

Case study

Community Partnerships Communicating Nutrition

Communicating Nutrition

This project matches groups of Nutrition students with local third sector organisations to support them with a nutrition-related issue. The students apply their academic learning to a real-life situation and provide some valuable expertise to the organisation. The students are supported by lecturers, staff from the Careers & Employability Service and Community Partnerships to ensure a good outcome for students and organisations alike.

Hope Nottingham Food Bank

Erin James, Lauren Chen and Katherine Fear worked with Hope Nottingham which runs a food bank in the Beeston area of Nottingham. They helped them to identify what the barriers to good nutrition are for people on very low income. This was done by conducting face to face interviews with people attending the food bank and by consulting published research on the subject. The findings helped Hope Nottingham to better understand the needs of their clients and target their work accordingly. Nigel Adams from Hope Nottingham said, "The project has enabled a proper independent investigation of the barriers to good nutrition faced by those in poverty and the work has been informative and inspiring."



The Hope Food Bank group



Recipes devised for Pulp Friction

Pulp Friction

Through its innovative travelling kitchen, Pulp Friction combines good nutrition with employment and development opportunities for adults with learning difficulties (members). Their student group worked with the organisation to develop a new range of nutritious smoothies and snack food. They also provided detailed analysis of the nutritional content on attractive recipe cards which members can refer to when serving customers. Student Tamsin Stanger said, "It has been incredibly rewarding and humbling to be involved with a charity that changes the lives of young adults and by taking part I have gained employability skills that stand out on my CV."

Want to be involved?

Contact community@nottingham.ac.uk

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