



PROGRAM & PARTNERSHIP MILESTONES

As of September 30, 2022



Rooted Santa Barbara County is a community-centered plant-based lifestyle initiative that believes optimal health is rooted in prevention.

Since 2020, Rooted has been mobilizing an impressive network of nutrition education programming, resources and partnerships to equip our community to overcome chronic disease with "food as medicine." Our priority is to serve community members with the greatest barriers to good health and the healthcare teams and direct service organizations that serve them. Following is a comprehensive list of programs and partnerships under development and completed that help residents understand the health benefits of incorporating more whole plant foods into their diet and learn how increasing these foods can often improve their health and decrease food spending, medical bills, weight, sick days, mental health strain, and more.

HOW WE BRING EDUCATION, TOOLS AND SUPPORT DIRECT TO OUR COMMUNITY:

- Free monthly nutrition and food skills programming direct to the community
- Online tools and resources and resource sharing
- Bilingual online learning platform to learn, research and discover at your own pace from the comfort of your home (Under development - launching in 2023)
- Robust recipe portal (Under development - launching in 2022)
- Community listening to learn what residents are currently eating and finding creative and easy to replicate alternatives that promote health (Continuing in 2023)

WAYS WE'RE WORKING WITH HEALTHCARE & DIRECT SERVICE PARTNERS:

- Comer Para Prosperar - a series of two 10-day spanish language jumpstarts with the FoodBank of Santa Barbara County launched in 2022
- Free monthly nutrition and food skills programming direct customized for direct service partners like the Breast Cancer Resource Center
- Nutrition coalition building with a network of community nonprofit and business partners with Sansum Diabetes Research Institute (SDRI)
- Inspired and contributing to culturally specific plant-forward nutrition research programs led by SDRI for Latinx community members through curriculum development and community healthcare worker training
- Development of nutrition education materials with Santa Barbara Neighborhood Clinics clinician
- Pilot programs and needs assessment for spanish speaking community health workers
- Medical outreach plan to raise awareness and assess pain points when talking about nutrition with patients - implementation in 2023 to connect health professionals to education, resources, a survey and a guide for how to talk to your patients about the benefits of a eating whole food, plant-predominant eating in two minutes or less to fit within current time for office visits
- Healthcare professional continuing education offerings to work towards the reduction of chronic disease through diet and lifestyle prevention
- And we have more ready to grow as our organization grows and funding expands for our work!

For more information and to support evidence-based, plant-forward nutrition education in Santa Barbara County, visit RootedSantaBarbara.org and contact us at helloerootedsantabarbara.org.

ROOTED SANTA BARBARA COUNTY

RootedSantaBarbara.org

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Rooted Santa Barbara County is fiscally sponsored by the Santa Barbara Foundation, a 501c3 nonprofit charitable organization.