



PREPARED BY: Julie Cates  
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## Educator's Encouragement Leads to Dream Job!

Porterville, CA: Community partners collaborate, transforming lives in the process. The University of California Cooperative Extension Nutrition Education Program Tulare County partners with many community organizations such as CSET, Owens Valley Tribal TANF, and many senior centers. At a recent no-cost Plan, Shop, Save, and Cook class, UCCE Nutrition Educator, Alice Escalante received a transformational testimony from a CSET client.

Unemployed and discouraged, Claudia Garcia had stopped cooking for her family. As a result, “my children were eating whatever they could find and many of their choices were unhealthy. They were tired all the time and getting headaches throughout the day.” Although the nutrition classes were part of a mandatory education process for CSET, Claudia came to enjoy receiving the valuable information and the camaraderie and inspiration delivered by Ms. Escalante. Claudia now cooks for her family every day and has added more fruits and vegetables to the family menu. Ms. Garcia believes that Ms. Escalante’s “positive attitude, perkiness, smile, energy, and personal testimony,” gave her the confidence to secure her new “dream job” at Frank’s Fine Pastries! In her kind concluding remarks to Alice Escalante, Ms. Garcia exemplifies her new knowledge of healthy choices by adding a post script: “Come see me sometime on your treat day!”

For more information about classes in your area, check out their website <http://cetulare.ucdavis.edu> or Facebook page at [www.facebook.com/HappyHealthyTulareCounty](http://www.facebook.com/HappyHealthyTulareCounty).



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