



# Hornsby-Dunlap Elementary Hound Dog Café

## Project Goals

- Survey students on fruit and vegetable knowledge and have them assess nutritional value of common processed foods using their own skills and knowledge.
- Provide fruits and vegetables for students in small group to taste.
- Complete a fruit and vegetable tasting for student body.
- Complete a student-led community food project.

## Lessons Learned

- Our students were open to learning about and trying almost any fruit or vegetable.
- We fed 612 people for approximately \$120. Fast food meals for that many would have cost approximately \$2,500.
- Avoiding processed foods and drinks with salt/sugar is the easiest way to avoid many health problems and save money!
- The community project gave families a shared experience, in their own kitchens. They shared ways to adapt the recipe and many made it again.

## How To Replicate/Sustain

- By growing our school garden program, we can provide students with fresh produce on campus!
- We can provide gardening classes for adults and plots in our garden for families to help promote a culture of health in our community.
- We can include our soup mix with the Holiday, Spring Break, and Summer Supplemental Nutrition Bags and provide a meal for the family.
- We can provide cooking classes for students and parents together so that families can learn to cook healthy, easy meals together as a family.

## Contact Information

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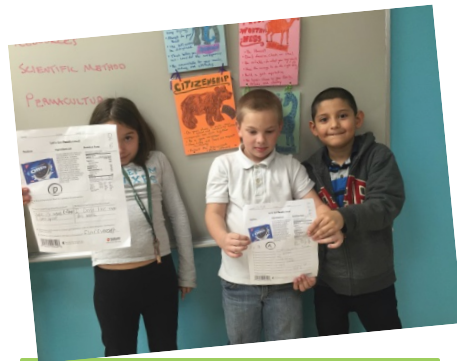
Making our dried soup mixes for 120 families!



Delivering the soup mixes to all the students in the afterschool enrichment program.



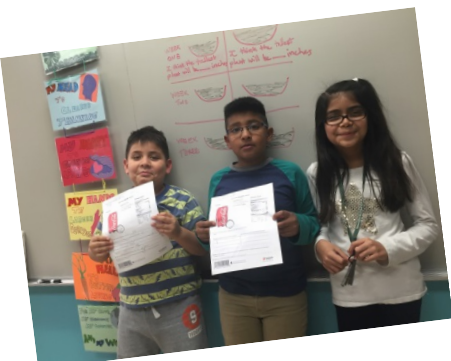
Continuing the culture of health with the school garden! Garden Work Day, April, 1, 2016!



"I hate Oreos now!"



Tasting and discussing vegetables in our small group experience!



"They don't tell you how much sugar is too much!"