

# ROAD MAP TO HEALTH

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



## Fuel your Future: Vision Board Party

Baton Rouge, La. - On January 31, 2024, Ms. Ashlyn Harrison, Mental Health Specialist with the SU Ag Center and the Center of Excellence collaborated to present, "Fuel your Future: Vision Board Party." This vision party provided students with the opportunity to goal set for their future. In addition to learning the importance of how they should fuel their bodies by prioritizing healthy eating habits. Each participant received a COE salad shaker to build their Five Food Group Salad.

## WHAT'S NEW

### FUEL YOUR FUTURE: VISION BOARD PARTY

SU LAB EQUIPMENT DAY  
HEART HEALTH MONTH  
BIG BUDDY - FLAVOR ACADEMY  
SARDI - COOKING FOR WELLNESS  
SU AG: THE AG EXPERIENCE  
WELLNESS ON THE BLUFF  
NATIONAL NUTRITION MONTH  
HEALTH FAIRS  
VIRTUAL SEMINAR SERIES  
SU TOGETHER: MOVE MORE, EAT BETTER  
NORTH CAROLINA AGRICULTURAL AND TECHNICAL STATE UNIVERSITY  
TUSKEGEE UNIVERSITY  
A HEALTHY BREW

### LET'S GET SOCIAL!

Instagram



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## COE HOSTS AN EQUIPMENT ASSEMBLY DAY AT SU LAB SCHOOL

Baton Rouge, La. - The Center of Excellence donated three benches, three picnic tables, and a message board to the Southern University Lab Kitten Garden. The Southern University College of Agricultural, Human and Environmental Sciences students, the Southern University chapter of the Ag Business Students United, Minorities in Agriculture and Natural Resources & Related Sciences (MANRRS), Southern University Dietetic Internship, MyPlate Kid Foundation, and Baton Rouge Early Risers Kiwanis volunteered to assist with assembling the equipment. The SU Lab Kittens will utilize this space as an outdoor classroom.



## HEART HEALTH MONTH



Baton Rouge, La. - The Center of Excellence made sure the residents of Alsen St. Irma Lee learned the importance of prioritizing heart health by posting tips on the BREC community bulletin board. The board also included upcoming COE/SU Ag events that will be hosted.

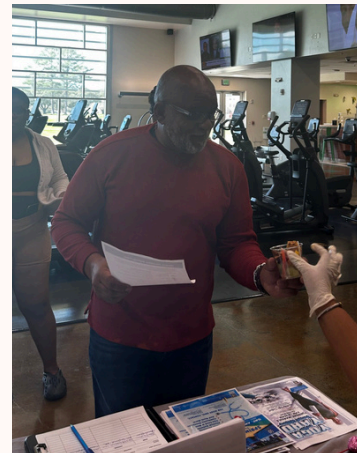


## HEART HEALTH MONTH

Baton Rouge, La. - The Center of Excellence conducted its first nutrition class with the Alsen St. Irma Lee BREC Seniors. Participants learned about being “On a Mission” and Heart Healthy Eating Habits to live a healthier lifestyle through behavior change. Participants created and sampled bell pepper nachos. This will be a 6 series session.



## CHARCUTERIE, CHAT & CHEW FOR HEART HEALTH



Baton Rouge, La. - The Center of Excellence collaborated with Communities of Color Network at their monthly table display in the SU Ag Center's Horace W. Moody Intramural Sports Complex. Attendees were also able to chat and chew on their charcuterie cups with SU staff about heart healthy eating tidbits, smoking cessation tips, and giveaways.



## BIG BUDDY - FLAVOR ACADEMY



Baton Rouge, La. - The COE established a partnership with Big Buddy - Flavor Academy where 15-20 participants will be chefs twice a week. Over the course of 6-weeks participants will receive nutrition education, gardening demonstration, and campus tours. Additionally, they will receive a recipe and the ingredients from their in-class food demonstration to recreate for their families. The students will also complete satisfaction surveys to identify if they would utilize the recipe again.

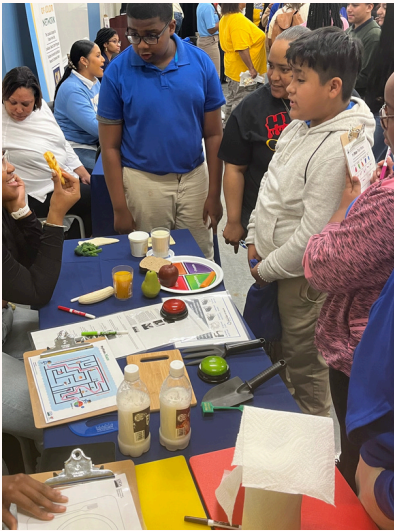
## SARDI - COOKING FOR WELLNESS



Opelousas, La - Kiyana Kelly, Director of the Center of Excellence, attended the Sustainable Agriculture and Rural Development Institute (SARDI). Cooking for Wellness class in conjunction with Second Harvest Food Bank. This class was led by Nutrition Educator, Ainslee Guilbeau, RD. The COE had a table display with 40 tomato plants to giveaway and educational materials for participants. Special thanks to Mitchell Provencal, Senior Program Director with Baton Roots for donating nine shade trees as prizes. SARDI is the SU Ag Center's satellite location in Opelousas, La.



