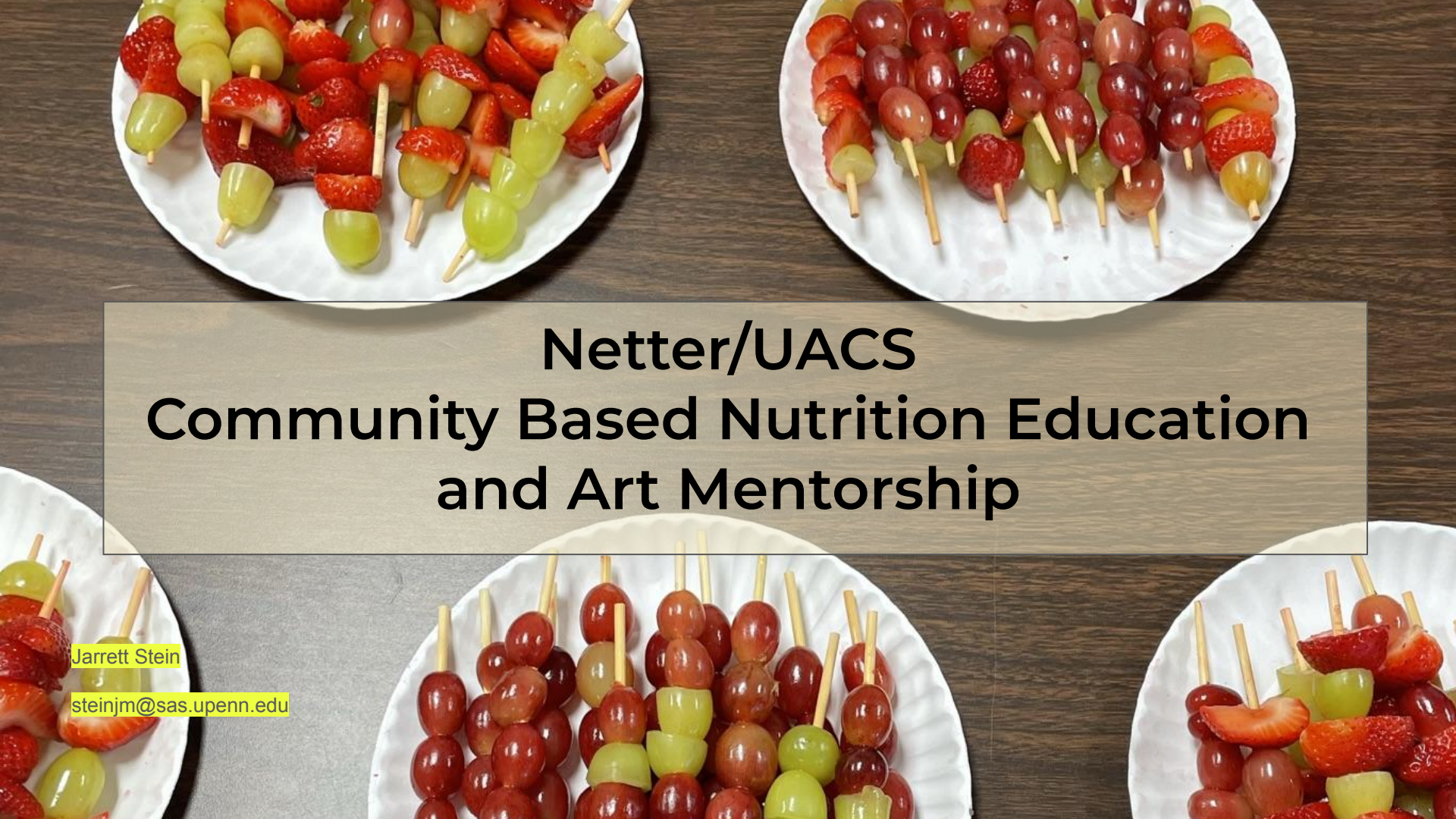


Netter/UACS
Community Based Nutrition Education and Art Mentorship

Jarrett Stein

steinjm@sas.upenn.edu

Netter/UACS Food Education Overview

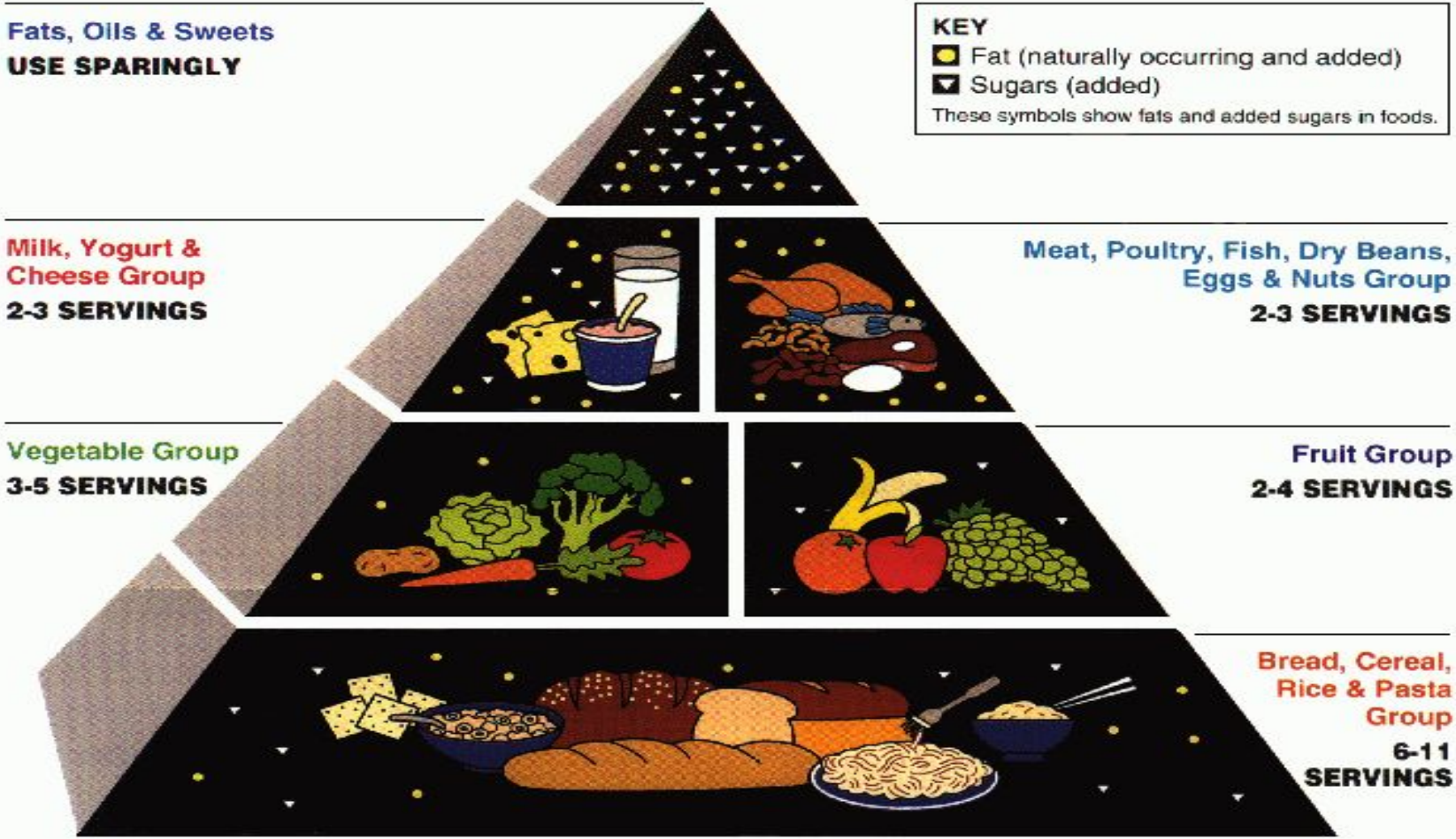
WHO

- K-12 students, staff, faculty
- Penn students, staff, faculty
- Agatston Urban Nutrition Initiative (AUNI)/UACS/Netter Staff
- Outside partners

WHAT

- Fruit Stands
- School Garden
- Good Food Bag
- Smoothie Bike
- Rebel Ventures
- Community Dinners
- Participatory Action Design Studio
- Participatory Action Art Mentorship

HOW Our food education work at Netter starts by listening to the needs in our K-12 partner schools. Based on the needs and resources available, we design projects that put teams of K-16+ students in control of creating a healthier food system in their schools and communities.


