

CalSERVES



CalSERVES After School

- + Partnered with local schools to implement after school programs starting in 1999
- + Programs in 8 elementary and middle school sites
- + 3 school districts in south Santa Rosa
- + Serving over 1,000 students each year
- + Engaging 120 AmeriCorps mentors
- + Regional learning center for after school in Region 1

CalSERVES Nutrition Program

- + Nutrition Education Classes
- + Cooking Classes
- + Gardening Clubs
- + Cesar Chavez Health Fair
- + Nutrition Events
- + Physical Activity Promotion

Nutrition Education Classes

- + After school teachers receive training in nutrition education and strategies for implementation into daily activities
- + 1 weekly club during each after school and family literacy program
- + Harvest of the Month provides information, fresh fruits/vegetables, recipes, etc.
- + Elements of a healthy snack are explored daily in after school



Cooking Classes

- + Bimonthly cooking class hosted by after school staff
- + Class will focus on healthy eating, ways to incorporate fresh fruits and vegetables into everyday cooking
- + Classes open to parents of all after school program students



Gardening Clubs

- + Nutrition through Gardening program
- + After school teachers lead bimonthly gardening clubs that focus on nutrition education in a garden setting



Cesar Chavez Day Health Fair

- + Involves over 60 health care providers, to provide information and services to families to encourage Healthy Eating and Active Living
- + Over 2,000 children and families come to the Health Fair each year
- + Event includes nutrition education and information booths with food demonstrations of fresh fruit and vegetables
- + The Health Fair includes a bike rodeo, dancing lessons, and hula-hoop challenge to encourage active lifestyles in children and families.



Nutrition Events



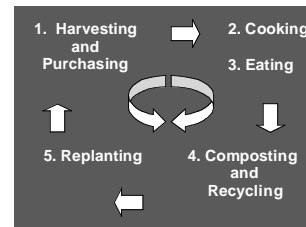
- + Events include Nutrition Decathlon, “5 a Day” week and TV Turnoff Week for families
- + All events include healthy food demonstrations and tasting, nutrition education games, and nutrition incentives for participants

Physical Activity Promotion

- + After school teachers receive training in physical education and strategies for implementation into daily activities
- + 1 weekly physical activity club in each after school program
- + Organized physical activities (SPARK) offered daily in the after school program



Nutrition Education Gardening Cycle



Harvesting and Purchasing

- + Selecting food items from your garden
- + Purchasing food items from local grocery food markets
- + Selecting food items from local food banks and other collaborative partnerships

Cooking and Eating

- + **Cooking around the World**
- + **Food Staples**
- + **Food Tasting**
- + **Snack**



Composting and Recycling

- + School Day
- + After School
- + Reducing Waste
- + Minimal Impact



Replanting

- + Garden Clubs
- + Community Gardens



Continue to Grow

- + Building Strong Community Partners
 - + School
 - + Parents
 - + Local Businesses
 - + Non-Profits

