

# UCANR Programs Partner to Increase Nutrition, Garden and Food Preservation Skills to Youth

Completed



## Reporting Periods

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

## Site

Lompoc Public Library

## Unit

Santa Barbara (County)

## Crisis Impact

No Impact due to COVID-19

## Program Activity

*Not Specified*

## Keywords

Gardening

Positive Youth Development

## Comments

*Not Specified*

## Created By



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## Last Modified By



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**Created At**

09/15/2023 3:04 p.m.







**Modified At**

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

**PEARS Success Story ID**

33636

## Collaborators

User	Contributor	View Only	View & Edit	Contribution
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## Story

**Background****The Issue**

[Studies](#) indicate that gardening and cooking interventions among youth have the ability to increase fruit and vegetable consumption and preference, and positively influence overall dietary intake. University of California Agriculture and Natural Resources (UCANR) programs including CalFresh Healthy Living (CFHL), Master Food Preservers (MFP), and Master Gardener (MG) programs actively work to support UCANR's public value of promoting healthy people and communities by providing nutrition and physical activity education and increasing knowledge on food preservation and gardening to Californians. Although with similar overall goals, these programs have historically worked independently of one another. In Santa Barbara County CFHL, UCCE saw the opportunity to integrate programming to teach nutrition, food preservation, and gardening skills to increase UC ANR resources to the community through the "Learn and Grow Gardening Series" at the Lompoc Library.

**Story Narrative****How UC Delivers**

CFHL staff worked with library staff, MFP, and MG volunteers in Northern Santa Barbara County to coordinate three 90-minute sessions at the Lompoc Library for 8-12-year-olds. Sessions focused on educating youth on gardening, food preservation techniques, and preparing healthy recipes using the TWIGS and Junior Master Gardener Learn, Grow, Eat, and Go curriculum. The first session focused on the topic of seeds and began with library staff reading "A Place to Grow", followed by the TWIGS lesson "Starting With Seeds" led by CFHL staff where students explored different seed types and built small greenhouses to observe seeds germinating. The lesson concluded with an apple dehydration demonstration and a trail mix recipe led by Master Food Preserver volunteers. The second session focused on pollinators and began with a reading of "What's Inside a Flower", followed by a pollinator discussion led by MG. CFHL staff then led the Learn, Grow, Eat and Go lesson "Chalk Flowers". MFP volunteers then assisted students in preparing a healthy limeade with freshly squeezed limes and edible flower ice cubes. The final lesson focused on plant parts and began with a reading of "Tops and Bottoms", followed by a discussion of plant parts by MG. CFHL staff then led the TWIGS lesson "Eat You Plants" where students examined the different parts of plants that we eat including roots, stems, leaves, flowers, fruits, and seeds. The lesson concluded with MFP leading a recipe demonstration of quick refrigerator pickles to teach students and their families a simple way to preserve vegetables. All students who participated in the "Learn and Grow" series received a copy of the books read during the sessions provided by the Lompoc Library. Additionally, CFHL staff provided at-home garden kits which included a grow bag, soil, a small trowel, and seeds to implement what they had learned at home.

## The Impact

Through this partnership of ANR programs and library staff over 18 youth and their families increased their knowledge on nutrition, gardening, and food resource management which has the ability to improve overall food security and promote healthy eating behaviors among youth. Youth and their families shared positive

feedback about the series with CFHL, UCCE staff, and the Lompoc Library staff is eager to host this series again in the future. One parent stated “Thank you very much, my girl had a lot of fun and great activities. She was very happy”, another community member stated, “What a fantastic lesson for children to learn, and great literacy to introduce as well, really like your lesson plan.” By successfully collaborating together, the local community gained skills surrounding healthy eating, gardening, and food preservation and was exposed to the wide array of services and knowledge held by UC ANR programs.

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**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***Not Specified*

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