

Abstract

The purpose of this project is to improve the health of young children in Little Earth and the surrounding community through a program that combines education and access to healthy food options, traditional foods and food production opportunities. Through early intervention and access, this project hopes to not only reach young children, but also parents and siblings. The aim of this project is to develop community based strategies to address healthy food issues in a manner that is culturally appropriate, sustainable and meaningful to the community. The three specific areas will be improving food options at the Neighborhood Early Learning Center, teaching children about healthy and traditional foods, and creating broader community learning opportunities. The methods utilized for this project will be based on a community organizing model of social change. We will use community learning opportunities and community generated strategies. The significance of this project will be building community capital and skills, creating a more just food environment in Little Earth, and developing a powerful model for replication in other communities.