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(B.S) Earth & Environmental Science &
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Problem to be tackled:

- South Bethlehem residents have a hard time gaining access to fresh fruits and vegetables
- Hispanic Senior Center feeds **40** seniors a day on an annual budget of **$12,000**
- Processed food $\rightarrow$ Diabetes, cancer, high blood pressure, overweight
- Puerto Rican immigrants $\rightarrow$ strong language barrier leading to problems in health system
My Research (part 1)

• Global Citizenship students planted organic vegetable garden that I harvested and maintained for 10 weeks over the summer
• Seniors helped maintain it
• Used these vegetables in the meals at the center
• Educated seniors about nutritional benefits of vegetables
My Research (part 2)

Case Management/Patient Navigation

- Helped seniors make calls to their doctors, hospitals, health insurance companies, and pharmacies

- Filled out welfare/Medicare applications

- Assisted seniors with any general paperwork, translation issues, and phone calls
Final Project: Cooking Demo

-Hired a Puerto Rican cook at the melting pot to do a cooking demonstration for the seniors using the vegetables from the garden. The recipes for the demonstration came from a Puerto Rican cookbook specialized for older people with diabetes. This demonstration showed seniors:
-- How to make the food
--Why vegetables can help combat their current health problems
--Nutritional benefits of the foods