



Louisiana State University AgCenter Policy, Systems & Environmental (PSE) Strategies

Background

LSU AgCenter delivers nutrition education to limited-resource families throughout the state of Louisiana through the Supplemental Nutrition Assistance Program (SNAP-Ed), funded by the U.S. Department of Agriculture. Through its **Healthy Communities** initiative, LSU AgCenter SNAP-Ed implements PSE strategies to promote healthy settings that impact where people eat, learn, live, shop, work and play.

School-Based Strategy

Healthy Communities aims to continuously improve the physical and social environments that influence health. Schools are integral to local communities and provide lifelong learning foundations.

To create a healthier environment, J. S. Aucoin Elementary School in Morgan City, Louisiana (St. Mary Parish) recently expanded its gardens by creating a pumpkin patch on school grounds. The school's principal, teachers, parents and students joined forces with LSU AgCenter staff to plant a new pumpkin patch in the summer of 2017.

LSU AgCenter's nutrition education efforts at the school support the strategy by providing hands-on learning opportunities through gardening activities and cooking lessons. The school community enjoys the harvests of the gardens while the children are exposed to new fruits and vegetables through take-home recipes. The gardens are maintained during the year by the school's garden club and LSU AgCenter.

This is a prime example of building a healthy community through collaboration, community ownership, inclusive approaches and a positive commitment to healthy lifestyles.



To learn more about Healthy Communities visit:
http://www.lsuagcenter.com/topics/food_health/healthy-communities