Students work yard in their class vegetable garden. Recipe for success is aimed at combating childhood obesity by changing the way children understand, appreciate, and eat food.

Using the garden is a nonconfrontational way to get children into the mix of the way food grows,”Cover said. She said that this resistance goes away when a child can smell, touch, and taste nutrition. They are so much more likely to try new foods because they are excited about the very concept of it and the magic of it.”

“People tend to get discouraged too soon,” she said. “There are other education-based intervention programs to change eating habits, but this one is aimed at high-potential at-risk students. The program was founded by Dr. Melendez in 2013 and includes 60 programs in states across the country, including Lumb. After a successful pilot in the nation, the program will grow to include 12 more states by 2015.”

“HealthCorps has a great presence on campuses of kind of schools and this is a part of their education,” said Bouchard. “Students are exposed to it and how it has changed their lifestyle and eating habits and really comes to a threshold long after they go to college. Every little bit counts and little changes can add up to big changes.”

“When (teens) make a change, Bouchard said, “they completely change their behaviors and they’re able to do much more with less. That’s what’s exciting.”

As for the future, Bouchard said, “There are many simple things with which we can change lives.”

“We’re retrofitting on systems we already have in place and we’re working with existing materials, not necessarily using new materials,” Bouchard said.

“We’re working on creating ‘living labs’ that cover every aspect of urban dwellings,” Bouchard said.