Reflection—Cooking Matters is a wonderful program and I enjoy seeing the participants be engaged, form a cohesive social group, seeing the joy they have in learning new skills in the kitchen and finding out that they can have fun cooking healthy nutritious meals at home. The participants truly enjoy the classes and are sad when it has to come to an end.

I have learned that I need to come out of my shell a little and not be afraid to speak up or have a fear of failure. I learn better when I know what is expected of me and I am given timelines to complete tasks and have a set agenda.

I have learned a lot during my experience, it has been a lot of work, but also rewarding. My career path someday may include working with the low-income population. It is so enjoyable to watch the participants come to the A-HA moment when they realize that they are truly capable of making a difference in their health.

Words of Advice—Start you internships, as soon as possible, and don’t wait until the last minute. If you take a few credits a semester you can take your time and work at a couple different positions to find one that may be your career fit. Make sure that you have a set agenda and schedule regular meetings with your site supervisor, so that you are on the same page.