



Parents, Food and Community Engagement : Sociedad Latina

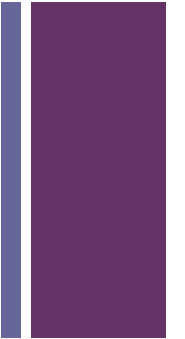
Carolina Prieto – Health Education Coordinator



1530 Tremont St.



- Serve over 3,000 youth and adults
- 300 youth age 10-21 engage through daily programming
- Programs: Education , Civic Engagement, Workforce Development, Arts & Culture
- Current role : Health Education coordinator



+ Health Educators



Workforce Development

- 21st Century Skills

Health Education

- Nutrition
- Healthy Relationships
- Fitness





Project Background : Why?



- Parents are significant change agents in creating healthy eating decisions in their households (NCLR)
 - Food insecurity
 - Obesity
 - Buying power
- Past parent engagement

+ Aims



- Intermediate:
 - Increase consumption of fruits and vegetables for parents and youth
 - Increased knowledge of preparing healthier foods
 - Increased Parent engagement

- Long term: Overall healthier families in the Mission Hill and Roxbury neighborhood

+ Program Description

- What : Parents, Food and Community Engagement
- Who/ Target Population: Parents of high risk youth ages 14 – 21 in Roxbury and Mission Hill area
- When : Spring 2013 – until Garden season
- Health Education Coordinator – Oversee program development, workshops, activities, events



Key Strategies: Social Ecological Model



+ Activities and Outputs

Pre- workshop engagement

- Spa Day Saturday
- Existing Programs

Workshop Topics

- The Market Trip
- Meat preparation

Sustainable Engagement

- ¡Un chin mas saludable sábados!
- Weekend warriors

+ Short Term Outcomes

- Attendance of two or more workshops
- Knowledge on healthy cooking, Cost saving strategies, shopping at markets
- Establishing a relationship with all parents of SL youth
- Creating community through parent interaction





Intermediate Outcomes



- Increase numbers of parent volunteers for Sociedad Latina programs
- Increase consumption of fruits and vegetables for parents and youth



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