Eat to Thrive!
NUTRITION JUMPSTART

A four-week hands-on program that builds community and health through cooking, culture, and practical nutrition tools.

Over a series of **four flexibly paced classes plus check ins**, participants will explore how food supports energy, mood, digestion, heart health, and overall well-being—through the lens of culture, mindfulness, and nourishment. Each session includes:

- **Hands-on cooking demos** with simple, cost-effective, culturally relevant meals
- Nutrition topics like **blood sugar balance, fiber, heart-healthy** fats, and hydration
- **Mindful eating practices** to build awareness and reduce stress
- Skills-building like **reading labels, building balanced meals**, and fiber tracking
- **Supportive activities** including journaling, food group checklists, and taste exploration

Offered in **English** and **Spanish**, the Jumpstart focuses on community care, cultural strengths, and health not weight. Regular check-ins provide space to reflect, ask questions, and navigate real-life challenges together.

Does your team need **practical ways to support patients** in navigating healthier eating? Do you serve communities facing diabetes, nutrition insecurity, or chronic conditions who need **culturally relevant** nutrition support? Eat to Thrive was created for both **providers and patients**. We offer **joyful, practical** guidance and help build sustainable habits—together.

Did you know?
Over 95% of Americans don't get enough dietary fiber, consuming only about half the recommended daily amount. This shortfall is linked to higher risks of heart disease, digestive issues, type 2 diabetes, and certain cancers.

Partner With Us
Rooted partners with clinics, nonprofits, and community centers to offer the Eat to Thrive Jumpstart—an accessible way to connect food, culture, and health. We also offer tailored classes, staff trainings, employee wellness programs, online tools, food demos, and resources from the American College of Lifestyle Medicine.

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Contact us to host a cohort or learn more!
✉ Programs@rootedsantabarbara.org | Hello@rootedsantabarbara.org
🌐 RootedSantaBarbara.org
👍 @RootedSantaBarbara