



# UCCE San Luis Obispo & Santa Barbara

## SUCCESSES

- Research and standards-based K-6 nutrition and physical activity curricula in 164 classroom, reaching 4400 youth.
- Support for building or enhancing 9 school and 2 community gardens.
- CATCH Physical Activity training to support increasing inclusion and fun at summer food programs.



## RESULTS

### Youth

- Supported 200 youth leaders through 4-H SNAC
- After participating, youth were more likely to have confidence, to teach others and to make healthy choices.

### Teachers

- "This is a great program, with great life skills for kids to establish a healthy lifestyle."

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

The CalFresh Healthy Living, UC Program of Santa Barbara and San Luis Obispo (SLOSB) counties collaborates with school-based partners, students, teachers, 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

- Hands-on recipe demonstrations, cooking skill development and food tastings to support increased nutrition knowledge and healthy behaviors.
- Developing youth leaders in healthy eating and active living,
- Providing parent and family education, recipe demonstrations and food resource management skills at food pantries and transitional housing sites.

### Providing Education

- K-6<sup>th</sup> standards-based nutrition and physical activity curriculum kits
- Curricula focus on MyPlate, farm to school, and increasing physical activity for all participants

### Helping to Make Organizational and Environmental Changes

- Supported or enhanced 11 school/community gardens.

### Serving California Agriculture

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

### Building Partnerships

- With schools, youth, teachers, county programs, local food banks Farmers, and non-profit organizations – Working together to support community health.



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