



# FFY2020 UCCE Alameda

## SUCCESSES

- Early Childhood teacher extenders (68) at 28 preschool sites, used *Go Glow Grow Curriculum* (6 lessons) to conduct 817 sessions, providing 666 hours of extender education, reaching 1,615 children less than 5 years old with nutrition education.
- Reached 526 adults and seniors with series-based nutrition education and one-time only workshops.
- Oakland Unified School District Free Meal Distribution sites (21) received 3,926 edible plant donations, activity packets for students and planting instructions.



## RESULTS

### Youth

- 94% of 624 children reported trying a new food (kale) and 86% of them reported they are willing to eat it again.

### Adult

- Follow-up assessments of 93 Adults and Seniors found 83% reported that they will use the "Nutrition Facts" on the food label to choose foods. While 93% of 129 reported "Yes" when asked if they intend to improve their Sugar Sweetened Beverage consumption.

### Organizational

- School Gardens – 20 sites
- CATCH for Early Childhood Education – 28 sites

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Needs Statement:

California SNAP participation rate ranks 48 among all states (USDA). Alameda County has a Program Access Index of 53.2% which estimates CalFresh utilization among low-income individuals (CFPA). Over 16% of individuals in Alameda County live below the poverty level; 20.7% are under the age of 18; 30.9% are single parents; and over 13.5% are 65 and over (Census). The Food Bank reports that 40,000 (40% children, 18% seniors) seek food weekly; over 82% run out of CalFresh benefits monthly; 47% choose between paying rent and food. **One in 4 Alameda County residents are food insecure and those hungry are 38% families with children and 39% seniors. Since COVID19 the Food Bank saw their food access activities increase as high as 70%.**

### Serving Individuals and Communities

- 1,615 youth ages 3-5 were reached with 817 sessions of evidenced-based nutrition education curricula conducted with over 666 extender education hours.
- 526 low-income adults and seniors were reached with 157 hours of instruction: 94 series-based workshops, and 18 one-time only workshops.

### Providing Education

- Go Glow Grow curriculum used in 28 Early Childhood Education (ECE) sites by 68 teachers reached 1,794 students ages 3-5
- Grow it! Like it! Try it! Curriculum used in 20 ECE sites by 54 teachers reached 1,403 students ages 3-5
- Eat Smart Live Strong, Making Every Dollar Count, and Eating Smart Being Active Curriculum reached 126 Adults and Seniors at 8 sites including: schools, low-income housing sites, shelters, and recovery centers, and Eat Healthy Be Active Community Workshops reached 61 participants at 2 sites.

### Helping to Make Organizational and Environmental Changes

- CATCH Activity Box for ECE is implemented at 28 ECE sites, reached 1,615 students ages 3-5.

### Serving California Agriculture

- Early Childcare Education school gardens operating at 20 sites grew over 20 varieties of fruits and vegetables.
- 3,926 edible plant starts were distributed to families at 21 Oakland Unified Free Meal sites.

### Building Partnerships

- Oakland Unified School District
- Alameda County Public Health Department
- Oakland Housing Authority
- Satellite Affordable Housing
- Alameda County Resource Conservation District
- Master Gardeners of Alameda County

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