

ROAD MAP TO HEALTH

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



WEST FELICIANA HIGH BOTANICAL ART SESSION

THE LATEST SCOOP

BOTANICAL ART

JAGRIFEST

GRAB & GEAUX BREAKFAST

WORKSITE WELLNESS

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BETTER

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UPCOMING EVENTS

A HEALTHY BREW

LET'S GET SOCIAL!

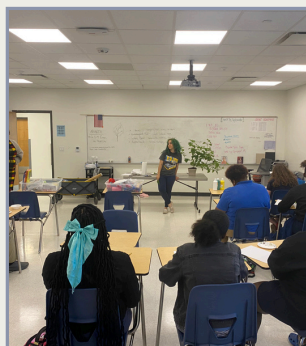
Instagram



SUCENTEROFEXCELLENCE



St. Francisville, La - CAHES Student, Ms. Chasity Joseph, led a botanical art session with the students at West Feliciana High. Students created botanical art identifying lemon basil, mint, and agastache. They also learned the technique of gesture sketching and painting. Students enjoyed a tea made from the plants drawn, a nutrition education lesson and game on MyPlate, and a candy corn parfait.



JAGRIFEST | JAGFRESH MARKET



Baton Rouge, La. - During Welcome Week, the COE hosted JagriFest, in conjunction with the JagFresh Farmers Market. JagriFest was designed to enrich health, well-being, and quality of life through a variety of resources and guidance on nutrition and healthy eating. The COE aimed to educate students on the importance of diet in maintaining health, preventing illness, and fostering overall well-being. Interactive booths promoting mental health awareness, physical activity, and access to resources that enhance overall quality of life were available during the event. The College of Ag collaborated with the Power Coalition and Divine 9 to ‘*Advocate for Change*’ encouraging students to register to vote. As a result of the voter registration drive, 45 students were registered to vote.

GRAB AND GEAUX BREAKFAST

College of Agricultural, Human and
Environmental Sciences

13m ago

★★★★★ Hey, as an athlete we really appreciated
the grab and go breakfast.



Baton Rouge, La. - The SU College of Agricultural, Human and Environmental Sciences and Center of Excellence collaborated to provide grab and geaux breakfast for the students, faculty and staff. A student athlete stated, “*We really appreciated the grab and go breakfast.*” Consuming breakfast improves cognitive function, including memory, attention, and problem-solving skills. A nutritious breakfast provides the energy and nutrients necessary for better concentration and academic performance throughout the day.

Week 1: Chic-fil-A biscuits and fruit and vegetable smoothies

Week 2: Breakfast Quesadillas with sausage, eggs, and cheese, fruit and vegetable smoothies, muffins and fresh fruit

Week 3: Breakfast Quesadillas with sausage, eggs, and cheese, fruit and vegetable smoothies, muffins and fresh fruit

WORKSITE WELLNESS EXCELLENCE EXCHANGE: LUNCH AND LEARN



Baton Rouge, La. - On Monday, July 22nd, the Center of Excellence hosted an incredible event dedicated to enhancing and supporting employee health, The Excellence Exchange: Lunch and Learn. SU staff completed a wellness survey to assess their workplace health, received exciting giveaways, learned ways to be physically active at the desk, and engaged in meaningful discussions about their health and wellness journeys. Attendees enjoyed a delicious lunch containing chicken Caesar wraps, baked chips, oranges, and water. Thank you to our presenter, Southern University Dietetic Intern, Mr. Michael Henderson.

SU BOARD OF SUPERVISORS RECEPTION



Baton Rouge, La. - On Thursday, August 15th, the Southern University Ag Center and College of Agricultural, Human, and Environmental Sciences hosted a reception for the Southern University Board of Supervisors. It was a night of great food, engaging conversations, and a showcase of the incredible work by our faculty, staff, and students.

BEAUTIFICATION DAY AT FISHER HALL



Baton Rouge, La - The Center of Excellence is expanding edible horticulture gardens on Southern University's campus. On Wednesday, September 18th, Mr. Cornelius Jackson led the Beautification day. These plants will be utilized for classroom food demonstration usage such as the COE's SU Together: Move More, Eat Better. Volunteers received nutritious snacks and water. Special thanks to Dr. Christopher Chappell for donating the garden beds and all volunteers who came out.

