



Teens Love Cooking... to promote a healthier generation.



Reporting Periods

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

Site

Minami Community Center

Unit

Santa Barbara (County)

COVID-19 Impact

Not Specified

Program Activity

Not Specified

Keywords

5 C's - Competence

5 C's - Connection

Chronic Disease

Uploads


[IMG_0468.jpg](#)

[IMG_0483.jpg](#)


Has Photo Releases

Not Applicable

Created By

 Shannon Klisch

Last Modified By

 Shannon Klisch

Created

08/02/2019 11:01 a.m.

Modified

09/25/2019 11:36 a.m.

PEARS Success Story ID

12690

Collaborators

This Success Story has no collaborators.

Story

Background

CalFresh Healthy Living, UC in San Luis Obispo and Santa Barbara counties partners with the Santa Maria Recreation and Parks program to offer summer *Teens Love Cooking* camps in low-income areas, free of cost to registered youth. Recreation and Parks provides the facility and manages class promotion and youth sign-ups for the camp. UC staff provide hands-on cooking, nutrition and physical activities using the 4-H Cooking series, CATCH activities and recipes from EatFresh.org.

Story Narrative

During summer 2019, eleven 9th-12th grade youth and eleven 6th-8th grade youth attended the 7-session camps. Youth met for 2-hours every week to learn culinary skills including knife skills, food safety, measuring ingredients, reading a recipe, stove top safety, and baking. In addition, every recipe and recipe ingredient included engaged discussions with youth about nutrition topics including: whole grains, added sugar, liquid vs. solid fat, and adding fruits and vegetables to popular dishes. At the end of each class youth were able to sample the recipe they prepared, discuss whether they would make it at home and/or any modifications they would make to the recipe to improve upon it.

Half-way through the program youth reported that they would like to take samples home to their families' so they could sample the recipes with them and teach them the nutrition information they had learned. This allowed the program to have a broader impact beyond just the youth in attendance and extend out to their families as well.

Favorite Quote

"I never liked avocados before, because I never really tried them before this. My brain is telling me to make this again." -Teen Participant

"As parents, we all want a better future for our children. Our job as parents is to provide essential tools so that they can utilize them to navigate the world. Cooking is an important life skill that all teenagers should be introduced to...not only they learn healthy habits but preparing food from scratch allows them to see difference between real foods and those that are processed. UC CalFresh cooking classes are providing just that...healthy habits, easy meals, nutritional facts, all in a classroom among other teenagers. Allowing them to cooperate and communicate among each other in a fun environment. It is a great program for the community, for parents (allowing your children to become self-sufficient can be of great help!), and children. Best of all, classes are free"! -Parent of a *Teens Love Cooking* participant

SNAP-Ed Custom Data

Related Framework Indicators

Healthy Eating (ST1)
 Food Resource Management (ST2)
 Healthy Eating Behaviors (MT1)
 Food Resource Management Behaviors (MT2)
 Organizational Partnerships (ST7)
 Fruits and Vegetables (R2)

Socio-Ecological Framework

Individual/Family
 Social and Cultural Norms and Values

Approaches

Individual or group-based nutrition educators (e.g. direct education)

