



Teens Love Cooking! Completed ?

Reporting Periods

SNAP-Ed 2021 (October 1, 2020 - September 30, 2021)

Site

Santa Maria Recreation & Parks

Unit

Santa Barbara (County)

COVID-19 Impact

Modified due to COVID-19

Program Activity

Not Specified

Keywords

Cooking

Food Resource Management

Fruits & Vegetables

Uploads

[TLC FY21 - Kit provided to families to make baked potatoes and enchiladas. .jpg](#)

Has Photo Releases

No

Created By

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Story

Background

As limitations on in-person activities to prevent the spread of COVID-19 continued, CalFresh Healthy Living, UCCE Educators in Santa Barbara County worked closely with the Santa Maria Parks and Recreation Department (SM Parks & Rec Dept) staff to provide virtual learning opportunities regarding healthy living for youth. Together, they hosted a 6-class series via Zoom during June 2021, which engaged 19 youth between the ages of 12-18 in hands-on virtual cooking classes.

Story Narrative

The Need:

Understanding safe food handling practices and the science of food safety is a crucial skill for youth development. By learning about food safety, youth learn how to protect their health and the

health of others, build self-efficacy in food preparation skills, and gain technical and transferable skills for future employment.

The Work:

The classes focused on kitchen and food safety, nutrition, and meal planning using the Cooking For Health Academy curriculum which emphasizes the Centers for Disease Control and Prevention's Four Steps to Food Safety and the USDA's Dietary Guidelines for Americans. Youth who completed the Teens Love Cooking course were offered an optional scholarship to enroll in an online course and assessment to receive a California Food Handler certification. The certification prepares youth for employment in industries such as food service because the certification is a requirement for all food handlers in California to have on hand within 30 days of employment.

Youth participants used a combination of materials accessible to them at home and supplemental materials provided by SM Parks & Rec Dept and UCCE staff to cook. Youth engaged in decision-making regarding the content of their classes by voting for the recipes they wanted to make together. A few of their favorites were banana pancakes, enchiladas, and summer strawberry-banana smoothies. Overall, youth reported that they would make the majority of the recipes again.

The Impact:

After completing the course, 85% of students reported that they would change one behavior to improve food safety practices because of the classes. Additionally, two students who opted to take the California Food Handler course have successfully completed the course and received their certification to date.

An added benefit of the virtual classes was that the youth shared their healthy creations with their families. Youth reported that between 1-5 family members tried the recipes after each session, which averaged more than 25 family members per class, and one made banana pancakes again to celebrate Father's Day.

Favorite Quote

"I am now more mindful of how safe I am while cooking and I

now take more steps to ensure my food is safe.” - Youth Participant

SNAP-Ed Custom Data

Related Framework Indicators Healthy Eating (ST1)
Food Resource Management (ST2)

Socio-Ecological Framework Individual/Family

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