



Building health and nutrition skills, one class discussion at a time

Reporting Periods

SNAP-Ed 2019 (October 1, 2018 - September 30, 2019)

Site

Bruce (Robert) Elementary

Unit

Santa Barbara (County)

COVID-19 Impact

Not Specified


Program Activity

Not Specified


Keywords

Not Specified

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PEARS Success Story ID

12650

Collaborators

This Success Story has no collaborators.

Story

Background

CalFresh Healthy Living, UC in San Luis Obispo and Santa Barbara (SLO/SB) counties provides nutrition and physical activity education to students and parents at partnering school sites in order to increase the likelihood that low-income community members will make healthy choices on a limited budget. One of the curricula SLO/SB uses is *Plan, Shop, Save, Cook* which teaches food resources management and shopping and healthy eating skills with participants on a budget.

Story Narrative

During FF19, UC staff hosted a class for parents at Bruce Elementary in Santa Barbara County during the evening hours. UC educators work to provide a welcoming environment for participants and rely on participant dialogue to make the information applicable to their individual lives and situations. For instance, educators present small amounts of new information and then discuss with participants as a group how they could use the information and ways that they have implemented healthy activities, like label reading or making healthy substitutions for traditional recipes.

After a class discussion and activity on label reading, participants were enthusiastic about this new information and discussed how they would use it to make more informed choices when shopping for their families. By using this method of dialogue, educators found this approach respects the knowledge that participants bring to the class and allows them to incorporate new information in ways that match their circumstances, income and meal preparation facilities that they have available.

Favorite Quote

"Antes miraba una etiqueta de nutrición y nada más me fijaba en

el número de calorías, todo lo demás lo ignoraba porque no lo entendía. Después de esta clase entiendo lo que es una porción y aprendí que es importante saber cuántas porciones contiene cada paquete de comida".

"Before this class I would look at the nutrition label and just focus on the calories, the other things I ignored because I didn't understand them. Now I understand what a serving is and I learned that it is important to know how many servings are in a package." – Nutrition class participant in Santa Barbara County

SNAP-Ed Custom Data

Related Framework Indicators

Healthy Eating (ST1)
Healthy Eating Behaviors (MT1)
Food Resource Management Behaviors (MT2)

Socio-Ecological Framework

Individual/Family

Approaches

Individual or group-based nutrition educators (e.g. direct education)
