

# ROAD MAP TO HEALTH

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



## What's New

APPRECIATION POST

SISTER'S TOGETHER:  
MOVE MORE, EAT  
BETTER

AEA CONFERENCE

VOLUNTEERS NEEDED

DONATE A BOOK,  
SHAPE A LIFE

RECIPE OF THE MONTH



Our Center of Excellence (COE) at Southern University is excited about our united partnership with Scotlandville Community Development Corporation (CDC). As the summer come to an end we would like to take the time to thank the ladies, our wonderful Southern University Ag Team, and the Scotlandville CDC for their hard work. Our summer program was definitely one for the books! The garden/ nutrition education classes left the ladies full of knowledge. Their excitement to attend week after week, and participate all hands in will be one of the fondest memories. We look forward to future partnerships between our COE and the Scotlandville Community.

# 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. 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](mailto:Kiyana_Kelly@suagcenter.com) or the Project Coordinator, Brittany Howard at [Brittany\\_Howard@suagcenter.com](mailto:Brittany_Howard@suagcenter.com)

MONDAY AT 6:00PM IN PINKIE THRIFT ON SOUTHERN UNIVERSITY CAMPUS  
TOPICS COVERED:

- FOOD SAFETY
- WOMEN ON A MISSION: KICK - OFF SESSION (ONLINE)
- BEHAVIOR CHANGE: MAKING IT HAPPEN
- WALKING INTO A HEALTHY WEIGHT
- MEALS TO MENUS
- FAD DIETS
- ON MY WAY!

- OCTOBER 3, 2022
- OCTOBER 10, 2022
- OCTOBER 17, 2022
- OCTOBER 24, 2022
- OCTOBER 31, 2022
- NOVEMBER 7, 2022
- NOVEMBER 14, 2022



Congratulations to our very own Ms. Kiyana Kelly. She won 3rd Place for her " Sister's Together: Move More, Eat Better Pilot Program" Poster Presentation under Family and Consumer Sciences at the Association of Extension Administrators 1890 Land-Grant Universities 2022 System-Wide Conference held in Orlando, Florida July 31 – August 4, 2022. We would like to thank her for the endless hard work for our center.



## What Does Your Gut Say About You?

**Volunteers Needed!!**

**Participants will receive \$50 at the end of the study**

**You may qualify if:**

- BMI is between 20-25 or 30-40
- Age: 18-60

**Participation involves:**

- A complete 5-day food diary
- One stool sample collection


**Questions:**


**[Brittany\\_Howard@suagcenter.com](mailto:Brittany_Howard@suagcenter.com)**

**Scan code to complete the survey**







**DONATE A BOOK.** Walmart  **org**

**Shape a Life.**

A book drive to support the future scholars of the community.

Please drop off your new and gently used books suitable for ages 6-12.

**Location:**  
Southern University Agricultural Research and Extension Center  
Ashford O. Williams Hall  
181 B.A. Little Drive, Baton Rouge, LA 70813

Monday - Friday 9am - 4pm

**For more information please email:**  
Brittany\_Howard@suagcenter.com

Funding provided by the Walmart Foundation Center for Racial Equity and the 1890 Universities Foundation

Please spread the news! Little Free Library is a great way for families in the neighborhood to connect and share their favorite books with the community. Day by day, it is building a literacy friendly neighborhood connecting young readers to new books. There are more than 12 successful little free libraries in the Baton Rouge, La area. Other locations include Greenwell Springs, the closest from the Scotlandville location, as well as Highland park, which is the Riverbends Little Free Library. Providing 24/7 book access helps equip, and educate our youth.

We are asking willing participants to donate new or gently used books suitable for ages 6-12. For more information please email: Brittany\_Howard@suagcenter.com.



# Chicken and Broccoli Orzo

## Ingredients

- 1 pound chicken tenders, cut into small chunks
- 2 cups broccoli, pulsed in a food processor until crumbly
- 1 (10 1/2 oz) can cream of mushroom soup
- 1 cup uncooked orzo
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 cups chicken stock
- 1 (8 oz) block medium cheddar cheese, grated
- Pinch of salt

## Instructions

1. Preheat your oven to 375.
2. In a large bowl, whisk together the stock and cream of mushroom soup. Add the chicken, garlic powder, onion powder, broccoli and orzo. Give it all a good pinch of salt. Stir together until completely mixed.
3. Pour the mix into an 8x13 baking dish. Evenly sprinkle the cheese on top. Bake for 30-40 minutes, until the cheese is browned and starting to bubble. (If you need to broil it for two minutes at the end, that works!)
4. Let it sit 5-10 minutes, so that it can cool and set.

**Source:** <http://playswellwithbutter.com/cheesy-chicken-and-broccoli-orzo-skillet/>

<b>Nutrition Facts</b>	
Serving Size 8 oz (227g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 320	Calories from Fat 140
% Daily Value*	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 1010mg	<b>42%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 4g	
<b>Protein</b> 22g	
Vitamin A 15%	Vitamin C 25%
Calcium 25%	Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.