



# Center for Collaborative Solutions

Unleashing the Power of People Working Together



*Changing Lives. Saving Lives.*



# *Changing Students' Eating Habits: What Works?*



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SOLUTIONS



- *Hands-On Interactive Learning – Kristen Mowers, CalSERVES, Santa Rosa, CA*
- *Project-based Learning – Gardening – Jennifer Bruno, Fit for Life, Watsonville, CA*
- *Hands-on Healthy Cooking – Gloria Halley, Region 2 Lead, Butte COE & Deborah Tamannaie, CDE – Nutrition Services*

*Changing Lives, Saving Lives*



**Healthy  
Behaviors  
INITIATIVE**

# *Student Centered Learning*

*Kristen Mowers*

*CalSERVES*

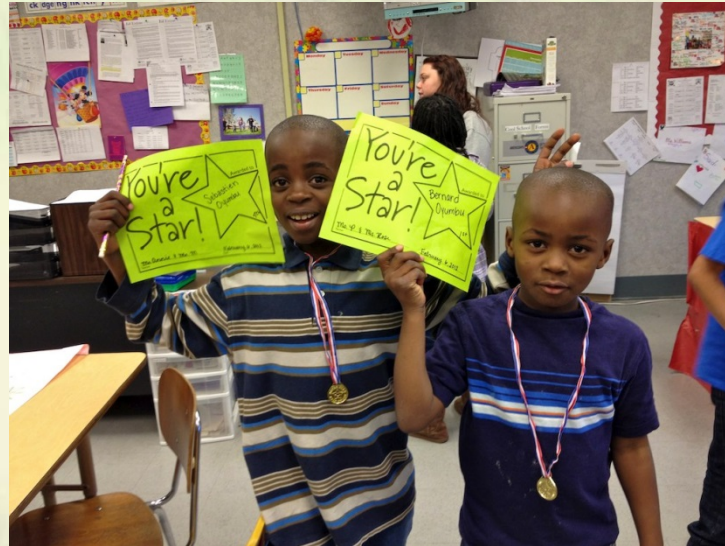
*Healthy Behaviors Coordinator*



## *Hiring Staff*

- *Adults that students can relate to*
- *Adults from diverse backgrounds to offer new experiences to students*
- *From the community \*Former students*

# *Know Your Students*



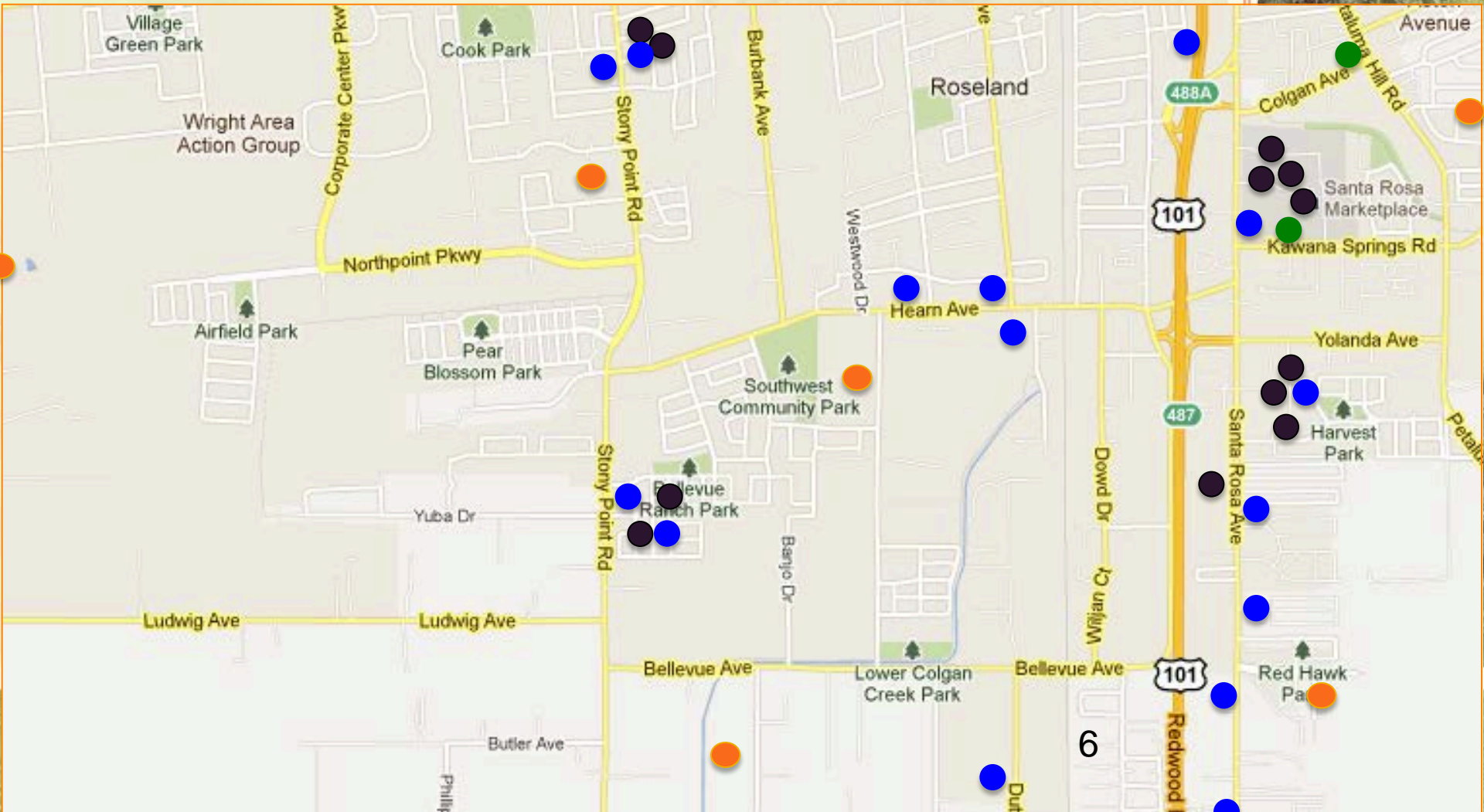
- *Understand the community that you are serving*
- *Know what resources are available in the area*
- *What interests your students*

