



COOK WELL

with the Public Health Nutrition Club

SUPPORTING A HEALTHY,
SUSTAINABLE FOOD SYSTEM
AT UCLA



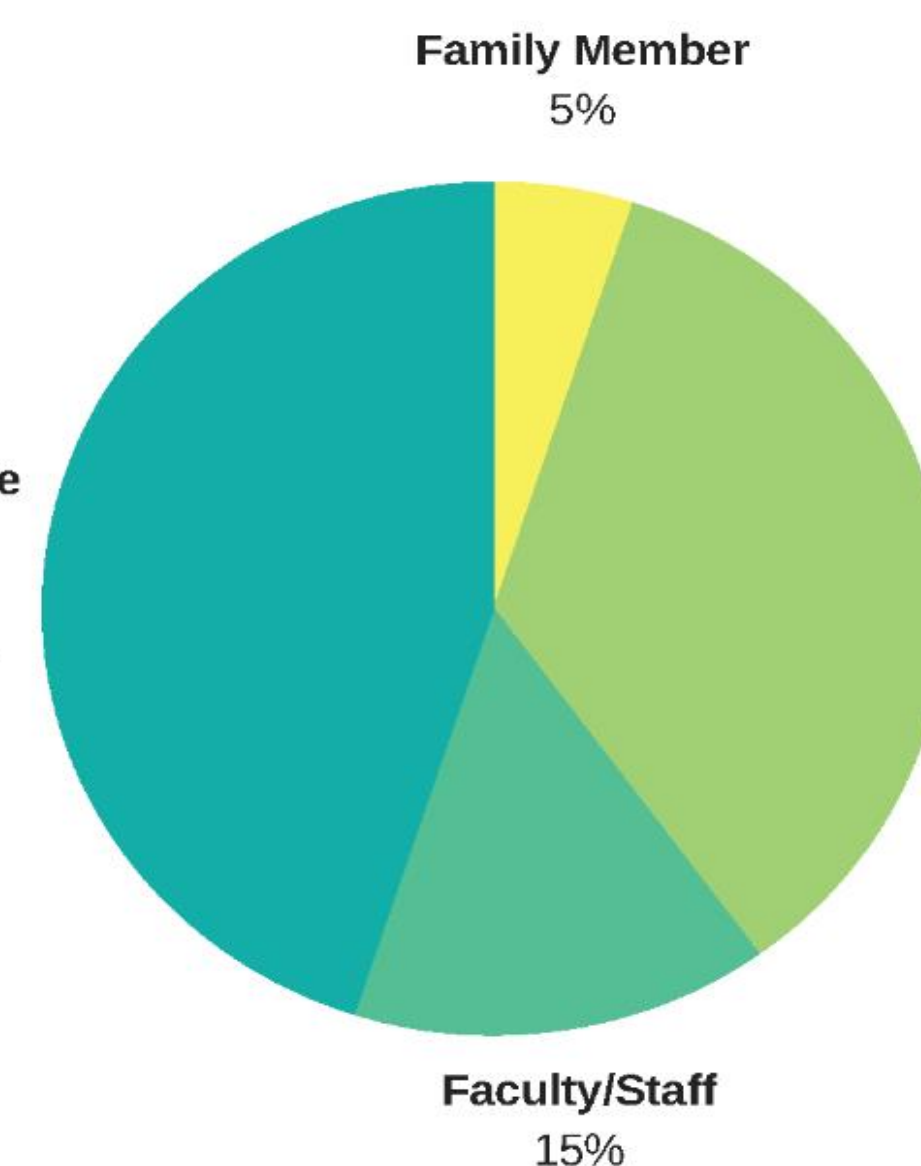
COOKING DEMOS

Cook Well with the Public Health Nutrition Club aims to promote sustainable behavior and a healthy environment on UCLA's campus by increasing the purchasing and consumption of fresh, locally grown produce and by providing students with the knowledge and skills to incorporate these ingredients into their daily diet. Participants receive samples of two recipes, a recipe card, a reusable shopping bag, and a selection of ingredients to try making the recipes at home.

COMMUNITY REACHED



83% of participants reported that they gained knowledge, information, and /or skills that will benefit their overall health or well-being. Participants reported that the recipes were tasty, easy, and affordable. Many participants also stated they were likely to make the recipes regularly.



OUR PARTNERS

Each demo connects a UCLA entity with a purveyor of locally grown produce. We hold quarterly demos at the Fielding School of Public Health, in conjunction with South Central Farmers' weekly CSA delivery to the Center for Health Sciences building, University Village Graduate Housing, in partnership with Swipe Out Hunger and Food Forward's weekly produce glean and drop-off, and the E3 Farmers' Market in Bruin Plaza.

OUR TEAM

Our board is comprised of five graduate students in the Community Health Sciences department at the Fielding School of Public Health: Jasmine Mercado, Meghan O'Connell, Miranda Westfall, Leila Kamarreddine, and Samantha Schliakowski. We are passionate about the vital role nutrition plays in our well-being and dedicated to helping our UCLA community access fresh, healthy foods.



FOR MORE INFORMATION, EMAIL US AT PHNC@UCLA.EDU

THANK YOU TO JANE AND TERRY SEMEL FOR THEIR VISION, SUPPORT AND LEADERSHIP OF THE HEALTHY CAMPUS INITIATIVE, AND FOR THE HCI CAMPUS LEADERSHIP, INCLUDING CHANCELLOR GENE BLOCK, EXECUTIVE VICE CHANCELLOR SCOTT WAUGH, AND ASSOCIATE VICE PROVOST WENDELIN SLUSSER.