



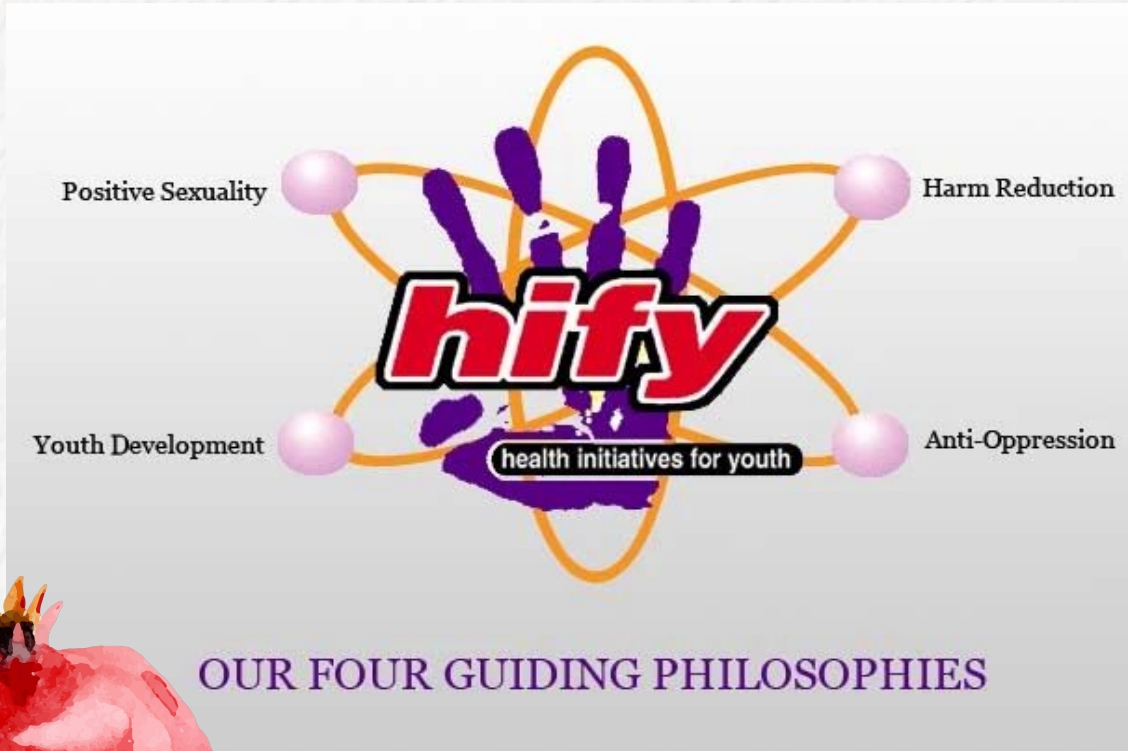
Snack Squad: Healthy Schools

with Health Initiatives for Youth

A Nourishing and Nutritious Program



HIFY: Who Are We?



Our mission is to improve the health and well-being of underserved young people through innovative youth leadership, popular education and advocacy, in pursuit of multi-level social change.



Project

Health education, hands-on cooking opportunities, and food justice education.

Goal: to shift knowledge, attitudes, and behaviors among low-income youth (especially youth of color) in San Francisco schools around choosing healthy food and beverages, framing food and food culture in the context of community health and social justice.

Food: Personal, Interpersonal, Structural



Program Design

12 Session Curriculum

Taste and Food Exploration

Nutrition

Drinks!

Kitchen Skills and Safety

Food Budgeting and Planning

Food as Medicine

Food and Mental Health

Food and the Environment

Food as Power

Food Access

Food Justice

Cooking Challenge

Grocery Boxes

+

Culminating Events



Why this works?

- ★ Builds skills in budgeting, sourcing, and preparing food
- ★ Moves away from “good food/bad food”
- ★ Hands-on approach to food as an important part of individual health/“feeling good,” community, and culture
- ★ Encourages exploration and trying new things

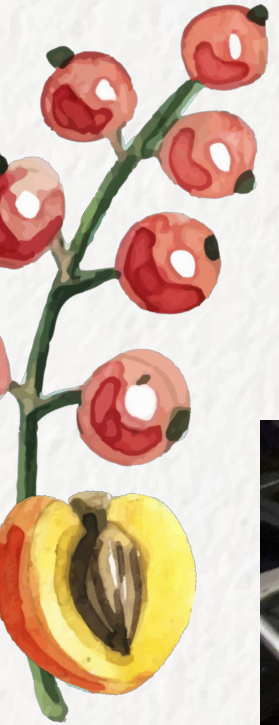


Why this works?