FALL 2024 SU TOGETHER: MOVE MORE, EAT BETTER



Baton Rouge, La - The Center of Excellence hosted its first SU Together: Move More, Eat Better class for fall 2024. This class highlighted the importance of food safety. After the lesson, participants headed to the kitchen stations to begin prepping for salmon and cauliflower chickpea tacos with mango salsa. Lastly, pilates instructor, Tanesha with Xtreme Life Fitness held a low- impact exercise that offers a wide range of benefits for physical and mental well-being such as core strength, flexibility, posture alignment, and muscle tone. We look forward to seeing you at an upcoming class.



SU TOGETHER: SEAXS AND SEW



Baton Rouge, La - Sewing offers numerous benefits for health, both mental and physical. Did you know that sewing can enhance your quality of life by leading to a more sustainable lifestyle, allowing you to repair and upcycle clothing, and reducing waste?

The Center of Excellence hosted its first SU Together: Seaux and Sew class in collaboration with The Fab Lab. This class consisted of participants learning basic sewing and alteration skills. Participants gained skills on how to repair a hole with an iron on patch, hem using iron-on hem tape, hem using a hand needle and thread, and sew on a button.

Special thanks to Dr. Sammi Kennedy Benson and The Fab Lab Squad for leading this program to aid our community constituents with “seaux” knowledge and a new skill set.

WBR PARISH GOVERNMENT COMMUNITY HEALTH SCREENING



Port Allen, La - The COE continues to make great strides with statewide reach. At West Baton Rouge Parish Government Community Health Screening Events on Wednesday, July 10th and 24th, COE summer intern, Jakyra Allen and Southern University Dietetic Interns, Shareen Mathews and Micheal Henderson provided residents with food demonstrations on five food group salad and fruit salsa. They also handed out nutrition fact sheets and flyers on upcoming events.

FISHER HALL UPDATES



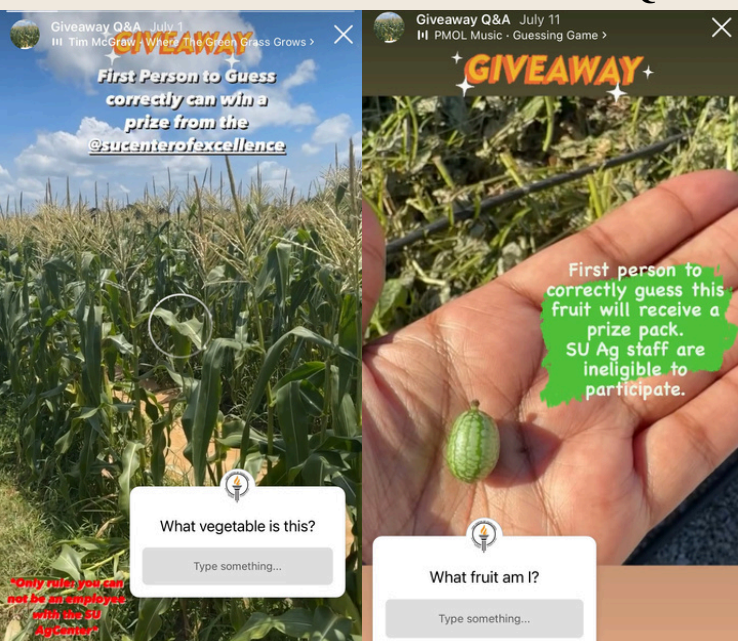
Baton Rouge, La - The COE was excited to welcome the CAHES students back on campus. The COE picked fresh flowers from the on-campus garden and placed them in the student lounge. Fresh fruit was also placed in the refrigerator. The restrooms were equipped with sanitary/hygiene items such as toothpaste, wipes, and feminine hygiene products for student use to enhance their quality of life. Thank you to the SU Dietetic Internship for donating the refrigerator for the Fisher Hall lounge.

PINKIE E. THRIFT HALL RENOVATION UPDATE

Baton Rouge, La - The Center of Excellence is working to begin renovation efforts in Pinkie E. Thrift Hall. The COE identified an 1890 Scholar Civil Engineering student, Mr. Nicholas Vallair, to lead this effort. He conducted a site evaluation and will submit a proposal encompassing a project design, planning, progress reports, etc. Be on the lookout for updates as we transform this space watch us Greaux!



SOCIAL MEDIA AND GIVEAWAY Q&A



Baton Rouge, La - The Center of Excellence has been hosting social media giveaways via Facebook and Instagram for audience engagement, brand awareness, and community building. Giveaways are a powerful tool for boosting social media engagement. They not only increase interactions and visibility but also create buzz around your brand. This excitement can attract new followers while keeping your existing audience engaged and invested in your content. Recipients received a goodie bag with COE branded items.

