



PAJARO VALLEY

COMMUNITY HEALTH TRUST'S

Health Watch

Promoting a Healthy Future

Fomentando Buena Salud

FALL/WINTER 2015

Life Lab cultivates Pajaro Valley children's love of learning and healthy food

The Health Trust is pleased to provide feature stories about the vital nonprofit programs and partnerships we help to support in the Pajaro Valley. These stories and the people who tell them inspire us with their dedication to improving the quality of life and health for all the residents of our community.

By Don Burgett, Executive Director, Life Lab

Garden educator Cara Sundell often welcomes students by reminding them that they can “use their explorer tools to explore the garden.” When they look at her blankly in confusion, she says, “You have explorer noses to sniff everything. You have explorer eyes to look at bugs really close up and birds that are really far away. You have explorer ears for listening, and explorer fingers to feel everything in the garden.” She watches as their faces open with excitement, confidence, and understanding. Now they know exactly what to do, and they get down to the business of being kids outdoors: looking for bugs, tasting edible plant parts (roots, stems, shoots, leaves, flowers, fruits and seeds!), examining life close up, moving their bodies, and sharing their discoveries excitedly with each other. This hands-on approach cultivates children's love of learning, healthy food, and nature.

Life Lab has provided local children with experiences like these for 36 years. Since 2000 it has hosted field trip and day camp programs at its Garden Classroom on the UC Santa Cruz Farm, directly serving more than 3,000 children annually now. As part of a new initiative to increase garden-based learning opportunities for Pajaro Valley children, Life Lab partnered with retired flower farmer Kit Shiotani to build a new educational garden at her Watsonville farm this year. In the spring Cara and her team of interns and FoodCorps service members welcomed 2nd through 5th grade students from H.A. Hyde, Calabasas and Amesti Elementary Schools for after-school programs in this “Blooming Classroom” in partnership with Pajaro Valley Unified School District's Extended Learning Program.

Sixty-one kids visited the Blooming Classroom two or three times for hands-on science lessons and exploring the natural world in the new garden and to connect with the source of healthy fresh fruits and vegetables. Each group felt

the connections of the “web of life” by embodying elements of the garden while standing in a circle with string running between them to represent interrelationships. They examined,

Published research has shown that hands-on garden-based nutrition education programs in California can increase children's consumption of fresh produce by 1-2 servings daily, which can be vital to prevention of diabetes and other diet-related challenges children face.

smelled, tasted and dissected flowers. They drank plain water and water that had mint, oranges, or lemons added to it, while discussing where our water comes from. At the end of their first visit, Cara's announcement that they would come back the following week was followed by shouts of “YESSS!” and “That's so awesome!” They were clearly inspired by their initial experiences, and when they returned, they were excited to jump back in for more. Life Lab will continue after-school programs at the Blooming Classroom this fall, with a bumper crop of corn, squash and tomatoes to explore!



A 2015 Health Trust grant is supporting FoodCorps service member positions and training, coaching and curriculum for interested teachers to work with Life Lab education director Whitney Cohen to expand and deepen garden-based education in the schools' gardens, as well. Whitney brings classroom teaching experience, including at Starlight Elementary in PVUSD, and nearly a decade of training more than 10,000 educators locally and across the U.S. in garden-based learning. She also coauthored a new edition of Life Lab's seminal work *The Growing Classroom* last year, with expanded lessons for garden-enhanced nutrition education, an area of work that has grown dramatically at Life Lab in recent years. Published research has shown that hands-on garden-based nutrition education programs in California can increase children's consumption of fresh produce by 1-2 servings daily, which can be vital to prevention of diabetes and other diet-related challenges children face. Studies also show that elementary school ages are the critical time for formation of life-long eating habits, so the impacts of Life Lab's programs are very long-term. More than 1,000 PVUSD students will benefit from these programs this year.

Life Lab is also focused on the long-term sustainability of these Pajaro Valley programs, so that they can influence many tens of thousands of PVUSD students over time. Life Lab welcomes anyone who shares these interests to join in that conversation.

For more information about Life Lab and its Pajaro Valley programs, please visit www.lifelab.org/pajaro or call John Fisher, Director of Programs and Partnerships, any time at (831) 471-7831. They love sharing their gardens and resources!



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Back by popular demand at the Wine and Roses event.....

Winners Choice Vacation Raffle!

Please join us again this year for the **32nd Annual Evening of Wine and Roses** fundraiser, hosted by the Pajaro Valley Community Health Trust from **6-9 p.m. on Friday, November 6, 2015** at the Crosetti Building, Santa Cruz County Fairgrounds.

As always, this festive fall event will feature fine wines to sample from 23 Santa Cruz Mountains Wineries, hors d'oeuvres and desserts from 20 area restaurants and caterers, the sale of Pajaro Valley fresh roses and a fabulous silent and live auction.

In addition, last year's **Winners Choice Vacation Raffle** was so popular, we are offering it again this year and adding a second prize. **First Prize will again be a fantastic vacation trip to one of the three destinations listed below. Second prize is \$1,000 CASH! Only 300 tickets will be sold.**

Winning tickets will be drawn at the close of the **Evening of Wine & Roses** fundraiser. **Winners need not be present to win.**

Cancun All-Inclusive

5-Night stay at Adults-Only Hyatt Zilara Cancun Resort in a standard king or double junior suite for 2 with round-trip coach class airfare from the 48 contiguous U.S. to Cancun, Mexico. **VALUED AT \$9,148**

Fairmont Chateau Whistler Ski Getaway

3-Night stay in a standard Fairmont room including breakfast for two, \$500 Fairmont gift cards that can be used towards lift tickets for skiing or snowboarding at Whistler and Blackcomb Ski Resorts, round-trip coach class airfare, from the 48 contiguous U.S. to Vancouver, Canada. **VALUED AT \$8,006**

Ultimate Escape to Maui or Kauai

4-Night stay in a garden or mountain view guest room at the Westin Maui Resort, Westin Ka'anapali, or Westin Princeville Kauai Ocean Resort, round-

trip coach class airfare for 2 from the 48 contiguous U.S. to Hawaii (Kauai or Maui). **VALUED AT \$10,776**

Vacation must be booked a minimum of 60 days in advance. Raffle trip cannot be resold.

Blackout days apply. **PVCHT will pay the prize value taxes!** The Vacation Raffle winner must book their airfare one year from the date of the raffle, 11/6/16.

Here's a sampling of the some of the live auction items Robert Slawinski Auctioneers will introduce at the Wine & Roses event:

- Chicago Dining Experience for 2 at the Fairmount Hotel with airfare
- New Orleans Jazz & Dining Getaway for 2 at the Hyatt French Quarter with airfare
- Disneyland Family Adventure for 4 at the Hyatt Regency Orange County with Airfare
- Orlando Theme Park Adventure including 1-Day Tickets to SeaWorld Orlando, 1-Day/1-Park Tickets to Universal Resort Orlando, 4-Night Stay at Choice of Select Hyatt Place Hotels with Airfare for 4
- Plus...original art, collector double magnums of wine, private gourmet dinners and much more!

Purchase Wine & Roses and Raffle Tickets Online Today

To purchase both your Wine and Roses event tickets and your separate Raffle tickets, just visit our secure website at www.pvhealthtrust.org.

Wine and Roses Tickets: \$75 per person in advance/\$85 per person at the door

Raffle Tickets: \$100 per ticket (only 300 tickets will be sold!)

For more information on purchasing event or raffle tickets, please call us at 831-761-5639 or email bziegelman@pvhealthtrust.org.