

PUBLIC HEALTH NUTRITION IN THE COMMUNITY + THE FAMILY GYM

THIS SEMESTER STUDENTS WORKED IN
SMALL GROUPS TO CREATE DIGITAL
CONTENT FOR WEEKLY DISTRIBUTION TO
HUNDREDS OF FAMILY GYM PARTICIPANTS

below are some final reflections shared by students of the course

"Service-learning means being able to make a small but meaningful change in someone's life. It means teaching everything that I am learning while integrating community service. It was an opportunity to help others, learn about the community service system, and reflect on issues that many people struggle with in the US. It means changing the way students learn, and the way society looks at education. It means giving back, creating content for people to learn, and being a part of something special and life changing for many." -Yael



"One crucial takeaway I had is that even though we are technically the ones teaching the families, it is just as important, if not more, to learn from these experiences and evolve. For me, service-learning means enhancing our learning by transferring concepts from class while also contributing to the effort in helping the community. It also means consciously avoiding the potentially toxic mindset that can arise as a teacher: the mindset that the teacher is superior to the ones being taught (but in reality, both are learning from each other!)." -Erin C.

"Our submissions addressed a gap in nutrition education that both adults and kids do not receive enough of. Especially with social media, it is hard to decipher what foods are the best for individuals. These submissions disseminate reliable nutrition information for all members of the family." -Julia