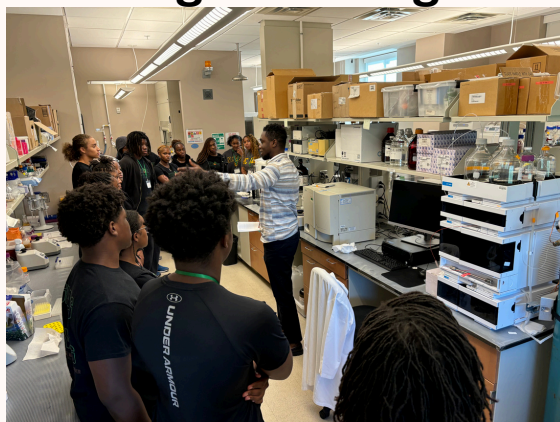
WHAT DOES YOUR GUT SAY ABOUT YOU?

Baton Rouge, La - The Center of Excellence has been on the move working to recruit volunteers for the gut health study. The COE had a table display at the Main Library at Goodwood where potential participants stopped by to learn more about the study, obtain an incentive and sample a food demo, fruit salsa and cinnamon chips.





George Washington Carver Food Research Institute



Kannapolis, NC - In July, NCAT hosted approximately 20 students from the George Washington Carver Food Research Institute (GWCFRI). During their visit, we presented on "Food as Medicine for Health Disparities".

The 13th Annual CAES Student Showcase of Excellence



Healthy Habits Camp for Kids

Kianna Harrison,
The Alice Aycock Poe Center for Health Education
Raleigh, North Carolina, USA
<https://www.poehealth.org/>

PROJECT ABSTRACT: In collaboration with the Poe Center for Health Education, our project uses food science to address diet-related health disparities in communities of color. Through the Healthy Habits Camp, aimed at children ages 5 to 10, we promote healthy eating and practical lifestyle tips in a fun and engaging manner. Our goal is to inspire lasting habits that support healthier lives in underserved communities.

Healthy Habits Camp Key Activities:

- Snackivities Booklet:** Each camper received a booklet with 10-20 new recipes to try at home.
- CookWell Kitchen:** Campers engaged in creating healthy recipes such as smoothies, homemade juices, hummus and other vegetable concoctions.
- Microgreen Pot Creation:** Campers observed real-time plant growth and learned about the nutritional benefits of microgreens.
- Garden Scavenger Hunt:** Reinforced recognition of fruits and vegetables through visual exploration, along with the "Vegetables from Scraps" activity.
- MyPlate Poster:** Campers designed posters based on MyPlate guidelines, presented to parents at the end of camp week.
- Nutrition Facts Label Activity:** Interactive session on understanding nutrition labels.

Applying for This Experience

Anyone interested in this experience should contact the Volunteer Coordinator at the Poe Center for Health Education, especially before summer breaks. There are several internship opportunities available for students ranging from high school to university, in the dimensions of health, nutrition, and school related policies. Prior experience regarding the area of interest is also encouraged.

Acknowledgement

I gratefully acknowledge support from the NextGen training grant 2023-70440-40153 from the U.S. Department of Agriculture's National Institute of Food and Agriculture and the guidance provided by Ms. Yichen Lin and Dr. Shengmin Sang.

College of Agriculture and Environmental Sciences – NC A&T State University

Raleigh, NC - NCAT Student Scholar, Kianna Harrison, served as an ambassador at the Healthy Habits Camp for Kids. In collaboration with the Poe Center for Health Education, Ms. Harrison used her food science and nutrition knowledge to promote healthy eating and practical lifestyle tips to children in an engaging manner. Her efforts were showcased at the 13th Annual CAES Student Showcase of Excellence, where she received third place for the best internship experience.

