



PROJECT SUMMARY

Guåhan Sustainable Culture's (GSC) after-school program empowers Guam's youth with hands-on gardening, nutrition education, and CHamoru cultural practices. The program aims to foster healthier lifestyles and a deeper cultural connection among elementary school students.



\$20,000 FUNDED

from the Children's Healthy Living Food Systems pilot projects award



2024 - 2025

Funding was utilized to support program implementation from March 2024 through March 2025.



BACKGROUND

GSC aims to address important health concerns among the children of Guam, including childhood obesity and the consumption of fruits and vegetables. One key barrier to health is the lack of access to fresh local produce and healthier food options. GSC also acknowledges the additional risks to optimal child health as a result of cultural disconnect. To address these risk factors and improve the well-being of children on Guam, GSC worked with community partners to develop and implement the Lil Sprouts Academy after-school program. The program provides engaging, hands-on education to participating children on sustainable gardening, food and nutrition, and CHamoru traditions.



SOLUTION

Elementary school students (grades 2 to 4) participated in a culturally relevant after-school program during school year 2023–2024 and 2024–2025. The project recruited and implemented the after-school program among 45 students and their families. GSC partnered with CHL, University of Guam Community Nutrition Education Program, local farmers, and cultural experts. The program fostered knowledge of gardening, nutrition, and CHamoru culture, with all materials and produce provided at no cost to participants.

MEASURING IMPACT

Program success was measured by student participation, engagement, behavior change, and increased knowledge of gardening, nutrition, and cultural practices. GSC staff conducted pre- and post-surveys with the students. GSC plans to expand programming and continue fostering health and heritage awareness among Guam's youth through its Newman's Own Foundation grant. The program will be implemented during school year 2025–2026.



45 STUDENTS AND FAMILIES

Students were provided with hands-on education and activities during the after-school program. Families were also engaged through group physical activities, promoting intergenerational wellness and community involvement.



COMMUNITY PARTNERSHIPS

Local cultural practitioners were invited to present to the students about their respective arts, such as weaving, chanting, farming, and even beekeeping.

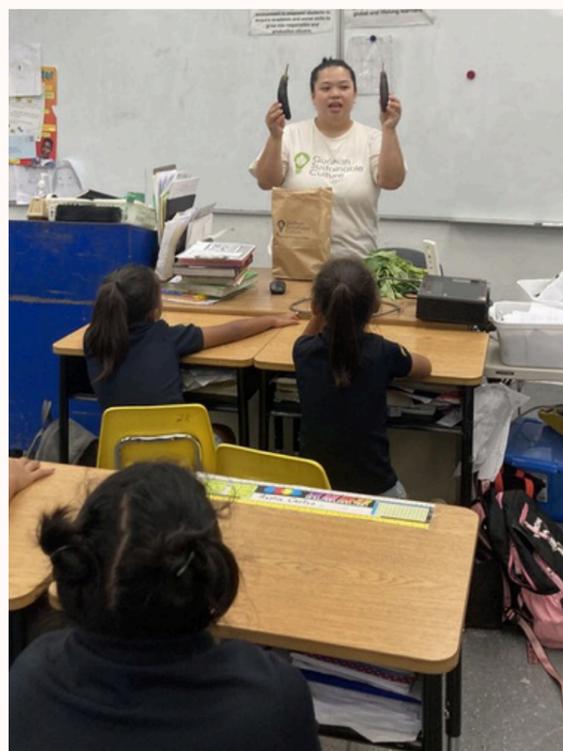


\$4,562 IN RESCOURCES TO FAMILIES

Families received weekly produce bags, recipes to encourage home cooking, and gardening kits to continue learning and engagement at home. Weekly locally grown produce bags were purchased from local farmers. Families were also supported in attending the program in person through gas vouchers.

“[Lil sprouts] made [my child] understand the importance of eating healthy. With the rising cost of produce, we as a family can work together to plant our fruits & vegetables.”

- Parent Participant



CONTACT

Marlyn Oberiano

Guåhan Sustainable Culture
marlyn@gusustainable.org
<https://www.gusustainable.org/>

Children's Healthy Living Food Systems

Extension and Outreach
chlfseo@hawaii.edu
<https://www.chl-pacific.org/>