

UC SANTA BARBARA



Dear Adelle Davis Foundation Board Member,

Your continuous support of our department inspires our students to learn lifelong skills they can pursue after they graduate from UCSB. The UCSB Cooks program in the Health and Wellness department taught over 1,300 students how to plan, source, and prepare nutritious meals in the 2021-22 Academic Year. We are truly grateful and inspired by your investment in our students and hope you enjoy reading about this year's impact on and off campus.

Health and Wellness

2021-22 Annual Report

Food, Nutrition, and Basic Skills

The 2021-2022 academic year had its challenges. While returning to in person after a year and a half of remote instruction, Covid exposures continued to present our students with a difficult and ever changing landscape to navigate their return back to campus. Despite challenges, interest in cooking classes soared. Our Food, Nutrition, and Basic Skills program hosted and collaborated on 67 workshops, 45 which were hands-on cooking classes for over 1,300 students, a majority of whom came from populations that experience higher rates of food insecurity.

Quarter	Total FNBS Events	Total Student Participation
Fall 2021	25	451
Winter 2022	21	426
Spring 2022	21	442



UCSB Cooks

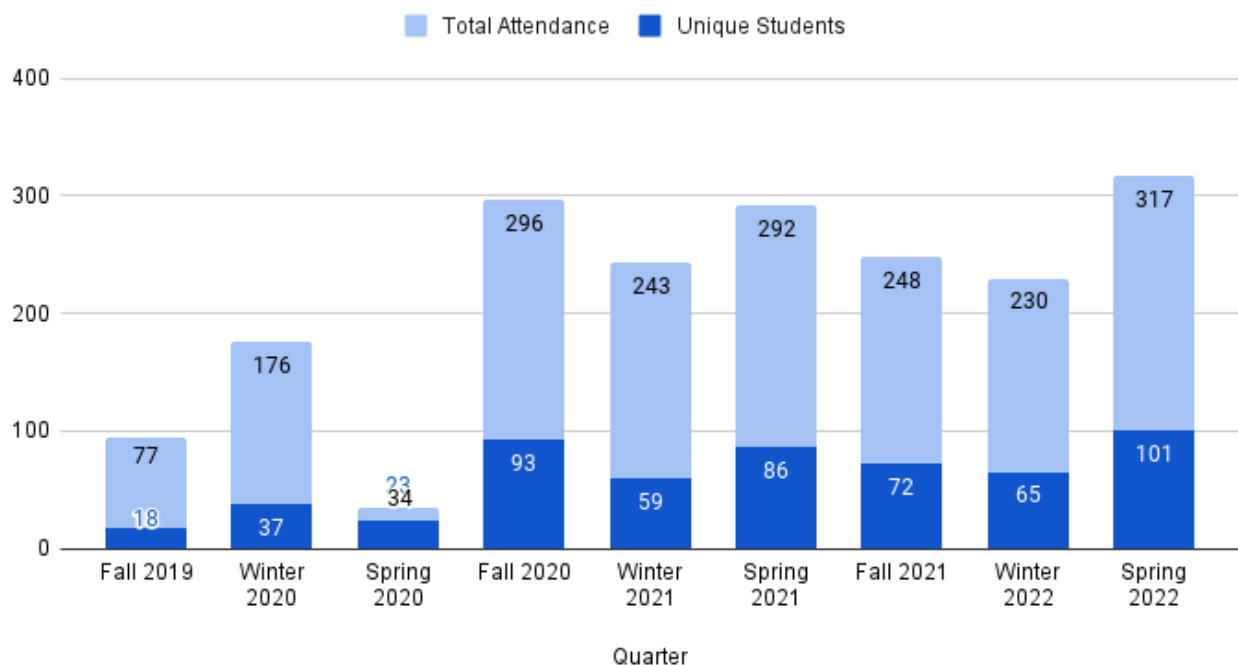
One of our most popular programs under Food, Nutrition and Basic Skills is UCSB Cooks which provides five weeks of hands-on nutrition & cooking skills education to students with no cooking experience. The series is taught in a cohort model with lessons that offer a coordinated sequence of skills incorporating content on: budgeting & planning meals, kitchen basics, cooking & nutrition, and food sourcing. UCSB Cooks is offered both in-person and remotely which helps facilitate program access for our diverse student population.