Make Fruits and Vegetables Available for All



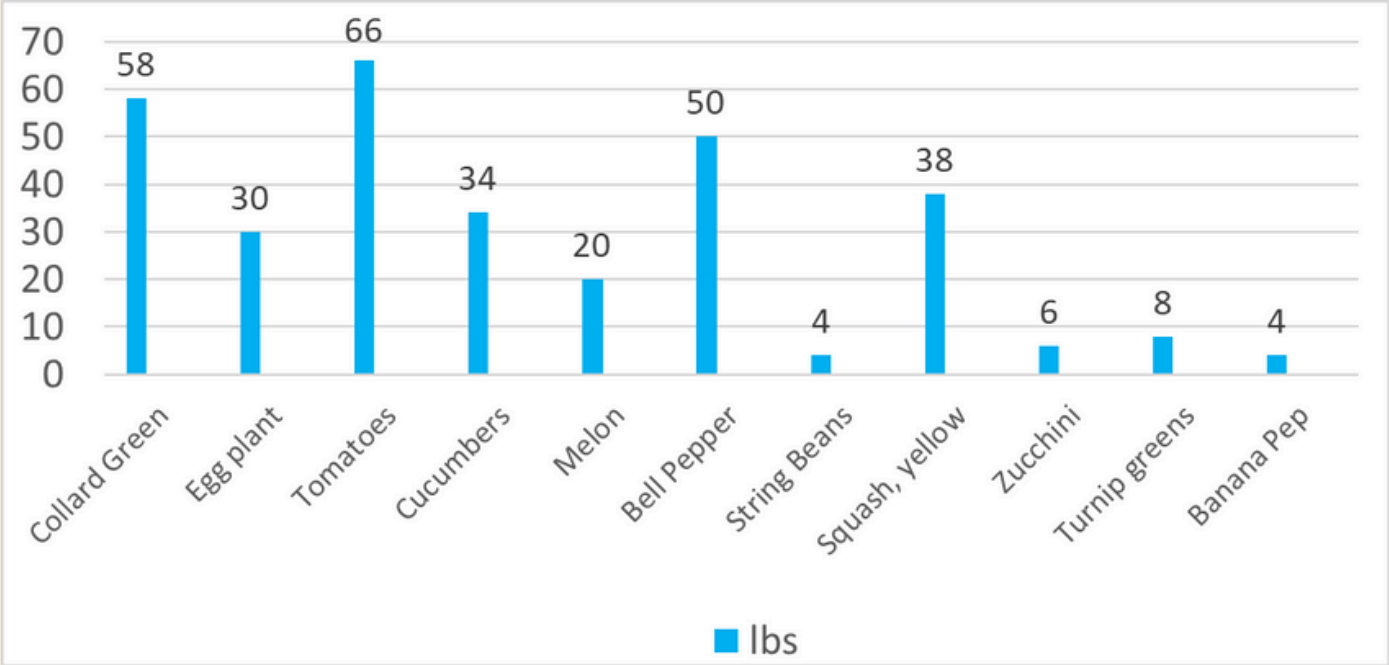
Tuskegee, AL - The Tuskegee University, Department of Food and Nutritional Sciences continues to expand the objective of “making fruits and vegetables available to all.” These past months during spring through summer, there has been the creation of new gardens at the community and individual levels, and continuing to provide sustained assistance to previously established gardens. This project is reaching the lives of rural residents living in Alabama Black Belt counties at all levels i.e. adults and youth, both, as groups and as individuals. The Tabernacle of Praise group had a large harvest and were able to sponsor a “No Cost Farmers Market”. This group harvested an estimated total of 280lbs of a wide variety of vegetables as shown in Figure 1. The New Possibilities and Youth Program (NPYP) had a surplus, which was also shared with the community. Figure 2. NPYP group at work in establishing the raised-bed gardens, harvesting, and displaying the produce. Figure 3. Tabernacle of Praise “No Cost Farmers Market” - Individuals from the community benefited from the gardening project in the Selma Community of Dallas Count.



Tuskegee University



Make Fruits and Vegetables Available for All



Tuskegee - Figure 1. The amount of vegetable harvested in (lbs.) in the Tabernacle of Praise group.

2024 COENHWQL RFA FUNDED SUBAWARDS

The 1890 Universities Foundation welcomes the participation of 1890 Universities who benefit from the 1890 University 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.

Delaware State University – Assess Dietary Habits and Nutrition Knowledge to Develop Education Programs for Management of Chronic Diseases among African-born Immigrants

University of Arkansas at Pine Bluff - An Interdisciplinary Coalition of Early Childhood and Nutrition Sciences Presents: An Approach to Training Undergraduate Students to Implement Best Practices for Nutrition Education and Wellness in Early Learning Centers.

West Virginia State University - Designing of Dairy- Free Yogurt Analogs with Baby Ginger for Improved Health Benefits

Lincoln University - Interaction of Soil Microbiome and Soil Micronutrient Availability on Plant Biochemical Pathways

SU TOGETHER:

MOVE MORE, EAT BETTER

Come cook with us this Fall on Thursdays!



