

Presents: Q&A with Desiree and Genesis

Hello all, for this new edition we decided to do something a little different. Instead of talking about what we do individually, Desiree and I teamed up to provide ya'll an in-depth q&a.

Genesis: While teaching MyPlate Food Groups at Volunteers Serving the Need, I noticed how easy it was for you to share facts over food.

As a new educator, what was your favorite component of teaching?

D: As I mentioned earlier, I dove myself a foodie (but not in an "indulge in HIGH calorie meals" foodie but an extreme appreciation for food and food art foodie) So far, my favorite component in teaching has been the opportunity to educate the community not just on the standard food facts found on Nutritional Labels, but also the in depth knowledge and fun facts that come with loving what you put into your body for nourishment.

Genesis: What have you learned both professionally and in your community?

D: Professionally I have found a new confidence in my own set skills, to teach others about the importance of nutrition and exercise in a whole new way I never thought I would be able to.



As for my community, I have learned that there are people out there just as inspired and excited about these topics as I am. The beginning of this journey is looking bright and I can't wait to impact the community in a great and positive way! Thanks Gen for all your kind words and encouragement. I am now going to shine some light on you!

Desiree: Genesis, you have been a BLT Instructor now for a few months. I'm sure you have had a few learning experiences along the way. Can you recall a moment that relayed a great learning tool for you? And what advice would you have for me as a newbie BLT.

Gen: I would say working at Bruni was a great learning experience. I learned that in order to have a motivated community, you need to have a motivated staff and the staff at Bruni was a great example of that. They were eager, helpful and open to change which in turn made for a great collective experience for the participants and for me as a nutrition educator. They were my first class and so far, they have been the group to beat in participation, great staff communication, and overall just having a positive attitude.

Desiree: Gen, you are now a seasoned Instructor. You've got your flow and rhythm. What are your future goals and aspirations as a BLT Instructor?

Gen: My goal is to learn as much as I can and apply it to the next endeavor I will take. Whether it be with Agrilife or something else completely unrelated, I'm so grateful for the experience to work with people. There's so much to learn and observe from the community which is the most exciting part of this job. I like learning social behaviors and dynamics so maybe this will lead me to get back into school and go to grad school or perhaps go through the career ladder. It's still all up in the air for me but all I know is that every day here is a lesson and that is truly precious to me.



Past/Current Events

March

- **March 1st:** End of MyPlate Food Group @ Barbara Fasken Rec Center
- **March 2nd:** End of Walk&Talk @ Bruni CC
- **March 9th:** Start of Walk&Talk @ La Presa Community Center
- **March 2nd-30th:** Walk&Talk @ Nye Elementary School

April

- **April 13:** End of Walk&Talk @ Nye Elementary School
- **April 19:** One Shot Presentation @ Volunteers Serving the Need
- **April 6th-27th:** Walk&Talk @ La Presa CC



May

- **May 3rd:** FSHY begins @ Volunteers Serving the Need
- **May 11:** Walk&Talk @ La Presa CC ends
- **May 18:** One-Shot Presentation @ EJ Salinas CC
- **May 20:** Walk&Talk Finale @ Farmers Market
- **May 22-25:** Navigating For Sucess @ College Station, TX

June

- **June 1st-29th:** Walk&Talk @ EJ Salinas CC
- **June 5th-26th:** FSHY @ Wesley Methodist Church
- **June 6th-27th:** FSHY @ Inner City Library

