

## Student Contribution to Neighborhoods

College and university students can contribute in the areas of neighborhood and built environments as well as others. Neighborhoods and built environments really impact decisions that people make as well as what they can do. If somebody lives paycheck to paycheck the last thing on their mind would be to bring healthy food to the table, people have enough things to worry about which is why students can contribute in these neighborhoods to make the lives of some people healthier and easier.

Students can help people who struggle in the area of lack of transportation. Creating designated areas around neighborhoods for bicycle stations or racks would benefit the community for the people who don't have easy access to transportation, they would be getting the benefit of exercise as well as getting to the places they need to. In order to accomplish this, students could put up flyers or an announcement online to see if there would be anybody willing to donate bicycles that are in decent shape or even be willing to sell for a reasonable price to help out the people who need it.

Another area people struggle with is getting healthy foods into their households. Students can contribute to this struggle by holding farmers markets or creating a local garden. Local gardens consist of a little bit of land that groups of people can grow fresh fruits and vegetables for themselves and the community. The students can all pitch in to buy an area of land and buy or build raised garden beds that people can use to plant tomatoes, carrots, bell peppers, and so much other healthy foods. To tell people in neighborhoods about the local garden, the students could make flyers and post them around the area, make an article for the newspapers, or make announcements online.

There are many other things that students can contribute to to help make people's lives easier and healthier but I believe healthy eating and transportation are a couple important points which have major roles in what people can do in their lives to make a difference in themselves and the people around them.