

# ROAD MAP TO HEALTH

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



## WHAT'S NEW

- SEEDS TO SUCCESS
- COE, SU DIETETIC INTERNSHIP, & THE LINKS, INC.
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- JAGFRESH FARMERS MARKET
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- TUSKEGEE UNIVERSITY
- ROAD MAP TO HEALTH

## Seeds to Success: Louisiana Farm to School Conference

Baton Rouge, La. - On October 11, 2023, the Center of Excellence presented at the Seeds to Success Louisiana Farm to School Conference. Cornelius Jackson, Extension Area Agent Garden Expert presented on the accomplishments of three community gardens established under the Center. Also, Ms. Fitzgerald, an Ag Educator at Westdale Middle School, and Mr. Jackson discussed the partnership with the Center of Excellence and the SU Ag Center.



**COE, SU DIETETIC INTERNSHIP, & THE LINKS, INC.**



Baton Rouge, La. - The Center of Excellence, SU Dietetic Internship, and The Links, Inc. - La Capitale Chapter joined together to provide six families in East Baton Rouge Parish with nutrition education lessons on November 19, 2023. The adults learned about the fundamentals of food safety, how to shop at the grocery store, and general nutrition practices. They also received wellness checks. The youth learned about MyPlate and completed a MyPlate art project as a reminder of how they should consume items from all food groups.

**SU TOGETHER FALL CLASSES**



Baton Rouge, La. - The SU Together: Move More, Eat Better student classes concluded on November 14th. Throughout this class, students learned how to prepare chicken caesar, pasta salad, birria tacos, stir-fry with wheat pasta with brown rice, and Thanksgiving dinner which included fresh green beans and candied brussel sprouts. SU Together classes will resume in Spring 2024.

## GARDENS: A PLACE OF LEARNING, BEAUTY, & FOOD



WESTDALE MIDDLE SCHOOL



PLAINVIEW COGIC



SU LABORATORY SCHOOL

## JAGFRESH FARMERS MARKET



Our Garden Expert, Cornelius Jackson, held the JAGFresh Market on campus featuring vendors Muse 3 Farm, Cryer's Family Produce, Southern Gold Honey, Herb n Bros, All of Us Research, Ms. Ruthies, and SU Poultry Unit. We were able to bring out more producers to help them not only sell their products but to also get more exposure to help their healthy businesses. During the event, SUAg SNAP-Ed held Secure the Snap allowing students to apply for SNAP benefits on the SUAREC mobile unit. We must give a big thanks to USDA|FMC who help fund this event, and came down to be apart of the market.

