

1. **PROGRAM TITLE:** Application of the Franciscan Tradition to a Community Nutrition Program titled “Eating with Color from your Garden”

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2. **LEARNING ACTIVITY:**

We are in the midst of dramatic assault on the security of the food supply. It is therefore necessary to promote ecological research into the nexus of diet, food production, environment and human health. The primary culprit of all this menu mayhem is climate change, which is choking off certain crops already weakened by both genetic tinkering and chemically based farming, some experts contend. Agricultural history is, of course, laced with tales of crop-munching bug swarms and dirt-baking droughts, leading to famous regional famines. Paleontologists have even argued that the hanging gardens of ancient Babylon dried up because people messed with that micro-climate by slashing too many trees, over-expanding farm fields and exhausting the water supply, we're in a situation where the food supply is more vulnerable than it has ever been.

The program concentrates on Social, economic, and political aspects of public health in relation to food and nutrition; problems affecting vulnerable groups such as the poor, the aged, the handicapped, pregnant teenagers, and infants. A three-month summer program is designed for a university or college setting. Land will be rented out or donated free.

The purpose of the program is to expose science students to the design and growing needs of vegetable beds, plant, water, observe growth, weed plants, and to study the ideal meteorological conditions for the growing process by measuring and analyzing the air and soil temperature, humidity, amount of water required for irrigation, and the frequency of the need for watering the plants and vegetables. To implement the program a rented land or appropriate land location on campus will be required for the purpose of growing selected plants and vegetables.

Finally harvest and enjoy produce. The research data will be recorded by students and supervised by faculty.

The program offers an opportunity to learn about healthy eating, sustainable agriculture and the benefits of gardening using the garden as a “learning laboratory”. Students may also provide tours and classes at the garden throughout the summer for interested residents. These free community events included classes on topics such as Eating Local, Organic Gardening and Healthy Eating for the Whole family.

3. **FRANCISCAN THEMES:**

The main purpose of the program is to instill in students Christian Humanistic values, intellectual inquiry, a respect for diversity, and a commitment to serving others.

In order to achieve these objectives students are asked to discuss and incorporate their views into “Growing Journals” kept **by each student**.

A. **Incarnation** :Creation as integral and whole, healthy and growing well, as respected, a book of revelation in the tradition that can reveal qualities of God’s goodness: abundance, growth of the spiritual , needing assistance of water, light, air, nurture; robust, varied, diversified, sometimes surprising ???? In scripture: God is imaged as shepherd, sweeper for a lost coin, creator of the first Garden-What are the qualities of a gardener? Could they reflect God?

B. **Trinity**- Relational: are we lone gardeners? How many will it take to make this work and be fruitful over the summer? How are we dependent on each other in this project? How are we relating to each other, communicating? Or fail to communicate? What motivates me to communicate or not??

C. **Conversion** : What were my expectations? Did I fulfill them or not? Why? So any changes in me, my attitudes in the course of this project? Any transformation as I become, perhaps a first time gardener? Any discoveries along the way?? What was my attitude, my frame of mind, my feelings during this project? After? What did I learn? What will I do differently next time? Have I grown, too? How?

4. Learning Outcomes:

- . Students are able to demonstrate effective and professional oral and written communication and documentation and use of current information technologies when communicating with individuals, groups and the public.
- . Students are able to use the nutrition care process to make decisions, to identify nutrition related problems and determine and evaluate nutrition interventions, including medical nutrition therapy, disease prevention and health promotion.
- . Students are able to apply knowledge of the role of environment, food and lifestyle choices to develop interventions to affect change and enhance wellness in diverse individuals and groups.
- . Students are able to develop outcome measures, use informatics principles and technology to collect and analyze data for assessment and evaluate data to use in decision-making.

5. **ASSESSMENT**: Journals will be kept and evaluated on the process, the Franciscan theme reflection, the entire process and the products. Faculty will hold a one-on-one conversation with each student on their journal work to conclude the process.

SERVICE LEARNING REPORT:

1. A written reflection/report describing your field experiences.
2. Information included should follow the **What?, So What?, Now What?** Format of Service Learning Reflection. Examples of information that should be covered: (this is not a full list,
 - Nutrition services you observed and/or participated in
 - What you learned from each field experience
 - **Reflect on the impact the program is making on the local community**

- **Did your community service enhance your learning of community nutrition**

6. **Sample Syllabi or program**—See learning activity. This is a proposed culminating experience at the conclusion of a course on food and nutrition and the sources of our food. Many students may never have planted food before and the process and results could offer deeper appreciation of dependence on the elements, seasons, and attention to nurture needed.

7. **Expansion of the above proposal:**

- a. This project could be linked to the university food service and produce could be used for meals.
- b. Organic methods to be employed.
- c. In the future flowers could be added to the beds-
- d. .In Milwaukee, we would want to meet and explore the work of famous farmer Will Allen.
-we could work with his hydroponic, indoor model using tilapia, fish droppings as plant nutrients, and salad greens.