

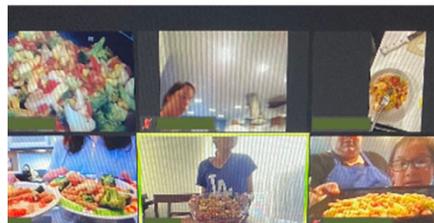
UC Cooperative Extension in Santa Barbara County

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

FROM THE FIELD:

"muy buena informacion y recordatorio en la importancia de involucrar a nuestros ninos en la preparacion de comidas". Very good information (and good reminder) on the importance of involving our children in meal preparation.

NUTRITION EDUCATION



Virtual Family Cook Nights in English and Spanish

CalFresh Healthy Living, UCCE collaborates with schools, communities, and youth-serving organizations in low-income communities to provide nutrition education, food security, physical activity, and positive youth development programming. In March, UCCE Educators connected with families at Hapgood Elementary in Lompoc to host virtual Family Cook Nights in English and Spanish. Families learned how to get their kids involved in the kitchen, safe food handling, and had the opportunity to cook healthy meals together. Excitingly, UCCE-trained youth led two recipe demonstrations for participants. *This education to improve nutrition and culinary skills can support healthy people and communities.*

HEALTH EQUITY

The Youth Organizational Equity Toolkit supports youth-serving organizations, such as K-12 schools, 4-H Youth Development, and nutrition education programs to be more inclusive and equitable. Development of the toolkit, led by Health Equity Advisor **Dr. Katherine Soule**, involved collaboration with local and national colleagues. The toolkit empowers leaders of youth-serving programs to assess their policies and practices within their local and organizational contexts to identify opportunities for creating more accessible and equitable organizational cultures to support youth thriving in Santa Barbara County. *This toolkit, when implemented widely, can help us create a more inclusive and equitable society.*



Sheep busy at work grazing the cover crop before the spring frost season.

WATER RESOURCES & BIOMETEOROLOGY

Water Management & Biometeorology Advisor, **Mark Battany**, is working with UC researchers studying the use of grazing animals in wine grape vineyards and their effect on production and quality. Grazing animals can help manage cover crops in the spring, saving growers tractor passes, and help control fuels for fire prevention later in the season. The animals then turn the cover crop into fertilizer, providing a nutrient boost to the vines. The increased demand for the services of grazing animals has created an industry niche. While it is too early to tell what the overall benefits or risks of these grazing practices will be, *this research can support agricultural efficiency and profitability.*

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UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

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