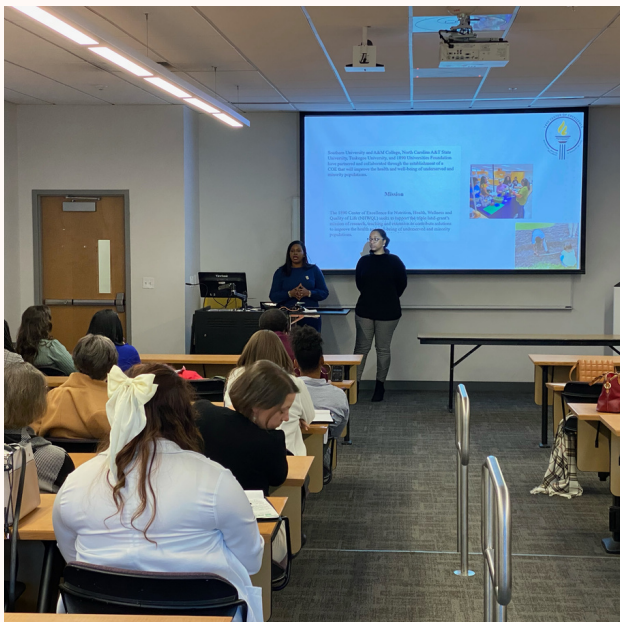
## Professional Development

### PROFESSIONAL AGRICULTURAL WORKERS CONFERENCE



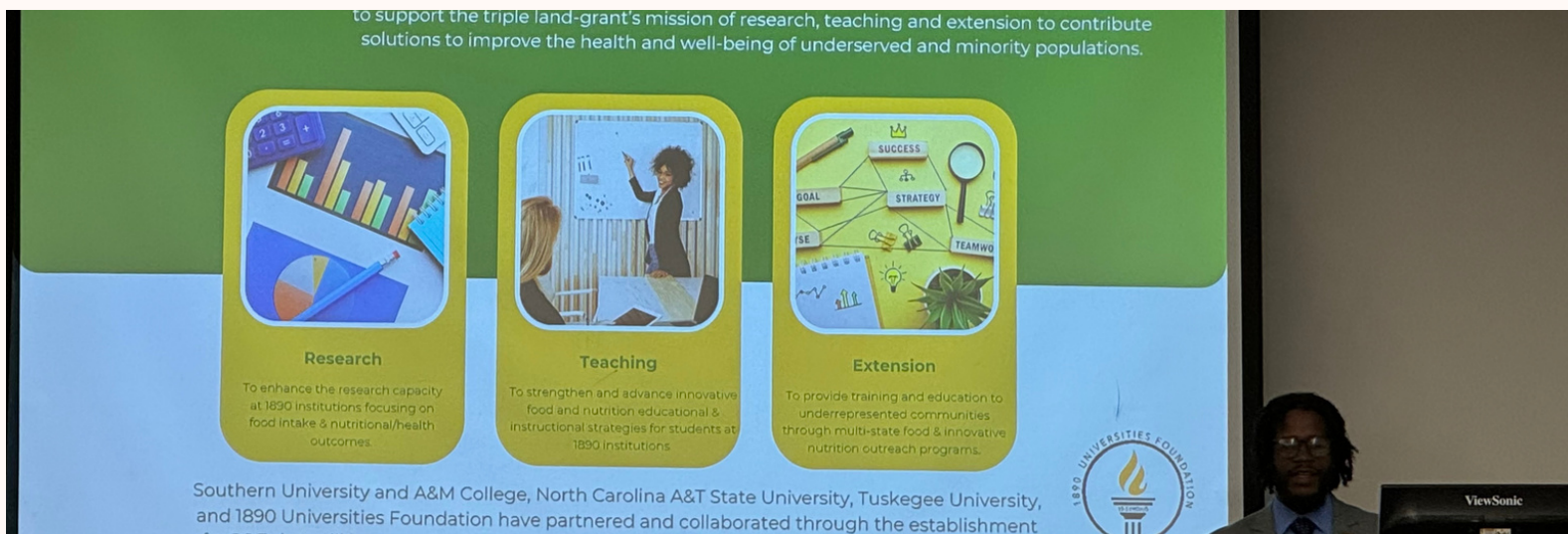
Tuskegee, AL - Brittany Howard, Project Coordinator, and Cornelius Jackson, Extension Area Agent presented at the Professional Agricultural Workers Conference (PAWC) on October 29th – 31st on behalf of the Center of Excellence. Howard and Jackson presented in a session providing an overview of the Center of Excellence and also had a table display where the disseminated.

### LSU|SU JOINT ANNUAL CONFERENCE



Baton Rouge, LA - Kiyana Kelly, Director for Center of Excellence, and Brittany Howard, Project Coordinator, presented at the LSU and Southern University Ag Center's, SU College of Agricultural, Human and Environment Sciences' and LSU College of Agriculture's Annual Conference on December 14th in the Family and Consumer Sciences Lightning Round session about the COE 2023 highlights. During this presentation, Kelly and Howard provided COE highlights to FCS Agents, professors, and staff.

## Professional Development Cntd.



Baton Rouge, La - Joshua McDonald, Nutrition Education Programs Coordinator, presented at the LSU and Southern University Ag Center's, SU College of Agricultural, Human and Environment Sciences' and LSU College of Agriculture's Annual Conference on December 14th in the Food Security session about “Extension on a Mission for Nutrition”. During this presentation, he provided highlights on behalf of the Center of Excellence.