FRUIT ROLL-UPS

SEPT. 5TH



SALMON TACOS & CAULIFLOWER CHICKPEA TACOS
with MANGO SALSA

SEPT. 19TH



VEGGIE FRIED RICE

OCT. 3RD



QUINOA PROTEIN BOWL
(Vegetarian Option)

OCT. 17TH



GREEN MONSTER SMOOTHIE
(Dairy Free Option)

OCT. 31ST



SU THANKSGIVING

NOV. 14TH

4:15 PM - 5:30 PM | Pinkie Thrift's Teaching Lab • Room 157

If you would like to participate in these classes, please RSVP by email to:
 brittany_howard@sugcenter.com
 evan_egana@sugcenter.com



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LOUISIANA STATE UNIVERSITY

VIRTUAL SEMINAR SERIES

Join us for a virtual webinar!

FOOD SECURITY AND NUTRITION: ADDRESSING INEQUITIES IN ACCESS TO HEALTHY FOODS

This presentation will explore the relationship among food security, nutrition, health disparities, and potential solutions to improve access to nutritious foods.

**TUESDAY, OCTOBER 15
12 PM - 1 PM (CST)**

GUEST SPEAKER:
ADELIA C. BOVELL-BENJAMIN, PH.D., CFS
PROFESSOR OF FOOD AND NUTRITIONAL SCIENCES

Adelia Bovell-Benjamin is a Professor of Food and Nutritional Sciences at Tuskegee University. She earned her BS and MS degrees in Food and Nutrition from Queens College, City University of New York, and Brooklyn College, City University of New York, respectively. Dr. Bovell-Benjamin completed her Ph.D. in Nutrition, specializing in International Nutrition with a minor in Epidemiology, at the University of California, Davis. Her extensive postgraduate certifications include: Certified Associate in Fundamentals of Digital Teaching and Learning, Certificates in Diabetes Education, Leadership Development and Certified Food Scientist, among others. Notably, she served as a United States Department of Agriculture (USDA) Fellow and is currently an Associate Editor for the National Academy of Sciences journal portfolio. Dr. Bovell-Benjamin also led the Food Processing and Product Development at the Tuskegee/NASA Center for Food and Environmental Systems for Human Exploration of Space (CFESES). Her contributions have garnered honors, including the Outstanding Faculty Performance Award (Teaching), Outstanding Faculty Performance Award, Faculty of the Year Performance Award (Tuskegee University's highest honor), and the Russell Brown Award for Excellence in Research. Additionally, she received the HEN Diversity Leadership Challenge Award, Inaugural LEAD2 Scholar recognition, and the John E. Kinsele Prize for multidisciplinary, collaborative research. Dr. Bovell-Benjamin has played vital roles in professional societies, serving on the Board of Directors of the Institute of Food Technologists and the Food and Nutrition Sciences Advisory Board. She is a Director on the Board of Directors for the Bovell Cancer Diabetes Foundation. With a global perspective, Dr. Bovell-Benjamin has served as a visiting professor in various African countries, contributing to the international academic community. She is a technical peer reviewer for several journals, organizations, and institutions, displaying her commitment to advancing research standards. Her research focus encompasses diet and nutrition issues, cancer prevention in African Americans in the Alabama Black Belt, the food environment, product development, and sensory evaluation. Dr. Bovell-Benjamin's impact extends to numerous peer-reviewed publications, books, and book chapters, showcasing her dedication to advancing knowledge in the field of food and nutritional sciences.

Register for this webinar at:
<https://bit.ly/4f9bQCM>

The funding for "CFS for nutrition, health, wellness and quality of life" has been provided by USDA/NIFA1023336.

Tuskegee University Agricultural Research and Extension Center and the Office of Agriculture, Food and Environmental Systems are proud to offer the Tuskegee/NASA Center for Food and Environmental Systems for Human Exploration of Space (CFESES). The CFESES is a unique partnership between Tuskegee University and NASA, providing a platform for research and education in food and nutrition. The CFESES is a multidisciplinary center that brings together experts in food science, nutrition, and environmental systems to address the challenges of food and nutrition in the 21st century. The CFESES is a leader in the field of food and nutrition research and education, and we are proud to offer this unique opportunity to our students and faculty.

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Join us for a virtual webinar!

