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3-30-2022

### Lessons Learned from the Fresh Food Institute

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#### Recommended Citation

Spencer, Leslie and LoBuono, Dara, "Lessons Learned from the Fresh Food Institute" (2022). *School of Nursing and Health Professions Faculty Scholarship*. 6.

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**LESSONS LEARNED FROM THE *FRESH FOODS INITIATIVE*:  
Development and implementation of inclusive community  
gardens and group home cooking classes to increase fresh  
produce consumption among people with disabilities**

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# Systemic and Environmental Changes to include people of all-abilities

- Build inclusive designs and practices into community gardens
- Increase fresh produce consumption
- Develop an online training module within a college curriculum to teach cooking skills to PwD that is taught by college students.



# What we learned: systemic and environmental implications

Committed community garden partners are essential to the long term success of an inclusive community garden

Group home staff are essential to the success of group home programs, but it can be hard to effectively engage them.

Existing funds can be leveraged to attract additional funding and support

Participating group home staff and residents are very interested in cooking and eating healthier foods.

Engaging community partners and consultants can have a ripple effect to expand the practice of principles of inclusion.

Training students in the health professions to lead cooking classes for people with disabilities is effective and cost-efficient.