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Adventist Health White Memorial

## Introduction

Adventist Health White Memorial's mission is "living God's love by inspiring health, wholeness and hope". Their vision includes improving the physical, mental and spiritual health of the community, enhancing interactions with our patients, providers and employees, managing people's health to help make care more affordable. They provide many services a few of which include cancer care and rehabilitation services. I am working with the community engagement department of AHWM to create and implement a program to increase health outcomes for the community by engaging the youth to learn about and grow their own food.

## Garden-Based Nutrition for Elementary School Students in Downtown Los Angeles



## Methods

The task was to implement a garden-based nutrition workshop for elementary school students that lived near the community garden that was overseen by AHWM. The goal of the project was to promote healthy eating in downtown LA through cultivating produce from community gardens and at home. The objective was to create a lesson plan to get these students to engage with growing their own produce and to assess results to be able to use in other communities. A few activities to promote the objective was to get these students to participate in seeing the community garden, learn about the five different food groups and to taste fruits and vegetables grown in the garden.



## Results

If this lesson plan garnered success, the workshop could be utilized in other communities in downtown Los Angeles. Many families in DTLA are underprivileged, and as a result often are forced into eating cheap and unhealthy foods. Using the open space in communities and outside homes to produce food can not only increase health through healthy eating, it can also increase their livelihood by allowing them to save money on food. They can use the money they save on food and healthcare to put into use other ways to promote their own and their family's livelihood.



## Conclusion

Overall this project has great potential to make significant positive change in the lives of those who live in DTLA. Not only can it provide healthier eating and increased savings (from buying less produce and health costs) it also allows children an outlet to engage with the environment and stimulate their mind with developing useful gardening skills. This community needs nutritional health and this workshop is addressing needs while allowing the community to utilize assets to improve health. Collaborating with others and assessing community needs are at the forefront of this project to promote healthy and happy communities.