



Fontana School District: Maple Elementary



The Issue:

Maple Elementary in Fontana Unified has more than 85% of the students receiving free/reduced price meals. About 70% of the fifth graders participated in the school physical fitness test in 2014-2015 were in needs of improvement in aerobic capacity and upper body strength. Maple Elementary was selected to pilot a two-year training program called Team California for Healthy After Schools (TCHAS). TCHAS provides training and coaching strategies for after school teams to develop healthy after school environments.

What EFNEP Has Done:

EFNEP Educator Dalila Alarcon teamed up with TCHAS and trained 5 educational leaders in the afterschool program to deliver 3 EFNEP curricula (My Amazing Body, It's My Choice and Nutrition to Grow On) to 100 youth at this school. The lessons teach about eating healthy foods, particularly fruits and vegetables, and being physical active.

The Pay Off:

Fourth and fifth grade students at Maple Elementary School in Fontana were asked to write about their experiences with EFNEP. Here are some of the comments:

"EFNEP has helped me with a few things I needed to work on. One thing EFNEP has helped me with is staying healthy. I don't eat greasy foods I used to eat for breakfast anymore. Instead I have a healthy milkshake, whole grain cereal with toast, and once a month I have pancakes with hash browns. Another thing EFNEP has helped me with is staying active. I now ride my bike a lot, play monster with my sisters, and do workouts with my mother. Those are two things EFNEP has helped me with." ~Kimberly M

"I have learned from EFNEP that eating the five food groups can make a healthier living because it balances in your digestive system. Also, you can memorize the names and colors on MyPlate like I did. I also memorized the correct portions for a healthy meal." ~Jocelyn R.

"EFNEP changes lives. Me and my family started eating more fruits and vegetables. Thank you, EFNEP." ~Andrea H.

"Ever since we started EFNEP I decided to start walking with my mom. We would go to walk/run around the park. I decided to do it because it will help me think about eating healthy and lose weight. That is what I decided to do to be healthy." ~Gabriela T.



Blueberry tasting with EFNEP Educator



**For more information about
 San Bernardino County's
 EFNEP Program:**

Dalila Alarcon
 Nutrition Educator
 909-387-2188
 dlizarraga@ucanr.edu