



Creating Policy, Systems, Environmental Change: Success Story and Lessons Learned

Title

The desire to make a greater nutritional impact, FoodLink developed a rotation schedule for the evidence-based nutrition education 4-series classes to increase our reach to more communities.

Intervention Summary

FoodLink's Nutrition Educator conducted a 4-class nutrition education series and nutrition outreach in a total of 8 communities. We included two new communities in our 4-class nutrition education series rotation this quarter, Exeter and Dinuba, with a total attendance and participation of 40 individuals. The 4 class nutrition education series has received great response from community members. During the end of a session in the nutrition class series, our nutrition educator was told by a participant that by attending the classes and learning more about how to eat and by making those changes in her life, she saw the results at her last doctor's visit. The doctor noted that her blood pressure and sugar levels were now normal which hadn't been the case for a long time, and asked by her doctor, "What have you been doing?" She told the doctor that she had cut out all sugary drinks and now eats foods that she knows are good for her! This is an example of the life-long changes in people's lives that our classes can influence.

Description of Barriers Encountered and Identified or Proposed Solutions

Future Directions/Sustainable Success

In addition, FoodLink has collaborated with other NEOP Teams to make sure indirect nutrition outreach during our Nutrition on the Go Farmers' Markets are well covered through providing healthy samples with recipes and dissemination of nutritional information.

Contact information about this Narrative

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