

# Hispanic Senior Center Garden Project



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# Problem to be tackled:

- South Bethlehem residents have a hard time gaining access to fresh fruits and vegetables
- Hispanic Senior Center feeds **40** seniors a day on an annual budget of **\$12,000**
- Processed food → Diabetes, cancer, high blood pressure, overweight
- Puerto Rican immigrants → strong language barrier leading to problems in health system



# My Research (part 1)



- Global Citizenship students planted organic vegetable garden that I harvested and maintained for 10 weeks over the summer
- Seniors helped maintain it
- Used these vegetables in the meals at the center
- Educated seniors about nutritional benefits of vegetables

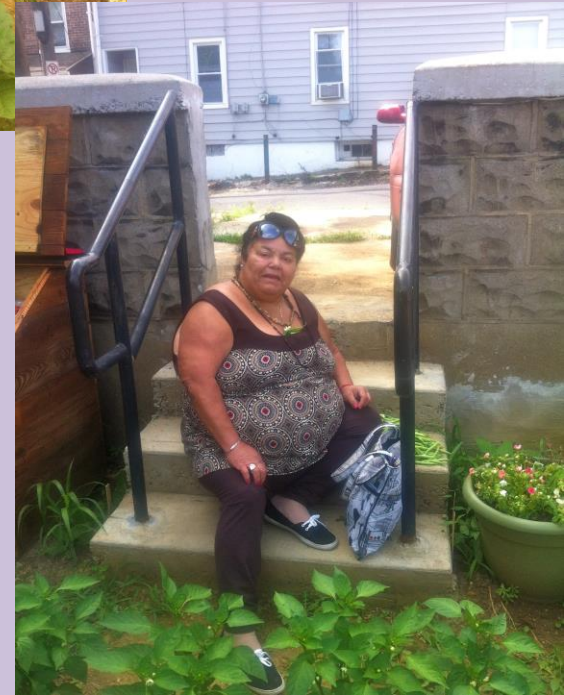
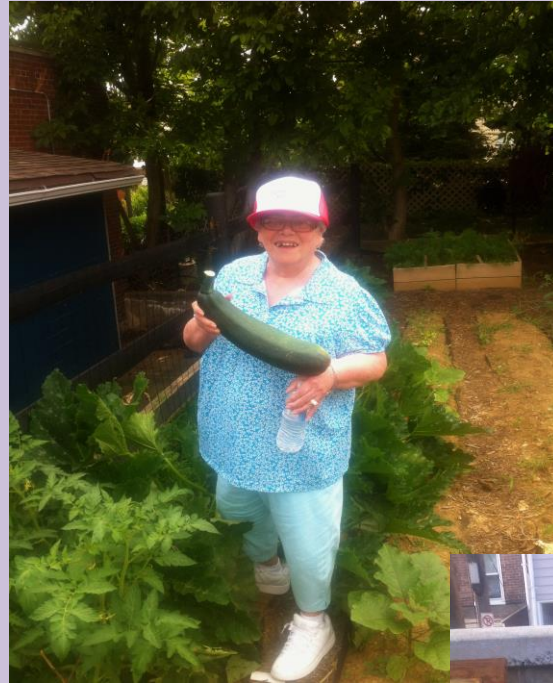
# My Research (part 2)

## Case Management/Patient Navigation

-Helped seniors make calls to their doctors, hospitals, health insurance companies, and pharmacies

-Filled out welfare/Medicare applications

-Assisted seniors with any general paperwork, translation issues, and phone calls



# Final Project: Cooking Demo

-Hired a Puerto Rican cook at the melting pot to do a cooking demonstration for the seniors using the vegetables from the garden. The recipes for the demonstration came from a Puerto Rican cookbook specialized for older people with diabetes. This demonstration showed seniors:

- How to make the food
- Why vegetables can help combat their current health problems
- Nutritional benefits of the foods

