program.intake@usda.gov](mailto:program.intake@usda.gov).

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Form AD-475-B SNAP and FDP/R Poster / Revised September 2019

Alcance del Formulario AD-475-B SNAP y FDP/R / Revisado Septiembre 2019

<https://www.ascr.usda.gov/sites/default/files/JFABlue508.pdf>

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<https://www.ascr.usda.gov/sites/default/files/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, en cualquier oficina del USDA, llamando al

**(866) 632-9992**, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

**correo postal:**

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