



Stanislaus County Nutrition Action Plan (CNAP) Partnership

The Stanislaus County Nutrition Action Plan (CNAP) Partnership was established in June 2006, with members consisting of the many nutrition assistance program providers within the County, including the CalFresh (Food Stamp) Program, the Women, Infants, and Children (WIC) Program, Child and Adult Care Food Program, School Lunch and Breakfast Programs, Summer Food Service Program, and the Elderly Nutrition Program. These programs are funded by the United States Department of Agriculture, Food and Nutrition Services (FNS).

The overall goal of CNAP is to increase fruit and vegetable consumption of program participants. Studies have shown that increased fruit and vegetable consumption can prevent many chronic diseases and help a person maintain a healthy weight. To meet this goal, there are four objectives:

1. Increase total participation in all FNS nutrition assistance programs
2. Provide consistent information, education, and resources to increase fruit and vegetable consumption for all FNS program target population
3. Work collaboratively to ensure national, state, and local nutrition related policy and initiatives to promote fruit and vegetable consumption
4. Maximize the use of California grown fruits and vegetables in all FNS programs

The CNAP partnership has been convening on a regular basis for the past four years. Some accomplishments in 2010:

- The “My Garden” brochures:
This is a series of brochures, created by CNAP partners, to promote fruits and vegetable consumption by providing the resources on how to grow a home garden. Up to date, 8 brochures had been developed and printed for distribution by CNAP partners. Included in each brochure was a message on “EBT cards can be used to purchase seeds and plants to grow food for personal consumption”. Most of these brochures had been translated into Spanish as well.
- Breakfast Campaign:
CNAP partners collaborated in the development of posters to encourage and promote breakfast consumption by both adults and children. These are being posted inside County and City buses, as well as being used by partners within their respective agencies.
- Website Development:
Acquired CNAP website: www.cnap-stanislaus.net. Layout of the website is being designed and developed.
- Food Assistance Resource Guide:
The resource guide, first developed in 2007, was revised into a more user friendly format, and to include updated information.
- Eat Smart Live Strong Campaign:
Collaboration between CNAP partners to provide ongoing nutrition education and physical activity guidance through a series of 6 weekly classes for older adults at senior meals sites in Stanislaus County.
- Consistent messaging:
CNAP partners provided educational and promotional items with the consistent message of “Remember to eat fruits and veggies every day”. These materials include children’s books, calendars to promote healthy recipes, and vegetable seeds for gardening. Partners also shared educational materials to be provided for their respective program participants, ensuring consistent delivery of nutrition information and messages.