



Dear Friend,

We're thrilled to invite you to **Kale Disco** on **Saturday, April 5, 2025**, from **5:00 to 8:00 pm** at the Community Arts Workshop in Santa Barbara—a disco-inspired dinner and fundraiser celebrating Rooted Santa Barbara County's commitment to growing health equity and resilience through the power of food and lifestyle medicine. We believe everyone can eat to thrive!

As we mark our **5th anniversary**, we're proud to partner with a wide range of local and national organizations to address chronic disease in our county and ensure the healthiest choices are easy, common, and enjoyable. In **2024**, we launched our **Train-the-Trainers** program, equipping local educators, health providers, and partners with wide-reaching impact to champion food as medicine and prevention. In **2025**, we're expanding our bilingual nutrition and food-skills outreach and investing in a dedicated team to close the nutrition education gap for healthcare workers, direct-service partners, and community members facing barriers to good health.

Recent grant investments are helping us kick-start this growth, but **broad community support** for our **\$500,000 Take Root Campaign** is essential to building our team and programs for the long run—ensuring prevention and the vital role of food in health are foundational in local culture and care.

We invite you to **join us as a sponsor** for an evening of groovy music, sparkling plant-based dining, and collective action for a healthier Santa Barbara County! We're also proud to present the **2025 Roots to Reach Honoree** award to the **Santa Barbara Foundation**, recognizing their incredible partnership, mentorship, and our fifth anniversary under their Fiscal Sponsorship program.

As we celebrate the vibrant spirit of our community, we invite you to join hands and do good together. Let's harness our collective energy to uplift our neighbors and build a healthier future. Proceeds from **Kale Disco** will **expand our impact, invest in our capacity, train more local leaders, and deliver culturally relevant education**—so everyone in Santa Barbara County can eat to thrive.

To discuss sponsorships, please contact us at hello@rootedsantabarbara.org. **With your support, we'll keep Santa Barbara County "stayin' alive" and thriving!**

In community,

Beth Skidmore, Chair/Executive Lead
Rooted Santa Barbara County

Fred Kass, MD, JD, Board Member
Rooted Santa Barbara County



Kale Disco Sponsorship Opportunities Available

Kale Night Fever - \$5,000

- **Boogie your way** to top billing with ten event tickets, lead recognition on-site, across social media, and in press releases. Plus, dial up the flavor in a private cooking class for eight with Rooted's expert educators (on a mutually agreed date)—all while fueling Rooted's mission to advance a healthier, more equitable community!

Turn the Beet Around - \$2,500

- **Turn up the beat** with six tickets and special recognition at the event, on social media, and in press releases. Groove for good—and help bring healthier living within everyone's reach

Groovy Greens- \$1,000

- **Keep the groove alive** with four tickets and special recognition at the event, on social media, and in press releases

Lettuce Boogie - \$500

- **Shimmy your way in** with two tickets and special recognition on social and in press releases

Boogie On - Individual Tickets - \$200

Ready to sponsor? Visit RootedSantaBarbara.org/Events or email hello@rootedsantabarbara.org. You may also mail sponsorship contributions to **Rooted Santa Barbara County, PO Box 91227, Santa Barbara, CA 93190**. To learn more about Rooted and our impact, visit RootedSantaBarbara.org/Invest-In-Community-Health.



STAYIN' ALIVE

Join us for a disco-inspired dinner and fundraiser with groovy music, sparkling plant-based dining, and collective action to advance health equity and transform lives through the power of food and lifestyle medicine.

Saturday, April 5, 2025 | 5 PM - 8 PM
Community Arts Workshop, Santa Barbara

Featuring Rascals Vegan + DJ of Ability

Roots to Reach Honoree:
Santa Barbara Foundation

INDIVIDUAL TICKETS \$200
FOR SPONSORSHIPS OR SLIDING SCALE TICKET OPPORTUNITIES,
PLEASE CONTACT HELLO@ROOTEDSANTABARBARA.ORG

[ROOTEDSANTABARBARA.ORG/EVENTS](https://rootedsantabarbara.org/events)





Mobilizing Santa Barbara County to grow health equity and resilience through whole food plant-based nutrition education and support.

We equip our community members take a leading role in their health through the power of food.

Eating patterns centered around colorful, nutrient and fiber-rich foods including **fruits, vegetables, nuts, legumes, seeds and whole grains** are rooted in traditional cultures around the world and have been associated with a range of benefits, including:

- Prevention, better management and/or potential reversal of many of the leading causes of chronic disease and early death including heart disease, certain cancers, type 2 diabetes, Alzheimer's, digestive disorders, autoimmune diseases, and obesity
- Reduced blood pressure and lowered cholesterol
- Lowered healthcare costs and system strain
- Longevity and reduced risk of premature death
- Increased energy, improved digestion, enhanced sleep, and a healthy immune system
- Save on food costs... and more!



**Whole Food Plant-Based Plate by American College of Lifestyle Medicine*

We equip our community with the knowledge, confidence, and resources to prioritize, prepare, and enjoy foods and lifestyle habits that bring the most benefits to everyday and long-term health. As a collaborative hub and partner for healthcare teams and direct service organizations, we prioritize serving community members with the greatest burdens of chronic disease and barriers to good health. We do this through:

- Low to no cost, bilingual, plant-forward nutrition, lifestyle medicine, and food skills education programs, tools, and support,
- Healthcare and community health worker training, and
- Community collaborations to ensure accessibility and belonging, healthcare community engagement, healthy food access, and culturally relevant support.

We're on a mission to optimize health and help our County residents eat to thrive.



Join us!

Get resources to get started, stay up to date on programs and events, and learn how you can invest in our movement at RootedSantaBarbara.org or contact us at hello@rootedsantabarbara.org.