**Community Nutrition Education Reflection**

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Utilizing proper planning steps for the nutrition education program was interesting as this was the first time that I followed a methodical process of providing nutrition education. The Nutrition Care Process is probably the only step-by-step process I’ve applied and it was on case studies, which were based on actual people, but I wasn’t conducting the entire process myself.

I’ve realized that I perform better when following a stepwise process. It keeps my brain organized and I can manage my time better. After knowing the community, I was going to use to conduct a nutrition education lesson, I moved on to the needs assessment of the community which I found out via an interview with Allison DeHonney, the CEO of Buffalo Go Green. She discussed why she got into this business, the nutritional and health status of the community she’s working with, the barriers the community is currently facing, and the nutritional needs that are important to prioritize. She mentioned the East Side of Buffalo needed to be educated on nutrient-dense produce, and easy ways they can prepare meals with the produce they buy from our mobile market. This was something I decided to give my lesson on.

I remember how nervous I was when the first person approached our table. I don’t have much experience in public speaking so I was wondering how my lesson would be received. As soon as they approached the table, I greeted them and asked if they would like any recipes to which they said they’d love to. That bolstered my confidence and I was able to get into a pleasant conversation with them about importance of healthy produce and what kind of organization Buffalo Go Green was. I also explained the recipes in an easy way to understand. Then afterwards, I directed them to our mobile market for fruits and vegetables, which are the main ingredients in the recipes. I got into similar conversations with others who came by our table, including a group of first year medical college students.

Most of these customers were patients at the Community Health Center of Buffalo, where this event was taking place. People were also encouraged to submit any recipes they knew of. It was incredible, listening to how other use different produce, like zucchini and banana peppers, to make their meals. Since these are produce that I haven’t consumed before, I learned a lot about different ways to prepare them.

After the event, I evaluated the success of the nutrition education program. Things could’ve been improved in several areas. Firstly, the brochures weren’t printed properly from the inside and some of the recipes weren’t printed in card form. That’s something I couldn’t control since the CEO insisted, she print them. It was frustrating though. Secondly, I felt like I could’ve clarified things more simply or communicated better with the audience. Lastly, since I couldn’t do a proper nutrition education lesson/program, due to the community I was working with, I wasn’t able to adequately explain things or make the lesson more interactive. I couldn’t keep them for more than 5 minutes. However, I’d say the material that I distributed was very helpful and the content was easy to follow and organized. Overall, there were definitely things that could have been done way better and I’m keeping note of that for the next time I conduct a community nutrition education lesson.