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Our goal for the Nutrition outreach was to educate the community regarding nutritional literacy. For this, we created a simple website for local residents in the Wausau area. Our website consists of subpages for how to read a nutrition label, how to make cheap and healthy recipes, resources for local markets, macro vs micronutrients and organic vs non-organic foods. Due to the time constraint, we could not interview any people regarding nutritional resources; however, some resources that we previously worked with for the Mental Health Project are available as resources for food. This includes The Neighbor's place and the Salvation Army.

Under the local markets resources page, there is a list of local markets that provide fresh foods for community members to use; as well as their address, phone number, and website. Under how to read a nutrition label, we see an example of two different cereal and explain which cereal is the healthier option and why. This is due to the various macro and micronutrients that compose the very two different cereal.. We then explain what the difference between macronutrients and micronutrients is as well as explain the different names sugars have that are all unhealthy in high amounts. We also listed recipes for meals that are cost-effective, nutritious and can be prepared quickly. Most of these recipes require ingredients already inside the household. Our last section consists of the ways to stay healthy to reduce the risk of cardiovascular disease and obesity.

The locations of food banks and local markets must be kept updated annually, and the prices of ingredients for the recipes may need to be updated.