

Nutrition and Food Insecurity
Northern West Virginia Area Health Education Center
Rural Immersion
October 13-14, 2023

Pre-Immersion Activities-On your own time

Complete each of the activities below prior to October 13

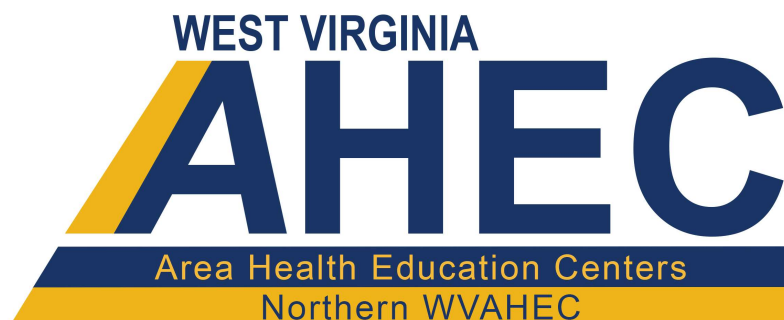
1. What you do with your fork impacts everything, Ted Talk by Mark Hyman
https://www.youtube.com/watch?v=TgaQ6E9zW_Y
2. Complete this online exercise <http://playspent.org/>
3. Review Food Bank most needed items list, <https://drive.google.com/file/d/1AtiVjAipqpWVtTSG0XomUGV-gUQLIIM/view?usp=sharing>
4. WVU Extension food preservation website, <https://extension.wvu.edu/food-health/home-food-preservation>
5. Review income guidelines to receive USDA foods <https://www.mountaineerfoodbank.org/faq-s>

Optional video resources

- ☐ Fed up <https://www.youtube.com/watch?v=ceRFvhlcsiY>
- ☐ Food, Inc <https://www.youtube.com/watch?v=jGkxzEggTw0>

Day 1

Time	Topic/Activity	Location
9:00 am	Tour of Community Center	Normantown Historical Community Center (NHCC) 10223 US Hwy 33 W Normantown WV 25267
10:00 am	Food Preservation Education	NHCC Cafeteria-Normantown
	Food Preservation Activities Including hands-on canning	NHCC Cafeteria-Normantown
12:00 pm	Lunch (provided)	NHCC Cafeteria-Normantown
1:00 pm	Break/Travel to Sutton, WV	Elk River Hotel & Café 616 Main St Sutton, WV 26601
2:00 pm	Kayaking on the Elk River Alternate activity if inclement weather	Elk River Hotel & Café



5:30 pm	Hotel check-in	
6:30 pm	Dinner in the Dome	Elk River Hotel & Café https://elkriverhotel.com/the-cafe/
7:30 pm	Cooking on a Budget Activity	Elk River Hotel & Cafe

Day 2

Time	Topic/Activity	Location
8:00 am	Breakfast	Elk River Hotel & Café
9:00 am	Mountaineer Food Bank tour	Mountaineer Food Bank 484 Enterprise Drive Gassaway WV 26624 https://www.mountaineerfoodbank.org/
10:00 am	Mountaineer Food Bank Volunteer Saturday	Sutton Branch 85 Herold Bridge Road Sutton WV 26601
12:30 pm	Lunch	Braxton Bistro 226 Main St Sutton WV 26601
1:00 pm	Debrief, evaluation, and wrap-up	Braxton Bistro 226 Main St Sutton WV 26601
2:00 pm	Tour Bigfoot Museum	Main St Sutton, WV https://wvbigfootmuseum.org/