- ★ Fosters sharing of knowledge and experiences
- ★ Builds knowledge about how food affects the body and mind
- ★ Honors culture, family, and individual choices
- ★ Creates awareness of structural barriers to healthy eating



Student Show Off!



Who are we serving?

Previous School

Sites:

Hilltop HS El Camino

Balboa HS

Burton HS

Lincoln HS

Independence HS

June Jordan HS

CBO Partners

United Playaz

BACR

Latino Task Force

Boys and Girls Clubs



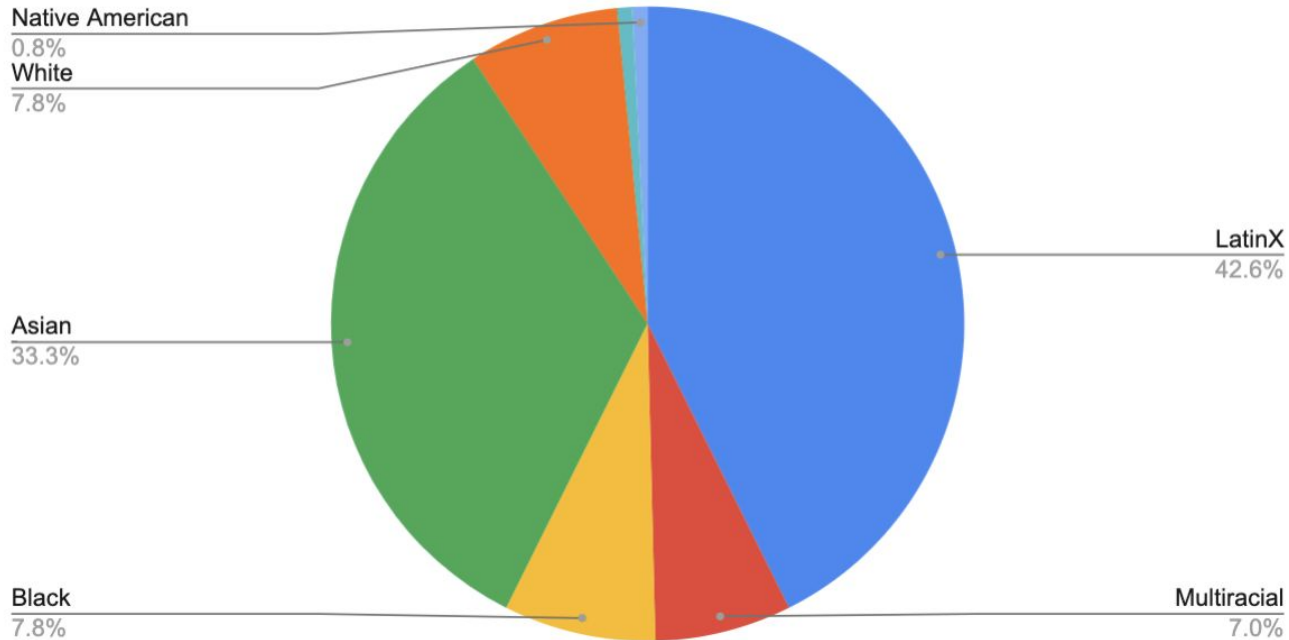
Snack Squad So Far: Total Served

Year	Cohorts	Youth Served	Cooking Boxes Sent
2020-2021	5 (online)	171	470
2021-2022	6 (in-person) 1 (online)	319	516
2022-2023 (so far)	5 (in-person) 1 (online)	140	228



Snack Squad By the Numbers: 2022-23

Racial/Ethnic Identities in Snack Squad 2022-23



2022-23 Impact n=21

Very small number of responses so findings should be interpreted with caution.

57.2 % of students reported increased confidence in identifying resources to purchase fresh food.

