

# Helping Students Make the Grade!



## UC COOPERATIVE EXTENSION ALAMEDA COUNTY

UCCE Nutrition Educators partnered with 120 teachers to deliver a nutrition education series to 2962 students (2016-2017)



**1 68% ARE CHOOSING HEALTHIER FOODS**

Fruits, vegetables, and healthy snacks



**2 29% ARE MORE PHYSICALLY ACTIVE**

Being active 1 hour everyday



**3 33% IMPROVED FOOD SAFETY SKILLS**

Washing hands, storing food properly

### What teachers are saying...

"Students are enjoying eating healthy foods such as fruits and vegetables during lunchtime. Students also make it a point to eat breakfast every morning."

"Students become more aware of the kind of food they eat. They are more aware of avoiding high sugar snacks."

"Students have become more open to trying new foods."

## Expanded Food and Nutrition Education Program Changing Student's Knowledge & Behaviors

For More Information Contact Marisa Neelon,  
NFCS Advisor at [mqneelon@ucanr.edu](mailto:mqneelon@ucanr.edu)