Fats, Oils & Sweets
USE SPARINGLY
KEY
Fat (naturally occurring and added)
Sugars (added)
These symbols show fats and added sugars in foods.
Milk, Yogurt & Cheese Group
2-3 SERVINGS
Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS
Vegetable Group
3-5 SERVINGS
Fruit Group
2-4 SERVINGS
Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS


Chips
Fried Chips
Fish
Bake Fish
or
Fried Fish
Chinese food
Popcorn Chicken
or
Chicken fingers and
Kool Aid
Strawberry or Cherry
berry
Cool blue
Chicken
Fried chicken
bake Chicken
or
Lemon Chicken
soup
fish
My Pyramid
303


UNIVERSITY CITY MINI MARKET
FRUITS & VEGETABLES * DELI * GROCERY * ATM * CREDITS CARDS * EBT * LOTTO MACHINE * WE ACCEPT
JULY SPECTACULAR
Banquet Meals
16 oz. Assorted Variety
$1.25
Hot Pockets
10 oz.
2 For $5
FREE SLURPEE!
JULY 4TH
Sunkist
99¢
Numbers
Games
Play Here!
We Play Here!
JULY SPECTACULAR
White American Cheese
$1.99
White Turkey
$1.99
JULY SPECTACULAR
NO STOPPING STANDING PARKING
BUS ZONE


TOSTITOS
BITE SIZE

Fruit Stand - Rebel Store

- At UACS K-8 sites there is a Fruit Stand and Rebel Store.
- This is a real-world, project-based learning experience that engages a team of K-8, Penn students, and Netter staff in running a store that sells healthy, delicious snacks, student-created toys and crafts, and positive non-food items like stress balls.
- All K-8 Students in UACS program earn Rebel Bucks as a positive behavior incentive and use them to purchase Rebel Store products.
- Penn partnerships:
    - Politics Philosophy Economics (PPE)
    - Nursing
    - Wharton
    - Nutrition
    - Urban Studies, Education (GSE)



Student Team Roles



- Operations
- Design
- Accounting
- Nutrition Researcher
- Social Media Manager
- Health Promoter

Student Recipes



Kabobs!



Orange slices!

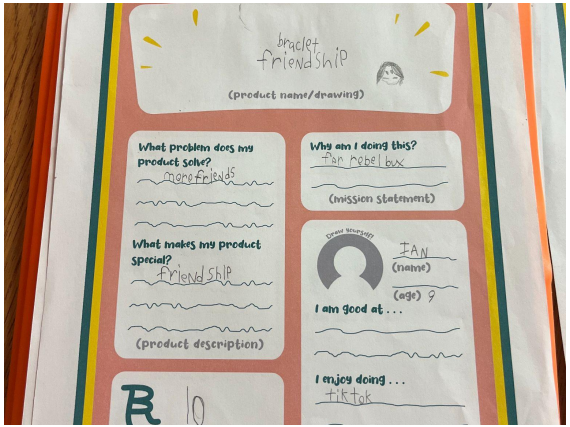


Yogurt parfaits!

...and more!!!

