



**San Luis Obispo County and Santa Barbara
County Cooperative Extension**

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FOR IMMEDIATE RELEASE

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**Santa Maria and Oceano Student Nutrition Leaders Coming Together for a Day of Leadership,
Learning and Community**

On Monday, February 13, 2017, students will be out of school for Lincoln's Birthday, but a group of about 40 students from 5 central coast schools will be hard at play at Rice Elementary School in Santa Maria, Ca. The students are members of the University of California Cooperative Extension 4-H Student Nutrition Advisory Council (SNAC) clubs that have formed at Adam, Bruce, Alvin, Rice and Oceano Elementary this school year. They are 5th and 6th graders that signed up to take on leadership roles at their school and they are focused on promoting healthy eating and physical activity. So far this school year, they have led fruit and vegetable tasting events in collaboration with their cafeteria and written an application for a hydration station to be installed at their school.

The February 13th Leadership Training will be all about the students building confidence and skills to be able to be leaders for health at their schools. Students will get to decide which tracts to participate in, including public speaking, STEM (Science, Technology, Engineering and Math), Gardening, and training on Smarter Lunchroom Movement techniques. The day will culminate with a hands-on cooking lesson where the students will prepare dinner for their families and school staff that have supported them in their leadership role. Currently, we are expecting approximately 80 family members to attend.

"We are excited to bring the students together from different SNAC clubs to meet and encourage each other through their inspiring work. Especially important to us this year, was inviting their families in to see what their students have been learning and how they are leaders in their schools and communities," said Youth, Families & Communities Advisor Katherine Soule, Ph.D. who is overseeing the project.

4-H SNAC clubs are a collaboration between the UC CalFresh Nutrition Education Program, UC 4-H Youth Development Program and the local school districts Santa Maria-Bonita and Lucia Mar. In

previous years, 4-H SNAC Clubs have created promotional videos, presented garden nutrition lessons and led cooking demonstrations at school. To see the video that was created by SNAC leaders last year at Adam, go to: <http://articles.extension.org/pages/73810/get-to-know-your-salad-bar-video>

The UC Cooperative Extension Youth, Families and Communities Program in San Luis Obispo and Santa Barbara Counties mission 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*. Programs include the UC CalFresh Nutrition Education, UC 4-H Youth Development, and UC Master Food Preservers.

The event will take place:

12:30-6:00 on February 13, 2017

Rice Elementary School

700 Vickie Ave Santa Maria in the cafeteria.

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