



San Luis Obispo & Northern Santa Barbara

SUCSESSES

- Supported development or reinvigoration of four school gardens reaching 1100 students.
- Supported 164 Educator Extenders reaching 4897 youth with UC nutrition education curricula.

“The garden has promoted our school culture in many positive ways. Students are excited to work in the garden and see their plants grow. Their parents have enjoyed coming and preparing the garden as a family activity. Students are learning to make healthier choices and how food gets to our table. It has been a wonderful experience so far!” – 4th grade teacher



IMPACTS

Knowledge and behavior changes:

Youth

- 96% of teachers reported that more students are able to identify healthy foods than at the beginning of the school year.
- 75% of teachers report that students now choose fruits or vegetables in the cafeteria.

Adult

- “I’ve changed many things at home. My children found it fun when I shared how to properly clean hands, fruit, and counter tops.” Adult participant

IMPROVING CALIFORNIA’S HEALTH THROUGH COMMUNITY-BASED NUTRITION EDUCATION

County Statement: San Luis Obispo and Northern Santa Barbara county communities are heavily influenced by the agricultural and natural landscapes of the central coast. In collaboration with local partners, the UC CalFresh Nutrition Education Program aims to provide classroom and garden based nutrition education and obesity prevention services to low-income individuals, families and schools. Bridging the learning and knowledge of the UC system and our communities, we tailor the latest science and dietary guidelines to meet the needs and culture of our program recipients. Ultimately, our goals are to facilitate the creation of healthier communities by educating community members to: 1) make informed nutrition and physical activity decisions; 2) maximize their food resources; and 3) identify opportunities to advocate for healthier communities.

Serving the Community

UC CalFresh specializes in comprehensive, school based nutrition education support services. Community level interventions include:

- 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 schoolwide produce tasting to encourage healthy eating and prevent food waste

Serving Individuals

UC staff annually serve over:

- 4500 youth and their parents with nutrition education curricula and environmental supports
- 150 classroom teachers with free No Prep Nutrition Education kits to conduct hands-on Common Core aligned lessons in the classroom and garden

“This program has been awesome. They incorporated math, science, social studies into lessons. Students were excited and engaged. Many tried new vegetables they’d never had before and liked them! Kids learned responsibility and pride in designing and choosing plants, maintaining and harvesting in their school garden.”

Serving California Agriculture

UC CalFresh specializes in providing support for edible school gardens and promotion of farm to cafeteria efforts. The program works with school staff and student leaders to make the connection between local food and health.

Serving Education

UC CalFresh provides evidence-based nutrition education curricula to school teachers and community partners. Educators receive our No-Prep Nutrition Education Kits, which provide free, research-based, age appropriate nutrition curricula aligned with California Standards.

Building Partnerships

County Public Health, UC Master Gardeners, Local School Districts, Local Food Banks, UCANR 4-H Youth Development Program



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