



Public Health and Nutrition VDH Internship Academy Cohort 3 Prince William Health District

Claudia Lenahan
B.S. Public Health



My LinkedIn:



Issues/Gaps Addressed:

Language- Closes the language gap by providing resources in both English and Spanish which are the two primary languages spoken in my district, with a goal to add more languages to ensure equity of resources among all.

Affordability- Providing meal and snack recipes that can use WIC approved food benefits and not an excess cost amount for other food items

Lack of Education- Families want to make healthy meals for their children, but they have no education or guidance on how to create healthier options. These cards should help to provide healthy options in very simple ways.



➤ Packing a Rabies Specimen for Testing



➤ Tour of DCLS Facility

Outputs:

➤ Recipe Cards

RECIPE CARD
Berrylicious Frozen Yogurt Bark

Ingredients:

- 1/2 cup of cold cereal
- 1/2 cup berries
- 1/2 container of vanilla yogurt

Prep Time: 5-15 minutes
Total Time: Up to 8 hours

Directions:

1. Line a baking sheet with parchment paper.
2. Spread yogurt evenly on the sheet.
3. Sprinkle berries and cereal evenly on top.
4. Freeze the sheet flat to avoid spills.
5. Freeze for 2 to 8 hours.
6. Break into squares.

Notes:

- The minimum freeze time is 2 hours.
- For optimal quality, aim for a freeze time of 8 hours.
- Make before bedtime for a ready to go snack the next day

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TARJETAS DE RECETAS
Berrylicious Frozen Yogurt Bark

Ingredientes:

- 1/2 de envase de yogur
- 1/2 taza de bayas
- 1/2 taza de cereal frío

Tiempo de preparación: 5-15 minutos
Tiempo total: Up to 8 hours

Instrucciones:

1. Cubre una bandeja para hornear con papel vegetal.
2. Extiende el yogur uniformemente sobre la bandeja.
3. Espolvorea las bayas y el cereal uniformemente por encima.
4. Congela la bandeja en posición horizontal para evitar derrames.
5. Congela de 2 a 8 horas.
6. Rompe el yogur en cuadrados.

Notas:

- El tiempo mínimo de congelación es de 2 horas.
- Para una calidad óptima, se recomienda congelar durante 8 horas.
- Prepáralo antes de acostarse para tener un refrigerio listo para el día siguiente.

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➤ Bats Rabies Educational Infographic

Outcomes/Takeaways:

- Conducted anthropometric testing at WIC
- Trained on Redcap Survey Tool for Rabies
- Always say yes and be flexible to everything
- Hands-on learning was super beneficial for me
- Solidified my passion to work in EH & Nutrition



➤ LIV Golf Temporary Event Inspection

Acknowledgements:

Thank you to all PWHD staff for amazing experiences, especially my mentor, Patrick Jones!

Thank you, Jeff Stover and Bridget Cochran, for the amazing Internship opportunity!

Experienced Challenges:

- Families need benefits but don't focus on the nutrition specifically
- Plan Reviews not accurate or updated
- Funding for projects

Observed Challenges:

- Scheduling overlaps
- Electronic vs. Paper
- Cultural Differences