## SU AG CENTER - THE AG EXPERIENCE



Baton Rouge, La.- On Wednesday, February 28th nearly 1,100 students from East Baton Rouge and East Feliciana Parish Schools participated in the SU Ag Center Ag Experience Expo. The COE had a variety of games for students to play and trail mix to sample. Additionally, students visited interactive exhibits that included yoga in the barn, STEM/STEAM activities, ATV Safety, mechanical bull riding, a petting zoo, face painting, tractor and farm safety, information on community policing, hands-on gardening, drones, hydroponics, entomology, healthy living, and received information on the College of Ag. At SU we #GreauxJags!

## SOUTHERN UNIVERSITY LAW CENTER - LEAP INTO WELLNESS FAIR



Baton Rouge, La. - On Thursday, February 29th Brittany Howard, COE Project Coordinator, and student Scholars, Elisheba Clay and Destinae Davis setup a table display at the SU Law Center. This event encouraged 'Wellness on the Bluff' by charging attendees to prioritize their health and wellness. Attendees who stopped by our table were able to sample a charcuterie cup and receive educational material.



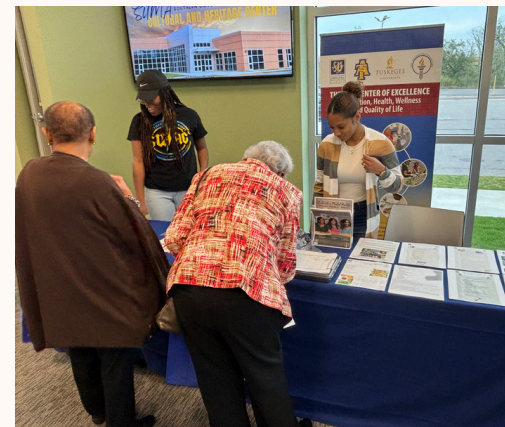
## HEALTH FAIRS



Donaldsonville, La. -  
Our Heart  
Beats for You  
2/24/2024



Mansura, La. -  
SU Ag Center Avoyelles  
Parish Spring Health Fair  
3/7/2024



Baton Rouge, La. -  
Mary Bird Perkins  
Untie the Ribbons  
3/9/2024

Baton Rouge, La. - The Center of Excellence has been attending various health fairs statewide to provide educational information through our table displays.

## NATIONAL NUTRITION MONTH HIGHLIGHTS



Baton Rouge, La. -  
Alsen St. Irma Lee  
Community Village  
3/8/2024



Baton Rouge, La. -  
Alpha Kappa Alpha  
Sorority, Inc. Nu Gamma  
Omega Chapter - Youth  
Leadership Institute  
Kids in the Kitchen  
3/16/2024



Baton Rouge, La. -  
College of  
Agricultural, Human  
and Environmental  
Sciences Grab your  
Gear for Spring  
3/18/2024



Baton Rouge, La. -  
FCS Club & COE  
packed healthy snack  
bags for CAHES  
students for midterms.  
3/18/2024



# MARY BIRD PERKINS CANCER CENTER - UNTIE THE RIBBONS



Baton Rouge, La. - Student Scholars, Elisheba Clay and Destinae Davis setup a table display at the Mary Bird Perkins Cancer Center - Untie the Ribbons where participants sampled Southwest Chicken Salad.

## THE LINKS, INC. LA CAPITALE CHAPTER BLACK FAMILY WELLNESS EXPO

### Upcoming

**Food Insecurity, Diet, and Health**  
Virtual Webinar

**THURSDAY, JUNE 13 | 12PM (NOON-CST)**

**GUEST SPEAKER:**  
**Seth A. Berkowitz, MD, MPH**  
Associate Professor of Medicine

Dr. Berkowitz is an Associate Professor of Medicine at the University of North Carolina at Chapel Hill School of Medicine in the Division of General Medicine & Clinical Epidemiology. He is a general internist and primary care doctor. He studies the relationship between health-related social needs, such as food insecurity, and health outcomes. He is the author of the recent book *Equal Care: Health Equity, Social Democracy, and the Egalitarian State*, which examines how public policy can improve population health.

Register for this seminar at:  
<https://bit.ly/3PeYxKv>

The funding for "CARE for nutrition, health, wellness and quality of life" has been provided by USDA/NIFA/100000000.