"The Importance of Participatory Engagement and the Lived Experienced Voice in Promoting Health Equity and Improving Dietary Outcomes for All"

THURSDAY, NOVEMBER 14 | 11 AM - 12 PM (NOON) CST

GUEST SPEAKER:
ANGELA ODOMS-YOUNG, PH.D.
ASSOCIATE PROFESSOR OF MATERNAL AND CHILD NUTRITION/
DIRECTOR OF THE FOOD AND NUTRITION EDUCATION

Angela Odoms-Young, PhD (she/her/hers) is The Nancy Schlegel Meinig Associate Professor of Maternal and Child Nutrition, Director of the Food and Nutrition Education in Communities Program (FNEC) and New York State Expanded Food and Nutrition Education Program (EFNEP). Her research centers on understanding the social and structural determinants of dietary behaviors in low-income populations and black, indigenous, and people of color and identifying culturally appropriate programs and policies that promote health equity, food justice, and community resilience. Dr. Odoms-Young has over 20 years' experience partnering with communities to improve nutrition and health and she has served on numerous advisory committees and boards including the Institute of Medicine committees to revise the food packages provided for WIC, and the Council on Black Health. Dr. Odoms-Young also currently serves as the Inaugural Equity Visiting Scholar at Feeding America.

Register for this webinar at:
<https://bit.ly/3XcKhBm>

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Zoom - Join us for the upcoming virtual seminar series:

Tuesday, October 15th - 12:00 pm CST
Presenter: Dr. Adelia C. Bovell-Benjamin
Title: Food Security and Nutrition
Registration Link: <https://bit.ly/4f9bQCM>

Thursday, November 14th – 11:00 am CST
Presenter: Dr. Angela Odoms-Young
Title: The Importance of Participatory Engagement and the Lived Experienced Voice in Promoting Health Equity and Improving Dietary Outcomes for All
Registration Link: <https://bit.ly/3UZue7X>

Road Map to Health - A Healthy Brew

SEPTEMBER IS HEALTHY AGING MONTH



Healthy Aging Month is a time to celebrate life and highlight the joys and benefits of growing older.

Get Physically Active

Physical activity is a powerful tool to help control blood pressure, prevent heart disease and stroke, and potentially reduce your risk of depression, anxiety, certain cancers, and type 2 diabetes. To stay motivated, choose activities you enjoy, such as cycling, walking, dancing, swimming, or aerobics.

Current national recommendations suggest 150 minutes of moderate-intensity physical activity per week, along with two days of muscle-strengthening exercises. This amounts to just 20 minutes a day, 7 days a week, or about an hour a day if you choose to exercise three days a week.

Consume a Well-Balanced Diet

MyPlate serves as a visual cue to encourage a diverse selection of foods throughout the day and week. It illustrates what and how much to eat from each food group daily, regardless of whether you use a plate, bowl, or any other method.

Get Social

Some ways to get social include volunteering at a shelter, exploring a passion that you enjoy doing and combatting loneliness by scheduling to hang with family and friends.

Align your mind

Be realistic about what you can achieve. Learn to say no and avoid overwhelming yourself with a long to-do list. Mental Health America provides additional tips for managing and reducing stress.

Road Map to Health - A Healthy Brew

Southwestern Wild Rice And Sweet Potato Salad



Ingredients

- sweet potato - around 4 cups of cubes which is 1 large or 2 small sweet potatoes
- veggies - red onion, bell peppers, carrots and celery.
- wild rice blend - we prefer the texture of a wild rice blend, but you could go 100% wild rice if that's your thing!
- cilantro - only add if you are eating this salad within a few hours of making it
- chili lime vinaigrette - an all-time fave! Made with white wine vinegar, olive oil, chili powder, garlic, lime juice, honey and dijon, it's absolutely delicious.

Instructions

Heat oven to 425°F. Toss sweet potato in olive oil, and season with salt & pepper. Arrange on a baking sheet or baking dish.

Bake for 15 minutes, remove from the oven and turn the, then continue to bake for another 10-15 minutes until a fork goes into the sweet potatoes easily. Remove from oven and set aside to cool.

Cook rice according to package directions. You should end up with just over 2 cups of cooked rice. Allow to cool completely before assembling the salad.

Combine cooled sweet potato, cooled rice, and remaining salad ingredients including carrot, celery, red pepper, yellow pepper, red onion, and cilantro. Add the chili lime vinaigrette, and toss to combine. Enjoy!