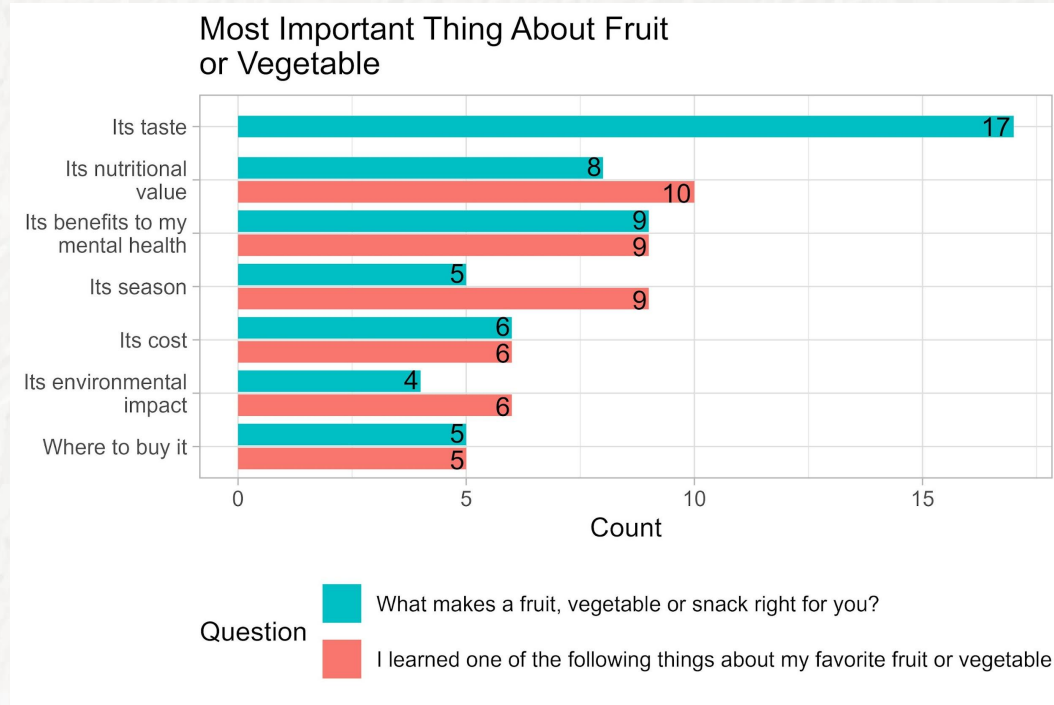
47.6% of participants reported drinking more water than when they began the program and to checking the added sugars in beverages.

76.2% of participants reported increased likelihood to drink water after the program.

61.9% of students reported increased excitement in trying new fruits and vegetables.



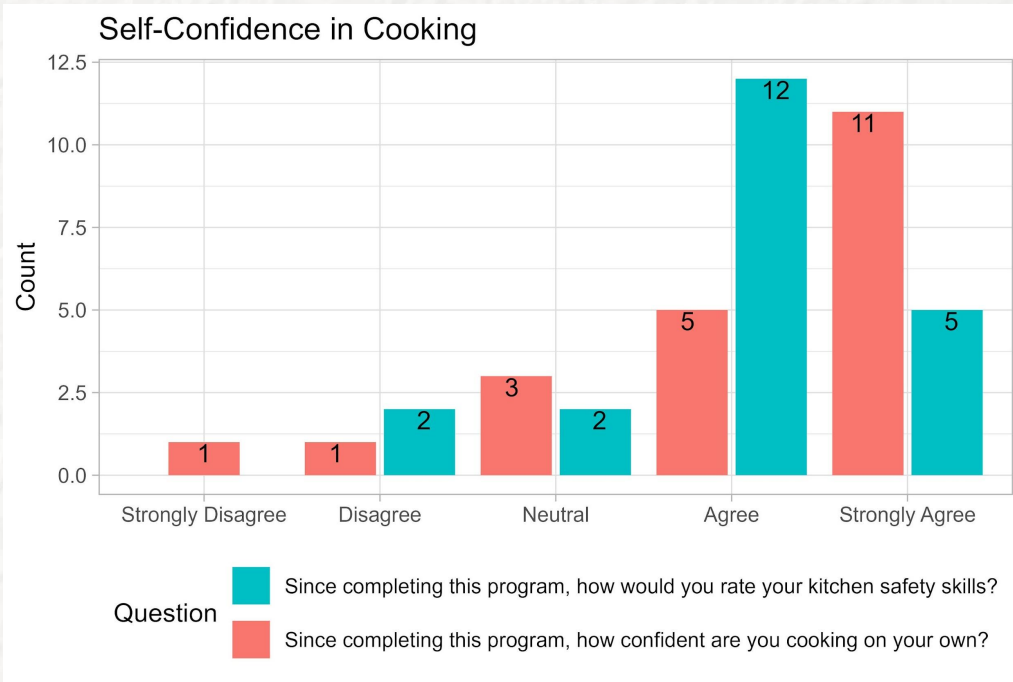
Dietary Importance and what is learned in the program (n=21)



