

I set out to do the group education project with the managers of Meals on Wheels because I was doing my community and food internship with them. However, after completing the questionnaires and setting up the interviews, I had a few participants drop out. So, I had to adjust my plan and luckily my wife has a friend who was willing to help me and get a few of her salon co-workers to participate in my group project. I think this was for the best and they were a great group of individuals and let me take a dive into this world because they were a very unique group with a diverse background. Once the project got moving, I got to interview young adult females who worked 10 plus hours and had irregular eating patterns and one of the clients were pregnant, which helped be built by foundation in assessing with interviews, conducting presentations with participants and just working with a group of people who are often not thought of enough. The base of the education was to help address their needs as a group and help them work together to build an interactive flexible meal timing, identifying barriers, using MyPlate and enhancing their ability to make everything sustainable

This project opened my mind to how I conduct projects like this and how I should sustain and improve the things I do with clients. When I made, completed and submitted my project Dr.D gave me profound feedback that allowed me to reassess the way I did the project and not only improve it but improve myself. The project had way too much delivery, very little group discussion, and I broadcasted the participants past and created an environment that was not healthy for all the participants. The participants also have me feedback that the presentation was very lecture heavy, but they did enjoy the content but wanted more open-ended questions. The last thing I learned was that while tracking apps could work for some, it is not for everyone and should be avoided because we do not want to cause harm and not make nutrition inclusive but rather make it a place to grow with feeling included and safe.

BY not only completing this project once but then going back and making the appropriate changes to ensure it met all the competencies to help me put them into practical use. Both steps help be build my skills to do community workshops or working with prenatal groups and moving forward I leaned that having surveys that are very personalize to the group/ individuals and using visual aids are key to start helping a group. As well as, using the engagement with the participants to not only help them but help you improve for you next session with a different group of people. Finally, this project help me understand that nutrition education is great but without proper knowledge dissemination it is not useful and by using participants lived experiences and having them share their victories, it can embolden you and the clients.