



# **Building Healthier Communities Through Nutrition Education:**

**Addressing the Knowledge Gap in Palo Alto**

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# Introduction

- Juniors taking part in the SJ AAR pathway at Gunn High School
- Passionate about health and wellness
- Created Nourish Bay Area





# The Need

- ❖ **Lack of knowledge** about nutrition and cooking healthy meals (National Library of Medicine),
  - ❖ **20%** of Americans say that not knowing how to cook healthy food is the **biggest barrier** to them eating healthfully
  - ❖ Misinformation surrounding healthy eating and nutrition due to social media, nutrition deprioritized because of busy lives (Chacon, PAMF)
  - ❖ Diets of many in Bay Area are “**not sustainable for healthy lifestyle**” (SFHIP)
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# Our Project

- **Vision:** help educate community on nutrition for better lifestyle
  
- **Steps:**
  - ★ Research, interviews, hands-on learning
  - ★ Develop products: website, flyers, brochures
  - ★ Plan and conduct cooking class during PRIME
  
- **Allies + experts:**
  - ★ Various interviews (nutritionists and organization leaders – Jillian Chacon, Lindsey Datangle, Christopher Gardner, Wendy Chou)
  - ★ Friends, family, and classmates
  - ★ Ms. Firenzi





# Our Project

- **Obstacles:**
  - Partnership with new Gunn campus cooking facility
  - Resources
  - Instagram/outreach
  
- **Prototype:**
  - ❖ 1st: Slides – recipe and post feedback
  - ❖ 2nd: Demo class – Feedback on instruction and final recipe



# Our Project

## - Important Victories:

- Lots of interviews
- Cooking class!
- Website

## - Effects:

- Educate students on healthy eating habits
- Teach students how to make a healthy recipe
- Inspire students to learn more



# Our Results

How confident are you in using new cooking techniques or methods learned in the class? (1 = Not confident, 5 = Very confident)

Copy chart

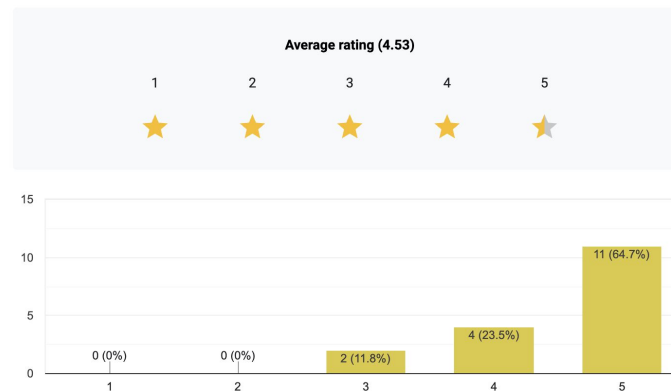
17 responses



How would you rate the cooking class overall, considering your experience, its effectiveness, and whether you learned valuable skills?

Copy chart

17 responses

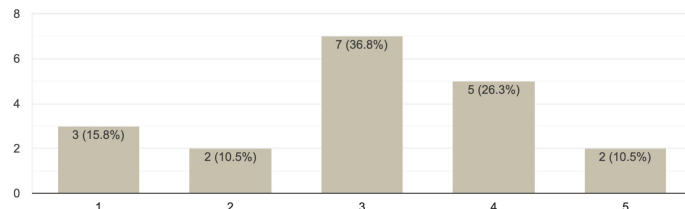




# Our Results

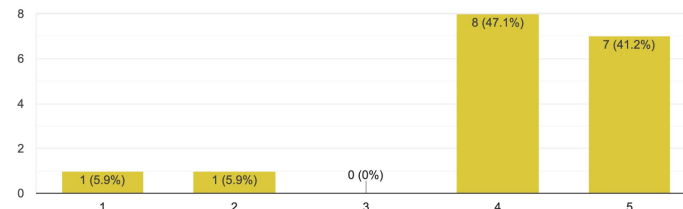
How knowledgeable do you feel about making balanced meals? (1 = Not knowledgeable, 5 = Very knowledgeable)

19 responses



How knowledgeable do you now feel about making balanced meals? (1 = Not knowledgeable, 5 = Very knowledgeable)

17 responses



## Quotes

"I love how easy it is to follow the instructions. Makes eating healthy a lot easier now that I think about it."

This was a ton of fun! I really enjoyed it, thank you for holding this class!





# Photos - Brochure

## Why Eating Healthy Matters

- improves overall health
- Prevents chronic disease
- Boosts energy levels
- Enhances mood and mental clarity
- Supports growth and development
- Promotes longevity
- Improves digestion



NOURISH BAY AREA  
building healthy communities through nutrition

## Tips

- eat regular meals throughout the day
- create balanced meals (protein, carbs, fats)
- incorporate fruits and vegetables into every meal
- plan meals ahead
- meal prep in bulk batches (rice, dried beans, granola, etc)
- use natural spices, herbs, and citrus to add flavor
- Cook with healthy fats (coconut oil, olive oil)
- use quality, whole foods
- buy in bulk (nuts, oats, etc)
- avoid processed foods and sugar drinks



## chia seed pudding

a great way to start off your morning! filled with healthy fats, fiber, protein, and topped with antioxidant rich fruit.

