

Background: Diet and culture are inextricably linked, and nutrition education should be culturally appropriate to be effective. Communicating healthy eating principles to a diverse audience is a critical skill for future nutrition professionals.

Methods: For this project, we have partnered with Lutheran Family Services (LFS) in Greeley. We conducted a needs assessment and developed nutrition education materials to be delivered to clients of Lutheran Family Services.

Undergraduate Nutrition and Dietetics students in the class END 452 will be recruited to participate in a nutrition education and cooking demonstration service learning project.

Undergraduate Nutrition and Dietetics students will be trained in cultural humility before creating materials, and we will measure pre- and post levels of cultural awareness.

Significance: This program will train students in areas of diversity, equity, and inclusion as future health professionals, and provide valuable nutrition education services to the community of Greeley. It is important for nutrition practitioners to have the skills to navigate cultures and backgrounds different from their own when discussing healthy eating behavior and delivering care.



Translator services are available
Desired topics include school lunch accommodations, water safety, hypertension, and pre-diabetes
IIS Staff can incorporate materials during client orientations and grocery store tours
IIS Staff encourage and facilitate use of SNAP benefits
An initial nutrition education handout and script have been created