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FOR IMMEDIATE RELEASE



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4-H nutrition club youth leaders from Oceano & Santa Maria host the 5th Annual Youth Leader Training
Approximately 40 5th and 6th graders from five schools will come together for a day of leadership and inspiration on December 7, 2019. The youth are members of their school 4-H Student Nutrition Advisory Council (SNAC) clubs. The day will focus on building leadership and presentation skills. This year, it will also include a mini career expo, where youth will have the opportunity to talk with experts from their community about different career paths including banking, animal services, teaching and business.

4-H SNAC is a collaboration between two UC Cooperative Extension programs in Santa Barbara and San Luis Obispo Counties – CalFresh Healthy Living, UC and UC 4-H Youth Development – and the Santa Maria-Bonita School District. The goals of the 4-H SNAC Clubs are to develop youth leaders in nutrition and physical activity in underserved, low-income communities; and to establish positive youth-adult partnerships with 5th and 6th graders in order to improve health and wellness outcomes.

“We hope that the youth leaders who attend this training will gain leadership skills so they can be confident when doing peer to peer nutrition lessons, Harvest of the Month tastings and get better at public speaking and being leaders at their schools,” said Betsy Plascencia, Community Educator with CalFresh Healthy Living, UC.

4-H SNAC Clubs meet weekly on elementary school campuses (Adam, Bruce, Rice, Liberty and Oceano). Clubs are facilitated by CalFresh Healthy Living, UC staff, who work to build positive youth-adult partnerships and create spaces for youth to take the lead. At the beginning of the school year, much of the work is adult-led and focused on electing club officers and building skills in health, nutrition and leadership. By the end of the year, youth are running their own clubs, deciding on projects and teaching their peers. 2019 marks the 5th annual Youth Leadership training.

4-H Student Nutrition Advisory Council Leadership Day
December 7, 2019
Rice Elementary School - 700 Vickie Ave Santa Maria, CA
Not open to public
Media welcome from 11:00am-12:00pm and 1:40-2:10

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