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Interdisciplinary Methods

Mattapan Food and Fitness Coalition (MFFC)

MFFC's Mission

MFFC focuses on collaborating with the Mattapan community to increase opportunities for healthy food and physical activity. MFFC aims to empower its community through health and wellness.



What does MFFC do?

MFFC provides a wide range of programming aimed at providing opportunities for a healthy lifestyle. Programming includes the Mattapan Square Farmer's Market, fitness classes, a youth-led biking event, general community advocacy, and more.



Our project

Before the COVID-19 pandemic, a diverse array of Mattapan residents enjoyed and visited the Mattapan Square Farmer's Market. Since the pandemic, attendance by various groups has been relatively low. Our project focuses on organizing programming that will re-engage families and children with the Farmer's Market

Our programming includes activities that both educate and entertain kids. For our first activity, kids have the opportunity to pot and direct a small succulent plant while learning about the plant life cycle. Then, kids will learn about liquids and density with a DIY lava lamp science experiment. We hope that these activities will inspire awe and curiosity, encouraging kids to bring their family to the market again and again.



Course Connections

Much of our course has been centered around community engagement and empowerment. Throughout our time with MFFC, we have focused on how best to create broad community participation in the organization, and particularly among youth demographics. Bringing these demographics into the organization also helps to advance MFFC's political agenda for community health, which includes greater walkability and green space in the neighborhood.