



**Service Category:** Outreach

**Organization:** **Food and Medicine**

**Person verifying Co-Curricular hours:** Ron Omino romino@med.wayne.edu

**Other Contact:** Stephen Yu syu@med.wayne.edu

**Off site location:** Various sites in Detroit Area such as Cass Clinic, Covenant House

**Faculty Advisor:** Tonia Reinhard M.S. R.D.

**This program is able to accommodate 50 students**

**Description:**

Promote better health by educating people on how to cook healthier by not only holding informational sessions, but by actually showing them how to do it. Demonstrations/classes show people how to cook healthily, easily, and affordably. This project is geared towards the local youths as well as at-risk adults in the local Detroit area. Collaborating with local chefs and dieticians for the presentations. Some of events will be at local fairs and other sites around the city to promote healthy cooking and eating.

**Commitment: Activities approximately once a month (days will vary)**

**Activities for Medical Students:**

Opportunity to communicate health education information to clients/patients.

Tutoring adults and or children

Other Cooking expositions/training