



# San Luis Obispo & Santa Barbara

## SUCCESSSES

- Provided direct nutrition education services to 10,300 youth and 1,300 adults.
- Partnered with 163 Educator Extenders to provide 2300 hours of nutrition and physical activity education.
- Facilitated 66 student leaders trained in cooking, nutrition, leadership, and presentation skills.



## RESULTS

*My family has changed a lot about the way we eat, healthier and more economical. We spend less money on buying bad things. My children that are in your program like what they have been learning in their classes. I like the program because my children no longer like to eat things that are not healthy. Thanks for this program, it's very good and helps our children.*

-Parent at Healthy School Pantry

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

**County Statement:** The UC CalFresh Nutrition Education Program of Santa Barbara and San Luis Obispo (SLOS) counties collaborates with school-based partners, students, teacher extenders, parents and volunteers to provide comprehensive research-based nutrition and physical activity programming in low-income communities. Recognizing that nutrition and physical activity behaviors are dependent on many factors including individual knowledge and skills and social determinants including access to resources, opportunities and regional and institutional policies, SLOS works with partners to identify and address barriers to health and wellness. **The mission of SLOS and the Youth, Families and Communities program is to cultivate environments where local youth, families, and community members have access to research-based resources and knowledge in order to be the creators of a healthy, inspired, active, & connected Central Coast.**

### Serving Individuals and Communities

- Providing comprehensive research-based nutrition education services to school communities including: 10,300 youth and 2,300 adults
- Preparing youth leaders to be healthy living advocates and civically involved adults through positive youth development programming
- Training UC Garden Nutrition Extenders to provide support and education in school gardens.

### Helping to Make Organizational and Environmental Changes

- Engaging youth to identify and advocate for healthy changes in their communities.
- Building community support for school gardens, improved hydration stations, improved P.E. programming, and increased access to fruits and vegetables through the school meal program.

### Serving California Agriculture

- The UC Garden Nutrition Extender program trains community volunteers to teach in and support school gardens using evidence-based curricula and approaches. When students grow it, they are more likely to eat it.

### Building Partnerships

- With UCCE programs, increasing access to 4-H Youth Development programming and Master Food Preserver and Master Gardener expertise in underserved communities.
- With school food service, hosted three culinary academies, improved Smarter Lunchrooms scores and promoted fruits and vegetables through lunchtime sampling.



**UCCE San Luis Obispo & Santa Barbara 805-781-5951**