

FOOD FOR THOUGHT

1. Overview of the Program

Now that you are living on your own without your parents to feed you, do feel lost when it comes to nutritious food? Do you want to learn more about nutritious eating and lifestyles, specific to a college environment? Do you want to learn how to make some healthy snacks on your own? If you answered yes to these questions, than Food for Thought is a program for you. Throughout the year, members of this program will learn about their individual nutritional needs. They will then learn how to meet these needs within the college lifestyle by learning about the nutritional information of dining hall foods so students can make educated choices about the food they eat. Students will also learn to prepare snacks and meals to supplement their meals plans; this way, members can eat healthy even when the dining halls are closed. The best part is that students will be encouraged to continue with the healthy lifestyle because students with the same goals will surround them.

Learning Objectives and Action Steps

1. Each member will know his or her individual nutritional needs and the types of foods he or she needs to eat in order to fulfill these needs. (First Semester)
 - a. Students will use the Bailey Howe Library, the Internet databases, and the Internet to research general nutritional needs for college students. They will then use this knowledge to determine their own nutritional needs.
 - b. Once students determine their dietary needs, they will use the Bailey Howe Library, the Internet databases, and the Internet to find types of foods that are healthy and have the nutritional components the students requires. The members will all share their research so that everyone has access to the nutritional information about a variety of foods.
 - c. Students will go into dining halls and review the nutritional information of each food dish and then members will collaborate to have a master list of general nutrition information of the commonly served food. This list will allow students to fulfill their nutritional needs within the college meal plan. (The nutritional information about the dining hall foods is available in the dining halls, so they should not require any funding.)
 - d. We will bring in a nutrition professor or two from the university to talk to the program about nutrition. We would like this lecturer to supplement our research about nutrition
2. Students will learn to continue healthy eating practices outside dining hall hours (Ongoing).
 - a. Students will learn to prepare small, inexpensive, and healthy snacks within the residence halls. Each student will prepare at least two snacks for the other members of the program and then provide them with the recipe. As a result,

students will have a large supply of college friendly and healthy recipes. These snacks will be prepared in groups to encourage a cohesive program and will be served at one of our bi-weekly meetings each month.

- b. We will have bi-weekly meetings where we will discuss challenges students faced and then attempt to find solutions. As a result, we will provide a means for students to eat healthy outside the dining halls and an environment that encourages this behavior. (These meetings will occur in Living and Learning, so they should not incur any costs.)
 - c. We plan to have graduate students (who we connect with through our advisor) have one or two small nutrition clinics with the members of the program. Here, we will increase our knowledge about nutrition and learn to prepare simple and inexpensive snacks.
3. Students in this program will show an increase in knowledge about nutrition and how to lead a healthy lifestyle in college environment and with a college budget (Ongoing, Second Semester).
- a. At the end of the year, students will host an event in Living and Learning where they present the information they learned about nutrition throughout the year. Here, they will make each snack and allow students from throughout the complex to try them. Students will provide the recipes and nutritional information about each snack. This is for all of the group members cooking for many people.
 - b. As students learn about their own nutritional needs and the nutritional information of both dining hall foods and other foods, they will compile the information to share and by the end of the year, this collection of information will represent the knowledge they learned and it is something they will keep with them. All the information will be recorded on a computer and kept as a file, so there will be no paper or ink costs. (This action step does not require any money.)
 - c. At the end of each semester, each student will present the information they learned about nutrition to the group as a whole. Students can use this time to show the information that they learned, in addition to benefitting from unique information that other students found. (These presentations would occur in Living and Learning in December and May and would not require any funding.)

Community Service

We plan to volunteer at local soup kitchens to incorporate our knowledge of nutrition with serving the underprivileged. We plan to go as a group at least once a semester, hopefully more.

We would also like to volunteer with Campus Kitchens. We aim to volunteer with them three times throughout the course of the year. We would like to use this opportunity to learn about how to fulfill the nutritional needs of a large group with a given set of resources.

Plans for Interactions with other Living and Learning Programs

We would like to interact with the Global Village to learn about other cultures impressions of nutrition as well as preparing nutritious foods from other cultures. These foods could be used to learn about the different ways the culture approaches nutrition.

**FOOD FOR THOUGHT
PLANNING TIMELINE-FALL SEMESTER 2009**

PRE-SEMESTER	OCTOBER 26-NOVEMBER 1 Meeting to reassign groups, volunteer at the soup kitchen
AUGUST 31-SEPTEMBER 6 Introductory Meeting and discuss research about personal dietary needs and nutrition, break into groups	NOVEMBER 2-8
SEPTEMBER 8-13 Food shopping and research about how to food shop effectively talk to people who work at the Marche, go to the library to research dietary needs and nutrition	NOVEMBER 9-15 Meeting, group 1 prepares food and shares nutritional information
SEPTEMBER 14-20 Meeting, group 1 prepares food and shares nutritional information	NOVEMBER 16-22 Volunteer with Campus Kitchens
SEPTEMBER 21-27 Have a nutrition professor speak to us about nutrition; the event will be open to all of Living and Learning	NOVEMBER 23-29 THANKSGIVING RECESS
SEPTEMBER 28-OCTOBER 4 Meeting, group 2 prepares food and shares nutritional information	NOVEMBER 30-DECEMBER 6 Meeting, group 2 prepares food and shares nutritional information
OCTOBER 5-11 Volunteer with Campus Kitchens and more research	DECEMBER 7-13 Meeting, group 3 prepares food and shares nutritional information
OCTOBER 12-18 Meeting, group 3 prepares food and shares nutritional information and every one presents their research	END OF SEMESTER
OCTOBER 19-25 Clinic with graduate student	

**FOOD FOR THOUGHT
PLANNING TIMELINE-SPRING SEMESTER 2010**

PRE-SEMESTER	MARCH 15-21 Meeting, group 3 prepares food and shares nutritional information
JANUARY 19-24 Meeting, re-assign groups, recap last semester, talk about new goals, discuss plans for Global Village Event	MARCH 22-28 Clinic with graduate student where all of Living and Learning is invited
JANUARY 25-31 Go food shopping as a group	MARCH 29-APRIL 4 Meeting
FEBRUARY 1-7 Meeting, group 1 prepares food and shares nutritional information	APRIL 5-11 Volunteer at Campus Kitchens
FEBRUARY 8-14 Volunteer at Soup Kitchen	APRIL 12-18 Initial planning meeting for final event
FEBRUARY 15-21 Meeting to clarify plans for Global Village Event	APRIL 19-25 Food shopping for final event and planning meeting
FEBRUARY 22-28 Global Village Event	APRIL 26-MAY 2 Final Event for all of Living and Learning
MARCH 1-7 Meeting, group 2 prepares food and shares nutritional information	MAY 3-9 Wrap-up meeting for discussion and reflections on year and accomplishments
MARCH 8-14 SPRING BREAK	END OF SEMESTER

Events open to all of Living and Learning
Volunteering