



# CENTER OF EXCELLENCE

## Road Map To Health

JANUARY 2025 • VOLUME 10

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

### ST. KITTS AND NEVIS PRIME MINISTER VISITS SU



Baton Rouge, La – On October 2nd, Southern University had the distinct honor of hosting Dr. Terrance Michael Drew, Prime Minister of St. Kitts and Nevis, along with his family.

The Center of Excellence proudly showcased its initiatives and accomplishments since its inception, highlighting the impactful work being done to drive its mission forward.

### What's Inside

- PRIME MINISTER VISITS SU
- PINKING OF YOU
- ADDRESSING FOOD INSECURITY
- LET'S MAKE GROCERIES
- FORK TO FLUSH
- SEAX AND SEW
- NCAT NEWS
- UPCOMING EVENTS
- A HEALTHY BREW

### Let's Get Social



Instagram



@SUCENTEROFEXCELLENCE



# *Pinking Of You*

## BREAST CANCER AWARENESS



Baton Rouge, La. – On October 29th, Southern University's Center of Excellence for Nutrition, Health, Wellness, and Quality of Life, in collaboration with the College of Agricultural, Human and Environmental Sciences, hosted "Pinking of You," a breast cancer awareness event. Held at the Valdry Center for Philanthropy, the event featured expert speakers Y'Mine M. McClanahan and Tonja McMillan, who highlighted the importance of early detection and proactive health measures.

Chef Traci Vincent delivered a live cooking demonstration of nutritious recipes, while the "Pedals for Pink" bike tour with Geaux Ride encouraged physical wellness. Attendees and survivors received thoughtful gifts, fostering an inspiring and community-centered experience.

For a recap, visit the SU AgCenter's YouTube channel.



# ADDRESSING FOOD INSECURITY



**Harvest from J.W. Fisher Hall**



**Ms. Howard preparing sandwiches for the CAHES students.**



**Fisher Hall Student Lounge**



**Harvest from SU Lab School**

Baton Rouge, La. – In an effort to address food insecurity, the Center of Excellence established two gardens in front of the College of Agriculture buildings, Pinkie E. Thrift Hall and J.W. Fisher Hall. The COE also collaborated with My Kid Plate Foundation, Early Risers Kiwanis, and SU AgCenter SNAP-Ed to provide a garden and nutrition education classes at SU Lab School. Additionally, the COE offered sandwiches, soups, healthy grab-and-go snacks and lunch to ensure those in need have access to nutritious options. By utilizing the produce from these campus gardens the consumers are able to sample fresh food straight from farm to table.





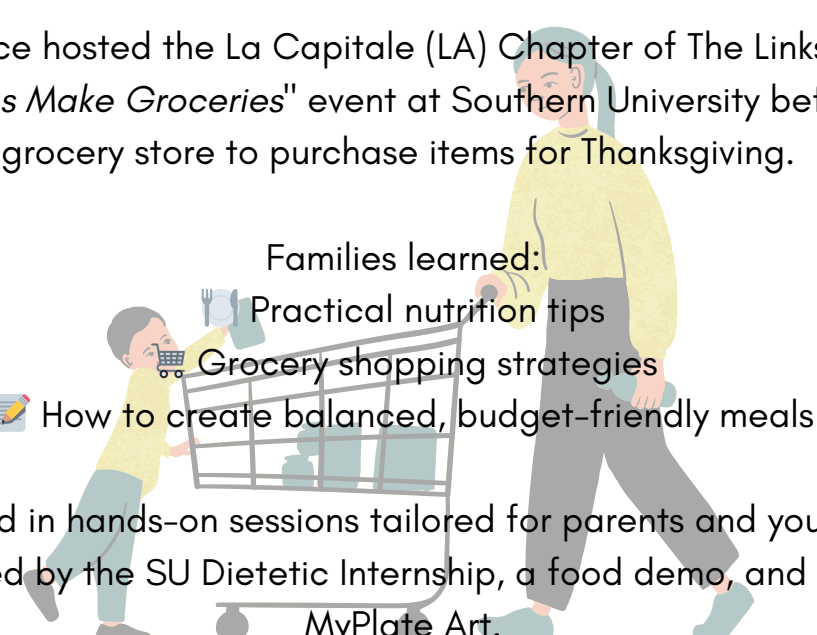
# Let's Make Groceries



The Center of Excellence hosted the La Capitale (LA) Chapter of The Links, Incorporated as they hosted their annual "Let's Make Groceries" event at Southern University before they headed to the grocery store to purchase items for Thanksgiving.

