

“A stop to obesity”

Elizabeth Cruz

&

Jasleen Vital

Per4

The Civic Action Project: Proposal



Effective citizens are able to solve problems and they understand the role that policy plays in doing so. During this course, you are going to address a problem or an issue by taking civic actions. As you try to make an impact, you'll explore relationships between the issue, your actions, and policy.

Another thing effective citizens are good at is convincing others that their concerns, ideas, and views are important.

Assignment: Convince your teacher that the problem, issue, or policy you want to try to impact is important.

1. What problem, issue, or policy do you propose to work on?

The problem is that people are having bad eating habits in the city of Bell Gardens and nobody is doing anything about it. The policy yet again has to do with the effects how government money is being wasted on cheap bad foods that families are not so aware of.

2. Describe the problem and its effects on people:

The problem is that people are having bad eating habits in the city of Bell Gardens and nobody is doing anything about it. Also again it affects the government because its money is being wasted on cheap bad foods that make people ill and again need more medical help and government money such as people who have welfare. This issue is affecting the people of the community badly and some don't realize as its happening to them.

3. How is the problem or issue related to policy? As you take civic actions, you'll need to deal with public policy in some way.

The problem being that the City of Bell Gardens has high Obesity rate due to unhealthy eating habits and wrong choice of buying food, connects perfectly with governmental money helpings, for example EBT and food stamps. many places in this city accept EBT to buy chips, soda, and other unhealthy foods. If so the food stamps are given to low income families who cannot afford for enough food, then why are they wasting it on foods that have harm.

4. Why do you want to work on this? Why do you think it is important?

We would want to work on this in able to decrease the obesity rate in the city of Bell Gardens, we want to point out the fact that families are not being healthily eating by food wise and choosing the wrong things to eat. We believe this is an important issue that should be fixed because the

reputation of this city id not well formed. us also being residents of the city concerns us, and the fact that money that is given my government is being wasted on unhealthy foods is a bad idea.

5. What are the first few things you would do?

The first few things that we would propose to do are perhaps attempt to set up a meeting with our school principle to allow us to have this nutritional class in our local high school for residents of the city and students of the school. Then when the meeting is set up we will attend and explain to the principle out ideas and listen to his responses.

Civic Action: Thinking it Through



As people work to address problems, they educate themselves about the issues and continually set and reset goals.

As you attempt to solve a problem, you'll need to stay informed about it. Use your knowledge to set goals and plan. And be prepared to change your course of action along the way.

Assignment: Gather information about your issue and set some goals. You might use this worksheet more than once if your goals and strategies change.

1. Problem, issue, or policy you are working on:

The problem that we are working is based on the health of the city of bell gardens and its obesity rate, also on how given money to low income families is being wasted on bad food and unhealthy foods.

2. What is your goal? What would you like to see happen with this?

Our goal is to educate parents and students here in campus of Bell Gardens high school about our environment and health issues, such as obesity rates. The thing that I can see happening to help our obesity rate is to also inform parents the habits of their family's daily food and inform them into changing eating habits. Knowing friends and family here in the city of Bell gardens it would be a good change for them and even me to have in our ways of eating and diet food habit.

*You will take civic actions to move toward this goal.
An important civic action to start with is to educate yourself about the problem.*

3. What do you need to know before you take your next steps? (Think about: background/history, cause/effect, effects of problem on society, who might support/oppose your position on this issue, etc.) List questions you need to have answered and places/people/resources you will use to find answers.

for us to take the next steps and take action in to it, I believe we will have to do our research first then its facts. To be specific I would need information about the obesity rate of the city to persuade my next step, which is to ask the school for permission to have this class here at the local high school of the city. In my support I know teachers that would be glad to put in help, the one thing I know I would have to search for a teacher or adult to help us run this class.

