



# BLUE RAIDERS DRINK UP!

**Our goal is to reduce diabetes and obesity risk among college students by reducing sugary beverage consumption and promoting water as a drink.**

## What do we do?

- 4-week cooking classes
- Free 1:1 counseling with a registered dietitian
- Free 1:1 health coaching
- Installing new water refill stations across campus
- 24 yearly educational events

## COOKING CLASSES

Students learn how to cook cheap, healthy meals in the kitchen. Includes guided trip to the grocery store to teach students how to shop mindfully.

- Twice a semester
- Curated snack or meal kit delivery and goodie box of kitchen supplies for completion
- Due to high interest, we have expanded our class limit!

## CAMPUS ACTIVITIES

On campus and virtual events for nutrition education.

- Twice a month, 24 total per year
- On campus tabling, zoom game nights, Instagram events, and more!
- Opportunities to win a Fitbit and other health related items

## VENDING MACHINES

- Increasing access to healthy foods by adding a variety of new items to vending machines.

## HEALTHY DORMS

- Adding healthy eating resources and programs in MTSU dorm kitchens.

## OUR SOCIALS

@mtsu\_chhs



MTSU Center for Health and Human Services



OUR WEBSITE

