

Farm to Fork Nutrition Club

SUMMARY

Thirty-three students at Toyon Middle School in Calaveras County joined a virtual nutrition club taught by CalFresh Healthy Living (CFHL), UCCE nutrition educators during the COVID-19 pandemic when the school moved from in-person to online learning. Students were taught healthy eating habits, cooking and kitchen safety. A scheduled physical activity period inspired movement and time to socialize with peers in every club session. These students will be able to join the next level, "Teens as Teachers Cooking Academy" next year and teach local elementary schools. Through partnerships between the local grocery stores, school garden coordinators and farmer coops, the Farm to Fork Nutrition Club has developed to become a community supported program.

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BACKGROUND

After moving to a distant-learning model, CFHL, UCCE nutrition educators met with an extender-teacher to assess the best way to serve the students at this site. Together, they decided to create an optional class titled: The Farm to Fork Nutrition Club. This club was able to offer extracurricular learning opportunities to the 33 students that registered for the club which met weekly through Google classroom. In each class, students reviewed their club agreements, participated in physical activity and engaged in nutrition lessons with cooking demonstrations. The challenge was that not every student had access to all of the recipe items at home.



Youth practicing cooking skills at home with family

SOLUTION

In order to work through this challenge, the CFHL, UCCE nutrition educator contacted a local grocery store which donated items in order for all the students to participate in the club with the proper ingredients. Students had various ways to request these items: ask the extender-teacher involved; email the nutrition educator; chat in their request during class; or post their request on the classroom board. At that point, the store associate was contacted and items were gathered for pick up at the store and to leave at Toyon Junior High's front desk.

I've learned how to make so many things, I can make food for my mom now. –Student at Toyon Middle School

OUTCOME

Thirty-three students were able to receive fifteen lessons using the Cooking Academy curriculum. These students will be able to graduate up to the next level and join the "Teens As Teachers Cooking Academy" in 9th grade, where they will go to the local elementary schools to teach the lessons that they learned through the Farm to Fork Nutrition Club. CFHL, UCCE educators will also continue to work with the local grocery store, school garden coordinators and farmer coops to supply food for the cooking lessons needed to complete the program.

For more information or to get involved, contact [Katie Johnson, Nutrition Family and Consumer Sciences Advisor for the University of California Cooperative Extension in the Central Sierra at ekjohnson@ucanr.edu](mailto:ekjohnson@ucanr.edu) or [Carmela Padilla Program Supervisor for the Central Sierra CalFresh Healthy Living program, at cmpadilla@ucanr.edu](mailto:cmpadilla@ucanr.edu).



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www.CalFreshHealthyLiving.org