



Cooking together (virtually) to build community and promote health during COVID-19

Completed



Reporting Periods

SNAP-Ed 2021 (October 1, 2020 - September 30, 2021)

Site

Liberty Elementary-Santa Barbara

Unit

Santa Barbara (County)

COVID-19 Impact

Modified due to COVID-19

Program Activity

Not Specified

Keywords

Cooking

Food Resource Management

Healthy Eating

Nutrition

#COVID

Families

Comments

Photo description: CFHL educators cooking virtually with families

Uploads

[RICE 2FCN.png](#)

Has Photo Releases

No

Created By Rosa Vargas**Last Modified By** Rosa Vargas**Created**

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21797

Collaborators

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Story**Background**

The COVID-19 Pandemic has impacted all aspects of life, including family, work, and education. The pandemic has exacerbated social inequalities, affected access to education for adults and youth and magnified food insecurity for children and families

Story Narrative

THE NEED:

As schools remained in distance learning CalFresh Healthy Living, UCCE in Santa Barbara County worked closely with principals and partners at two elementary schools to find innovative ways to support the health of youth and families during these unprecedented times. Meeting virtually with partners and youth, UCCE educators realized that there was a need for programming that involved the whole family.

THE WORK:

To meet this need, UCCE educators hosted two 4-class series of evening classes via zoom with school leadership. Families signed up through their respective schools and got access to the virtual classrooms through school computers and district Zoom rooms. Using the Healthy, Happy Families curriculum, the families learned about topics that promote healthful behaviors such as how to involve youth in cooking and meal preparation and using words instead of food to praise positive behavior. Families also learned basic nutrition, food safety and the current USDA dietary guidelines. Throughout each lesson, UCCE educators encouraged families to include their children in the cooking process by demonstrating tasks appropriate for varying levels of child development.

UCCE educators continued to strengthen partnerships with Santa Barbara Food Bank (SBFB), extenders, youth, and families in Santa Barbara County. Families utilized resources available in their homes and supplemental materials provided by the SBFB and UCCE staff. Educators created dynamic lessons that provided families with the opportunity to openly share their experiences, thoughts, and welcomed participation from all family members, including fathers and male guardians.

THE IMPACT:

After attending the classes, adult participants shared that they changed their approach to feeding their children to promote healthful behaviors. Pre- and post-course survey (n=64) results indicated that the proportion of parents or guardians who would not offer a treat as a reward for eating other foods increased from 36% to 60%. Additionally, the proportion of parents or guardians who indicated that they would offer a food their child

rejected more than once increased from 36% to 80%. Overall, the Family Cook Nights Series was impactful, educators and families practiced cooking healthy recipes and changed feeding habits to encourage healthful behaviors.

Favorite Quote

"Our families enjoyed it and had fun. Cooking is community building. We appreciate the thoughtfulness of the foodbank and CalFresh". Liberty Principal

SNAP-Ed Custom Data

Related Framework Indicators

Healthy Eating (ST1)
Healthy Eating Behaviors (MT1)

Socio-Ecological Framework

Individual/Family

Approaches

Individual or group-based nutrition educators (e.g. direct education)
