

# CalFresh Healthy Living, University of California Cooperative Extension

*November 4, 2020 Update*

Presented By: Karina Macias



# Serving 13 School Sites

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

# 2020-2021 School Year

## Youth Program

- Continue to support PE teachers
- School site wellness councils
- Offering live nutrition lessons to students
  - Madison- Up4It lessons starting next week
- EatFresh.org mini course for HS students- 676
  - Madera High
  - Mt Vista
  - Ripperdan
- Supported successful Safe Routes to School efforts



# 2020-2021 School Year

## Adult Program

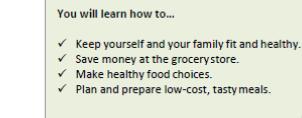
- Working with Parent Resource Centers to offer parent nutrition classes
- Providing Parent Education
  - Eat Healthy Be Active
    - Spring Classes planned
    - UCCE Connects to You!
    - 22 interested MUSD Parents, half have completed 2 calls already
  - Fall Newsletter during school meal distribution



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



For more information, please contact:  
UCCE Nutrition Educator,  
Amber Viveros  
by calling (559)691-4772 or Email  
calfreshucfresnomadera@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!

EFNEP | UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources

CalFresh  
HEALTHY LIVING | UNIVERSITY OF CALIFORNIA

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 [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org). The Expanded Food and Nutrition Education Program (EFNEP) is a federally-funded program through the United States Department of Agriculture National Institute of Food and Agriculture (USDA NIFA).

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities. Inquiries regarding ANR's non-discrimination policies may be directed to UCANR Affirmative Action Compliance & Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (510) 750-1343.

# Thank You!

**Karina Macias, MPH  
Nutrition Program Manager**

(559) 241-7618

[karmacias@ucanr.edu](mailto:karmacias@ucanr.edu)

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.

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>)

Inquiries regarding ANR's nondiscrimination policies may be directed to UCANR, Affirmative Action Compliance & Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1343.



UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources

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 [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org).

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.

La División de Agricultura y Recursos Naturales (ANR) de Universidad de California prohíbe la discriminación o el hostigamiento de cualquier persona en cualquiera de sus programas o actividades. (Se puede leer la versión completa de la declaración de política antidiscriminatoria en <http://ucanr.edu/sites/anrstaff/files/215246.pdf> )

Las preguntas sobre la política antidiscriminatoria de ANR pueden dirigirse a: UCANR, Affirmative Action Compliance Officer/Title IX Officer, University of California, Davis, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1343.

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online at <https://www.ascr.usda.gov/sites/default/files/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling **(866) 632-9992**, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

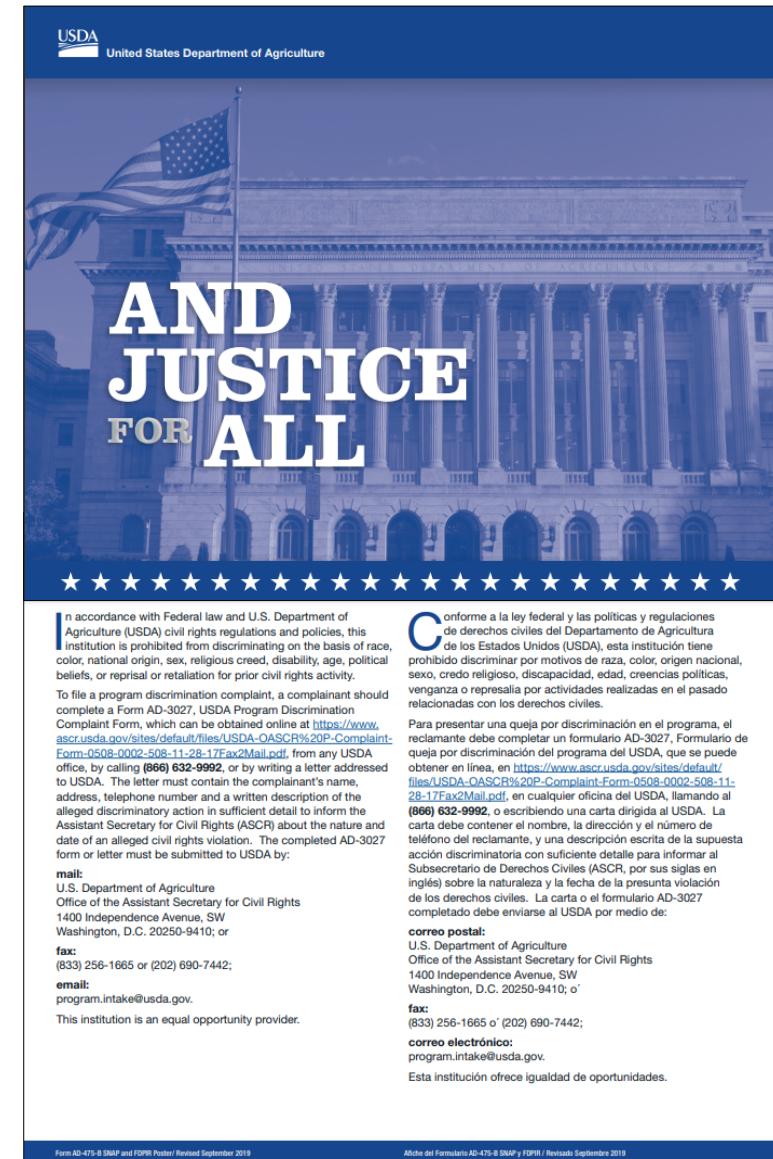
**mail:**

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).

This institution is an equal opportunity provider.



In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online at <https://www.ascr.usda.gov/sites/default/files/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling **(866) 632-9992**, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

**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).

This institution is an equal opportunity provider.

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>

Conforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo, credo religioso, discapacidad, edad, creencias políticas, venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en

<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:**

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

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

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

Esta institución ofrece igualdad de oportunidades.