- 3 tablespoons chia seeds
- 1 cup milk of choice
- 1-2 tablespoons maple syrup or honey
- 1 teaspoon vanilla extract
- toppings (berries, bananas, nuts, seeds, coconut, granola)

mix all ingredients (except toppings) in a cup and refrigerate overnight. add toppings in the morning!



Scan for website to stay updated with cooking tips, recipe of the week, inspiration, and events!

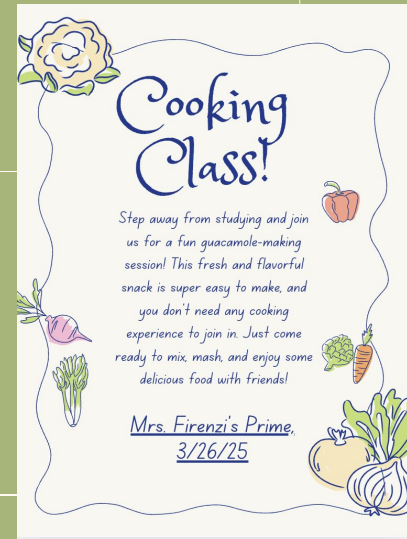
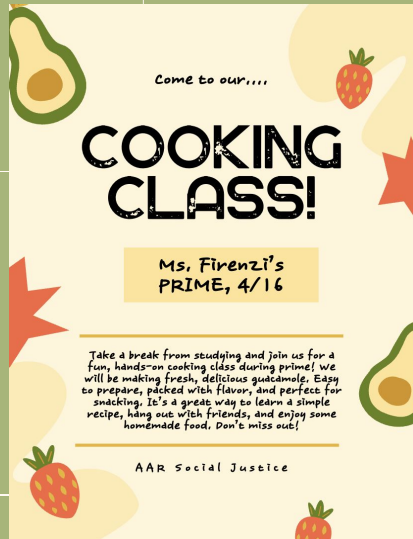
## burrito bowls

a filling, balanced meal! customize with protein of choice, seasonal veggies, and sauces!

- 1 cup cooked brown rice (substitute white rice, cauliflower rice, quinoa, or other grain)
  - 1 cup protein of choice (black beans, ground turkey, chicken, tofu crumbles, shrimp...) seasoned with 1/2 tsp each cumin, smoked paprika, chili powder, garlic powder
  - 1 cup assorted veggies (try chopped tomatoes and onions, corn, sweet potatoes, bell peppers)
  - 1/2 avocado
  - chopped cilantro
  - greens (kale, spinach...)
  - cheese (optional)
  - dressing, 2tbsp olive oil, 1tbsp lime juice, 1tsp each chili powder and cumin, salt and pepper
- season protein, cook if necessary, mix all dressing ingredients together, assemble bowl!



# Photos - Posters



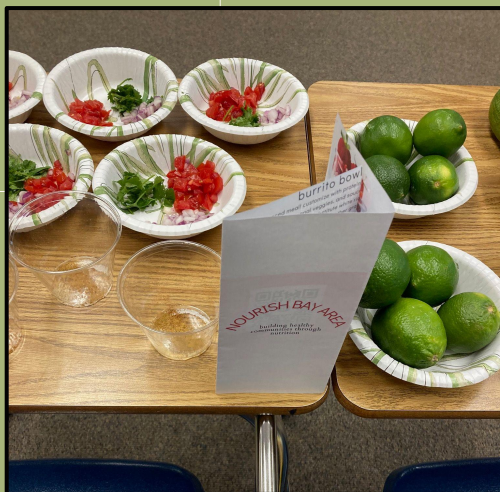


# Photos - Website





# Photos - Class





# Takeaways

- **Biggest Takeaways:**

- ★ Misinformation about nutrition
- ★ Many students lack nutritional knowledge
- ★ Combat big issues with small changes
- ★ Interactive social justice
- ★ Most people are willing to learn + try new things



# Next Steps

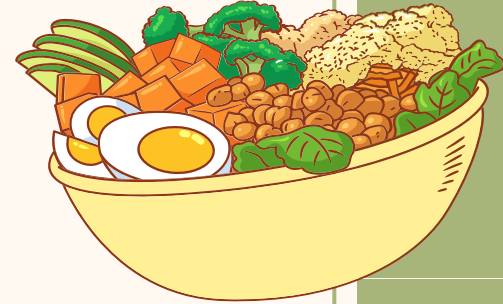
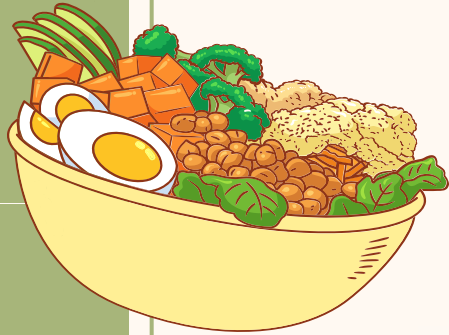
- **Next steps**
  - Us
    - Other cooking classes with different recipes
    - Continue website
  - Community
    - Incorporate and implement nutritional knowledge gained in their daily lives
- **Call to action**
  - Be inspired to learn more about nutrition and care for their bodies and wellbeing



# Thanks!

A big thanks to:

- The Foothill Symposium for giving us this opportunity
- The PAUSD AAR program and Ms. Firenzi
- YCS (Youth Community Service)
- PAMF, Jillian Chacon
- Fresh Approach, Lindsey Datangle
- Stanford Nutrition, Christopher Gardner
- Our AAR classmates and cooking class participants





# Sources

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