



# Comprehensive approach to nutrition education services create sustainable changes at schools

## Reporting Periods

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

## Site

Adam (William Laird) Elementary

## Unit

Santa Barbara (County)

## COVID-19 Impact

*Not Specified*

## Program Activity

*Not Specified*

## Keywords

Free School Lunch

## Created By

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## Last Modified By

 Shannon Klisch

## Created

08/02/2019 11:16 a.m.

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**PEARS Success Story ID**

12691

## Collaborators

This Success Story has no collaborators.

## Story

### Background

CalFresh Healthy Living, UC in San Luis Obispo and Santa Barbara (SLOSB) counties provides a comprehensive approach to nutrition and physical activity programming at partnering school sites. This comprehensive approach includes 1) classroom and garden nutrition education including cooking and taste testing, 2) positive youth development and leadership opportunities through an after school 4-H Student Nutrition Advisory Council (SNAC) club, 3) school staff training in nutrition and physical activity best practices, 4) collaboration with cafeteria staff on taste testing and breakfast promotion, 5) school garden support and technical assistance and 5) parent education at school events.

### Story Narrative

During the 2019/20 school year, SLOSB supported increased physical activity and breakfast promotion at partnering school sites. UC staff demonstrated how to use the popular, free resource GoNoodle which includes fun physical and mindfulness activities teachers can use as “brain breaks” in their classrooms in order to help students stay active through out the day and increase their ability to focus in class. In addition, UC staff worked with the school cafeteria to promote National School Breakfast Week during March 2019. Students leaders in the afterschool club helped to promote and sample breakfast with students and families at school drop-off.

Both the physical activity and breakfast promotion efforts paid off. One teacher extender reported that she uses GoNoodle daily with her students since she first learned about it from UC staff. In addition, at the culmination of Breakfast Week promotion activities, the cafeteria manager reported that they had a record number of students coming to get breakfast in the cafeteria.

**Favorite Quote**

"It [brain breaks] helps the students to refocus, we have also been doing some of the mindful activities on GoNoodle which helps the students relax and be ready to learn something new. I think that all the teachers should do this with their students." – 1<sup>st</sup> grade teacher

"Wow, we sold over 300 breakfasts today, we never break 300."- Cafeteria Staff

**SNAP-Ed Custom Data****Related Framework Indicators**

Healthy Eating Behaviors (MT1)  
 Food Resource Management Behaviors (MT2)  
 Physical Activity & Reduced Sedentary Behavior (MT3)  
 Organizational Partnerships (ST7)  
 Nutrition Supports (MT5)  
 Physical Activity and Reduced Sedentary Behavior Supports (MT6)  
 Physical Activity Supports Implementation (LT6)

**Socio-Ecological Framework**

Individual/Family  
 Environmental Setting  
 Social and Cultural Norms and Values

**Approaches**

Individual or group-based nutrition educators (e.g. direct education)  
 Comprehensive multi-level interventions (a combination of direct education, PSE's, and social marketing)