### Upcoming

**ASSOCIATION OF 1890 RESEARCH DIRECTORS RESEARCH SYMPOSIUM APRIL 6-9, 2024 | NASHVILLE, TN**

**2024 NATIONAL HEALTH OUTREACH AND ENGAGEMENT CONFERENCE - MAY 13-15, 2024 | GREENVILLE, SC**

**2024 NATIONAL URBAN EXTENSION CONFERENCE - MAY 27 - 31, 2024 | NASHVILLE, TN**

**2024 SNEB CONFERENCE - JULY 30 - AUG 1, 2024 | KNOXVILLE, TN**

### **2023 NHWQL RFA FUNDED SUBAWARDS**

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. Tamara Warren, Alabama A&M University**

Community Health, Aerobic and Motivational Program Initiating Optimal Nutrition CHAMPION Camps of Excellence

**Dr. Sougata Bardhan, Lincoln University**

Impact of Soil Micronutrient Deficiencies on the Plant Ionome and Selected Bioactive Compounds

**Dr. Carlos Alvarado, Langston University**

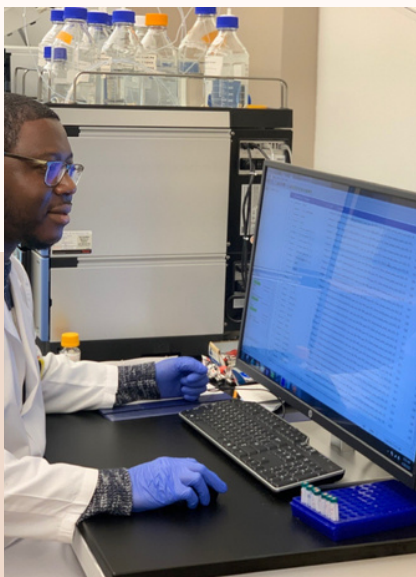
Enhancing Nutrition Education in Underserved Communities through a Mobile App



# North Carolina Agricultural and Technical State University



## METABOLOMICS LAB



During the last quarter of 2023, N.C. A & T students have been working with LC/MS. They reorganized the daily food intake of the participants who provided stool samples from all three institutions. Additionally, they further built their in-house compound database by incorporating additional compounds especially important microbial metabolites and reanalyze the metabolomic profiles of collected stool samples using the updated database.



# Tuskegee University



Since the establishment of the project “Make Fruits and Vegetables Available for All” a total of 83 families have established vegetables gardens; these gardens range in size from 6 to 22 garden beds/boxes and other containers in the above mentioned Alabama Black Belt counties. The average household in Alabama is three thus impacting a total of 249 individuals. Two of the gardens are community-based which provides access to fresh vegetables to a wider group of individuals in addition to the individualized gardens.



The expanded gardening project from the Walmart grant has established vegetable gardens in six schools located in five of the Black belt counties, these schools range from kindergarten through high schools and the garden sizes range from 6- 18 garden beds/boxes. The vegetables harvested are used in the lunch program and the students are given the fresh vegetables to take home and excess vegetables are shared within the local community.



## Road Map to Health - A Healthy Brew

### NEW YEAR, REAL SOLUTIONS

Each year Americans make New Year resolutions to change their behaviors. Some common resolutions are to eat healthier, exercise more, or lose weight. Most people do not keep resolutions throughout the month of January. Most people know what they want to change but do not know how to accomplish their goals. Here are a few tips to assist with your behavior change.

According to the Psychology Dictionary behavior change is defined as any modification in behavior. The change may happen spontaneously and involuntarily without any intervention, or it may be systematic and motivated as prompted by conditioning.

**Start with small changes.** What are small changes that you can include in your day? Instead of setting a goal to exercise for 1 hour, start with 15 minutes and increase the timeframe when you feel comfortable. By incorporating small changes over time this will help you remain consistent with your routine.

