

MY HEALTH, MY
KITCHEN V. THE
SHAPESHIFTING
BOULDER

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My Health, My Kitchen

PROGRAM

- Previously unhoused community members and their families
- Monthly food box drop-offs
- Monthly health sessions tailored to the families' needs (financial, mental, physical, etc)

PRIMARY GOALS



LEARN ABOUT THE FOOD GROUPS AND APPROPRIATE PORTION SIZES.



DURING THE TRANSITIONING OF BEING REHOUSED THERE ARE LOTS OF FIRSTS AS WELL AS RESOURCES UNTIL A SUSTAINABLE JOB, FLOW OF NECESSITIES HAS BEEN ACHIEVED.



EDUCATE ABOUT COMMUNITY RESOURCES SUCH AS DTE SAVINGS PROGRAM, DOUBLE UP BUCKS, ETC.

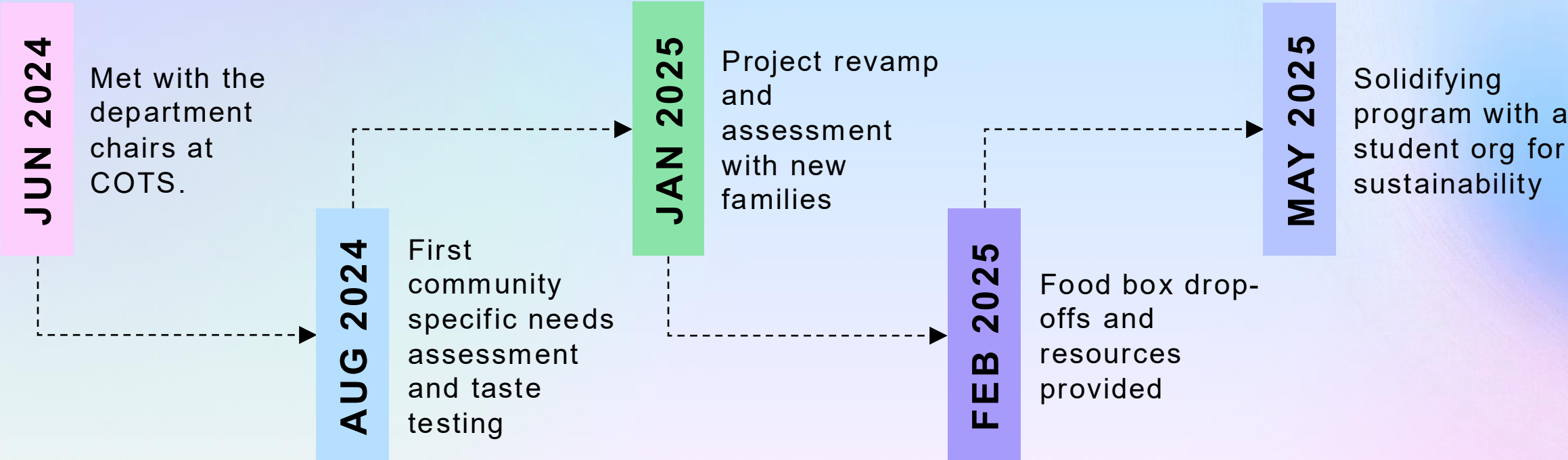


DISCUSS FIRST AID CARE AND HOW TO IDENTIFY EMERGENCIES VS NON-EMERGENCIES.



ADDRESS AND FOLLOW UP ON CHRONIC CONDITIONS THAT THE PARTICIPANTS HAVE. (DIABETES, HYPERTENSION, ETC)

TIMELINE



NEEDS ASSESSMENT



Health and
Resources Pre-Test



Questionnaire

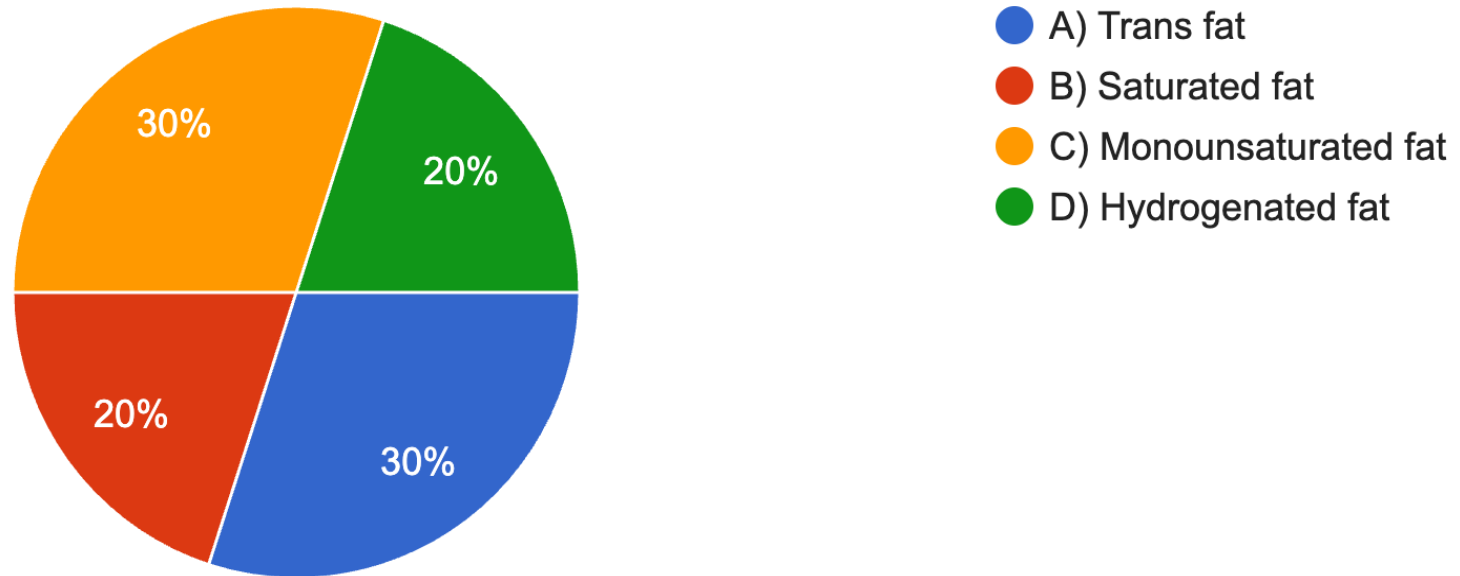


Session Follow-Ups

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3. Which type of fat is considered "healthy" and beneficial for heart health?

10 responses



SUSTAINABILITY

PLANNING

Create a partnership with Detroit Street Care and or the SNMA chapter at MSUCOM.

MARKETING

- Monthly newsletters with updates for participants
- Flyers at local community resources (Eastern market, etc)

DESIGN

- Continue with monthly food box give aways
- Virtual monthly health sessions

STRATEGY

- Have the student orgs pass on this program to each cohort
- Continue participating with COTS for perspective participants

LAUNCH

Beginning in the upcoming academic year of 2025-26 during student org's e-board transitions.

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REFLECTION

BOULDERS

CONCEPT OF TIME

INTROSPECTION

SUMMARY

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." -Uncle Al



THANK YOU

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