Non-food Products





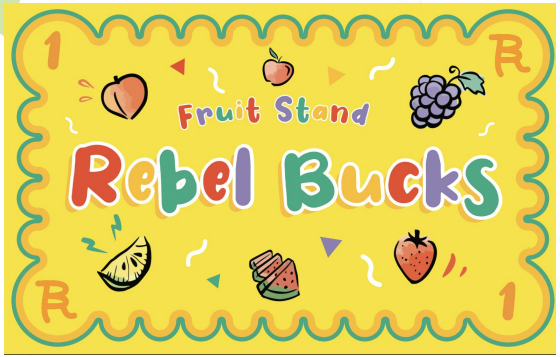


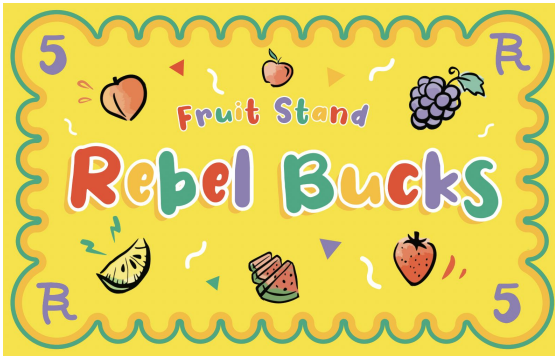
Student-made Friendship Bracelets!

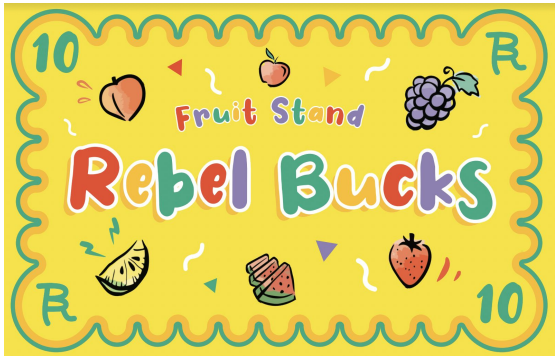
Athletic gear

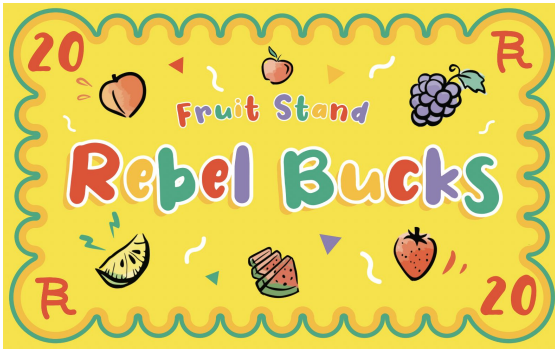
...and more!!!

What is a Rebel Buck?











Expectations Pyramid	Ways to Earn Rebel Bucks
Growth	Improvement (growth, individually or collectively)
Togetherness	Participation
Consistency	Attendance
Joyfulness	Acts of Kindness
Mutual Respect	Being a Good Listener
Safety	Following Directions

University-Assisted Community Schools

UACS

Netter Center for Community Partnerships
University of Pennsylvania



School Gardens

- At UACS sites there are School Garden ‘clubs’ and ‘crews’ - teams of K-12 students, Penn students, and Netter staff - who work together to maintain and grow their school gardens.
- Penn partnerships:
    - Environmental Sciences, Urban Studies, Biology, Nutrition, Landscape Architecture, Urban Planning, Nursing, Med School



Pest Monitor

"Having a garden is like having a good and loyal friend." – C Z Guest

Tasks

- [ ] Observe all the plants and identify pest issues
- [ ] Talk with Garden Manager and create a Pest Plan to deal with the pest issues
- [ ] Get the tools you need
- [ ] Do your plan to reduce the pests in the garden
- [ ] Properly put back all tools
- [ ] Work with other Stewards to see what tasks need to be completed

Tools

The tools needed are pest-specific, consult with the Garden Manager, and if needed write below:

-
-
-

Reflection for Success

1. How healthy is the garden?
2. Have you done everything you can to reduce pests and diseases in the garden?
3. Have you needed any help, and if yes, did you ask for it?