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Baton Rouge, La. - Student Scholar, Elisheba Clay set up a table display at The Links La Capitale Chapter's Black Family Wellness Expo. Attendees were able to sample Pico de Gallo & Blue Corn or Multigrain Tortilla chips and received educational materials.



## ORGANIC GARDENING WORKSHOP



Baton Rouge, La. - The SU Ag Center's ANR Department held an Organic Gardening Workshop entitled, *"Don't Panic, It's Organic."* Mr. Cornelius Jackson hosted this event and guest speaker, Audrey Kolde, NCAT Sustainable Ag Specialist, highlighted qualifications, requirements, and self-sustainability practices. Attendees also participated in a hands-on gardening activity. COE Director, Kiyana Kelly, presented and provided highlights on the mission and goals of the center. The COE also provided whole wheat turkey, spinach and cheese pinwheels, fruit salsa, cinnamon chips, strawberry, basil, and lemon infused water for the attendee's nutritious snack options. The COE also donated three giveaway items that were raffled off during the workshop

## CAHES AG-VENTURE NATIONAL AG DAY AT SU LAB



Baton Rouge, La. - Student Scholar, Elisheba Clay led 300 students in a physical activity circuit and MyPlate identification at Southern University Lab School on March 26th for National Ag Day.

### Upcoming



**SSWD Spring Symposium  
May 20-22, 2024**

**Tuskegee University  
1200 W. Montgomery Rd  
Tuskegee, AL 36088**



## VIRTUAL SEMINAR SERIES



Baton Rouge, La. - The Center of Excellence hosted its first 2024 virtual seminar series, *Centered on Mental Health*. This panel discussion focused on the importance of mental health and breaking the stigma for the entire family unit with licensed professional counselors. Panelists included Mrs. Myiesha Beard, LPC, Ms. Ashlyn Harrison, LPC - SU Ag Center Mental Health Specialist, and Mrs. Alexis West, LPC. The next virtual seminar, *Food Insecurity, Diet and Health*, will be held Thursday, June 13th at 12 PM CST.

## SU TOGETHER: MOVE MORE, EAT BETTER - SPRING 2024 CLASSES



Baton Rouge, La. - Spring 2024 SU Together: Move More, Eat Better class commenced February 1st and ended April 11th. Attendees received bi-weekly nutrition education lessons, physical activity, and preparing a variety of nutritious recipes.



## SU AG PODCAST

**Tune in to the SU Ag Podcast for a discussion on healthy eating with Evan Egana**

Join us for the next edition of the SU Ag Center's podcast, as we welcome Evan Egana, a nutrition educator for the SU Ag Center. She will tell us about the benefits of eating healthy foods & how to stay on this path as a lifestyle change.

[CLICK HERE TO LISTEN](#)

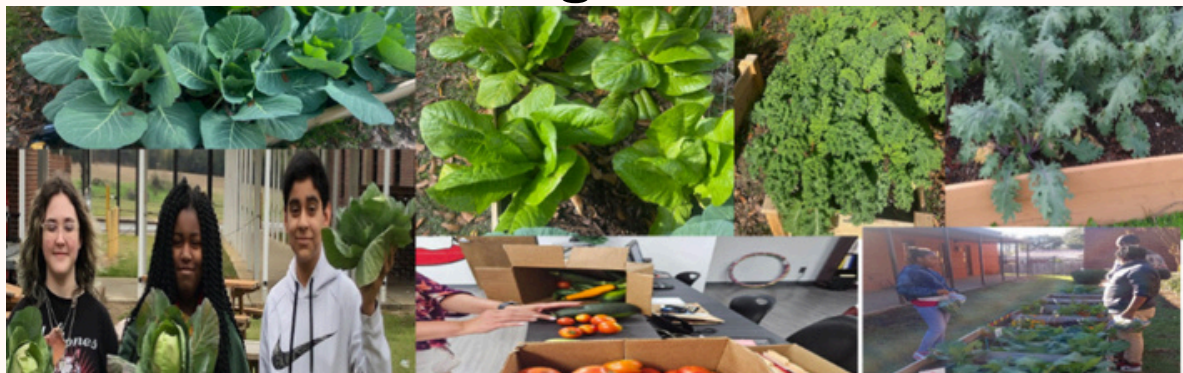


Baton Rouge, La. - Nutrition Educator, Evan Egana, highlighted the Center of Excellence and the SU Together: Move More, Eat Better program on the latest edition of the SU Ag Podcast hosted by Mr. Dexter Newman. Tune into this episode by clicking on the link:

[https://www.suagcenter.com/assets/suag/PODCAST/su-ag-podcast-evan-healthy-life\\_-fiinal-mp3.mp3](https://www.suagcenter.com/assets/suag/PODCAST/su-ag-podcast-evan-healthy-life_-fiinal-mp3.mp3)



## Make Fruits and Vegetables Available for All



Spring is here again and existing participants are excited and enthusiastic about continuing their production of a variety of vegetables aimed at having a fresh supply of vegetables each day to augment their intake of fruits and vegetables in promotion of health and reduction of comorbidities for those already experiencing some form of chronic diseases. This spring, eleven (11) new school gardens will be established in five additional (5) Black Belt counties.