*Figure out how you will organize and store the information you collect.
(Maybe a file folder, log, portfolio, electronic storage, etc.)*

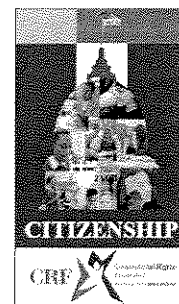
4. What is your next civic action? Be specific. For example, "call ____ to find out ____, search the web to find _____." Be sure to explain the purpose of this action.

Our next civic action will be to talk to our principle Mr. Herrera to inform him about our idea and ask for permission. We will schedule a meeting with him and speak to him about our problem and issue we would like to change.

5. By what date will your first task take place?

By November, 5 2012, our first civic action will be done

Civic Action 1



As people work to address problems, they usually have to take a series of civic actions. Rarely does just one action do the trick. Effective citizens start with simple actions and keep trying different things.

Assignment: You will use this worksheet over and over again to report on your last civic action and plan your next.

1. Problem, issue, or policy you are working on:

The problem that we are working on is based on the health quality of the city of Bell Gardens and its obesity rate, also on how given money to low income families is being wasted on bad and unhealthy foods.

2. What was your last civic action? Describe the outcome(s) and any relationships to policy:

Our first civic Action was pitching our idea to our school principal, letting him know what our idea was, in able to decrease the obesity rate in the City of Bell Gardens and persuading our idea to him. We spoke to him about having this Nutritional class and not only providing it to the students of Bell Gardens High school but also the residents of the city. His response was that it was approved, and gave us in response to speak to one of our main school lunch nutritionist whom has a nutritional class set up already

3. What knowledge, skills, or attitudes of effective citizenship did you use or did you gain through doing this civic action? In other words, what did this have to do with what you are supposed to be learning in this class?

Through out this civic action our main skill and task was to apprehend what we were to do. Our civic action was speaking to the bell gardens high principal and ask him for our idea. The fact that he had a little amount of time to meet with us, we have to be accessible and accelerated speaking to him because him as being a busy man had work to be done. The relation between our civic action and what we are suppose to be learning in class is perhaps is the responsibly that our government has to be done to get circumstantial done. Also the fact of having to know what to say and being moral to the principal.

