



Guidelines for Grab and Go

Project Objectives:

- To expose freshman to pertinent nutrition information in a casual setting.
- To develop students awareness on **one** nutrition related topic.
- To develop and execute a nutrition display directed toward 17-24 year olds.
- To interact with students and observe their nutrition knowledge

Display schedule: You will conduct your display during the dinner hours at Rand on Tuesday and Commons on Thurs. Approximate time is 5:00 – 6:30, but time may change. Check with preceptor.

Brainstorming Your Topic

Your topic assignment is in your folder. As a team, you will brainstorm ideas for an interactive display.

1. The first thing you need to develop is your single, overriding objective.

Your objective statement should answer the following questions, *“What will the students be able to DO after participating in our Grab and Go?”* Do is an action verb so use action verbs to describe what you hope the students will be able to do. Do NOT use words like, “understand, know, learn.” You can use words like “state, identify, choose, name, describe, select, recognize, repeat, recall, tell, or list.”

Before spending too much time developing, send your rough idea along with our objective to Dianne Davis via email for feedback sometime the week before you start the rotation. You will present a rough draft of your display to Dianne D on Monday during the rotation orientation.

2. Work together to develop a rough idea of your Grab and Go display following display guidelines.
3. Send ideas via email to Dianne Davis the week before start of rotation.
4. Meet with preceptor to review draft on first day of rotation.

Day 1 of Rotation

- Meet with chefs at Rand and Commons per schedule
- Discuss location of table in dining hall. Make sure it is in a high traffic area.
- Meet with Dianne Davis 315 Medical Arts Building

Assessment Questions for Students

- Develop 3-5 questions to assess student’s current knowledge of your topic. Email to Dianne D for review.
- Spend time in both dining halls and/or markets asking students at least 3 of your questions. Assess at least 25 students each.
- Using any feedback from preceptor and the assessment results, develop the rough draft of your display.
- Send draft of display including poster content, games, etc., to Dianne D by **TUESDAY PM** of week 1.

Grab and Go Reward

- ❑ Determine what small give away will enhance your proposal. This is usually a food or beverage reward. Think about 2 or 3 reward options that would fit the topic of your display and be affordable for Dining to provide. Discuss with Dianne D via email during week 1 to insure feasibility.
 - ❑ Water, nuts, yogurt, etc
 - ❑ Be sure you know where you will find the give-away items on the night of your display.

Preparation

- ❑ Revise and edit draft as necessary based on preceptor and Chef feedback
 - Your nutrition display should include real food examples when appropriate from the meals being served, or from the Vanderbilt markets.
 - Your display should include the following:
 - Title banner or poster
 - Varying heights for visual interest
 - Color
 - Real food as examples when appropriate
 - An interactive component (Q & A, matching or guessing game, etc)
 - Enough information on display that students can find the correct answers
 - An appropriate reward for participation such as bottle water, cheese sticks, peanuts, etc.
- ❑ Ask Dianne or Chef's about any products, objects, supplies etc., needed to conduct display to insure availability
- ❑ Alert chefs at each Dining Hall by **THURSDAY AM** of week 1 what food items, props, etc, you will need you're your display
- ❑ **Try to limit food props to items already on hand in dining halls. Discuss with preceptor**

Printed Poster, Banners, etc

- ❑ Email Julie Crider, Communications Director, any needed print materials that you cannot create yourself. You may have 3 total posters to divide between your Grab n Go and Round-up as well as a title banner for your Grab n Go. All printed text must be reviewed by Dianne D before sending to Julie. Send final copy to Julie by **THURSDAY afternoon** of week 1.

Execution of Display

- ❑ Determine what you will need to bring on your own.
- ❑ Arrive at least a half hour before display start time to set-up.
- ❑ Take picture of display for preceptor and for your own album.
- ❑ Both interns will remain at the display the entire scheduled time, except for brief bathroom breaks.
- ❑ Fill out display grading sheet included in folder.

Parking

Parking is a challenge at Rand. All the spots around Rand are policed. If needed, arrange with Dianne K or Dianne D for a wheeled cart to carry your supplies from the Medical Center. At the Commons, there is available parking behind the building on 18th Ave and in the lot across 18th Ave.

Dinner

You will be provided a meal at each dining hall. You must contact a supervisor or manager before you check out so they can authorize your meal. You can arrange to eat before your display starts, or after it is completed..

Summary

Each intern will need to write their own brief summary about your experience. Please include the following:

- Results of your student assessment and how they impacted your display
- Impressions of the student's knowledge
- What you learned
- Any interesting conversations with students
- Estimate of number of students participating at each location
- What you would do differently the next time

INTERACTIVE Display Guidelines

- Develop one (1) single learning objective suitable for display.
- Make sure objective is appropriate for target audience of 17-24 year old Vanderbilt students
- Prepare written objective
- Develop display ideas to visualize your stated objective.
- Draw rough draft of nutrition lab lay out
- Create list of needed supplies for display.
- Develop handouts, signage, poster, etc needed for display table.
- Use your own computer, clip art, product labels. Discuss needs with Julie for oversized posters, banners, etc
- You will have one 4-6ft table, several table cloths, boxes for elevation, prizes. There may also be access to smaller high top tables, but you will have to check with location contact person.

HERE'S THE REAL DEAL

Include the following in your projects you turn in!

- All copies of drafts and final version, if not already emailed to preceptor
- Title and label each copy as "Draft", "Version #", or "Final"
- Include your name and date on each copy.