- Participants reported learning about the following in relationship with their favorite fruit or vegetable:
 - Its nutritional value
 - Its season
 - Its environmental impact
- Note that some of these dimensions did not factor in participants' thinking on what made a fruit or vegetable right for them.



Cooking Ability: Short Survey (n=21)



- A high percentage of participants agree/strongly agree that they are more confident in their kitchen safety skills after the program
- A high percentage strongly agree that they are more confident cooking on their own.



Community Benefits

Participants: Skills gain, Positive changes in knowledge, attitudes, and behaviors related to healthy food and beverage choices, resources, and community.

Families: increased knowledge of affordable local food sources, as well as from the food boxes the program directly provides

Communities: Higher connectivity, peer sharing, more youth involvement.



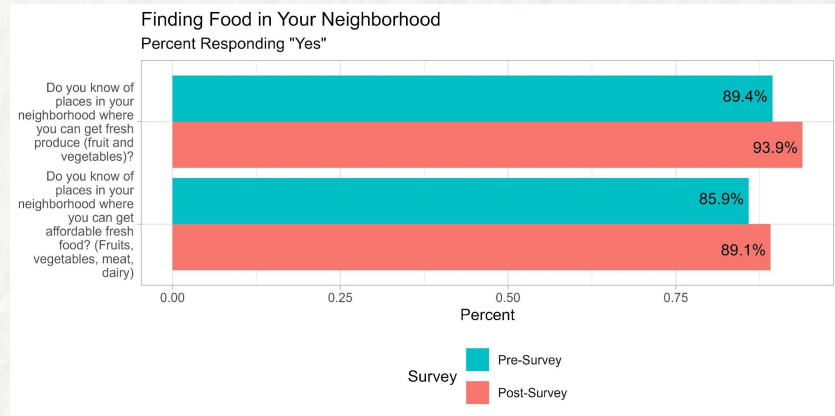
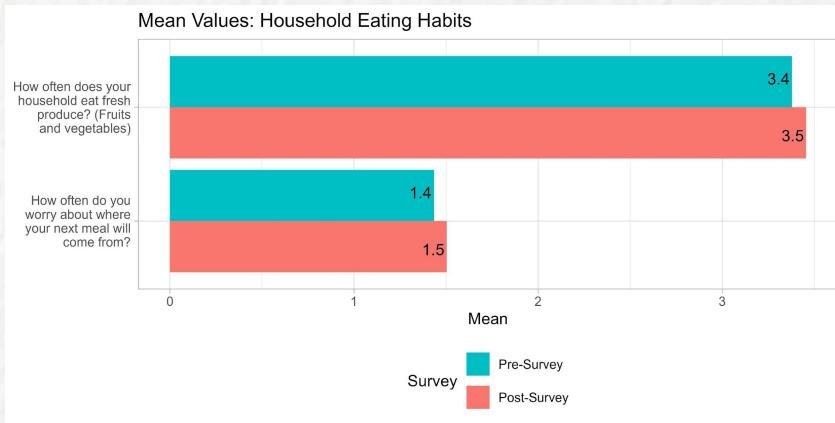
Snack Squad Survey Overview