Garden Tool Steward

"There's something about taking a plow and breaking new ground. It gives you energy. " Ken Kesey

Tasks

- [ ] Share tools with everyone working in the garden and making sure they know how to use them properly (the do's and don'ts - best practices)
- [ ] While assisting in other gardening activities, provide oversight of tool usage by the rest of the crew
- [ ] Clean any tools (not in use) throughout experience in garden
- [ ] Help everyone return their tools clean and safe and in a well organized manner

Tools

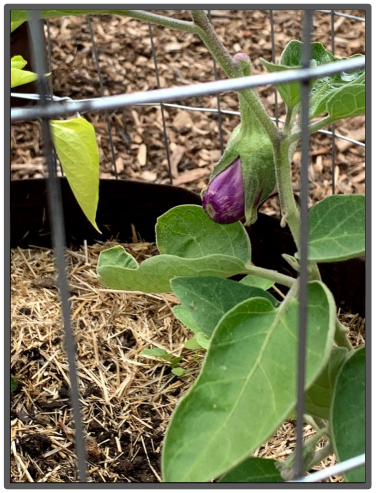
There are no specific tools needed for this position. If you need tools today, list them below:

-
-
-
-

Reflection for Success

1. How safely and properly are the tools being used by the Garden Crew?
2. Have you done everything in your control to ensure all Garden Crew members are using tools safely and properly?
3. Have you needed any help, and if yes, did you ask for it?



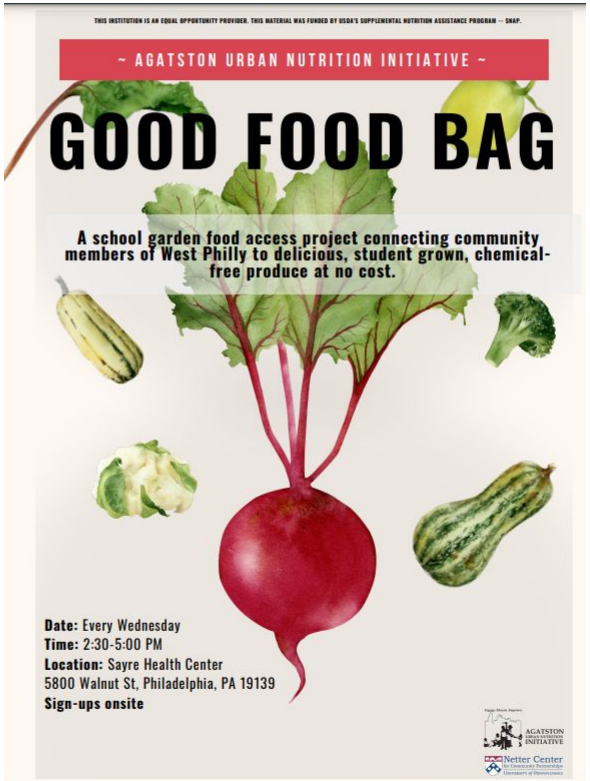



Welcome to
Hamilton




Good Food Bag

- The Good Food Bag is a no-cost fruit and vegetable distribution program that is led by K-12 students, Penn students, at Netter staff at the UACS sites.
- Good Food Bags typically happen weekly during dismissal of UACS programs.
- So far this school year, 28,905 lbs of food have been shared with UACS families.
- Penn partnerships:
    - ABCS and Interns
    - Departments include:
        - Nonprofit Leadership, Social Work, Nutrition, Nursing, Med School




211
organic


RENEWABLE, RECYCLABLE
SUSTAINABLE


Good Food Bag


211
organic


ANGEL
Sweet




Dr. Bernett L. Johnson, Jr.
KAUFFMAN'S
FRUIT FARMS & MARKET
SAYRE
HEALTH
ENTER

Smoothie Bike

- In the UACS High Schools, teams of HS students, Penn Engineering and Nursing students, and Netter staff work together to transform used bikes and used blenders into functioning ‘smoothie bikes’.
- Smoothie Bike Labs are being developed at the UACS high schools, and also at Penn Engineering and Penn Nursing.
- Used bikes are donated to the project by Penn Police.
- Finished and functional ‘Smoothie Bikes’ will be donated to partner K-12 schools.
- Penn partnerships:
    - Engineering, Nursing, Nutrition,
    - Penn Library





Position Title: Smoothie Bike Engineer
Organization: Netter Center for Community Partnerships
Contact: Kavon Bailey, kavonb@sas.upenn.edu

Position Description:

The Smoothie Bike Engineer is a role for a high school student who loves building and inventing, trying new things, and being a part of a team. Your main tasks will be to design and build a bike that makes smoothies when you pedal it, and to help younger students learn about mechanical systems and product design. You'll also come up with new ideas for fun and healthy machines to use in our Fruit Stand project.