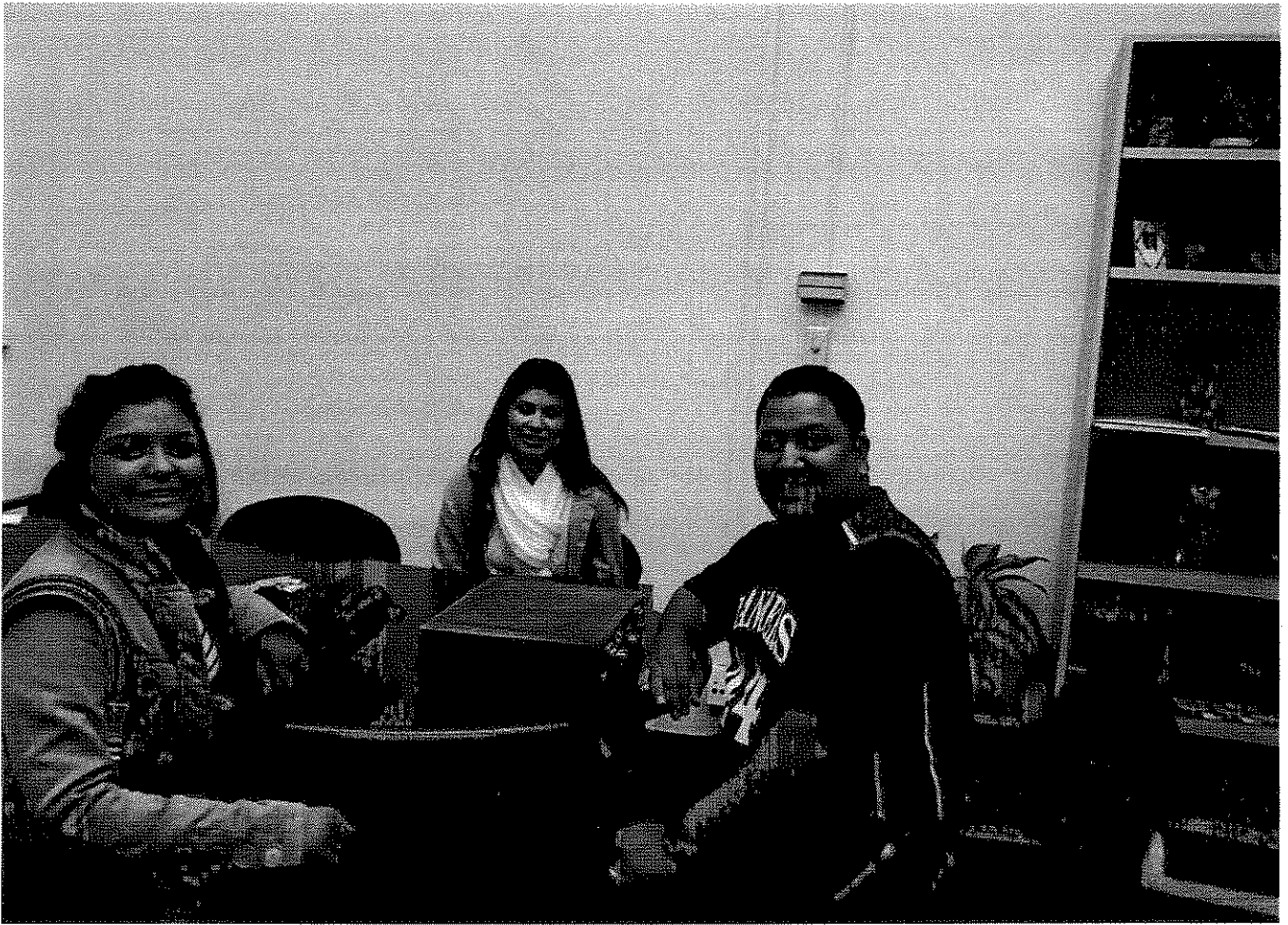
Attach evidence of your civic action. (Photos, agenda, copy of meeting notes, e-mails, URLs of web sites, etc.)

4. What is your next civic action? Be specific. For example, "meet with _____, write to _____, attend _____." What is the purpose of this action?

Our next civic action will be to speak to the school lunch nutritionist and advise him of what our approach is to decrease the obesity rate in the city, and what can we do to get more involved and promote this class even more. We will meet up with him during our school lunch time to show him that our issue is a concern to us. Our purpose of this action is to see what can be done next after that.

When do you expect to complete this civic action? _____

We expect to complete this civic action by the end of November, In able to get things done we have to do things by step and correctly.



Civic Action 2



As people work to address problems, they usually have to take a series of civic actions. Rarely does just one action do the trick. Effective citizens start with simple actions and keep trying different things.

Assignment: You will use this worksheet over and over again to report on your last civic action and plan your next.

1. Problem, issue, or policy you are working on:

The issue that we are working on is the attempt of reducing the rate of obesity in the city of bell gardens. In able to achieve this we had the idea to put up a nutritional class in the local high school in the city here in Bell Gardens high. yet also our policy in this problem is that many low income families who receive ebt/ welfare and or food stamps use the money to buy cheap foods that have big amount of fat and fast foods. This is a policy towards government money/state because as people are having bad habits of dieting which then can get to the case of sickness and more government money for medical payments.

2. What was your last civic action? Describe the outcome(s) and any relationships to policy:

After our school principle from Bell gardens High school told us to speak to the school lunch nutritionist "Art" , then so we spoke with Mr.Art white bread yo whole wheat, then he spoke to us the changes that the school has made for to make our lunch food healthier for example them changing the bread and he spoke to us about how their is already a nutritional class set up within the district. from their he told us to speak to AVID sophomore teacher, Ms Mcaskil. he notified us that she knows more about this healthy educational program and how she would help us bring the program more to an advantage to all student body.

