

ROAD MAP TO HEALTH

THE OFFICIAL NEWSLETTER FOR THE CENTER OF EXCELLENCE FOR
NUTRITION, HEALTH, WELLNESS, AND QUALITY OF LIFE



SOUTHERN UNIVERSITY AGRICULTURAL RESEARCH AND EXTENSION CENTER

CENTER OF EXCELLENCE

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SISTER'S TOGETHER:
MOVE MORE, EAT BETTER
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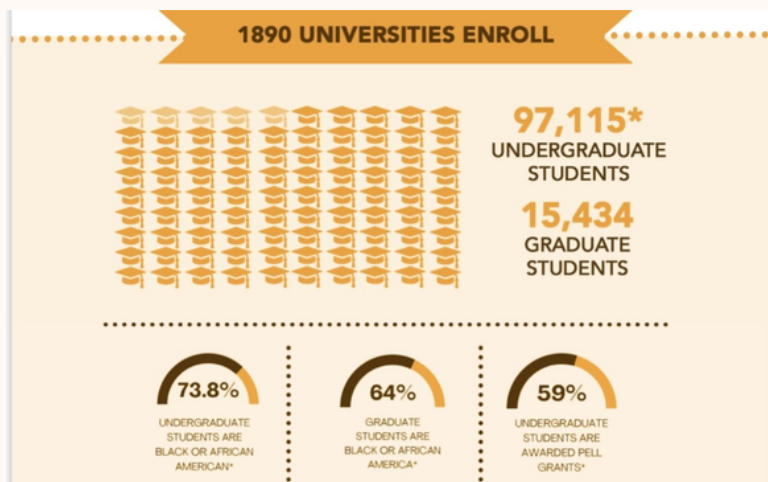
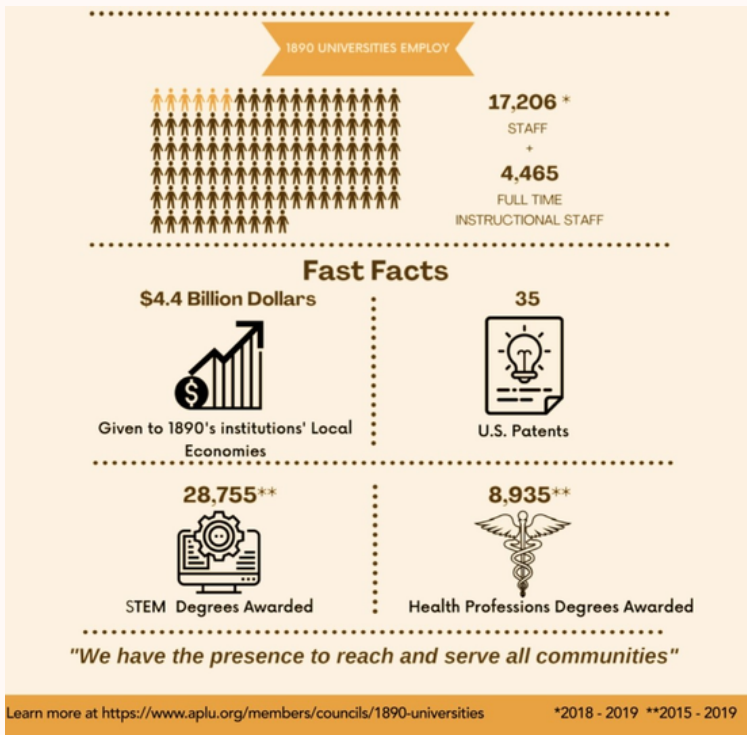
NHWQL MINI-GRANTS
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RECIPE OF THE MONTH
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LLENA

