

# Eating Smart, Being Active

## UC COOPERATIVE EXTENSION ALAMEDA COUNTY

UCCE Nutrition Educators empowered 546  
parents to improve their health behaviors  
(2016-2017)



### 1 91% IMPROVED NUTRITION HABITS

Using food labels to make healthy  
food choices; serving less sweetened  
beverages and fast food to their  
children



### 2 88% IMPROVED FOOD BUDGETING PRACTICES

Planning meals, shopping with  
a list and comparing prices;  
not running out of food



### 3 82% IMPROVED FOOD SAFETY SKILLS

Thawing and storing foods properly

#### What parents are saying...

"I started checking labels more for sugar, sodium and fiber. I have my son trying more healthy choices, less tv and video games. I stopped drinking soda. I started walking, making shopping list on Sunday for the week's meals."

"Really this class changed my life and my family life. Before this class I used to eat too much salt and sugar, and I didn't care about that, but now I eat less and less everyday."

#### Expanded Food and Nutrition Education Program Changing Knowledge & Behaviors

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