3. What knowledge, skills, or attitudes of effective citizenship did you use or did you gain through doing this civic action? In other words, what did this have to do with what you are supposed to be learning in this class?

This civic action connects into our government class by having the knowledge and speaking with people about things and having to ask questions that need to be answered like in a case, better yet this has to do with our government class because it has to do with the fact that when you are interviewing a person you have to pay attention to specific and things they say, and the skills you use to do an action like this is both have good speaking skills and hearing as well.

Attach evidence of your civic action. (Photos, agenda, copy of meeting notes, e-mails, URLs of web sites, etc.)

4. What is your next civic action? Be specific. For example, "meet with _____, write to _____, attend _____." What is the purpose of this action?

Our next civic action is going to be to speak to the AVID sophomore teacher Ms Mcaskil and question her about the program that Mr Art told us about. We will schedule a meeting with her or go during our school break and speak with her about this program that is going on within the district. We will also let her know our ideas and ask her questions that would help us make this program bigger.

When do you expect to complete this civic action? _____

we expect to complete this civic action before we go on into our winter break!

Civic Action 3



As people work to address problems, they usually have to take a series of civic actions. Rarely does just one action do the trick. Effective citizens start with simple actions and keep trying different things.

Assignment: You will use this worksheet over and over again to report on your last civic action and plan your next.

1. Problem, issue, or policy you are working on:

The issue that we are working on is the attempt of reducing the rate of obesity in the city of bell Gardens. In able to achieve this we had the idea to put up a nutritional class in the local high school in the city here in Bell Gardens high. yet also our policy in this problem is that many low income families who receive ebt/ welfare and or food stamps use the money to buy cheap foods that have big amount of fat and fast foods. This is a policy towards government money/state because as people are having bad habits of dieting which then can get to the case of sickness and more government money for medical payments. all though their is already a health program within our school with would like to make it even bigger and noticable for all students and families to be a part of it.

2. What was your last civic action? Describe the outcome(s) and any relationships to policy:

Our Latest civic action was speaking to Ms. Mcaskil the sophomore AVID teacher, first by explaining what our project is on and what our attempts are, she responded to us that this is a great idea and she can help us by giving us her notebook labeled NAC the Nutritional Advisory Counsel. We looked over the notebook and it was full of information that she uses to teach her sophomore AVID class. we then asked her questions such as if she thinks it would be possible to have a class for families and students, she then gave us a number of a woman named Piper Mattison who is charge of the Schools district nutritional advisory council, we thanked her and took some of her advice for what we should do next.

3. What knowledge, skills, or attitudes of effective citizenship did you use or did you gain through doing this civic action? In other words, what did this have to do with what you are supposed to be learning in this class?

In this civic action we used our speaking skills by properly talking to ms. Mcaskil the sophomore AVID teacher and also questioning her on her thoughts of our plan, at a point she gave us her class worksheets that shows what she teaches them , which we

thought is very amazing his information to and we would like for this information to spread around.

Attach evidence of your civic action. (Photos, agenda, copy of meeting notes, e-mails, URLs of web sites, etc.)

4. What is your next civic action? Be specific. For example, "meet with _____, write to _____, attend _____." What is the purpose of this action?

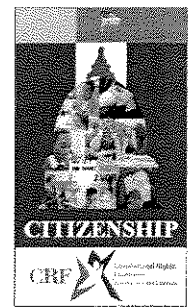
TIP: Show that you are thinking things through and taking logical steps to address your issue. Show that you are a problem-solver by describing WHY you think this is a good next step. As you move further into CAP, your actions and goals should become more advanced. For example, you might have started with civic actions like looking up facts on the web and have graduated to calling people, attending a meeting, or persuading others to build a constituency. Some good advice: prepare before you talk to people so that they will respect your knowledge about your issue and be more willing to help you.

