

students in learning about healthy food experientially, exposing them to a wide variety of foods and basic cooking skills that emphasize culturally relevant, whole-foods based cooking.

Food, What?! - This project will provide youth empowerment and food justice education that uses food and farming as the vehicle for growing healthy, strong and resilient teens. Funding provides food education, empowerment and leadership development for Watsonville-area youth; healthy, organic fruits and vegetables in a weekly summer produce box for Watsonville-area youth and their families; and stipends for Watsonville youth to take on leadership roles as Food What “Junior Staff” and “Community Educators.” www.foodwhat.org

Girls, Inc. - Funding will support three programs for middle school girls: Friendly PEERsuasion, Will Power/Won't Power and Smart Choices. These health-focused programs provide education on well-being and healthy lifestyles. They also prepare girls for high school and plan for college. All three programs discuss managing stress in healthy ways that curtail overeating, substance abuse, and depression. Each program offers workshops on making decisions, setting and achieving goals, assertive communication and refusal skills. www.girlsinccc.org

Life Lab - Funding will support three garden educators working with 60+ teachers at five schools to create rich learning experiences for elementary school students. They will pilot 27 new science lessons with grades K, 1, and 2, and expand food and nutrition education for 3rd, 4th and 5th graders. www.lifelab.org

Natividad Medical Foundation - Grant funds will be used for the "5 Steps to Prevent Diabetes Program," a community-based, scientifically proven health promotion education program for safety net populations with varying levels of English proficiency and health literacy and differing cultural values and beliefs. 5 Steps to Prevent Diabetes curriculum serves as a validated diabetes prevention education program for at-risk populations with a focus on content proven to result in increased consumption of fruits and vegetables, daily physical activity and use of strategies that increase access to healthful foods for those living in poverty. www.natividadmedicalfoundation.org

Second Harvest Food Bank - Passion For Produce empowers participants to take control of their health through good nutrition and physical activity. Passion For Produce is increasing healthy food access and consumption, easing the stigma and increasing the dignity around food assistance, and fostering healthy exercise and diet behavior changes. Nutrition education is finding its efficacy as peer-based and relationship-driven; Second Harvest is facilitating and empowering individuals to improve nutrition and make their own diet changes. www.thefoodbank.org

Teen Kitchen Project (TKP) - Funding will allow TKP to significantly increase its reach and impact in the community of Watsonville by increasing both the number of teen chefs from Watsonville and the number of medically-tailored meals delivered to people in Watsonville. The program engages teens ages 13-19 in preparing, cooking and packaging meals. Meals consist of organic ingredients, which include fresh vegetables and fruit, whole grains and hormone-free poultry. Clients are referred to TKP by social workers and nurse navigators based on the clients' needs, current lack of food access, and their inability to prepare meals for themselves. www.teenkitchenproject.org

Oral Health

Dientes Community Dental Care - Funding will support oral health education, dental exams, x-rays, cleanings, and sealants. Sealant application is an especially effective preventative measure for children from families with barriers to routine access to dental care. Dientes will provide oral health education to Pajaro Valley adults at WIC and health-related events. At these educational opportunities the Dientes

Outreach team will focus on teaching participants the correlation between oral health and diabetes risk factors, healthy pregnancy, and good overall health. A portion of funding supports Dientes' role in coordinating implementation of the County's Oral Health Strategic Plan. www.dientes.org

Salud Para La Gente - Funds will help provide subsidized dental care to eligible, uninsured, low-income residents served by Salud Para La Gente's Dental team. www.splg.org

Access to Care

Coastal Kids Home Care - Funding supports a portion of their nursing, therapeutic, and social service visits for children from low-income and migrant families residing in the Pajaro Valley, as well as mental health and practical support services for their families. Seventy-five percent of the children served by Coastal Kids are enrolled in the Treatment for Life-Threatening Conditions (TLC) program. Through TLC, the agency's case managers work with doctors to ensure that children living with cancer and other life-threatening diagnoses transition effectively from hospital to home. Coastal Kids seeks to provide palliative support early on in the disease trajectory, therefore caring for the child as they undergo the rigors of treatment through healing, or as they move toward the end of life. Coastal Kids views the entire family as the unit of care and we continually assess and manage the family's need for practical and emotional assistance prior to and following a child's death. www.coastalkidshomecare.org

Family Service Agency of the Central Coast - This project will support free or low-cost mental health services to vulnerable residents of the Pajaro Valley. It offers distinct types of culturally appropriate services for: 1) Latina cancer patients; 2) Survivors of child sexual abuse; and 3) Seniors by providing services at the Watsonville office as well as people's homes. <https://fsa-cc.org>

Hospice of Santa Cruz County -The Children's Grief Support program provides youth age 6-17 with bilingual individual and group grief support, counseling and grief education, as well as a bereavement focused camp. The program uses a variety of techniques to help children move through feelings of loss in healthy and positive ways: role play, games, sand tray, journaling, in-school grief education, and grief education. Camp Erin offers bereaved kids a weekend-long experience that combines fun camp activities with grief education and emotional support; all led by professionals and trained volunteers. All services will be offered free of charge. www.hospicesantacruz.org

Jacob's Heart Children Cancer Support Services - Funding supports the Emotional Support and Counseling program, which provides a foundation for building emotional well-being through individual counseling sessions, thematic support groups and expressive arts activities. The goal of this program is to reduce stress and anxiety, create a heightened sense of empowerment and overall health, and provide tools to process grief and trauma in a healthy manner. Funding will also support the launch of Forever Loved, a one-day grief retreat for bereaved families. www.jacobsheart.org

Vista Center for the Blind - Vista Center's Safe & Healthy Living helps people who are blind/visually impaired overcome the physical & emotional impact of sight loss to remain independent, employed & mobile. Participants will receive a psychosocial assessment and case management support to connect them with local resources. Experienced teachers provide an orientation and mobility training to master activities such as cane use, crossing streets, public transportation and walking with a guide dog. Vista's social recreation group provides opportunities for people who are blind/visually impaired including art, reading, cultural events, hiking, shopping, and dining out to create and maintain social relationships. The daily living skills teachers help clients live safely and become more independent by teaching cooking, medication and health management, housekeeping, personal hygiene, and money/paperwork. <http://vistacenter.org>

Health Professions

Watsonville High School Health Academy \$5,000- This project supports students from Watsonville High School Health Academy to participate in mentor/student dinners hosted semi-annually to expose students to professionals who work in health careers of interest. Seniors also have an opportunity to conduct job shadowing at the Watsonville Community Hospital each spring. The Academy provides hands-on training that prepares students for careers in healthcare and allied professions.

The Health Trust also provided \$20,000 this year in *scholarships* to students from the Pajaro Valley pursuing careers in the health professions. Scholarship awards will benefit students from Aptos High School, Pajaro Valley High School, Watsonville High School, Watsonville/Aptos Adult Education, Cabrillo College and Natividad Foundation's Indigenous Translation Program.

About the Pajaro Valley Community Health Trust: The Pajaro Valley Community Health Trust is a 501 (c) 3 nonprofit public-benefit health care foundation. The Health Trust aims to improve health and quality of life for Pajaro Valley residents by supporting programs and activities that ensure access to a high quality, culturally competent programs and healthcare services aimed to promote health and wellness and prevent disease. **Find us online at www.pvhealthtrust.org.**

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