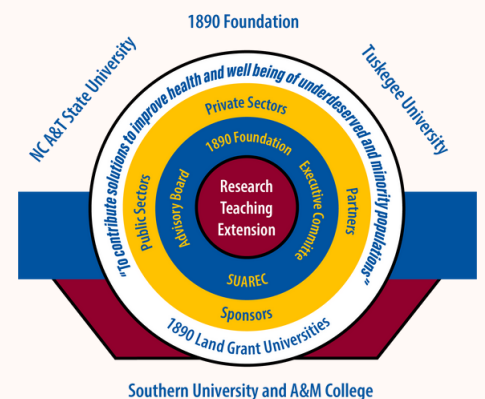
1890 Universities

Twenty-eight years after the passage of the Morrill Act of 1862, Congress enacted a second Morrill Act establishing Black land-grant universities. The collective of 19 Historically Black Land-Grant 1890 universities, established between 1866 and 1912 in 18 southern and border states, have distinguished themselves by providing exemplary programs in research and continue to be at the forefront in producing minority human capital for the food and agricultural sector. The legislation gave states funds to establish state universities for people of color if race was an admissions factor at the existing state university. Commonly referred to as 1890 Universities, these institutions have a reputation for “serving the underserved” and “reaching the unreached.” Today, these campuses proudly remain the stewards of access and opportunity for higher education in underserved communities.



MISSION STATEMENT

The 1890 Center of Excellence for Nutrition, Health, Wellness and Quality of Life (NHWQL) seeks to support the triple land-grant's mission of research, teaching and extension to contribute solutions to improve the health and well-being of underserved and minority populations.



Walmart Foundation Grant



The Walmart grant supports this COE by building upon newly developing pilot projects and other proven strategies.

The 1890 Universities Foundation has been working with the Center to provide administrative oversight of the work, including activities centered on data collection, marketing/messaging of nutrition/health resources, technical assistance to underserved communities, and website/social media communications.

Learning Objective: To expose students to the best educational and leadership opportunities within the field of nutrition, health, wellness, and quality of life, which can prepare them to be the ambassadors of the underserved communities to combat health disparities.

Engagement Objective: To provide innovative nutrition education and training that leads to healthy, positive changes, increases in knowledge, skills, attitudes, and changes of behaviors necessary for choosing nutritionally sound diets and a healthy lifestyle.

Kids Fest



On June 11th from 9 am – 2 pm our Center of Excellence for Nutrition, Health, Wellness and Quality of Life participated in Scotlandville’s KidsFest. Families from all over Baton Rouge came out and participated in a day full of activities with food and fun. Learning opportunities came to life right in the backyard of North Baton Rouge. At our booth, children were able to demonstrate how to properly plant sunflowers and identify the different parts of the plant. We also connected with members of the community about several programs that we are offering this summer. Funding was provided by the Walmart Foundation Center for Racial Equity and the 1890 Universities Foundation. For more information, please visit our website at <https://www.suagcenter.com/page/center-of-excellence>.

Scotlandville Community Garden Day

Our COE at Southern University is excited about our united partnership with Scotlandville Community Development Corporation. The area to be served lies within the boundaries of the Scotlandville Community. The specific neighborhoods to be addressed with intentional efforts to restore a "Sense of Peace" are Banks, Bank Addition, Airline Terrace, Woodacre, and Monte Sano Farms. According to the 2020 Census, the ethnic makeup is now 99% black, nearly 50% single-parent households, and nearly 25% below poverty. This area is considered a food desert with the nearest grocery store nearly 5 miles away. The community is very resilient and continues to make every effort to make their community safe, hopeful, and healthy. The Center of Excellence at Southern University's goal is to make impactful changes in this area. This will be done by reconstructing and expanding of the community garden. We are offering a 3-month program where experts deliver nutrition education, food demonstrations, and on-site garden education. We intend to improve community safety, accessibility to free fresh fruits and vegetables, opportunities for physical activity, and growth in the mindset of a healthy lifestyle for youth and adults.



Here are current photos of the garden and field we plan on expanding to.

On Saturday, June 4th the Center of Excellence for NHWQL team at the Southern University Agricultural Research and Extension Center partnered with Scotlandville CDC and hosted the first Garden Day. With funding from the Walmart Foundation Center for racial equity, we were able to refurbish the existing raised beds at the Scotlandville Garden Park at the end of Goudchaux Street. Members of the community came out to help clean out the beds and planted a variety of vegetables & flowers. The produce and flowers planted included: eggplant, strawberries, okra, cucumbers, marigolds, bell peppers, green onions, and hawthorns. The participating families were gifted with their own raised beds to start gardens at home. The overall purpose of revitalizing this community garden is to educate the community on nutrition, improve access to healthy food, improve mental health, and increase physical activity. Our team was also able to incorporate AgTech by establishing a hydroponic unit at the Scotlandville CDC center. This tool is used to increase production while requiring less space, water, and nutrient control. We are excited to see the progress of this work.