Our first civic action was a success and now that we are ready for the second, thanks to Ms. Mcaskil we know have the main woman in charge of the NAC program to speak to , which gives us the opportunity to ask her tell her our idea for this obesity rate in our city and school and how we can help her program become bigger.We will give her a call and ask her questions how this program can be announced more into the community.

When do you expect to complete this civic action? _____

Having good information into speaking with the NAC main counsel gives me the chance o make a good change within this community. i believe i will have this civic ready within a week, so we can prepare questions to ask Piper Mattison by the phone.

Civic Action 4



As people work to address problems, they usually have to take a series of civic actions. Rarely does just one action do the trick. Effective citizens start with simple actions and keep trying different things.

Assignment: You will use this worksheet over and over again to report on your last civic action and plan your next.

1. Problem, issue, or policy you are working on:

The issue that we are working on is the attempt of reducing the rate of obesity in the city of bell gardens. in able to achieve this we had the idea to put up a nutritional class in the local high school in the city here in bell gardens high. yet also our policy in this problem is that many low income families who receive ebt/ welfare and or food stamps use the money to buy cheap foods that have big amount of fat and fast foods. this is a policy towards government money/state because as people are having bad habits of dieting which then can get to the case of sickness and more government money for medical payments. also since we found out that their is already a program within the school district of musd that provides a program but only to some clases, and what we are trying to do now is bring it more into notice.

2. What was your last civic action? Describe the outcome(s) and any relationships to policy:

Our last civic action was speaking on the phone with Piper Mattison the main counsel of the NAC program. we spoke to her on the number that our previous civic action was based upon ms Mcaskil giving us her phone number for questioning. We then spoke to Piper and we told her our whole idea on lowering obesity within our city and how its rate is really high. She then spoke to us how the harvest of the month given monthly y our teachers is one way to learn healthy, although Unfortunately she claimed to us that this NAC program would not be able to become public or yet possible to make a class that would be open for parents, yet she told us that their is a possibility to make this program higher. She gave us the idea and the certain thought that she can be a part of it and also help us into making sure health classes and AVID classes like Ms. Mcaskills and P.e classes more noticeable and bigger thing to discuss during class time, piper then also offered herself to give us a visit here at the BGHS and tell us more about it.

3. What knowledge, skills, or attitudes of effective citizenship did you use or did you gain through doing this civic action? In other words, what did this have to do with what you are supposed to be learning in this class?

knowledge for example that is in effective citizenship that gains is the courage that we are giving to try and stop obesity rate in this city rather thn less just in general make a stop to it. in this civic action of ours we spoke to a really important lady in our school district and used our speaking skills to notify her of our idea and what we want to do for our school.

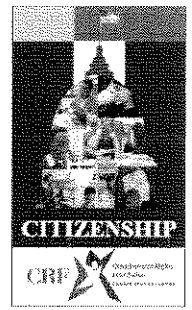
4. What is your next civic action? Be specific. For example, "meet with _____, write to _____, attend _____." What is the purpose of this action?

Our next civic action would be to call ms mattison piper again and ask for her to attend to our school so we can discuss what my partner and i are trying to make of.

When do you expect to complete this civic action? _____

having our last civic action not being exactly what we wanted by not having it able for public for our community, and only make it larger for our own school haves our next step coming soon and ready, their fore id like to have this action due in less than a week.

Civic Action 5



As people work to address problems, they usually have to take a series of civic actions. Rarely does just one action do the trick. Effective citizens start with simple actions and keep trying different things.

Assignment: You will use this worksheet over and over again to report on your last civic action and plan your next.

1. Problem, issue, or policy you are working on:

The problem that we are working is based on the health of the city of Bell Gardens and its obesity rate.

