Healthy Eating on a Budget (with Whole Foods Market)

You Can Do That in a Library? Building Sound Minds and Healthy Bodies
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Background
Recognizing that while students are learning to care for others, they are often taking poor care of themselves, the librarians developed a three-pronged Healthy Living initiative, launched in the fall 2012 semester. Focusing on diet/nutrition, exercise, and stress reduction, the initiative included new collections and multiple activities with partners from both on and off-campus.

Collections
The Healthy Living initiative also resulted in new collections and additions to existing collections.

Equipment
- Yoga mats
- Yoga blocks
- Jump ropes
- Balance balls
- Eye pillows
- Hand weights
- Hula hoops

Board Games
- Operation
- Sorry!
- Balderdash
- Chess
- Scrabble
- Mancala
- Blokus

Books & DVDs
- Yoga poses and stretches
- Posters of yoga positions
- Fitness Assessment

Events
Kickoff Event
Fall Highlights
- Yoga and Yoga Nidra
- Zumba
- Fall 2012 Health Initiative

Spring Highlights
- Super Bowl Party
- Friday, 2/1
- 3 pm, Himmelhof Bldg

Publicity
- Flyers
- Email to student listserv
- Library poster
- Project website
- Blog entries on Library website

Lessons Learned
- Start early! It takes longer than you expect to finalize the various events.
- Communicate regularly with your instructors/partners so that both sides know what to expect.
- Events with free food will boost attendance.
- Events in highly trafficked areas will draw participants but may also disturb those in the area; find a balance.
- Publicize widely.

Future
- Planning is underway for events during the fall 2013 semester.
- New partners have been approached.
- New activities have been proposed including a dance lesson and an art therapy session.
- Whole Foods Market continues to be a supportive partner.
- The planning group has expanded to include two new members.

"The food samples were great and the easy microwave recipes are definitely something I will try."
"I learned a lot and had a chance to take a break from stressful life and learned new ways to fix healthy foods."
"I LOVED IT. [Zumba] It was amazing. I felt really great after the event."
"I loved it. [Yoga] Very relaxing."