



UC supports comprehensive, student-led efforts in nutrition, garden and physical activity at partner ?

Reporting Periods

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

Site

Liberty Elementary-Santa Barbara

Unit

Santa Barbara (County)

COVID-19 Impact

Not Specified

Program Activity

Not Specified

Keywords

Not Specified

Uploads

[Students presenting to SB.jpg](#)


[Students at YIA.jpg](#)

[Students preparing to present to SB.jpg](#)


Has Photo Releases

Yes

Created By

 Shannon Klisch

Last Modified By

 Shannon Klisch

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PEARS Success Story ID

12649

Collaborators

This Success Story has no collaborators.

Story

Background

CalFresh Healthy Living, UC in San Luis Obispo and Santa Barbara counties provides a comprehensive approach to nutrition and physical activity programming at partnering school sites. This comprehensive approach includes 1) classroom and garden nutrition education including cooking and taste testing, 2) positive youth development and leadership opportunities through an after school 4-H Student Nutrition Advisory Council (SNAC) club, 3) staff training in nutrition and physical activity best practices, 4) collaboration with cafeteria staff on taste testing and breakfast promotion, 5) school garden support and technical assistance, and 5) parent education at school events.

Story Narrative

During FF19, UC continued to partner with Liberty Elementary in Santa Barbara County with a focus on youth engagement and school garden development, maintenance, and improvement. The 4-H SNAC club included 5th and 6th graders who met weekly to gain skills around nutrition, physical activity, leadership, presentation skills and food safety. 4-H SNAC youth were trained in meeting facilitation skills and ran their own club meetings including planning agendas and activities. 4-H SNAC youth became health and

nutrition leaders on their school campus, delivered schoolwide fruit and vegetable promotion, delivered classroom lessons and food demonstrations and worked to increase physical activity on their school campus through CATCH activities and gardening. In addition, 4-H SNAC youth were invited to present to their school board on their health and nutrition efforts and they were recognized at the Santa Barbara County Youth Impact Award Celebration.

In addition to 4-H SNAC, school and UC staff supported school garden efforts and the garden became a source of pride for youth, staff and families. Produce from the garden was used in classroom food and cooking activities and sent home with families several times in order to increase food security and healthy eating.

Favorite Quote

"Liberty is so fortunate to have the SNAC club! The students who are participating are learning all about health and nutrition, getting opportunities to work in our school garden, as well as making new nutritious recipes and sharing them with students and staff on campus. These students are learning leadership and presentation skills as well, making them contributing members not only of our school community but of Santa Maria."
- Principal

"It is amazing the work you've done in the garden. I'm excited that teachers and students are involved in the maintenance of the garden, and that they are doing activities with their classrooms." – Vice Principal

SNAP-Ed Custom Data

Related Framework Indicators

Healthy Eating Behaviors (MT1)
Food Resource Management Behaviors (MT2)
Physical Activity & Reduced Sedentary Behavior (MT3)

Socio-Ecological Framework

Individual/Family
Environmental Setting
Social and Cultural Norms and Values

Approaches

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

Comprehensive multi-level interventions (a combination of direct education, PSE's, and social marketing)

Community and public health approaches (community-focused, population-based interventions)
