



We partner with CBOs, CYOs, DHSPs, and Schools. We collaborate with partners to educate underserved populations, with resources from the *Network for a Healthy CA*.

Headquarters:  
Grant Union High School

We empower low-income multi-ethnic families to make healthy food choices and be physically active through advocacy and nutrition education empowerment.

We teach underserved multi-ethnic families to create, cultivate and sustain school and community gardens.

**Mission: Directly teach low-income multi-ethnic youth about the benefits of consuming recommended cups of fruits/vegetables, being physically active, and help change conditions in local communities that contribute to obesity.**

We seek to increase F/V consumption, food security (access to healthy affordable foods), and prevent diet-related chronic diseases among low income populations.

We conduct public F/V food demonstrations within communities where more than 50% food stamp eligible populations reside.

We recruit and train adult mentors from CSUS, UC Davis and the community as role models. We practice peer education.

We participate in and support culturally sensitive cuisine and traditions.

Engage youth and adults in yearlong activities to promote healthy lifestyle changes. Youth collectively grow, harvest, and cook meals together.

**Legend/Key Terms:**  
**CBO:** Community Based Organization  
**CYO:** Community Youth Organization  
**DHSP:** Direct Health Service Provider  
**F/V:** Fruit & Vegetable

