

Shayna Sterling

Shayna was introduced to the Gifford Park neighborhood through her internship with The Big Garden. This past summer, she had the opportunity to teach a diverse range of children about growing, cooking, and preserving food. Over the course of just a few months, her passion for health took root in the form of gardening. During her internship she gained a deeper understanding of food systems and the stewardship of land.

Prior to working with The Big Garden, Shayna's pursuits had still been driven by her desire to see healthy communities. After receiving her EMT certification and seeing a prevalence of chronic disease, she longed to bring to light the factors contributing to these issues. This led Shayna to shift her degree from Emergency Medicine to one focused on Health and Business. She recently obtained her associates degree from Metropolitan Community College. In her continual pursuit of knowledge, Shayna is often studying nutrition and sustainable farming practices.