

CFHL, UCCE Integrates the Master Food Preservers Into Programming to Promote Healthy Living

Completed ?

Reporting Periods

SNAP-Ed 2023 (October 1, 2022 - September 30, 2023)

Site

Santa Maria Recreation & Parks

Unit

Santa Barbara (County)

Crisis Impact

No Impact due to COVID-19

Program Activity

Not Specified

Keywords

Not Specified

Comments

Not Specified

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Last Modified By

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Created At

09/15/2023 3:09 p.m.




Modified At

09/22/2023 5:48 p.m.

PEARS Success Story ID

33637

Collaborators

User	Contributor	View Only	View & Edit	Contribution
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Story

Background**The Issue:**

CalFresh Healthy Living, UCCE in San Luis Obispo and Santa Barbara Counties (CFHL) have well established partnerships across multiple settings to deliver evidence-based curriculum in nutrition, physical activity and gardening to reach youth and their families. The Master Food Preserver, UCCE in San Luis Obispo and Santa Barbara Counties program (MFP), who also serve the community by providing education on home food safety and preservation, identified a need to reach youth in a more direct way to promote food safety, food resource management and overall healthy living through food preservation. With CFHL working with youth living in lower-income neighborhoods, who may be more likely to face food and nutrition insecurity, collaborating with MFP by integrating the two programs seemed most fitting. Studies show that [Youth benefit when they are engaged in making healthy meals](#) and through the collaboration between CFHL and MFP, youth have the opportunity to learn valuable life skills in different settings such as classroom lessons, after school clubs, and even summer programs.

Story Narrative**How UC Delivers:**

CFHL made an intentional effort to integrate the two UCCE programs to provide quality education and resources that address nutrition and food resource management by meeting youth and families out in the community. The two programs collaborated through an after-school club, 4-H Student Nutrition Advisory Council, where student leaders from three school sites learned how to make quick pickles and freezer jam as a way to enjoy fruits and vegetables in a different way while reducing food waste. In addition, the MFP program joined the Culinary Academy event to teach over 40 student leaders how to preserve a sweet chili dipping sauce using water-bath canning. CFHL and the MFP programs also collaborated to deliver lessons during summer programs in partnership with the Lompoc Library, Santa Maria Park and Recreation, and South San Luis Obispo Boys and Girls Club that included recipes such as apple sauce, kimchi, pesto and trail mix. This partnership allows community members to connect with experts within UCCE and also learn about more recipes and culinary skills such as pickling, canning, cheese making, and dehydration to promote healthier living, beyond what CFHL alone can provide.

The Impact:

Through this collaboration, the MFP program was able to expand its program and reach a new population of youth via the delivery of 10.5 hours over the course of 18 sessions throughout San Luis Obispo and Santa Barbara counties. After the completion of the sessions with MFP students completed the retrospective "What Did You Learn?" survey that asks participants what they learned and what they will do differently as a result of participating in these classes. When asked what is one thing that they learned some responses included "I learned to cook a different type of food and my family thinks it is really cool because they never experienced it", "I learned that being sanitary in the kitchen is very important" and "I learned about knives and how to use them as well as safety rules". When asked what is one thing that students will do differently after participating in these classes students reported "I'm going to be more involved in the kitchen and learn how to cook new things", "Wash my hands before cooking" and "Make my parents the recipes I learned from CalFresh and Master Food Preservers". Overall, by partnering with the MFP program,

CFHL was able to enhance programming and enrich participants' learning experience by connecting them with experts in home food safety and preservation to complement the evidence-based nutrition education they were already receiving. Youth enjoyed learning about healthy recipes, different ways to reduce food waste, and how to stretch their dollars by preserving their food.

Favorite Quote	None
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SNAP-Ed Custom Data

Project Name	CalFresh Healthy Living, UCCE
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Related Framework Indicators	Healthy Eating (ST1) Food Resource Management (ST2) Fruits and Vegetables (R2)
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Socio-Ecological Frameworks	Individual/Family Environmental Setting
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Approaches	Individual or group-based nutrition educators (e.g. direct education)
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Partner Types	<i>Not Specified</i>
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