This project is during UACS Netter after-school during the academic year. We're part of Penn's Netter Center for Community Partnership.

If you are interested in this position, talk to Mr. Kavon Bailey or email Kavon at kavonb@sas.upenn.edu

This is a university-assisted community schools (UACS) program of the Netter Center for Community Partnerships. For more information about the Netter Center or ways to get involved with the West Philadelphia community, visit nettercenter.upenn.edu.
Key words: ABCS, community service, community engagement, civic engagement, school, schools, West Philadelphia, kid, youth, child, student, education, teach, mentor, tutor, social justice, city, K-12, K12

SMOOTHIE BIKE 1.0 DESIGN

Objective:

To take a regular bike and a used blender to design a working bike-powered blender aka “Smoothie Bike”.

Requirements:

- Used bike (with a working chain and rear wheel)
- Used blender
- Bike stand
- Bike rack (if not already present on bike)
- Drill chuck (with key to tighten)
- Wooden block (2*2*2 inch^3)
- Toolkit (screwdrivers, spanners, allen keys, scissors)

5. Fix the wooden piece on the drill chuck, and then mount the blender top on the bike rack. Make sure that the wooden piece is in contact with the tyre. Also make sure the wooden piece is to the right of the tyre when looking from the back. Refer to the images below.





Rebel Ventures

- Rebel Ventures is a high-school student powered healthy food business.
- HS and Penn students, supported by Netter staff and industry partners, work together to run the social enterprise.
- RV structure
- Penn partnerships:
    - Wharton: Management, Leadership, Finance, Sales, Marketing, Entrepreneurship
    - Law: Entrepreneurship Legal Clinic
    - Nonprofit Leadership, Social Work
    - Design, Fine Arts
    - Graduate School of Education




BAKER
2015 NBA CHAMPIONS
STRENGTH



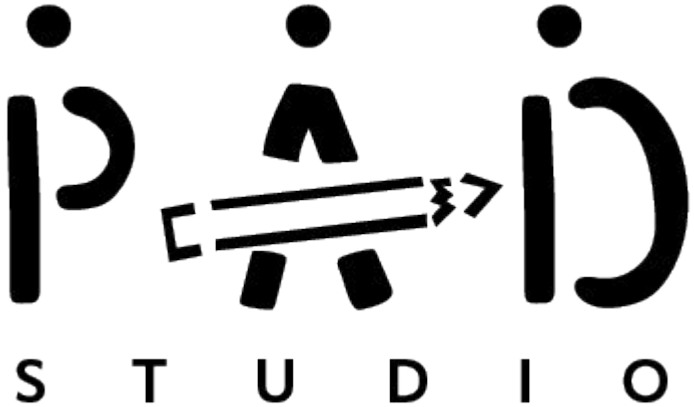

VWR
Distilled Water


CREATED BY HIGH SCHOOL STUDENTS
FROM THE HEART OF PHILLY.
Rebel
VENTURES
APPLE DELIGHT
REBEL CRUMBLES


REBEL CRUMBLES
APPLE CRANBERRY

Participatory Action Design Studio

- The Participatory Action Design Studio is a group of Penn undergrad and graduate students who work together on a design projects that are needed by Netter Center programs.
- Penn partnerships:
  - Design
  - Architecture
  - Fine Arts
  - Integrated Product Design



Need	Designer(s)	Status	Ideal Due Date	Notes
Netter Branding Guide	Alice, Cindy	In Progress		
Library Consulting Project	Nik, Ejun	In Progress		Continue thinking about collaboration with Mr. Cannon
Smoothie Bike Logo	Miyu	In progress	4/5	Update next week (2/23)!
Pokemon-style Fruit/Veg Prototype	Alice, Jill, Connie, Ale	In progress		
Fruit/Veg UNO Card set	Miyu, Cindy, Annette	In progress	4/5	See the other 2 colors designed!
Pest Signs	Cindy, Ejun, Connie	In progress	4/12	Draft of the sign with the size, info, composition etc..
Netter Center Graphic Assistance	Zoya	In progress		
Philly Student Art Logo	Ale	In progress		Waiting for feedback!
UACS Hierarchy of Expectations	Annette	Assigned	Draft by 3/18	
Rebel Ventures Wordpress		Needs assignment		