**Create realistic goals.** Oftentimes, the goals that we set may be unrealistic to attain which can detour you from reaching goals. For example, it is not realistic that you will lose 10 pounds in 2 weeks. It is realistic to say that you will lose 10 pounds in 6 months. Set S.M.A.R.T. goals:

**Specific | Measurable| Attainable| Realistic| Time-based**



**Identify habits and behaviors.** Are you aware of the habits or behaviors that stop you from reaching your goals? Do you overeat when you are stressed? What are your eating habits? Do you exercise? How often do you exercise? Identify habits and behaviors that hinder your success.

**Be active your way.** What types of activities bring you enjoyment? Walking, running, dancing, and gardening are all great ways to include physical activity. If you enjoy television watch an exercise DVD or YouTube video to get you up and moving.

**Team up.** Everyone has heard the coined phrase “Teamwork makes the dream work.” Find an accountability partner to help you reach your goals.

**Celebrate successes.** As you create a new lifestyle through positive behavior changes you should reward yourself. If you are trying to maintain weight loss avoid rewarding yourself with food. Set a goal for when you will reward yourself and what will the reward be. If you decide to reward yourself with food, select what meal setting. This is a cheat meal, not an entire cheat day or week!

#### Sources:

Sister’s Together: Move More, Eat Better – A Southern University Agricultural Extension and Research Center Teaching Guide Nutrition, Health and Wellness

<https://today.yougov.com/topics/lifestyle/articles-reports/2020/01/02/new-years-resolutions-2020-health-finance>

<https://www.cdc.gov/healthyweight/index.html>

## Road Map to Health - A Healthy Brew

### RECIPE

#### MyPlate Salad

A MyPlate salad is a salad that, when combined, offers elements from every dietary category, creating a full meal. Here are some ideas on what to include in your MyPlate Salad.

##### Fruits - Select 2

Grapes, oranges, mangos, apples, lemon, kiwi, pineapple, raisins, melon variety, and pears.

##### Vegetables - Select 5

Lettuce types: romaine, Boston bibb, green leaf  
Other: kale, spinach, escarole, cabbage, broccoli, beans, cucumbers, cauliflower, beets, radishes, potatoes, peas, onions, mushrooms, corn, peppers, carrots, zucchini, etc.

##### Grains - Select 1 or 2

Pasta, croutons, crackers, bread sticks, brown rice, couscous, quinoa, whole bread slices

##### Protein - Select 1

Hard-boiled eggs, beans: garbanzo, pinto, navy, cannellini, seeds, nuts, tofu, chunks of tuna fish, salmon, chicken, turkey, or beef

##### Dairy - Select 1

Cheese: cheddar, swiss, american, feta, etc.

##### Fats, Oils, and Sweets

Olive or canola oil

Source: Cornell Cooperative Extension - Westchester County

### DID YOU KNOW?

"Eating a rainbow" ensures that your body receives all the nutrients it needs. What does eating a rainbow entail? Selecting a range of healthy meals with varying hues throughout the day and week. At every meal or snack, the more colors that come from nature that are on your plate, the better.

**RED/PINK LYCOPENE: ANTIOXIDANT;  
REDUCES PROSTATE CANCER RISK**

**ORANGE: BETA-CAROTENE: SUPPORTS  
IMMUNE SYSTEM; POWERFUL  
ANTIOXIDANT**

**YELLOW/ORANGE: VITAMIN C,  
FLAVINOIDS: INHIBITS TUMOR CELL  
GROWTH, DETOXIFIES HARMFUL  
SUBSTANCES**

**GREEN: FOLATE: BUILDS HEALTHY  
CELLS AND GENETIC MATERIAL**

**GREEN/INDOLES, LUTEIN: ELIMINATES  
EXCESS ESTROGEN AND CARCINOGENS|  
ALLYL SULFIDES: DESTROYS CANCER  
CELLS, REDUCES CELL DIVISION,  
SUPPORTS IMMUNE SYSTEMS**

**BLUE: ANTHOCYANINS: DESTROYS FREE  
RADICALS**

**PURPLE: RESVERATROL: MAY DECREASE  
ESTROGEN PRODUCTION**

**BROWN: FIBER: CARCINOGEN REMOVAL**

Source: <https://www.pcrm.org/news/blog/eat-rainbow>