

# UC Cooperative Extension in Santa Barbara County

HEALTHY FOOD SYSTEMS • HEALTHY ENVIRONMENTS • HEALTHY COMMUNITIES • HEALTHY CALIFORNIANS

From the field:

“The activity was very engaging. I will use the handout to help contact plans and documentation with ILP [Independent Living Program] youth.”- Anonymous



Sprouts teen teaching elementary students in the garden

## PROMOTING HEALTHY COMMUNITIES

UCCE partners with schools and communities to provide nutrition education, food security, physical activity, and positive youth development programming through the CalFresh Healthy Living, UCCE program. In October, UCCE worked with Community Action Partnership to train “Sprouts” teen leaders. Teen leaders deliver garden-enhanced nutrition education to elementary school students while receiving training and support from UCCE. The Sprouts program aims to empower teens to learn and serve their community while providing younger students with positive role models to enhance their learning experience. Opportunities for teens to lead and teach youth about nutrition in the garden supports healthy people and communities.

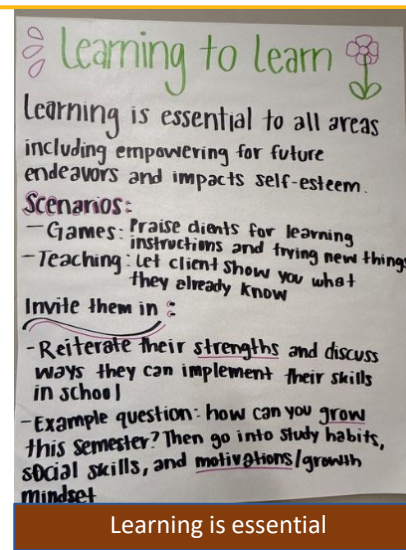
## INCREASING AGRICULTURAL EFFICIENCY, PROFITABILITY

This is forecast to be a dry winter and dry winters typically bring cold weather and severe freezes. All the major freezes that have occurred in the last 100 years have been during dry winters. Growers often forget this and go about their normal activities without taking precautions to reduce the likelihood of frost damage to the tree – not just leaf and bark, but also to fruit. Resulting damage can impact yields for two to three years after the freeze event. This year, **Subtropics Advisor, Ben Faber** started writing blogs to educate and prepare growers for potential freezes to reduce resulting damage. For example, many growers started pruning avocados in the fall which would lead to increased frost damage as a smaller, open canopy is colder than a dense one. Following recommendations from Dr. Faber, they stopped fall pruning this year to prevent later freeze damage.

<https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=60851>



Frost-damaged leaves



## LIFE SKILLS DEVELOPMENT WITH VULNERABLE YOUTH

UCCE Health Equity Advisor, Katherine Soule, successfully trained youth development professionals in Santa Barbara and San Luis Obispo counties to better support vulnerable young peoples’ life skill development. An impressive 98.6% of attendees (70 out of 71) completed evaluations, with 96% gaining valuable information and 98.6% planning to apply what they learned. Feedback highlighted the engaging, practical nature of the training, with participants praising interactive group activities, insightful content, and tools like the handout for real-world application. Attendees valued the training’s ability to broaden perspectives, enhance self-awareness, and provide actionable strategies for working with youth. This impactful program supports positive life outcomes for young people in our communities through ensuring well-trained youth supporting professionals in our communities.

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