

# NOURISHOKC: TEACHING AND EMPOWERING FOOD HABITS AND ADVOCACY PROGRAM SPRING 2026

## Content

- Interactive lectures
- Practicing self-advocacy
- Encouraging group collaboration
- Creation and delivery of a pitch



- Interactive grocery store tours
- Practicing observational skills
- Practicing data collection for changing food environments

## Who, When?






19 Restore OKC  
High School Interns  
18 OUHS Dietetic Students  
6 OUHS Dietetic Interns  
5 weeks in Spring 2026

## Demographics

Age: 15.8 years  
47% female  
88% African American



 **Goal:** To Increase intern's knowledge on their food environment, research skills, and self-efficacy and intention.



**71% of interns**  
increased ability to  
conceptualize problems



**71% of interns**  
increased food  
environment knowledge



**46% of interns** increased  
assertiveness and advocacy  
outcome efficiency