

## ADULT/YOUTH UC-CalFresh

Contact your local representative to see if your school qualifies for free nutrition curriculum OR to schedule nutrition classes for your agency's clients

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## UC-CalFresh Nutrition Education Program

### SHASTA & TRINITY COUNTIES

TO IMPROVE THE LIKELIHOOD THAT  
PERSONS ELIGIBLE FOR THE  
FOOD STAMP PROGRAM (FSP)  
WILL MAKE HEALTHY FOOD CHOICES  
WITHIN A LIMITED BUDGET AND  
CHOOSE ACTIVE LIFESTYLES CONSISTENT WITH  
THE CURRENT DIETARY GUIDELINES FOR AMERICANS

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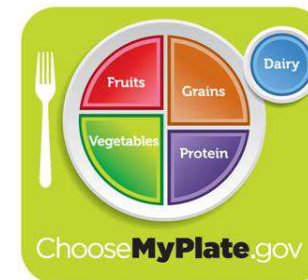
UNIVERSITY of CALIFORNIA  
cal fresh Nutrition Education

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## University of California Cooperative Extension (UCCE)

## UC-CalFresh Nutrition Education Program

### SHASTA & TRINITY COUNTIES



U.S. DEPARTMENT OF AGRICULTURE, SHASTA AND  
TRINITY COUNTIES, AND  
THE UNIVERSITY OF CALIFORNIA COOPERATING TO SHARE  
RESEARCH, KNOWLEDGE AND UNDERSTANDING WITH THE  
COMMUNITY



# The UC-CalFresh Nutrition Education Program

Operates through  
a joint agreement among

The U.S. Department of  
Agriculture/  
Food & Consumer Services  
(USDA/FCS),  
The California Department of  
Social Services (CDSS) Food  
Stamp Bureau, and  
The University of California  
Cooperation Extension (UCCE).

CDSS is the agency responsible  
for administration of the Food  
Stamp Program in California.

**UCCE is the  
statewide arm of  
the University of  
California**



# UC-CalFresh Nutrition Education Program

serves low income people  
eligible for the CalFresh  
program with quality nutrition  
education

## OBJECTIVES

- Increased consumption of fruits and vegetables
- Improved diet for the entire family
- Increased variety in food choices
- Improved food preparation skills
- Improved knowledge of safe food practices
- Improved self-sufficiency of Food Stamp recipients
- Decreased reliance on emergency food resources
- Increased skills in food budgeting and meal planning
- Increased physical activity

# UC-CalFresh Nutrition Education Program

**SHASTA & TRINITY  
COUNTIES**



## YOUTH

Educate children about  
healthy eating and activity habits.  
Train teachers or  
volunteers working with children,  
Pre-K through 12th grade,  
to implement  
food, nutrition,  
physical activity and  
gardening units with students.

## ADULT

Promote greater  
self-sufficiency,  
food budgeting,  
managing resources,  
food preparation skills,  
food safety and sanitation,  
feeding infants and  
children and physical activity