

Intern Project Description



Project Title: EAT FIT Northwest Michigan
Semester: Winter 2019 (January – April)
Preceptor: Meryl Smith
Base County: Lake

Description

Eat Fit Northwest Michigan works with local restaurants and grocers to develop and market healthy menu and shelf items following a set of dietary guidelines low in sodium, sugar and fat.

Eat Fit Northwest Michigan is a branch of Eat Fit New Orleans (Eat Fit NOLA), part of Oschner Health Systems. Items are marked as “Eat Fit” following a set of dietary guidelines, developed by Oschner Health Systems. Eat Fit NOLA has provided more than seventy five restaurants guidance in healthy menu development, including developing menu items for the Louisiana Superdome, home of the New Orleans Saints.

Eat Fit Northwest Michigan is the first location outside of Louisiana to be part of the Eat Fit NOLA program. The Eat Fit NOLA program also provides an app with healthy recipes, healthy shopping lists, farmer’s market finder, and restaurant finder with nutrition information.

Importance to Public Health

This project is a nutrition initiative that involves working with restaurants, corner stores, and food pantries to increase healthy food choices and increase access to healthy food by menu and shelf labeling. This project aligns with the mission of District Health Department #10, which is to promote and enhance the health of our communities and environment through protection, prevention, and intervention.

Applicable Essential Public Health Services

- Inform, educate and empower
- Mobilize community partnerships
- Develop policies and plans
- Evaluate effectiveness

Project Deliverables

- Develop healthy shelf labels for Houseman’s Grocery Store-Baldwin
- Identify food items that meet Eat Fit criteria and label shelves
- Maintain and or update Eat Fit menus at Marquette Trails and Irons Café in Lake County
- Re-visit the possibility of Northern Exposure Restaurant using Eat Fit on their menus
- Market and promote Eat Fit NW Michigan in Lake county using social media, newsletters, etc

Minimum Qualifications Students applying for this internship should be enrolled in a bachelor’s or master’s degree program.

Skills

- Completing nutritional analysis using FOODCARE (a software system)
- Identification of foods that are within the criteria of low sodium, low fat and sugar
- Communication skills working with restaurants and grocers as well as social media
- Policy, System and Environment (PSE) knowledge and application
- Evaluation process application