Pre-Survey Responses: 198

Post-Survey Responses: 147

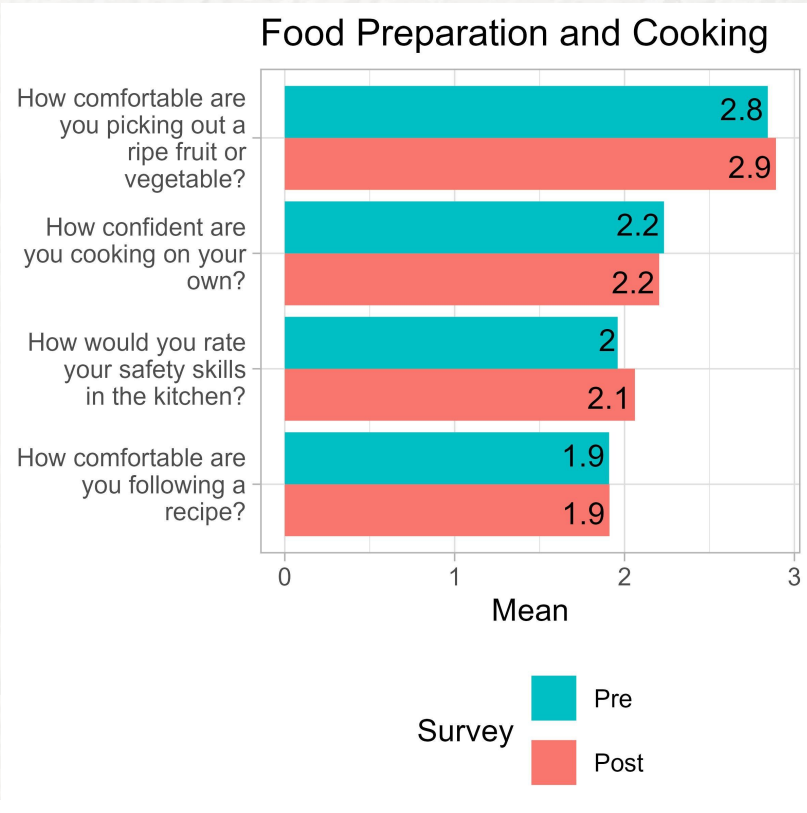
Post- Program Survey: 21

Respondent Household Eating Habits



- There were negligible changes post program:
 - Respondents on average report that their household eats fresh produce regularly (3=Often)
 - Respondents report low levels of food insecurity (1=Never)
- Modest changes and not statistically significant:
 - Higher percentage of participants say that they know more places they can find fresh produce and affordable fresh food