Sister's Together : Move More, Eat Better



Sister's Together: Move More, Eat Better is a nutrition and physical fitness program designed to assist African American women in their journey to live their most healthy life. We are currently recruiting for more women in the Baton Rouge area for the fall program. Location and time will be determined at a later date. This information will be based on overall participant's availability.



For more information or to sign up for the program, please scan the QR code. For more information, please contact Kiyana Kelly at Kiyana_Kelly@suagcenter.com or the Project Coordinator Brittany Howard at Brittany_Howard@suagcenter.com

NHWQL MINI-GRANTS SYNOPSIS

APRIL 2022 QUARTERLY PROGRESS REPORTS

The 1890 Universities Foundation welcomes the participation of 1890 Universities who benefit from the Foundation's fund development activities in publicizing financial awards to support Centers of Excellence and other program initiatives. Four pilot projects have been funded for faculty at the following Institutions.



Dr. Ayesha Sarker, West Virginia State University

Yogurt Fortification with Green Papaya Powder and Banana Resistant Starch to Improve gut Microbiota and General Gastrointestinal Health of Appalachians



Dr. Juzhong Tan, Florida A&M University

Building Research and Education Capacity by Valorizing Muscadine Grape Pomace to Fight Health Disparities in Underserved Communities in the South



Dr. Samuel Besong, Delaware State University

Assess the Impact of COVID-19 Pandemic on Food Consumption Behavior and Develop Approaches to Improve Access to Healthful Foods among Low-income Families



Dr. Veronica Oates, Tennessee State University

Presentation on Food Just Leadership Academy at the 2nd Annual Multi-State Conference, May 18-19, 2022, <https://www.multi-state-conference.com/2020-conference-rewind>.

SMOTHERED GREENS

THESE HEALTHY GREENS GET THEIR RICH FLAVOR FROM SMOKED TURKEY, INSTEAD OF FATBACK.

INGREDIENTS

- 3 CUPS WATER
- ¼ POUND SMOKED TURKEY BREAST, SKINLESS
- 1 TABLESPOON FRESH HOT PEPPER, CHOPPED
- ¼ TEASPOON CAYENNE PEPPER
- ¼ TEASPOON CLOVES, GROUND
- 2 CLOVES GARLIC, CRUSHED
- ½ TEASPOON THYME
- 1 GREEN ONION, CHOPPED
- 1 TEASPOON GINGER, GROUND
- ¼ CUP ONION, CHOPPED
- 2 POUNDS GREENS (MUSTARD, TURNIP, COLLARD, KALE, OR MIXTURE)



INSTRUCTIONS

1. PLACE ALL INGREDIENTS EXCEPT GREENS INTO LARGE SAUCEPAN AND
2. BRING TO BOIL.
3. PREPARE GREENS BY WASHING THOROUGHLY AND REMOVING STEMS.
4. TEAR OR SLICE LEAVES INTO BITE-SIZE PIECES.
5. ADD GREENS TO TURKEY STOCK. COOK FOR 20-30 MINUTES UNTIL TENDER.

Source: <https://www.nhlbi.nih.gov/files/docs/public/heart/cooking.pdf>

YIELD: 5 SERVINGS
SERVING SIZE: 1 CUP
CALORIES 80
TOTAL FAT 2 G
SATURATED FAT 0 G
CHOLESTEROL 16 MG
SODIUM 378 MG
TOTAL FIBER 4 G
PROTEIN 9 G
CARBOHYDRATES 9 G
POTASSIUM 472 MG



WHERE AI MEETS GI FOR BETTER HEALTH

ARTIFICIAL INTELLIGENCE + GLYCEMIC INDEX



(FOCUS ON DIABETES DISEASE PATIENTS)



For more information about the LLENA app please scan this QR code.