

# UC Cooperative Extension in Santa Barbara County COVID-19 Response Report

## FROM THE FIELD:

*“On Wednesday, Adam School Transitional Kindergarten teacher Penny Joaquin and her partner from the UC CalFresh nutrition program harvested the Adam School garden (with appropriate distancing, of course). They brought several dozen bags of lettuce and cauliflower to Miller School, where the produce was shared with SMBSD students’ families during the lunch distribution. It was a plentiful and gorgeous harvest. Before the school campus closures, Adam School had a thriving garden that was used for lessons and activities. It’s nice to know that the vegetables are not going to waste and the garden is being cared for.”*

~ Santa Maria Bonita School District Facebook Page, April 17<sup>th</sup> 2020  
Over 120 heads of lettuce were harvested at this site



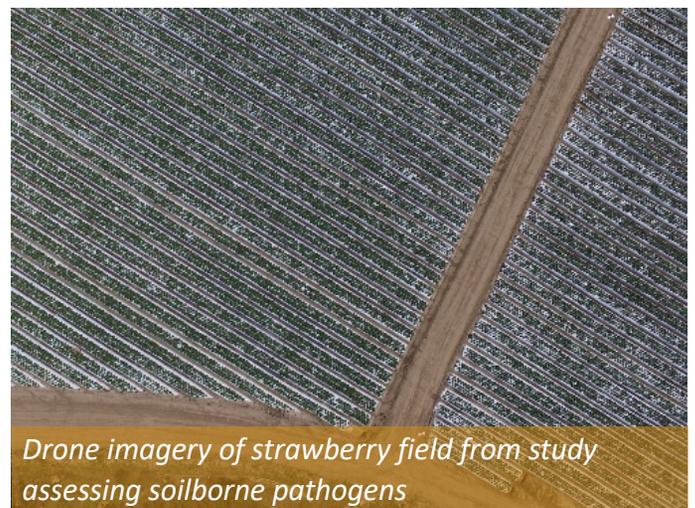
*Harvesting carrots from school gardens to distribute to families and food pantries*

## ENSURING FOOD SAFETY & DISTRIBUTION

The UC Master Food Preserver program provides pertinent food safety education during the crisis through social media and newspaper articles, including information on proper handwashing, assessing the safety of shelf stable food at home, how to safely shop for groceries, handle takeout, curbside pickup, and home delivered meals. CalFresh Healthy Living, UC responded to the immediate need to provide education about food security and food safety in [English](#) and [Spanish](#). In response to the needs of partnering farmers markets, staff mobilized resources to support social distancing measures at markets where EBT/CalFresh is accepted. To further support the food system and food security efforts, staff maintain and conduct essential work in established school gardens to ensure food does not go to waste. Harvested produce has been delivered to school food service for school meals, distributed to families, and donated to a local food pantry.

## SUPPORTING FARMERS AND FOOD PRODUCTION

UC Cooperative Extension academics have developed [1-page handouts](#) for farmers and ranchers to provide research-based best practices for sanitation and disinfection during the COVID-19 crisis. UCCE academics continue to support essential agricultural research and field visits to address critical agricultural concerns during the crisis, including strawberry & spinach field research, [forage production research](#), water management research, biometeorology research, and soil pest management in strawberry and vegetable cropping systems research.



*Drone imagery of strawberry field from study assessing soilborne pathogens*

# UC Cooperative Extension in Santa Barbara County

## COVID-19 Response Report



Making masks

### SUPPORTING EDUCATION & WELLBEING

4-H volunteers and youth in Santa Barbara County started a nationwide campaign to sew 1 million masks to meet needs across the country. In addition, the 4-H Positive Youth Development program is offering a free online Computer Science Coding class open to all students to support STEM education.

*“In these times of crisis and need, I know from personal experience that the first thing that I as a 4-Her want to do is help those around me. I found that making masks was the way to accomplish this. With the help of my mom, I gained a new skill in sewing and put this to use by making masks. In our 4-H pledge, we state that we will not only pledge our head to clearer thinking, but also our hands to larger service. For me, I started making masks and encouraging others to do the same because I knew my community needed me.” ~ Olivia, 4-H Youth Member, Santa Barbara County*

The Youth, Families & Communities Program in Santa Barbara County is supporting the socio-emotional health and wellbeing of students, families, and educators during the crisis. They developed 10 free virtual lessons on [How to Practice Mindfulness with Kids](#). Research on this peer-reviewed curriculum demonstrated that the lessons help participants increase their personal skills in mindfulness practices, ultimately leading to improved stress management and emotional regulation. Students from the Central Coast are featured in the lessons, which have been distributed to Superintendents in all Santa Barbara County school districts.



Learning emotional regulation



Teaching cooking skills

CalFresh Healthy Living, UC community education staff in Santa Barbara County [developed videos](#) to assist educators and students, which include reading books, cooking healthy recipes and engaging in physical activity during Shelter at Home. These videos were provided to school principal to distribute through their channels while the schools were working hard to get students the tools they needed to connect online. Community educators continue to develop resources for teachers and students during the crisis creating, posting and sharing new content daily in both English and Spanish on social media.

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