

## Mapping Project

Service-learning is a method of teaching and learning that allows students to participate in service to the community as a way to explore the topics and themes discussed in this class. This SALT (Serving and Learning Together) course is intentionally designed to include an applied project in service-learning that is a required component of the course. The service-learning project in this class helps illustrate course concepts and ideas, and this SALT course allows students to earn their SALT Tier II credit towards the SALT graduation requirement upon satisfactory completion of this course. A minimum of 10 hours of service for this service-learning assignment are required.

Your service learning project for this course is a mapping project which we will use to provide information to Faith Family Medical Clinic's Journey to Health program. You will be assigned to a group, and your group will collect the data and map it appropriately. For the map, you will be assigned a group of zip codes in the Nashville area. On a map of the assigned zip code, you will pinpoint the following:

1. All establishments where food may be purchased. Color code them by type of establishment: convenience store/gas station market, grocery store, warehouse "big box" store (Sam's Club, Costco, etc.), fast food/inexpensive restaurant, fine dining restaurant.
2. Bus routes that run through the zip code. Try to identify the number of buses/route changes a person in your zip code would need to travel from a residential area of the zip code to a market to buy food.

Once you have determined the location of establishments that sell food and the bus routes through the zip code, determine whether you believe the area to be a "food desert." Look up the definition of "food desert" in terms of public health services to help you make the distinction.

You will also gather data regarding the cost of food in your zip code. What is the relationship of the type of retail establishment to the type of food sold? Accomplish this by researching the cost of the following foods at each type of retail establishment in your zip code (given that your zip code has one of each type of establishment listed in #1 above):

- a. A gallon of milk
- b. An apple (price per pound if you cannot price an individual apple)
- c. A jar of peanut butter
- d. A can of chili with beans
- e. A loaf of white bread

Graph the cost of each type of food on a line graph using the same colors you used on the map to identify the type of retail establishment. Did the results match what you expected?

Write an individual reflection on the project. What did you learn? What surprised you? Is food readily accessible? Is the food that is accessible what you would consider nutritious? Would it be easy or challenging for someone with heart disease or diabetes to eat according to the dietitian's recommendations in your zip code? What do you perceive to be the biggest problems in your zip code, from a nutrition standpoint? What solutions could you offer for those problems?