 *School*

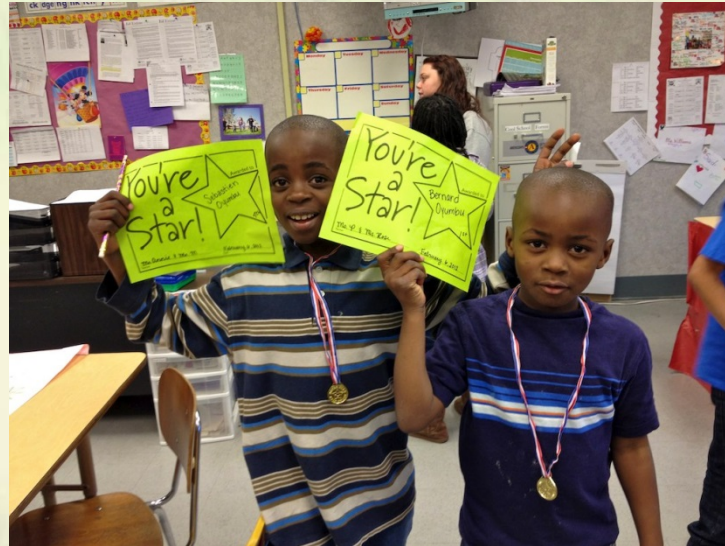
 Grocery

 Corner  
Store

 Fast Food

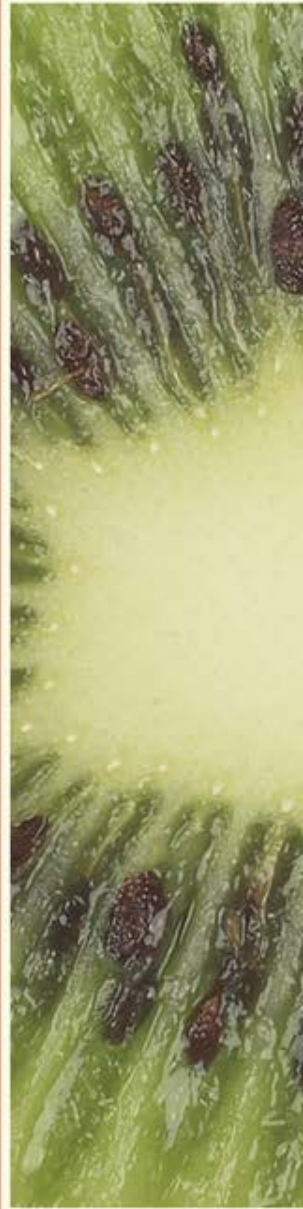


# *Know Your Students*



- *Understand the community that you are serving*
- *Know what resources are available in the area*
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# *Hands-on Interactive Learning*