Offering UCSB Cooks online allowed the course to accommodate more students because there is no limit to room occupancy rates or cooking burners which attributes to the growth of the program. Students enjoyed the opportunity to cook from the comfort of their own kitchen, asynchronously, and feed others in their household. Remote students are sent grocery gift cards to cover ingredient costs and are tasked with shopping for their own dietary needs. Students were also given kitchen equipment needed to participate.

Our in-person format allows students to form a community with others who are navigating college and are interested in learning new ways to stretch their budget by learning to cook. As you can see from the below infographic, there were 101 students enrolled in Spring 2022 UCSB Cooks, making it the largest cohort yet.

Sharing food is both a cultural and social experience. People gather and socialize around food, and can share cultural food to further their connections with each other. We hope that by learning to cook together, students will continue to develop their connections with their classmates and utilize their new cooking skills to prepare and enjoy food together.

UCSB COOKS PARTICIPATION



UCSB Cooks

The Food, Nutrition and Basic Skills program benefits students on campus and offers career development to the interns who develop and run events. The interns are Servsafe trained and receive valuable experience facilitating workshops on nutrition, health equity, food preparation, meal planning and budgeting. These skills are utilized personally and professionally even after they graduate.

We strive to establish a culinary education hub on campus, one similar to the teaching kitchens five of the other UC campuses have. The vision of being able to build a commercial teaching kitchen would establish a permanent place to provide culinary education to the students and staff of UCSB.



This kitchen would add a critical resource further strengthening our efforts to expand and deliver hands-on cooking education and ensure facilities for the longevity and stability of the program. We thank partners such as the Adelle Davis Foundation for supporting our efforts to teach Food, Nutrition, and Basic Skills to as many students as we can.

Food, Nutrition, and Basic Skills



FOOD, NUTRITION AND BASIC SKILLS PROGRAM

UCSB COOKS

Fall 2021 - Spring 2022

45

WORKSHOPS OFFERED

Fall Recipes:
Mediterranean Salad
Teriyaki Stir Fry
Mujadara
Creamy Tomato Soup
Skillet Apple Crisp

Winter Recipes:
Breakfast Ramen
Pinto Gallo
Shakshuka
Skillet Apple Crisp
Breakfast Burritos

Spring Recipes:
Southwest Salad
Teriyaki Stir Fry
Machaca
Curried Noodles
Champorado

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PARTICIPANT TESTIMONIALS

"I really liked the giveaways; I like the idea that by the time we finish the class, we have a basic set of cooking equipment so we can put the skills we've learned to use"

.....

"Before starting this program, I felt pretty incapable of cooking myself balanced, tasty meals but that's changed a lot by this point."

.....

"Learning that it can be quick and satisfying to make a healthy meal at home instead of eating soup out of a can or a TV dinner."

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TOTAL ATTENDANCE

Fall 2021:
72 students enrolled
248 in quarterly attendance

Winter 2022:
65 students enrolled
235 in quarterly attendance

Spring 2022:
101 students enrolled
our largest cohort yet!

UCSB Cooks Testimonials

I really enjoyed this class! I learned about the different techniques in the kitchen and was able to explore with different spices/ingredients. My favorite dish so far was the curried noodles that we made. I got to learn to explore different dishes and learn more about cooking.

Anonymous

My favorite dish: Jackfruit tacos. I absolutely loved this class. It was so much fun! Mallory is so awesome and a great teacher. I will take away that it is ok to experiment and try new things with cooking/flavors.

Marla Smith (she/her)
Communication, Senior

This class has been very useful in exploring new proteins and vegetarian options. I would have not tried on my own. My favorite dish was the teriyaki dish because it was very easy to make. The most memorable moment was when everyone got to taste the food they made at the end.

