



UCCE San Luis Obispo and Santa Barbara

SUCCESSSES

- Supported evidence-based nutrition education curricula in 170 classrooms for more than 1,970 class sessions.
- Supported the building, reinvigoration or maintenance of 8 school and 2 community gardens.
- Provided positive youth development programming and leadership skills with 97 4-H SNAC youth.



RESULTS

- 69% of participating educators report that, compared to the beginning of the year, they now remind families to bring healthy snacks for school parties.
- 78% of youth leaders report that they believe they can help make their school a healthier place.
- 30-point improvement in environmental scan score using the SHC2 tool at 1 new partner school site.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

The UC CalFresh Nutrition Education Program of Santa Barbara and San Luis Obispo (SLOSB) counties collaborates with school-based partners, students, teacher extenders, parents 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, SLOSB works with partners to identify and address barriers to health and wellness. The mission of SLOSB 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, & connected Central Coast.

Serving Individuals and Communities

- Providing comprehensive research-based nutrition education services to school communities including: 6,440 youth and 90 adults
- Preparing youth leaders to be healthy living advocates and civically involved adults through positive youth development programming
- Training 12 public housing residents to provide support and education in community gardens.

Helping to Make Organizational and Environmental Changes

- Engaging youth to identify and advocate for healthy changes in their communities.
- Building community support for school gardens, improved P.E. programming, and increased access to and appeal of fruits and vegetables through the school meal program.

Serving California Agriculture

- Promoting farm to school connections, and working to increase the use of CalFresh benefits at local Farmer's markets.
- Working with Food Banks to sample farm fresh, gleaned produce with low-income residents.

Building Partnerships

- With UCCE programs we are increasing access to 4-H Youth Development programming and Master Food Preserver and Master Gardener expertise in underserved communities.
- With public housing, local businesses, and national funders creating support for edible gardens.



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