



## SUCCESSSES

- Provided direct nutrition education services to 6,854 youth and 100 adults.
- Partnered with 169 Educator Extenders making 40,007 student contacts related to nutrition and physical activity.
- Trained 41 student leaders in cooking, nutrition, leadership, and presentation skills.



## RESULTS

### Youth

*"I like the nutrition club it helps me to eat healthy food. It also helps me to do exercise every day. I also like how we do a lot of fun things."* ~ Student Nutrition Advisory Council Leader

### Adult

*"We learned how to eat healthier and be healthy with our families."* – Parent

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

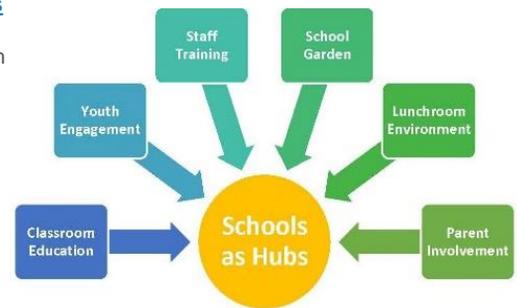
### County Statement:

The UC CalFresh Nutrition Education Program of Santa Barbara and San Luis Obispo (SLOS) counties collaborates with school-based partners, students, teacher extenders and volunteers to provide comprehensive research-based nutrition and physical activity programming in low-income communities. Recognizing that nutrition and physical activity behaviors are dependent on many factors including individual knowledge and skills and social determinants including access to resources, opportunities and regional and institutional policies, SLOS works with partners to identify and address barriers to health and wellness. **The mission of SLOS and the Youth, Families and Communities program is to cultivate environments where local youth, families, and community members have access to research-based resources and knowledge in order to be the creators of a healthy, inspired, active, and connected Central Coast.**

### Serving Individuals and Communities

UC staff annually serve:

- 6,800 youth and their families with nutrition and physical activity education and environmental supports.
- 160 classroom teachers with No Prep Nutrition Education kits to conduct hands-on Common Core aligned lessons in the classroom and garden.



### Providing Education

- Food demonstrations and tastings
- K-6: research based nutrition and physical activity curricula
- Garden-enhanced nutrition education lessons and extender trainings
- Youth leader trainings and culinary academies
- CATCH physical activity curriculum trainings to teen leaders, community partners
- Peer-peer nutrition and physical activity lessons delivered by youth leaders

### Helping to Make Organizational and Environmental Changes

- Establishment and sustainability support for edible school gardens
- Educator trainings on Common Core aligned nutrition education curricula
- School food service support for lunchroom makeovers and school wide produce tasting to encourage healthy eating and prevent food waste

### Serving California Agriculture

- Specialize in providing support for edible school gardens and promoting farm to cafeteria efforts. The program works with school staff and student leaders to make the connection between local food and health.

### Building Partnerships

The success of SLOS is only possible with the support of our partners:

- District & school staff and administrators
- UC 4-H Youth Development Program
- SLO County Food Systems Coalition
- Live Well Santa Barbara County Coalition
- HEAL-SLO
- Santa Maria Recreation & Parks
- SLO County Food Bank & Glean SLO



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