Erika Tejada (she/her)
Communication, Senior

My favorite dish was the teriyaki stir fry. I like learning how to cook chicken because it's a very fundamental food to know how to deal with. Now I'm very confident in cooking my chicken at home, very confident I won't get salmonella. I can now make it teriyaki style or get creative with my own dish. Also very grateful for the neat little inside tricks I learned like the info about spices.

Erick Fuerte-Diaz (he/him)
Pre-Econ & Accounting, Sophomore

Class was great! Seems like it was full of pleasant surprise after pleasant surprise. Each week the recipes got better and better. Each week the free kitchen equipment got better and better. All around, loved my time!

Balloch Schneider (he/him)
Environmental Studies, Sophomore

I loved this class so much! I recommend everyone to apply to get the chance to participate. Every week, I looked forward to coming to class to learn to make a new dish and learn some new cooking techniques. My favorite part was finally eating the fruits of our labor at the end of class. I really enjoyed making the curry noodles which were delicious. I not only learned how to cook, but I also made great friends & had an overall fun time.

Yesenia Padilla (she/her)
Econ & Accounting, Freshman

This class was so fun! So happy I signed up. My favorite dish was the teriyaki bowl! I learned so many great cooking techniques and delicious recipes. I look forward to this class every week. Thank you!

Bianca Berron (she/her)
Environmental Studies, Senior

UCSB Cooks Testimonials

I had a great time learning new cooking skills such as neat tricks to get the most flavor out of your ingredients such as crushing garlic, rolling a lemon, etc. It was also great learning new cooking techniques and knife skills. Not only that, but also learning about the roots of the dishes added a new component to cooking that makes me better appreciate the food I make. My favorite dish so far would be either the tacos or champorado.

Cristhian Moralo (he/him)
Econ and Accounting, Junior

I absolutely adore this class! It became the highlight of my day. At first, I had joined with the hope to meet more people and make great food, and it was! Plus the samples we got were amazing. I learned about sanitizing and keeping a clean kitchen, how to better use a knife. Most memorable moment will have to be the chicken teriyaki because we had to put vegetables in two parts. My favorite dish was noodles. Huge thanks and appreciation to the instructor and the gals that help us clean up.

Paola Granadillo (she/her)
Political Science, Sophomore

I greatly enjoyed this class and learned a lot about the origins of our food. This class was also very practical as I learned how to make nutritious meals with cheap and local ingredients. My favorite dish from this class was the tofu and veggie stir fry because the spices and cooking method created a delicious meal in only half an hour. I am very excited to take the skills from this class into my future cooking and eating habits.

Anonymous

This class has been nothing short of an AMAZING experience! I wish I took this class earlier! The instructor and assistants were so incredibly kind and helpful. I learned so much and this class really opening my eyes to new genres of foods! I also had a great time meeting new people in the course. My favorite dishes were the curry noodles and the teriyaki stir fry! My leftovers from those classes made for tasty lunches on my busy days. I would 11/10 recommend this class for anyone who loves food and is interested in learning the basics!

Maya Lee (she/her)
Applied Math, Senior

My friend recommended this class to me after she had taken the zoom version during the pandemic. I opted for the in person option to mingle with people and I am so glad that I did! I looked forward to coming to class to cook a creative healthy meal with new friends every week. Mallory and the rest of the staff were so knowledgeable and helpful - setting/cleaning up all of the produce and materials, allowing me to relax and enjoy my meal in the midst of a busy week. The free food and cooking supply giveaways have inspired me to recreate the meals at home. Very grateful for this opportunity. I would 10/10 recommend!

Mackenzie Bland (she/her)
Environmental Studies & Communication, Senior

If you have any questions please contact:

Sharleen O'Brien, Psy.D.

Associate Dean, Director, Health & Wellness

805-893-5480

SharleenOBrien@ucsb.edu

Delene Bliss

Senior Director of Development, Division of Student Affairs

805-893-6002

Delenebliss@ucsb.edu

Mallory Russell, B.A. American Studies and Landscape Architecture

Culinary Education Specialist, Health & Wellness

805-893-4163

Malloryrussell@ucsb.edu

Jacqueline Ovalle, B.S., Clinical Nutrition

Health Education Specialist, Health and Wellness

805-893-3434

Ovalle@ucb.edu