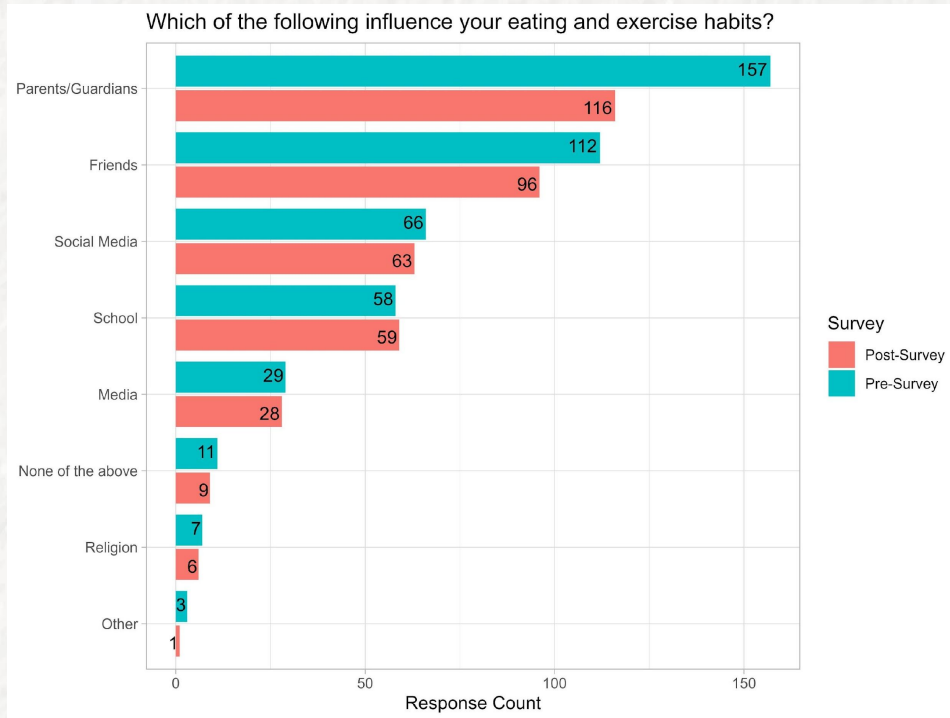
Cooking and Self-Reliance



- Relatively no changes in attitudes related to cooking and participants' own skills in the kitchen:
 - Overall participants are most confident picking out ripe fruit, and they are less confident on their own cooking; but no changes post-program
 - Participants' confidence in their ability to cook or following a recipe is low overall



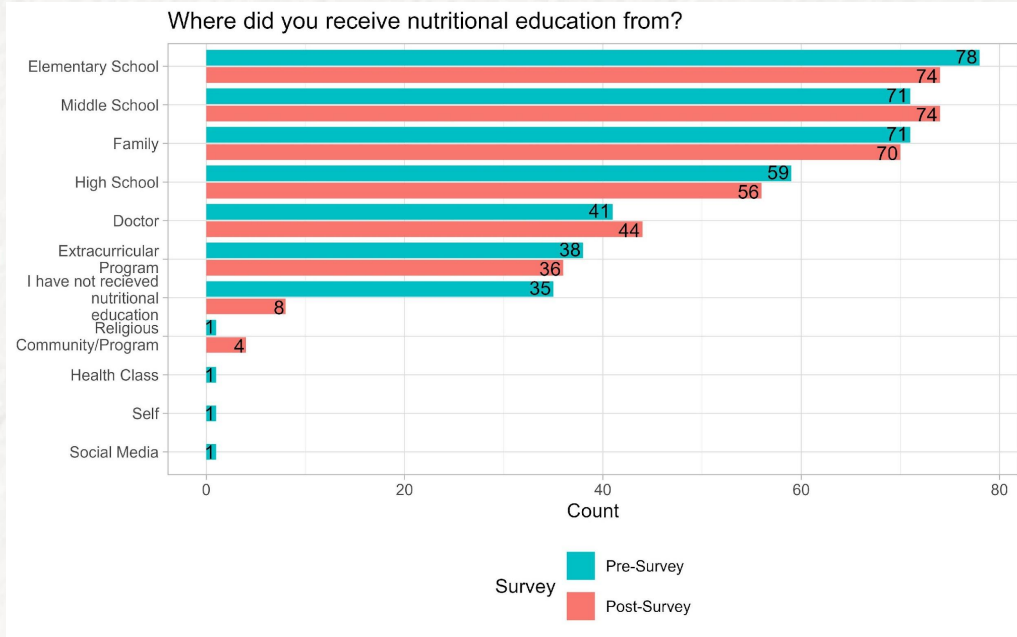
Influences on Respondents



- Friends and family are the biggest influence on participants' health habits
 - Slightly fewer mentioning these as an influence after program but change is not statistically significant.
- Social media and school are commonly reported as sources of influence
 - No changes post-program




Nutritional Education




- Most participants report receiving nutritional education from school or family
- Notably, the number of respondents who said “I have not received nutritional education” drop precipitously in the post survey



Student Testimonials



"The most interesting topics I've learned throughout this course is about how **we as individuals can make such a big impact on Earth and other people's well being!** I was also taught how food still leave a carbon footprint and I've become more aware of eating disorders as well as unethical food practices like child labor." - Student, Summer Program, 2022



"I thought it was interesting to see how there was food discrimination and how sometimes the information that is often popular in our society are not accurate." - Student, Lincoln HS, 2022

Student Testimonials

"Whenever I receive a food box, I get really excited to open it and see what's inside! All the cooking that comes with it has been pretty simple and easy to learn. My opinion on food has changed because ... **There's a lot more to food than just cooking and eating it.** Food affects our environment, health, culture, and I think we should learn about how it affects us." - Student, Balboa HS, 2021





QUESTIONS?





EPISODE

26

Vanessa
ALHS
Spring
2022

Student Show Off!

