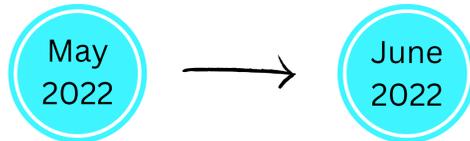


# Positive Impacts From Supporting Access to Healthy Food

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## What We Did

### Stage 1



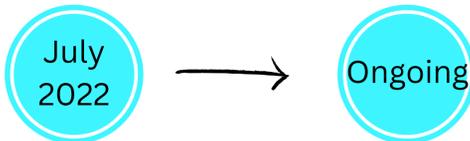
#### York's Cross-Campus Capstone Classroom (C4)

- 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](http://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

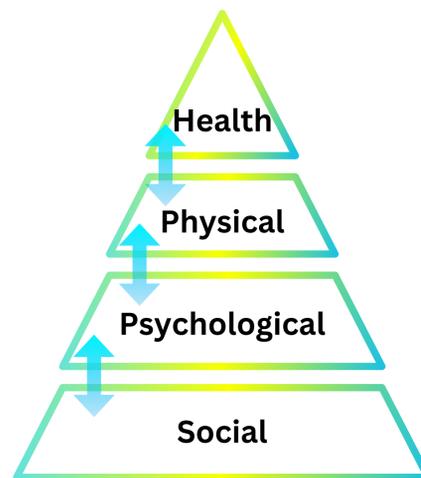
### Community-level wellbeing:

- 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