Pokemon-style

Fruit/Vegetable Poster prototype

Status:

Assigned

Designer(s):

- Alice
- Jill
- Connie
- Ale

Due date: 3/1

Instructions & Needs:

- Create a single prototype for a K-12 Fruit/Vegetable Poster
  - once we've decided on what we want, we can get more people to work on the whole set
- Incorporate different information about the fruit/vegetable in a kid-appealing way
- Card info: https://docs.google.com/spreadsheets/d/1G-PAKFQPKaZh0BqK7M2aYGwKQI44pqK0FbvkxM8p2uc/edit#gid=0

Resources:

https://fruitsandveggies.org/stories/fruits/
https://fdc.nal.usda.gov/
https://plants.usda.gov/home
https://fallingfruit.org/data
https://www.tradewindsfruit.com/content/fruitsscientific.htm

Participatory Design Studio

Fruit Poster

Designer:

Ale

Summary:

Gold Rush Apple Poster

Next Steps:

- Make adjustments based on feedback



Participatory Action Art Mentorship Program

- A weekly after school program at Sayre High School (twice a week)
- A group of Penn art students teach and make art (animation, architecture, design, photography) with high school students in West Philadelphia
- Why:
    - Recognized the power of art in sharing stories and bridging the gap in our society
    - Empower the voices and stories of high school students through art
    - Address the issues of inadequate and unequal art education in West Philadelphia



Participatory Action Art Mentorship

- Outcomes:
  - Organized 55 mentorship sessions, three exhibitions, three meetings with industry professionals, one art sale
  - 15 Penn art mentors; 30-40 high school art mentees
  - Secured $9,000 in funds
- Collaborators:
  - Netter Center, Sayre High School, Fine Arts & Design Department, SACHS, Cinema and Media Studies Department
- Structure:
  - Art Workshops
  - One-on-one Mentor-Mentee sessions
  - Meetings with Industry Professionals
  - Exhibitions/Art Sales/Art Initiatives

