



Global Service Corps

March 2015

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Try this at home

Sauteed Sweet Potato Greens



Try this recipe for Sauteed



GSC has expanded and transitioned its International Health Program to the GSC Global Public Health (GPH) Program. With the advice and assistance of trusted healthcare partners and advisors, GSC's public health programs are now providing volunteer participants the opportunities to make a difference on critical public health issues in both Tanzania and Cambodia.

Tanzania

GSC's [Global Public Health \(GPH\) Program in Tanzania](#) addresses the critical Tanzanian public health issues of HIV/AIDS Prevention, Food Security and Nutrition.

Sweet Potato Leaves,
inspired by our Sustainable
Agriculture and Nutrition
Program in Tanzania!

Ingredients

4 bunches of sweet potato
leaves
2 medium tomatoes
1 onion
1 large carrot
1 teaspoon crushed garlic
3 Tablespoons cooking oil
1 teaspoon salt

Method

Wash thoroughly and trim
sweet potato leaves, chop.

Wash and chop peeled
onion, carrots, wash and
chop tomatoes.

Heat oil in pan, fry onion until
soft.

Add tomatoes stir, add
carrots, garlic and salt, and
mix well.

Add sweet potato leaves, stir
until cooked through.

Serve and enjoy!

This can be served with
porridge, or any starch based
dish like cassava. This meal
is an excellent source of
Vitamins A, B and C, protein,
zinc, iron and energy
(carbohydrates).



The newly developed three-day nutrition education component integrates nutrition training with HIV/AIDS prevention and sustainable agriculture training by focusing on the diverse nutrients found in local produce. GSC volunteers lead workshops that stress the importance of balanced nutrition and how fruits, vegetables and nuts provide important micronutrients. These trainings also teach about how to preserve foods for the dry season and how to cook with the fruits and vegetables to maximize the nutrients in their diets.



Global Public Health (GPH) volunteers integrate Nutrition Education into GSC's [Sustainable Agriculture](#) and [HIV/AIDS Prevention](#) programs in

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For more information, you can email us at GSC@globalservicecorps.org or call us at [503-954-1659](tel:503-954-1659).

a five-day community workshop. GPH program participants work closely with GSC health and agriculture trainers to provide a cross disciplinary, holistic approach to improving community health.

Cambodia

GSC's [Global Public Health \(GPH\) Program in Cambodia](#) focuses on public health issues in slum communities, including hygiene and sanitation, HIV/AIDS prevention, nutrition, basic first aid and family planning.



In Cambodia, the GPH Program provides participants an opportunity to teach and develop a variety of public health workshops for some of the most impoverished slums in Phnom Penh. Participants work closely with GSC staff and partner organization health professionals to ensure that critical needs are being sustainably met.

Program Length

The core GPH Program is designed to be a minimum of four weeks in duration, including one week of on-site orientation and three weeks in duration, including one week of on-site orientation and three weeks of field work with GSC and partner staff members. Shorter GPH Programs may be customized for groups of students accompanied by an advisor. Longer programs are also available and in Cambodia can include other

programs.



Whether you choose Tanzania or Cambodia, the GPH programs will offer you the opportunity to provide much needed public health services while enjoying a rich cultural immersion and learning experience.

Spots in GSC's Global Public Health Programs are going fast! Apply to a service-learning program today: [Apply Now](#)

CONTACT US:

GSC@globalservicecorps.org
503-954-1559