

Nourishing Minds Program Logic Model

INPUTS	ACTIVITIES	OUTPUTS	S-T OUTCOMES	I-T OUTCOMES	L-T OUTCOMES
Program team and resources (nutrition educators, health specialists, funding, materials, and staffing).	Develop and deliver two hands-on meal prep workshops for Emory University sorority members, focused on balanced, nutritious recipes that are quick and easy to prepare.	Recipe kits and instructional handouts are distributed to all workshop participants, supporting engagement during workshops and for continued use afterward. Two interactive workshops are completed, with participants actively preparing balanced recipes.	Participants gain increased knowledge and confidence in meal prep skills, portion control, and selecting balanced meal components. Knowledge increases from baseline by 25% as measured by pre-and-post assessments.	Within three months of program completion, 75% of participants incorporate meal prep into their weekly routines, regularly preparing balanced meals at least three times per week, as reported in follow-up surveys.	Within one year, 50% of participants show a sustained decrease in processed food consumption, with a shift toward healthier, home-prepared meals.
Supplies and Expertise: Recipe cards, meal-planning sheets, food pairing guides, and nutrition educator expertise.	Develop and distribute recipe cards, meal-planning sheets, and food pairing guides designed for busy college schedules, ensuring materials meet the needs of sorority members.	All materials created for the program are distributed, with digital copies made available for ongoing use.	Participants report increased knowledge and self-efficacy in meal planning and using the distributed resources to guide daily food choices, as measured by pre-and post-distribution surveys.	50% of participants incorporate meal planning and food pairing into their weekly routines within three months of receiving resources. This will focus on guiding meal selection, even for those on meal plans.	Within one year, 40% of sorority members maintain consistent meal-planning habits, leading to healthier dietary patterns and improved nutrition knowledge, as measured by follow-up surveys and qualitative feedback.
Space for Activities Designated sorority common areas or	Organize and host five interactive nutrition-focused events, such as	Five events are completed with participant turnout tracked and qualitative	80% of event attendees gain increased knowledge and confidence in making healthy	50% of event attendees report hosting or participating in at least one informal meal-	A supportive community culture develops within sororities, with members consistently

on-campus rooms reserved for program events.	“Build Your Own Balanced Snack” workshops, in sorority common areas or on-campus community rooms.	feedback collected through post-event surveys to assess effectiveness.	food choices and preparing balanced snacks, as measured by post-event surveys.	prep meetup within two months of the workshops, as measured through follow-up surveys.	reinforcing positive eating behaviors among each other, as observed through qualitative feedback and participation records.
Partnerships with Dining Services and Food Suppliers Collaboration agreements with campus dining and local food suppliers	Partner with campus dining services and three local stores to increase the visibility and availability of five nutritious options, such as fresh fruits or balanced snacks, through menu additions and promotional displays.	At least five new healthy items are added to menus and store inventories, with targeted promotional materials displayed to highlight these specific items. This will be implemented prior to the program launch.	80% of surveyed students can identify the five new healthy items available in campus and local dining settings, as measured by surveys conducted within one month of implementation.	There is a 30% increase in the purchase of the five new healthy food items by students at participating locations within six months, as tracked through sales data and follow-up surveys.	Dining services and local stores sustain an expanded selection of the nutritious foods introduced, fostering a healthier campus food environment, with an ongoing evaluation to ensure menu relevance and alignment with student needs by the end of the next academic year.