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FOR IMMEDIATE RELEASE



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**Culinary Academy will teach healthy cooking skills with youth leaders**

Fifth and sixth grade youth leaders from five school-based 4-H Student Nutrition Advisory Council (SNAC) Clubs will be working to develop their culinary skills over Spring Break. On April 24<sup>th</sup> from 1pm-6pm, an estimated 40 4-H SNAC Club youth leaders will participate in the 4<sup>th</sup> 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. 4-H SNAC Club youth leaders selected the healthy, low-cost recipes including French toast, omelets, banana oat muffins, and ceviche.

“Our goal for the cooking academy is for students to learn different cooking skills, learn about different cultures and their foods, and also learn how to make healthy recipes,” said Community Education Specialist, Melissa LaFreniere. “This is important to our youth because they have been progressing in their cooking skills throughout the school year and now they get the opportunity to grow those skills and feel confident to cook more at home and for demonstrations at their school.”

Melissa is one of several 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 Healthy Living and the Santa Maria-Bonita and Lucia Mar school districts. The goal of 4-H SNAC Clubs is to engage 5<sup>th</sup> and 6<sup>th</sup> 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 we 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 24, 2019 from 1:00pm – 6:00pm**

**Rice Elementary 700 Vickie Ave Santa Maria, CA**

**Not open to public, media welcome**

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