

## Staying Connected and Carrying the Torch Forward

The most common response we hear from students on graduation day is that they wish the classes didn't have to end. Six weeks goes by quickly and, for many, A Taste of African Heritage For marks the beginning of a new journey and approach to healthy eating. Like with any journey, students benefit even more with continued support.

In addition to staying connected through Oldways' social media outlets, like the [ATOAH Facebook Page](#) and [Quarterly Newsletter](#), here are a few other ideas for working with your students and communities for the long run:

**Host Monthly Follow-up Potlucks for Graduates and Their Families.** To continue supporting your graduates, consider hosting monthly potlucks after your class series ends. Oldways will continue to provide new recipes and resources, like our [12 Great Ways](#) series, on its website that you can use to guide dynamically themed follow-up gatherings.

**Appoint Group Leaders.** If your schedule doesn't permit continued hosting, ask for volunteers to coordinate and host monthly potlucks, walking groups, restaurant outings, or other group activities that continue to keep students together and motivated on their healthy journey.

**Encourage Students To Become African Heritage & Health Leaders in Their Communities.** Some of the best ways that students can keep this program alive are to become ATOAH instructors themselves or to organize monthly heritage potlucks in their communities. The last page of their Student Handbook invites students to become African Heritage & Health leaders in many different ways.

**Teach Again!** There is no limit to how many classes a teacher can teach throughout the year. If you taught your first series in your home kitchen, consider teaching the class again in a public community space. If you've established a relationship with your program site, discuss offering ATOAH on a regularly scheduled basis so that more prospective students can find you and the program.

**Host Single-Day Events in Your Community.** Share about the African Heritage Diet throughout your community. You can use key messages and components from the ATOAH program to offer short presentations or cooking demos at a local church, your child's school, a farmer's market, community center or health fair. Request brochures from Oldways to distribute at your next event, or print out the African Heritage Diet Grocery Shopping List to distribute at your next PTA meeting.

**Become an Ambassador.** Oldways invites former teachers to become official African Heritage & Health Ambassadors—individuals dedicated to improving health and nutrition in their communities through heritage. Oldways will support AH&H Ambassadors with exclusive materials, tool kits and greater support for working in their communities. Contact [Sarah McMackin](#) about becoming an Ambassador today!

