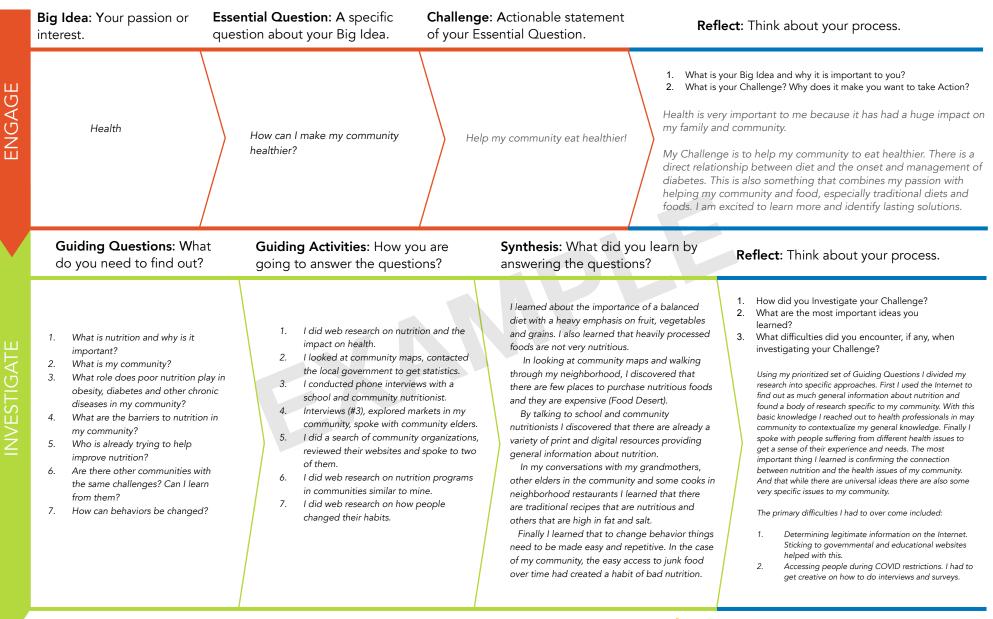
CHALLENGE PLANNER EXAMPLE

This example uses the Big Idea of Health to demonstrate how the Challenge Planner can organize and document the process. It is only an example, do not feel limited by this approach; find your own ideas and process. Remember, this document is only for your planning. You will not submit it.





THE CHALLENGE INSTITUTE

CHALLENGE PLANNER (Part 2)

Solution Statement: Based on the synthesis, what is your solution?

Solution Development: How will you create and show your solution?

Implementation: How will put your Solution into Action and share the results?

Reflect: Think about your process.

Educate home cooks about nutrition (shopping and cooking) and modify traditional recipes to be healthier Working with a community health organization and elders, I am modifying a traditional menu to include healthier ingredients. We will be making the recipes available through a community website and organizing a series of workshops on shopping and cooking with nutrition in mind. Working with the community health organization we converted traditional recipes, made them available online and offered four workshops at the community center.

We did a short pre and post survey and then followed up with a couple of the participants several weeks later.

- 1. What is the Solution for your Challenge?
- 2. Why was the Solution effective? How do you know?
- My solution is to Educate home cooks about nutrition (shopping and cooking) and modify traditional recipes to be healthier
- 2. While there was not enough time to do a significant implementation. The sample that were able to do a pre and post survey validated that this is an important problem and that having local and applicable information could help to change behavior,.

- What are the most important knowledge and skills you learned during the process?
 How did you positively impact the people involved with your Challenge?
 - 3. How has this experience prepared you for future Challenges?
 - 1. Through this process I learned the critical importance of nutrition, that eating healthy is dependent on a lot of factors (habits, access, traditions, advertising, peer pressure, etc.), and that even small efforts can have big impact. I also learned the importance of asking questions and to carefully listen to answers. As for skills, I became much more organized and improved my ability to talk and listen to people.
 - 2. While the reach of my solution was not as large as I had initially hoped the people that were involved are now excited to move forward and expand the project. I think by giving them practical information and resources that they felt more in control of their lives.
 - 3. I am already thinking about future challenges that are connected to this one especially the issue of access to healthy foods. Also the reintroduction of traditional diets. I now have a framework that I can apply to any challenge I face. it can even be used in my school work and daily chores. I frame them as challenges, identify the key questions, and work through the activities. I feel much more organized and in control of my life.

