**THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM**

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### A Place at the Table

**Goals:**
- To instill Gladden Food Pantry clients with the knowledge and skills they need to make healthy meals using the resources at their disposal.
- To provide educational information and skill-building activities related to vaccinations, hygiene, and self-care as a means of reducing the spread of communicable diseases.

**Program Components:**
- Biweekly nutrition education sessions (based on USDA MyPlate Guidelines) paired with healthy food taste testing events.
- Monthly “hygiene demos” in which clients learned how to make personal care products (e.g. toothpaste) using inexpensive household ingredients.

**Partnership:**
- Carried out program at Gladden Food Pantry, the third largest pantry in Central Ohio (feeds approximately 1,200 unique individuals each month).
- Served residents of Franklinton, a low-income neighborhood characterized by food insecurity and a high rate of lifestyle-related chronic disease (e.g. diabetes, high blood pressure).

**Impact:**
- Conducted 22 nutrition education sessions for a total of 50 unique individuals, including 4 regular attendees.
- Several clients who participated in the program made a point of telling me how they had incorporated nutrition and food preparation lessons into the lives: “I made your spaghetti squash dish three times since the class in October!”.

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