

How students would be educated

Host nutrition seminars with nutritionist / give the opportunity to people pursuing a nutritionist field to educate

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Crafting our own recipe cards/books

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Cooking classes

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Educate them on taking advantage of store deals and how to budget

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How to develop weekly meal plans

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Advertising

Campus flyers to advertise

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Video testimonials of people benefitting

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Collaborate with Cocky in some form of media to get more involvement

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Use QR codes to help students access information about healthy eating habits

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Hurdles

Students not having time

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Motivation

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Providing strategies for picky eaters

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How to ingrain these habits into students

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Accessibility to certain ingredients

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Technology

Develop an app that features meal planning tools, grocery lists, and budget tracking.

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Start a YouTube channel with cooking tutorials that focus on healthy meals for students.

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Develop a blog that lists various recipes and tips about cooking and budgeting.

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Community Support

Establish groups where students can congregate to share ideas.

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Group grocery shopping to ensure students don't overspend on unnecessary items.

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Friendly cooking competitions.

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