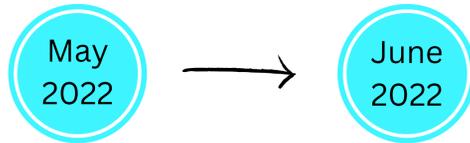


Positive Impacts From Supporting Access to Healthy Food

Lauren Rudolph, Candidate in Bachelor of Arts in Psychology

What We Did

Stage 1



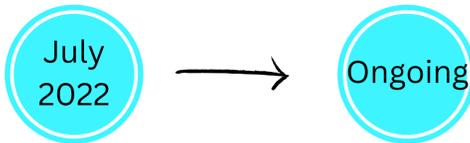
York's Cross-Campus Capstone Classroom (C4)

- Collaborated with community partners to address Scarborough community's food needs
- Created and set up a mobile seed library
 - Gave free seeds to grow fruits and vegetables
 - Made seed growing instruction cards and thousands of seed packets
- Led the development of a website that featured the entire C4 cohort - www.growninwoburnsc.ca



Scan here!

Stage 2



Volunteering to establish the project's legacy

- My role is Director of Communications and Community Engagement
- Hosted many summer events
- Achieved our goal! Made an agreement with a non-profit organization in the community for them to run the seed library indefinitely

Positive Impacts

The community

- Innovative approach

Individual-level wellbeing:

- Confident, empowered, excited, curious
- Increased knowledge about growing food and healthy food
- Enhanced mental health through gardening
- Connection to nature
- Access to cultural foods
- Sharing cultural knowledge

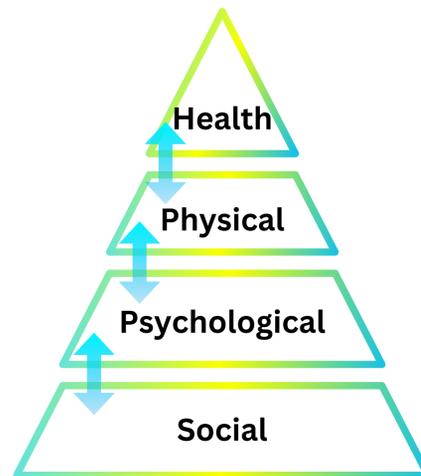
Community-level wellbeing:

- Increased access to healthy, affordable food
- New social connections - especially after COVID-19
- Reduced negative environmental impacts
- Accessible options

Sustainable Development Goals:



My concept of health and wellbeing



My sense of self and employability



Internal and psychological qualities:

- Motivation + Capability = Empowered
- Confidence
- Self-awareness
- Trust in my skills and my ability to balance school and real-world commitments

Hard skills - learned how to:

- Collaborate virtually
- Use new software
- Deliver presentations
- Write emails and create professional documents
- Lead Zoom meetings

Soft skills

- Oral communication
- Organizational skills
- Problem-solving
- Leadership skills
- Creativity
- Teamwork

The Future

The community:

We ensured that the seed library will continue to support the community indefinitely

Personally:

Choosing different courses

- More experiential education and real-world applicable courses
- Neurorehabilitation course that has an experiential education component
- Psychology Individual Research Projects
- Presentation skills course

Changes in how I will approach a healthcare career

- Assess barriers to healthy food, don't just prescribe healthy food
- Find out peoples' actual needs, don't just develop a program
- Understand how food can benefit social connections and vice versa. Use food as a means of social connection, not just as a means to the end goal of physical health
- Focus on exposing kids to healthy food and integrating them into the experience
- Broader lens of ways to help people