Additionally, three community/faith-based and 20 individualized gardens will be planted. This project is positioned to impact the lives of many residing in the Black Belt region of Alabama, characterized as ‘food deserts’ with limited access to fresh fruits and vegetables at an affordable price. These counties are service areas of Tuskegee University’s College of Agriculture, Environment and Nutrition Sciences and Cooperative Extension. This spring there will be nutrition education classes that will empower the participants to make healthy food choices in prevention and reduction of chronic disease. The education will provide information on the nutrient content of fresh fruits and vegetables and the roles they play in the prevention of diet-related diseases. In addition, the gardens established schools are accomplishing two main goals: 1) Teaching the students at an early age the importance of consuming fresh fruits and vegetables and 2) Creating the awareness of chronic disease prevention through good nutrition.

The importance of consuming a variety of fruits and vegetables cannot be overstated with the rapid emergence of fast foods and convenience stores in areas that are rural and hard to reach is of significance. *“In Alabama, many counties are categorized as food deserts; more than 1.8 million Alabama residents live in areas with no grocery stores, as reported by The Food Trust, the Alabama Grocer's Association, and VOICES for Alabama's Children. Additionally, federal data showed that 156 Alabama census tracts are considered food deserts.”*

The gardens being established are ideal for these areas because they do not require much land and can be done individually and as a community. Additionally, the containers and raised beds are reusable and continue to be used for years; maintenance is also extremely low when compared to traditional farming. Such enterprise offers attraction for both adults and children and even older members of the community.



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## Road Map to Health - A Healthy Brew

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### NATIONAL NUTRITION MONTH FACT OR FICTION

**Are the statements below FACT or FICTION?**

1. Half of our plate or bowl should be filled with vegetables and fruit. FACT or FICTION
2. Our bodies cannot digest dietary fiber. FACT or FICTION
3. Only older adults need to be concerned about bone health. FACT or FICTION
4. At least 60 minutes of physical activity is recommended daily for kids 6 to 17 years old. FACT or FICTION
5. Saturated fats are healthier than unsaturated fats. FACT or FICTION
6. One cup of cooked or raw vegetables (except for leafy greens) counts as a 1 cup serving. FACT or FICTION
7. There are 5 Food Groups. FACT or FICTION
8. All breads made with whole wheat flour are whole grains. FACT or FICTION
9. Foods that provide water can count towards our fluid intake. FACT or FICTION
10. Registered dietitian nutritionists are experts in food and nutrition. FACT or FICTION



Source: <https://www.eatright.org/-/media/files/campaigns/eatright/nnm-2024/english/activity-handouts---eng/fact-or-fiction-handout.pdf?rev=0649880e4f2e43e58cdabcb839a0c975&hash=FBB020D247B3049EDF18CD2CAC9616EA>



## Road Map to Health - A Healthy Brew



# BELL PEPPER NACHOS



Serves : 6



Prep Time : 5 Mins



Cook Time : 30 Mins

### Ingredients

- 6 large red, yellow or orange bell peppers
- 1 pound ground turkey (90-93% lean)
- 1 packet taco seasoning
- 3/4 cup black beans, rinsed and drained
- 3/4 cup canned or frozen sweet yellow corn, drained (thawed, if frozen)
- 1/4 cup sliced jalapeños, optional
- 1/2-1 cup shredded Mexican cheese blend

### Preparation Steps

- Preheat oven to 375 F. Coat a large baking sheet (or 2 standard sheets) with nonstick oil spray and set aside.
- Remove the stems and seeds from the bell pepper and cut each into quarters. Lay the bell pepper "chips" on the prepared baking sheet(s) in a single layer with their insides facing up.
- In a large heated skillet, stir the ground turkey until it's cooked through and crumbled. Add the taco seasoning along with about 2/3 cup water and stir. Add the black beans, corn and jalapeños, if using. Mix until well-combined and heated through.
- Spoon the turkey-bean mixture over the bell pepper pieces. Sprinkle on the cheese and bake for about 10 minutes, until the cheese is melted.
- Remove the baking sheet from the oven and, if desired, top with the salsa, pipe on swirls of the yogurt or sour cream and garnish with scallions or cilantro.

Source: <https://www.today.com/recipes/joy-bauer-s-loaded-bell-pepper-nachos-recipe-t179371>

