

# Partnering with Teacher Extenders for 4-H Student Nutrition Advisory Council Clubs

**Completed**

## Reporting Periods

SNAP-Ed 2024 (October 1, 2023 - September 30, 2024)

## Site

Adam (William Laird) Elementary

## Unit

Santa Barbara (County)

## Program Activity

*Not Specified*

## Keywords

Positive Youth Development

4-H

## Comments

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## Created By



Mishelle Costa

## Last Modified By



Mishelle Costa

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### Collaborators

User	Contributor	View Only	View & Edit	Contribution
Kelly Hong				
Melissa Rorabough				
Mishelle Costa				

### Story

#### Background

CalFresh Healthy Living, UCCE in Santa Barbara County (CFHL, UCCE) partners with the 4-H program, schools, students, and parents to implement 4-H Student Nutrition Advisory Council (4-H SNAC) youth leadership clubs. 4-H SNAC clubs are youth-led and meet weekly after school to identify opportunities for training, leadership, and advocacy related to healthy eating and active living.

In line with our mission to enhance student nutrition awareness and support, this fiscal year we had the opportunity to partner with teacher extenders at Adam and Rice Elementary schools to assist in implementing 4-H SNAC clubs. This collaboration not only streamlined our operations but also enriched the educational experience for students while providing an opportunity for enrolled extenders to assist with CFHL, UCCE Santa Barbara programming beyond their lessons in the classroom setting.

#### Story Narrative

Our initiative focused on establishing 4-H SNAC clubs at Adam and Rice Elementary Schools. These clubs aimed to educate students about healthy eating habits, promote wellness, and empower them to make nutritious choices. Recognizing the need for efficient implementation, CFHL, UCCE staff engaged with teacher extenders who were already familiar with the CFHL

program and who served as an integral part of their school community.

Some benefits the CFHL, UCCE team found while collaborating with teacher extenders to implement 4-H SNAC clubs are highlighted below:

1. **Administrative Support:** Teacher extenders provided invaluable assistance with administrative tasks such as registering students, managing class rolls, and setting up Google Classroom environments. Their familiarity with school protocols ensured smooth integration and efficient operation.
2. **Promotion and Integration:** Being embedded within the school, teacher extenders effectively promoted 4-H SNAC clubs to students and staff. This promotion significantly boosted club participation and engagement.
3. **Understanding of School Community:** Teacher extenders brought a deep understanding of the school's needs and preferences. This insight guided our program to better serve students and align with school objectives.
4. **Workload Relief:** By leveraging teacher extenders' support, our CFHL, UCCE staff experienced reduced administrative burden, allowing them to focus more on direct engagement with students and families regarding nutrition education and support.
5. **Classroom Access and Storage:** Access to classrooms and storage facilities provided by the schools offered a dedicated space for SNAC club activities and resources. This support was crucial in delivering effective sessions and maintaining educational materials.
6. **Continual Support:** Teacher extenders served as a point of contact for students, where they could seek guidance and ask questions outside of scheduled CFHL, UCCE staff availability. This ensured continuous support and encouragement for student participation.

Through this collaborative effort, 4-H SNAC clubs have served as hubs of nutrition education and student empowerment. The extenders who assisted at these sites expressed excitement and enthusiasm about partnering with CFHL, UCCE in the upcoming school year. Teachers of 4-H SNAC members have also expressed support for these clubs, specifically the peer-to-peer teaching component. Looking ahead, CFHL, UCCE aims to expand this model to other schools, leveraging the success and lessons learned at Adam and Rice Elementary. The principal at Rice Elementary stated, “The [4-H SNAC] is an underutilized program and a great way to connect our students to 4-H [Youth Development Program]”.

By continuing to partner with teacher extenders and working closely with the school community, CFHL, UCCE envisions a future where every student has the knowledge and resources to lead a healthy lifestyle. In conclusion, this partnership with teacher extenders demonstrates the power of collaboration in promoting overall health and wellness in the school environment.

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### Favorite Quote

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## SNAP-Ed Custom Data

<b>Project Name</b>	CalFresh Healthy Living, UCCE
<b>Related Framework Indicators</b>	Healthy Eating (ST1)
<b>Socio-Ecological Frameworks</b>	Individual/Family Environmental Setting
<b>Approaches</b>	Individual or group-based nutrition educators (e.g. direct education) Comprehensive multi-level interventions (a combination of direct education, PSE's, and social marketing)
<b>Partner Types</b>	Community-based program(s) working with the SNAP-Ed target audience

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