



The Mary Jane Underwood Stryker Institute for Service-Learning

WHERE?
WHAT?
WHEN?

Woodward School for Technology and Research (WSTAR)

Club Grub is an after-school program that teaches kids about nutrition, food, and community in a fun and interactive way. Through games, hands on activities, and discussion we explore everything from soil, parts of the plant, and food systems, to how to read nutrition facts on a food label. We also make a snack everyday! This gives the members of Club Grub (both K and WSTAR students) a chance to work together to build community and empowers them to make healthier food choices.

Club Grub meets after school once per week for an hour and a half

YOU! There is always room for fresh ideas and volunteers. Four K College students work in the classroom with approximately twelve Woodward students in grades 1-3.

WHO?
WHY?

Food is something that **all** people are affected by **every day**. It is an increasingly political issue as more communities experience **food deserts** and millions of Americans can't access fresh, healthy food. Club Grub educates youth to equip them with skills to choose healthy eating habits while emphasizing the community aspect of food and eating. This creates an atmosphere where kids can nourish their bodies and minds, as well as their broader community.



"I have watched Club Grub grow into a successful program loved by both the children and the participating K students. I would recommend this club to anyone, especially if you don't mind wiping food from little faces and being silly yourself from time to time."
- Iris Lehmann, K student

The Club Grub Service-Learning Program is funded by the Underwood Stryker Endowment and the Marilyn LaPlante Endowment.

Poster created by Civic Engagement Scholar Anna Witte, K'12.

