



# UCCE San Luis Obispo & Santa Barbara

## SUCCESSES

- Evidence-based and standards-aligned K-6 nutrition and physical activity curricula reaching 2824 youth.
- Supported healthy changes at 29 sites reaching 50,587 individuals.
- Reached 508,911 community members through indirect education and outreach during COVID-19 pandemic.



## RESULTS

### Youth

- Engaged 90 youth leaders in healthy eating active living projects through 4-H SNAC clubs at 5 school sites.

### Teachers

*"I do believe that UC Cal Fresh lessons have gotten my students both excited and curious about nutrition, introduction of a variety of healthy foods, and the upbringing of the growth of the garden."*

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

The CalFresh Healthy Living, UCCE Program of San Luis Obispo and Santa Barbara (SLOSB) counties collaborates with school-based partners, volunteers, government agencies and non-profit organizations to provide comprehensive research-based nutrition and physical activity programming in low-income communities. Recognizing that nutrition and physical activity behaviors are dependent on access to resources, and regional and institutional policies, along with knowledge and skills, SLOSB works with partners to identify and address barriers to health and wellness. **The mission of SLOSB 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

- Cooking and food tasting with kids to increase preferences for fruits and vegetables and support healthy behaviors.
- Training and supporting youth leaders in healthy eating and active living education and advocacy.
- Engaging parents and adults in nutrition and food resource management skills at food pantries, online, and at farmers markets.

### Providing Education

- K-6<sup>th</sup> standards-aligned nutrition and physical activity curricula and online resources.
- Professional development in evidence-based and standards-aligned physical education and garden enhanced nutrition education curricula.

### Helping to Make Organizational and Environmental Changes

- Supported or implemented 112 policy, system or environmental changes at 29 sites to support healthy communities and schools.

### Serving California Agriculture

- Promoted increased utilization of CalFresh and Market Match bringing additional customers to participating farmers markets.

### Building Partnerships

- Partnered with 50 school, government programs, farmers, and non-profit organizations to support community health.



**UCCE San Luis Obispo & Santa Barbara 805-781-5951**