

PROGRAM AIMS

Promote a healthy eating environment at the Universidad Ana G. Méndez, Gurabo Campus.

Access to Healthy Food:

Support spaces to obtain healthy meals on campus.

Educate University Community:

Outreach and education on making healthy and affordable meals; foster individual and university culture of well-being.

Growing Seeds of Health Program:

Interdisciplinary activities to plant and harvest food for the university community.



PROGRAM ACTIVITIES

Healthy Foods Oasis:

- Offer campus activities for students and personnel with free balanced lunches, snacks and healthy drinks.

Popular Education Workshops:

- Education to the university community about the daily importance of vegetables and fruits.
- Guidance on making healthy and affordable meals.
- Orientation to socio-cultural aspects of establishing a culture of well-being in day to day life.

Gardens of Psychology and Health:

- Revamped 2 ornamental or unused spaces into gardens with edible and therapeutic plants.
- Prepare spaces for experiential agro-ecological learning and gatherings of diverse groups from the wider community.



THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL

OUTCOMES

Healthy Food Oasis:

234 student and staff participants

Popular Education Workshops:

87 students



FUTURE DIRECTIONS

Develop a Health Promoting University

Gardens: Use harvests as a learning tool for our students to incorporate their use and consumption in their professional and personal lives.

Community: Institute University Farmer's Market to nourish culture, economic development and palate in one place.

Educational Training: "Health Ambassadors" - Train the Trainers program to sustain activities after project completion.

Self-care: Develop a self-care project in the student community to implement key health behaviors.

Institutional Leadership: Endorsement of policies and practices to develop PR's first Health Promoting University.

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ASSESSMENT FINDINGS