2. What was your last civic action? Describe the outcome(s) and any relationships to policy:

Our last civic action was based upon the NAC nutritional program that is settled within our schools district MUSD. Basically we ended up emailing Piper Mattson asking her questions about what we can do to propose this class, Ms Piper being a nutrition Ed specialist gave us information and things we can do. In the email we had sent her we asked questions that indicated that if it would be possible for the public of the city of Bell Gardens she replied and said it is not possible unless we take it to recreation, piper also advised us about how we can make the school healthier by accusing more to the p.e classes and freshmen studies classes given here at school which are taught somewhat of a nutritional class and make more of it. She then gave us an idea of setting up a club like any ordinary club and get a teacher would be interested in manage of the club. My partner and I are still looking forward this project and see up to how far we can go, so we can have a healthier and a better city for everyone and ourselves as well.

3. What knowledge, skills, or attitudes of effective citizenship did you use or did you gain through doing this civic action? In other words, what did this have to do with what you are supposed to be learning in this class?

In this civic action we used our knowledge and thinking skills to ask Ms. Mattson questions, threw out this civic action we had to use our proper ways of writing an email and asked abundant questions. Having to email a nutrition ed specialist and having the correct way to write appropriate way to ask a questions takes good skills.

Attach evidence of your civic action. (Photos, agenda, copy of meeting notes, e-mails, URLs of web sites, etc.)

4. What is your next civic action? Be specific. For example, "meet with _____, write to _____, attend _____." What is the purpose of this action?

Having the previous civic action being very successful, having to do with an email towards a nutrition specialist and having her reply back quickly the next day and also giving us amazing ideas and possible actions we can accomplish. Our next civic action would probably be to call and ask Piper Mattson the NAC nutrition ed specialist, to come over to bell gardens high and speak to us about further information and if that does not work out, we we vbe attempting to set up a club here at our school.

When do you expect to complete this civic action? _____

WE expect to have this civic action complete by the end of 3 quarter of the school year, and hope it actually becomes something because we are really looking forward into changing the ways of eating within our school and city.

From

- Mattson, Piper
- Elizabeth Cruz

Hi Elizabeth and Jasleen,

It was great to chat with you the other day about your nutrition project. It's ambitious and important. I can give you some additional input; however, you need to come up with proposals of your own and "test" their feasibility. What I mean by that is this: when you have an idea of a nutrition class, what are the details of it (class size, location, dates, frequency, teacher, content, etc.) Take each of these variables and find out how realistic it is. To help get you further, I'll give some responses to your questions below. Best of luck,

Piper Mattson, R.D.

Nutrition Education Specialist

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-----Original Message-----

From: Elizabeth Cruz [<mailto:cruzliza28@yahoo.com>]

Sent: Wednesday, January 23, 2013 4:07 PM

To: Mattson, Piper

Subject:

Hello piper mattson, this is Elizabeth Cruz & jasleen Vital from Bell gardens high , we recently spoke to you yesterday about our senior project regarding about the nutritional class, and we thank you for all the help you gave us , also we would like to ask you a few questions regarding the NAC program.

-Is it possible for their to be a nutritional class within bghs to inform students to eat healthier?

After determining the type of class you have in mind, you will want to discuss with the principal and/or assistant principal of curriculum.

Or, you could think about expanding the NAC (nutrition advisory council) function to include more straightforward nutrition studies – so the class would take the form of a club;

The Freshman Studies or P.E. classes are the more straightforward classes already existing to include more nutrition education. I think that would require additional teacher training and materials that are up to date and relevant to your issues.

-What is your idea to make more of this program?and how can we help?

I'm not sure which "program" you mean. If it's NAC, you can join and help develop the role of the NAC at BGH. Request for more nutrition education to be part of the group, starting with your most pressing questions. Reversing obesity trends, I have to let you know, is complex and as with most behavioral issues, takes more than education to create success. So, perhaps a good starting place is to begin to study the roots of child obesity, look at the school resources (fitness opportunities; healthful food options; counseling support; community programs; and education) and reflect with other students on what your collective but personal challenges are.

