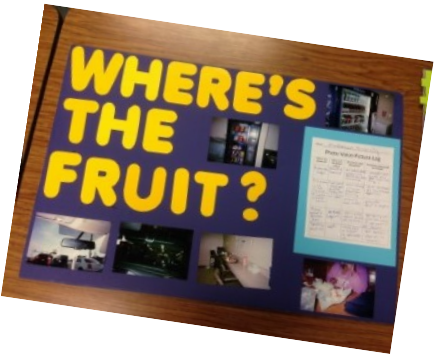




"Getting educated on creating healthy habits will lead you to a healthier life." -Daisy Guerrero, Mentor and Translator for Healthy Living Series



"I did not realize there were so many barriers to healthy food options until I assisted with this project." -Mari Ferrell, Parent Community Specialist



## C. D. Fulkes Middle School Through My Lens Photovoice

### Project Goals

- Families will take pictures of barriers they see within their community or their own home to accessing healthy food options.
- Families will be able to make behavior and lifestyle changes to healthy eating habits by being aware of how to access healthier food options within their community.
- Families will be able to identify ways to bring about change within the community or their own home.
- Families will spend time together discussing what they are learning and be able to make a change TOGETHER.

### Lessons Learned

- Families became more aware of their surroundings as they completed their project and developed plans within their own home to change their eating habits.
- Families started asking how to access classes such as this one throughout the year and how to access healthy recipes to keep up their changed lifestyle.
- Families realized they were victims of advertisements and made suggestions on how to market healthy food instead of junk food.
- Since this class was offered at night and was not a school requirement, it was tough to maintain interest among the participating families and ensure that they would follow through with completing the project.

### How To Replicate/Sustain

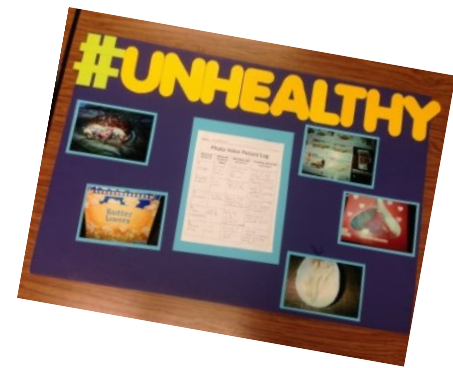
- Participants will be trained on what a PhotoVoice project is and how to take quality photos.
- Each family will receive one disposable camera to use to take pictures. Families will have one week to take the pictures and then turn to be developed.
- Once photos are developed, families will select the photos they would like to use for their display board and then complete a reflection worksheet.
- Each family will display their selected pictures on a foam board along with their reflection. Each family will come up with a catch phrase that captures the idea behind their board.

### Contact Information

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COMMUNITY COLLABORATIVE  
for CHILD HEALTH



"I found the class to be very informative and helpful. I feel that it could benefit a lot more people, by coming up with a better plan of out-reach to more individuals." - Danyell Anderson, parent of a 7th grade student.

