**Resources/Ideas for FYEX instructors for Nutrition/Wellness Component of Class**

**Counseling Services resources:**

Invite counseling services staff to do a presentation on substance abuse, sexual assault, or mental health issues: [sspencer@shepherd.edu](mailto:sspencer@shepherd.edu)

Explore a range of special topics on the Counseling Services website: <http://www.shepherd.edu/safweb/counseling/specialtopics.html>

Have students participate in Stand Up/3D Thursday events

Listen to wellness podcasts on the counseling services Sakai site

**Health & Wellness:**

Have you and your students become MyPlate Ambassadors: <http://www.choosemyplate.gov/MyPlateOnCampus/index.html>

Do an activity with food tracking using SuperTracker: <http://www.choosemyplate.gov/supertracker-tools.html>

Visit a Farmer’s Market, farm, grocery store, etc. to discuss healthy foods/local foods

Have students track what they eat for a week and journal about it. Discuss healthy options available on campus.

Make a healthy snack like trail mix, etc. during class and take a hike around campus or on the C&O canal.

Review and discuss Freshman 15 and eating disorders with students