I think what is most important about a nutrition class is that it conveys accurate, relevant information. There's a LOT of junk information out there and teachers – anyone who teaches nutrition – needs a solid understanding of basic nutrition principles and human behavior regarding food. Our aim in our program is to create critical thinkers – smart, discerning decision makers who can navigate food environments, enjoy eating and have a relaxed attitude about food. Too many programs are "prescriptive", in that they TELL you what is good or bad (overly simplistic approach btw) to eat.

- how do we enforce better eating habits in freshmen study classes?

Not sure what this means. But, here are a couple of ideas based on my interpretation of the question:

1. Make sure nutrition education is taught and that you come away with ideas on how to eat well, whatever your circumstance.
2. Learn how to look at your environment – school, route to/from home, community – to see what there is that supports good habits and what are barriers to good habits. (Place to begin: look at nutrition and calorie content of beverages, including coffee drinks, energy drinks, any drinks with flavor. Then, compare that information to the recommended nutrient and calorie recommendations for kids your age. You'll be amazed.) On campus, look at those things that help you stay fit....does anyone ever just walk around the campus for 15 minutes for exercise? Seek out fresh fruit for snacks? Eat breakfast every single morning?

3. Study. Examine your own behaviors. Compare to recommendations (eating meals? Getting exercise? Paying attention to fullness and hunger signals? Paying attention to what eating/drinking or doing so mindlessly)

4. Learn what the laws and regulations are regarding food sales on campus. The school breakfast and lunch programs are governed by USDA (United States Department of Agriculture, a federal agency), and must provide certain nutrition with each meal. Other foods sold on campus outside of Nutrition Services must also adhere to rules governing their nutrition content. Look at our website <http://www.montebello.k12.ca.us/nutrition> (scroll to the bottom and look at the board policies; look to right at "calculate foods that can be sold", and to left for "fact sheets" for food and beverages that may be sold) and find out what those rules are and whether BGH follows them. (no sodas, no chips that are fried, no candy, sports drinks only up to 12 oz. and more).

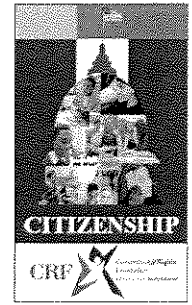
- what are your thoughts on giving students at bell gardens high pizza and hamburgers every day for lunch?

BGH students are not given pizza and hamburgers every day for lunch; they are offered. A pizza or hamburger lunch can certainly be nutritious. I would recommend varying one's selection each day to include different foods as well. If choosing a hamburger, then also take the fruits, vegetables and low fat milk offered and you've got a nicely balanced meal. Part of having so many choices each day is to give you the chance to consume different kinds of foods to meet your needs. Both the pizzas and hamburger buns are whole grain; cheese is part skim mozzarella; milk is low or nonfat.

There's a LOT to learn here. I'd love to see a nutrition class, but if that can't happen as a stand alone course, there are alternatives. One more thing. We use the approach that if we also address language arts, math, science and/or history with our nutrition materials, then nutrition can be taught within many, many other subjects. The extent to which teachers facilitate your learning sound nutrition principles depends on their training, the allowance of the subject's inclusion in their curriculum, your willingness to do your part to grab hold of the information and deepen your own knowledge, and likely many more factors than that.

I love what you have brought up here. Keep going and keep asking questions. All the best to you both. Piper Mattson
We would like to hear from you soon & thanks again, have a wonderful day.

Civic Action: Report



Effective citizens work toward solving problems and addressing issues. As individuals, they may or may not achieve their long-term goals. However, their efforts often pay off by making others aware of the situation, by building constituencies who will move the cause further, or by inspiring others to be more engaged.

You have worked to address a problem or issue and have examined the role that policy plays in this.

Assignment: Report on what you learned through The Civic Action Project and on the impact of your efforts.

