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FOR IMMEDIATE RELEASE



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Teaching Youth Cooking Skills for Better Health

Fifth and sixth grade youth leaders from five school-based 4-H Student Nutrition Advisory Council clubs (SNAC) will be working to develop their culinary skills over Spring Break. On April 4th from 10am-2pm, an estimated 40 SNAC youth leaders will participate in the 3rd annual Culinary Academy. This year youth will be working on recipes to enhance their knife and stove top skills, food safety habits, and baking techniques. SNAC Youth identified three healthy, low-cost recipes including a blueberry muffin, vegetable sushi and an egg omelet at their club meetings in March for the culinary skills training.

“Our goal is to enhance student’s skills in healthy cooking and to build confidence to conduct peer-to-peer nutrition education on their school campuses,” said UC CalFresh Nutrition Educator JaNessa Willis. “We want to engage our youth leaders and build nutrition and cooking competence through educational, hands-on, and fun ways.”

JaNessa is one of five UC CalFresh staff that facilitate the 4-H SNAC clubs every week at school sites in Santa Maria and Oceano. The program is a partnership between the 4-H Youth development program, UC CalFresh and the Santa Maria-Bonita and Lucia Mar school districts. The goal of 4-H SNAC Clubs is to engage 5th and 6th grade youth in low-income communities in identifying and advocating for healthy changes in their schools or communities while building their leadership skills.

Getting kids cooking is one way to promote healthy lifelong eating habits. With the 4-H SNAC clubs the goal is to take those healthy habits even one step further as the youth spread their knowledge and skills by leading food demonstrations at their schools, in their homes and in their communities.

4-H Student Nutrition Advisor Culinary Academy
April 4, 2018 from 10:00am – 2:00pm
Liberty Elementary 1300 W Sonya Lane Santa Maria, CA
Not open to public, media welcome **###**