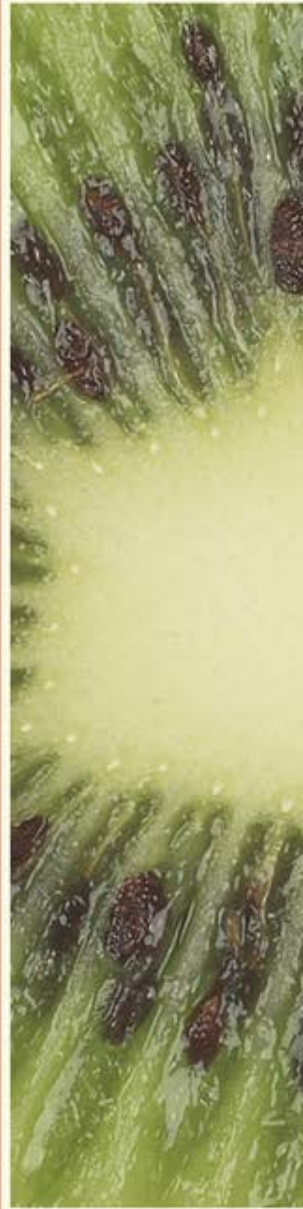
# *Hands-on Interactive Learning*



## *Contact Info*

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*CalSERVES*

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Jennifer Bruno, Fitness 4 Life



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*PROJECT-BASED LEARNING  
GARDENING*



# Let's get REAL!



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**Healthy  
Behaviors  
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# Let's dig in!



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**Healthy  
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*“ It’s more than just gardening; it’s empowerment through exposure.”*

*Patrick Littleton,  
Garden Educator*

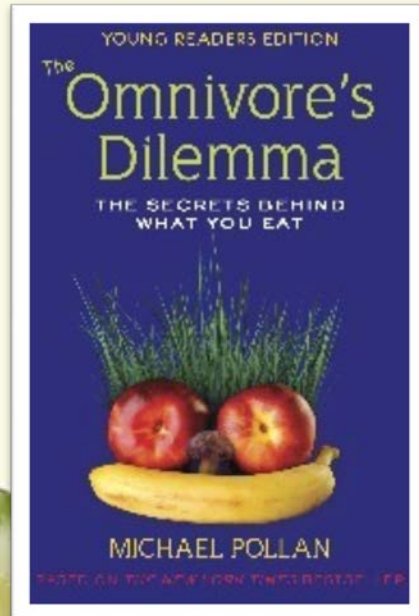
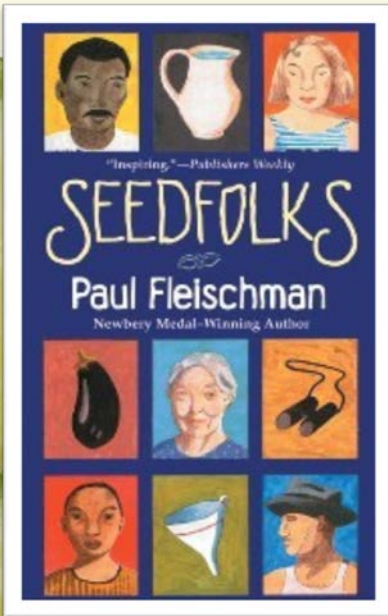




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# Stacking Functions



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**Healthy  
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INITIATIVE**

Gloria Halley, Region 2 Lead, Butte County  
Office of Education and  
Deborah Tamannaie, CDE – Nutrition Services

*PROJECT-BASED LEARNING  
HANDS-ON HEALTHY  
COOKING*



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# Suggestions for Success

- *Plan ahead*
- *Choose recipes that are age-appropriate*
- *Health & Safety*
  - *Be aware of food allergies*
  - *Hand washing*
  - *Using knives properly*
- *Materials*
- *Observation*
- *Working Together*
- *Clean Up*



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# A Hands-On Activities Guide

## *“Kids Cook Farm-Fresh Food”*



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