

## Katherine Velasquez Aguilar

Born and raised in Lima, Peru, Katherine Velasquez Aguilar is a first-generation college student. She recently graduated from California State University Northridge with a B.S in Nutrition and Dietetics. During her time at CSUN, she earned a certificate as a Lactation Educator and was a member of the Board of Directors Committee. As part of Family Kitchen, a program funded by Cooking Matters, she created videos designed to increase knowledge in shopping for healthy foods on a WIC approved budget while encouraging kids to get involved in the cooking process. Katherine's dedication to the veteran community originates from her military service in the U.S. Navy. She served our nation in many different theaters of combat executing diverse roles in support of the commands mission. She currently works with the elderly in an assisted living facility providing resident support and organizing activities that engage seniors physically and cognitively.