1. What problem, issue, or policy did you work on and what did you learn about it?

The problem that my partner and I worked on was to attempt to lower the rate of obesity in the city of Bell Gardens, since Bell Gardens is a low-income hub city. Families are given money such as EBT or food stamps and sometimes that money is not well spent on good nor healthy foods. They then spend on fast-food restaurants that accept EBT and food stamps. Therefore, we would like to set up an educational class to persuade families to help them make better choices and eat healthier foods. With that, we made many arrangements with people within the school that know that there already is a program with the school named after the NAC nutritional class. We spoke with a very important nutritionist of the school who gave us some news and other things we could achieve in and how we can do it. Eventually, we had to make some changes because since this program cannot be given to the public, we would have to keep it within our school, which is better than nothing at all. Therefore, she gave us the idea to bring it up more often to the classes that are given nutritional facts and sessions like freshmen studies and physical educational classes or maybe even make a club.

This nutritionist named after Piper Mattison is the head nutritionist and specialist of Montebello Unified District, our school district. This project has been very adventurous and we have learned some things for ourselves as well, even though we are not fully completed with this ambition, we are still going for it and making it happen.

2. How did you try to impact this problem/issue/policy? (Summarize your civic actions and include policy implications.)

We decided to try to set up a program or club that would be available for the citizens of the city here in the local high school of Bell Gardens. So we decided then to schedule a meeting with the principal, so we went first to inform him about our idea and he thought it was great, he told us to speak to the head nutritionist in our lunch school program, Mr. Art. From there, we thanked the principal for his great consideration and approvals for our attempt. After that, we

went to look for mr art the lunch man and questioned him as well , we told him what our problem was within the city and he agreed and thought it was a great idea as well, but then their he told us that their is already a nutritional class and ms Mcaskil was in charge of it, and we should head over to her and ask her more about the class that is given in the high school. So after that civic action was over done with we went over to Ms Mcaskil who actually teaches this NAC class the (nutritional advisory class) to her freshmen studies class. We questioned her about what id the NAC program and what does it do and also how would we be able to help to make it more of an immense to the students at the school or if to the city as well. from their ms Mcaskil gave us a phone number to a woman named piper Mattison the nutrition ed specialist of the district of MUSD and who is in charge of the NAC program as well. We spoke to her on the phone and asked her about how is the NAC program and what it is and how we heard about it. Their she gave us a lot of facts of what it was and how the program runs, their she also told us how that program would not be able to go public due to property of the district, which was a change to our whole statement of dilemma, she yet although told us how we can bring it more upon the classes that give NAC sessions during class time like the freshmen study classes and physical education ones as well.

Even though the apprehension changed we still believe in setting up a club for the students here at BGHS as a nutritional class and bring it up more often for students at our high school.

3. What impact did you make? Remember, this could include many things like impacting public policy or raising others' awareness.

Our impact with this dispute, is to make the city a better place. As Bell Gardens being one of the most obese cities in Los Angeles county puts us on a bad glance. what i refer to that is that the city is being over seen as a un nutritional city, meaning us being residents of the city are being looked upon as if.

The city of BG being a Hub meaning it's a low income city and having families given money, government money for food such as food stamps and EBT, yet that money is being waist the incorrect way. Foods are being spent on fast food restaurants that accept EBT money and food stamps.

although, this impact may not seem as big but actually is, which is why our city is increasing the rate of obesity.

4. What recommendations would you make to the next person who chose to work on this issue?

If a person would like to work on this issue, i would gladly recommend them to finish it well and most of all start it off well. Id tell them to do it diffidently to try a diffident strategy that we didn't, and keep going until they finish it and actually make it happen. I believe that it is possible due to the effect within the city and to make it be heard and known.

5. Make a list of the knowledge, skills, and attitudes you developed through the CAP experience.

Some of the knowledge, skills and attitudes we needed to develop through the CAP experience were such as the ability to plan, organize and schedule the activities, Ability to work with people, Ability to organize and reason in a logical manner, Excellent public speaking and subject knowledge skills, Ability to express ideas in easily understandable terms, Ability to improve and recommend changes and policies, Ability to plan and conduct various kinds of meetings, Skilled at composing, editing, Ability to explain and clarify information and most of all expressing and presenting information.