



Key Activities

The CalFresh Healthy Living Program implements policy, system, and environmental change projects, health education, and technical assistance to support healthy eating and physical activity.

Healthy Community Initiatives

Nutrition Education

Physical Activity Education

Community Events

School Events

School Wellness Policy

Active Transportation

Safe Routes to School

All curricula are evidence-based and approved by the California SNAP-Ed Program and the California Department of Public Health. Most curricula come with core standards for each lesson.

Contact Us

Megan Sponholz - Health Education Program Coordinator
Phone: (530) 889-7175 | Email: msponholz@placer.ca.gov

Website

<https://www.placer.ca.gov/3029/Nutrition-Education-Obesity-Prevention-N>



@PlacerNEOP

Who We Are

Placer County CalFresh Healthy Living Program is a USDA SNAP-Ed funded program through the California Department of Public Health. We are locally run out of the Placer County Public Health Division.

Who We Can Serve

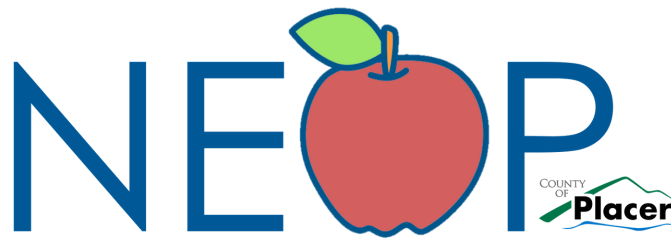
Audience: Children, Teens, Adults, and Seniors

- Schools that are 50% free or reduced price meals.
- Census tracts where at least 50% of persons live in low-income households (≤185% federal poverty level).
- Locations with a high likelihood of reaching individuals with limited resources.

CalFresh Healthy Living

CalFresh Healthy Living (SNAP-Ed) supports healthy, active and nourished lifestyles by teaching Californians about good nutrition and how to stretch their food dollars, while also building partnerships in communities to make the healthy choice, the easy choice.

The California CalFresh Healthy Living Program (SNAP-Ed) improves the nutritional health of low-income Californians by providing access to nutrition education, physical activity education, and leadership toward healthy community initiatives.



Nutrition Education & Obesity Prevention

Key Activities

NEOP implements policy, system, and environmental change projects, health education, and technical assistance to support efforts promoting healthy eating and physical activity.

Nutrition Education

Physical Activity Education

School Murals & Playground Stencils

School Events

Community Events

School Wellness Policy TA

Joint Use Agreement TA

Active Transportation TA

All curricula are evidence-based and approved by the California SNAP-Ed Program and the California Department of Public Health. A majority of the curricula comes with core standards for each lesson.

Contact Us

Heidi Knost - NEOP Health Educator

Phone: (530) 889-7175 | Email: mlthomps@placer.ca.gov

Website

<https://www.placer.ca.gov/departments/public-health/neop>



@PlacerNEOP

Who We Are

Placer County Nutrition Education & Obesity Prevention (NEOP) is a USDA SNAP-Ed funded program through the California Department of Public Health. We are locally run out of the Placer County Public Health Department.

Who We Can Serve

Audience: Children, Teens, Adults, and Seniors

- Schools that are 50% free or reduced price meals.
- Census tracts where at least 50% of persons live in low-income households ($\leq 185\%$ federal poverty level).
- Locations with a high likelihood of reaching individuals with limited resources.

Mission - Vision

NEOPB Mission- The mission of the Nutrition Education and Obesity Prevention Branch (NEOPB) is to create innovative partnerships that empower low-income Californians to increase fruit and vegetable consumption, physical activity, and food security with the goal of preventing obesity and other diet related chronic diseases.

NEOPB Vision- Well-nourished, physically active Californians living in healthy communities.

