

"Let me go to a supermarket and start eating healthy, or actually just spend a day learning about healthy eating habits", I said. At first glance, it seemed pretty manageable to do since I lived next to a supermarket that always offered discounts and I occasionally eat healthy. As I entered the supermarket, the first thing that caught my eye was candy, chips, ice cream (all of which are my favorites) and a bunch of junk food that seemed pretty appealing for me to eat since that was what I ate on a daily basis. As much as I wanted to buy it, I began to realize that simply coming to a supermarket to buy junk food was not the reason why I came in the first place. Thus, I asked an associate for directions to pick up lettuce, avocados, and pretty much where the healthy aisle was. There was plenty of options to choose, all of which contained fruits and vegetables and other things. I picked up an avocado because I wanted to understand what was so healthy about it after hearing my mom constantly encouraging me to eat an avocado because of the many benefits it has to my skin. I picked up avocados and I was ready to buy it, until I saw the price of the avocados. I was surprised because I thought it was inexpensive, I bought it anyways because I do love myself a nice skin. When I got home. I searched different recipes that I could use to make with avocados. The first thing that I saw was guacamole, I have made it before when I went to a free cooking class and I remember some of the steps so I gave it a try again. I followed the recipe and my dish was surprisingly very good. Although the making of the ingredients needed for the recipe was a little over my budget, I wanted to give healthy eating lifestyle a try that way I can see the changes I am capable of making.

That was a brief story as to what made me passionate about eating healthy, I wanted to give others a chance to be inspired and be a role model for others. If it was not for the free cooking class that I attended when I was younger, I would have never thought of a better way to enjoy a meal while meeting new friends and learning about recipes that you never heard of. I was really interested in cooking but I was also interested in community service projects, so I put the two things I enjoy doing to start this project. My vision was to make it accessible for anyone to come in regardless of race, income, or age. People deserve to learn to be healthy especially when they live in a neighborhood where they are exposed to fast food places or that they could not afford a healthy meal. I wanted to get people to understand that eating healthy is not based on how much weight you lose, but the proper foods that are good for your brain and body. These are the food that require spending more money than your average fast food meal. So far, I have been successful in getting people to join me to eat happily and living too. Last week, I was able to host a picnic for a group of people and we learned how to make guacamole, parfait, and detoxed water. These are simple recipes but they are definitely worth mentioning since they are actually packed with nutrients our brains need!

I have also attached a question and answer to an interview that I conducted for feedback for the future while talking about their experiences with this program.

Interview questions:

**Kindly tell me about your experience about this class? What did you like about it and what did you dislike?**

"I liked that you got fruits at low prices to be very expensive and make a healthy meal so quickly at the park. You can encourage people to do this at home as well because it is so quick. I liked making new friends that you shared with us, it was fun and a good experience to learn about healthy eating."

**Are there anything that you wish I could have done better, either to the cooking classes or the planning of the event?**

" I think that you did a good job sending emails and getting people to come, I think that it was professional. You had your ingredients ready and you were engaging."

**Were you able to learn from this experience, and learn about some healthy recipes that you can use into your kitchen?**

“Yeah, I do guacamole a lot so you showed me an easier way of making it”.

**Would you recommend this cooking class or events similar to what I held to your friends, are you interested in events like this in the future?**

“Yeah, I love free food especially when healthy and it taste good, I would recommend it because who doesn’t love food.”