

NUTRITION Talk

Week 1: Healthy Aggies...Who are we?

1. **Objective:** The purpose of this week's tabling is to get familiarized with the brand that we are promoting: Healthy Aggies! It is also to advertise our brand to other students on campus at your tabling locations.
2. **Our mission statement:**
 - a. "To build health awareness and encourage students and dining guests to explore and choose healthful and sustainable options in Davis. Through science-based evidence and nutrition education, we inspire our community to not only make more mindful choices but also healthy lifestyle changes."

Do not feel as if you need to memorize this mission statement and regurgitate it to the students who come to your table. Instead, create some key pointers for yourself about the mission statement and include what you think being a Healthy Aggie means! We find that most of the time, when you personalize the activity while talking to the student, you and the student can have a better conversation about the topic.

3. **Additional key points that you may also talk about:**
 - a. Our goal is to help every student who attends UC Davis realize that everyone can be a Healthy Aggie through making some positive changes both in diet and lifestyle!
 - b. We promote health and wellness: this does not necessarily just mean nutrition. Nutrition encompasses a lifestyle as well. We promote healthy minds AND healthy hearts. Taking care of yourself is the most important aspect of our program.
 - c. Follow us on Instagram! Ucdhealthyaggies
 - d. 'Like' us on Facebook! Healthy Aggies at UC Davis
 - e. If you have the Instagram frame at your table, feel free to ask them if they want to take a photo with the frame, and we will post it on our Instagram page! If they post it on their Instagram page, we will raffle for a prize of some sort [?]

4. Here are some examples of what students could come up and ask, and some possible answers! You can add your own variation to these answers (please do!)

Q: What is Healthy Aggies?

A: We're a student-run organization that promotes health and well-being through providing science-based facts about nutrition topics that you will see in later weeks.

Q: How can I join Healthy Aggies?

A: Although there are no set members for Healthy Aggies, you can contribute your voice through our Instagram and Facebook pages! You can follow us on those platforms and come to our events! Also, if you would like to be an intern for one of our positions, we can take your email down and when Winter Quarter applications come around, we will let you know!

Q: What does being a Healthy Aggie mean?

A: It means living your best life, doing what you're passionate about, and making smarter nutrition choices! That does not have to mean eating healthy all the time. That could mean just constantly making nutrition goals for yourself and doing your best to be consistent with them. We are aware that it is often times difficult to make a healthier choice, but "healthy" does not have to be correlated to "bad tasting"! There are a lot of healthier options that are just as tasty, and will contain more nutrients that your body will love you for! For example, instead of eating fried chicken, a healthy alternative would be to perhaps grill (or bake) the chicken instead using different kinds of spices and seasonings! [ADD YOUR OWN THOUGHTS ON WHAT IT MEANS TO BE A HEALTHY AGGIE! Add your own recipe alternatives as well!]

5. **Prize system:** Usually, we have an activity, and whoever participates in the activity will receive a prize. However, this week, since we are promoting our brand, anyone who comes up to you and has a meaningful conversation and shows interest may get a prize!