Participatory Action Art Mentorship

- Art Workshops







Participatory Action Art Mentorship

- One-on-one Mentor-Mentee sessions





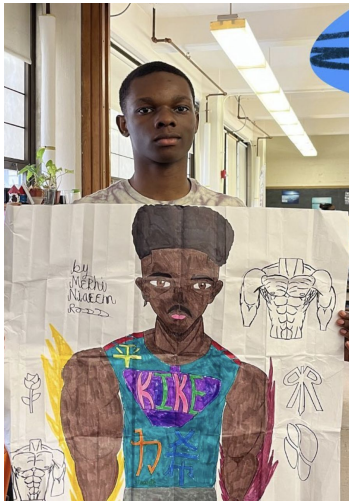


Participatory Action Art Mentorship

- One-on-one Mentor-Mentee sessions



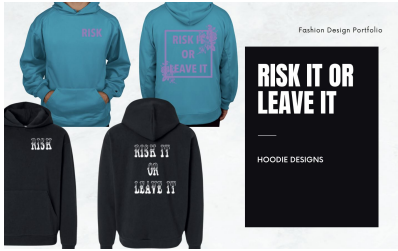


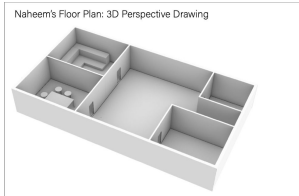


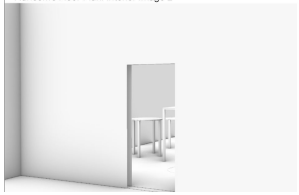


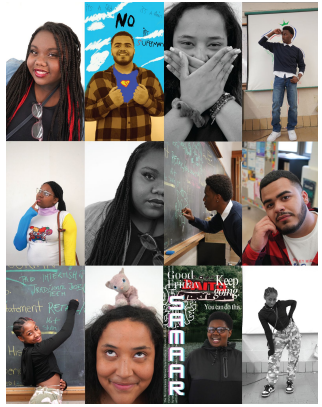












Participatory Action Art Mentorship

- Exhibitions/Art Sales/Art Initiatives











Participatory Action Art Mentorship

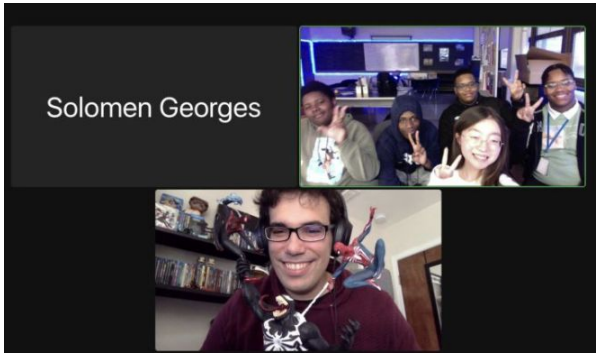
- Exhibitions/Art Sales/Art Initiatives





Participatory Action Art Mentorship

- Meetings with Industry Professionals
  - Editor at Marvel Studios
  - Animation Director at Dreamworks
  - Stop Motion Animator at LAIKA
  - Story Artist at Pixar
  - Visual Development Artist at Sony Pictures Animation (Spider-Verse)





Participatory Action Art Mentorship

- Goals for the Fall 2024:
  - Establish Art Exhibition Shelves across Philadelphia
    - Sayre High School, Addams Fine Arts Hall (Fine Arts & Design), Fisher Bennett (Cinema & English), Annenberg Center (SACHS)
    - Create a space where students can share their artwork and stories
  - Participate in the Winter Art Sale
  - Redesign Sayre High School with students' artwork

Community Dinners at Sayre HS

- The purpose of Community Dinners is to create a space for fellowship, connections, good food, and community.
- The create the monthly Dinners, HS students work together to plan and create menus in collaboration with Penn Med students and Netter staff.
- HS students also regularly visit Penn to engage in Culinary Medicine cooking/nutrition classes with the Med students.
- Penn partnerships:
    - Penn School of Medicine
    - Penn Dining







Role List - Sayre Community Dinner

Before Dinner (pick 1 role)	**During Dinner** (pick 1 role)	**After Dinner** (pick 1 role)
Manager (Adult) and Co-Manager (HS)	Manager and Co- Manager (HS)	Manager and Co- Manager (HS)
Cooking Oversight	Cooking Oversight	Cleaning Oversight
Serving Set-Up	Serving Dinner/Crowd Control	
MC	MC	
Cleaning Oversight	Cleaning Oversight	
Photographer	Photographer	Photographer

Spring 2024 @ Sayre HS

01/24 - 05/24: 5 sessions (3 hr) with George Janssen + Netter staff

Sayre students:

- found mentorship in medical students
- inspired to cook more nutritious recipes

(from conversation with Donna, Sayre 12th grade)







"Beyond the culinary aspect, it was also great to connect with various students as we cooked and ate together."
- Rebecca Drachman (PSOM MS2)

"Programs like the Sayre cooking program can serve to start interesting conversations, question your beliefs, and become a great cook!"
- Pablo Kurzan (PSOM MS2)

Fall 2024 FarmerJawn Trip

10/04 (4 hr) with 10 PSOM students + 7 Sayre HS students + 9 Netter staff / Penn graduate students









Expectations and Reflections

“To see crops I've never seen before, to maybe see some animals meeting new people, and making friends.”
- Amirah (Sayre 10th grade)



“I'm looking forward to learning more about how the produce we've been getting is grown and maybe basic techniques so I can have my own garden in the future.”
- Tania (PSOM MS2)

“Seeing all the plant trees and carrots [was the most valuable part].”
- Cyalance (Sayre 9th grade)

“Hearing the Sayre students describe the farm as "Oh this is where people go to shop for the good stuff" was eye-opening in how it highlighted the perceived inaccessibility of high quality produce.”
- Lev (PSOM MS4)