- Families learned:
- 🍴 Practical nutrition tips
  - 🛒 Grocery shopping strategies
  - ✍️ How to create balanced, budget-friendly meals

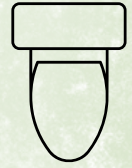
Families participated in hands-on sessions tailored for parents and youth, including health assessments conducted by the SU Dietetic Internship, a food demo, and creative activities like MyPlate Art.







# FORK TO FLUSH



Baton Rouge, La. – On November 25th, the COE and CAHES facilitated 'Fork to Flush', an experiential learning field trip in conjunction with Big Buddy and the Louisiana Education Action Network. This field trip highlighted the life cycle of food consumption and how the waste generated from consumption impacts the residents of East Baton Rouge Parish and the Mississippi River. Additionally, it provided insight on environmental injustices that areas such as Alsen have faced.

Attendees gained knowledge on:

- 🌱 How food is grown by touring the greenhouse
- 🌿 Wetland restoration
- 🐾 Pet therapy with goats and sheep
- 💻 Learned about GIS (Geographic Information System) at GIS Day in the Student Union
- 🌿 How to harvest food from Pinkie Thrift horticulture garden
- 👩🍳 Prepared and sampled chicken pesto pasta and salad with items harvested from the garden at Pinkie
- 🔄 Upcycled a t-shirt by designing a purse, neck scarf, or creating a DIY t-shirt
- 🥒 How to create pickles
- 💧 How can we work together to save OUR WATER



# SU TOGETHER: SEAX AND SEW

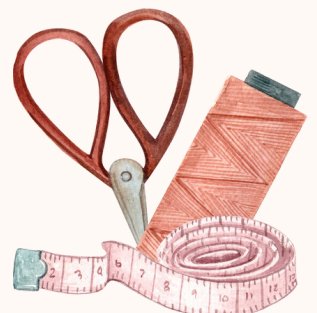


Baton Rouge, La - Sewing offers numerous benefits for health, both mental and physical. Did you know that sewing can enhance your quality of life by leading to a more sustainable lifestyle, allowing you to repair and upcycle clothing, and reducing waste?

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 in 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" much knowledge and a new skill set.

*SEAX AND SEW WITH US THIS SPRING!*





## Center of Excellence at the Southern Ag Center Partners on \$500,000 USDA Grant to Improve Food Safety Training

Baton Rouge, La. – The Center of Excellence for Nutrition, Health, Wellness, and Quality of Life (COE) at the Southern University Ag Center is part of a collaborative effort that was recently awarded nearly \$500,000 in funding from the U.S. Department of Agriculture National Institute of Food and Agriculture's (USDA-NIFA) Food Safety Outreach Program (FSOP). The Southern University Ag Center received \$70,000 of this funding to play a key role in outreach and training delivery.

The initiative, which involves the LSU AgCenter, Southern University Ag Center, and Florida A&M University, aims to provide enhanced food safety training for farm workers and underserved farmers. It focuses on innovative and interactive learning techniques.

This joint project, titled "On-Farm Food Safety Training for Farm Workers and Underserved Farmers Covering FSMA PSR and GAPs Requirements," shifts from traditional slideshow-based methods, adopting hands-on activities, posters, and flipcharts to deliver short, on-farm lessons. These cover topics like Good Agricultural Practices (GAPs), worker health and hygiene, sanitation, risk assessment, and compliance with the Food Safety Modernization Act (FSMA) Produce Safety Rule (PSR).

The program provides a range of resources, including risk assessment tools, standard operating procedure templates, fact sheets, and recordkeeping logs. These tools help growers identify potential food safety hazards, evaluate current practices, and strengthen areas that need improvement. Onsite audits will also be conducted to support the implementation of robust food safety practices.

Achyut Adhikari, an LSU AgCenter food safety specialist and principal investigator for the grant, emphasized the project's transformative impact. "This grant allows us to bridge critical knowledge gaps among farmworkers and underserved farmers, equipping them with the tools and resources needed to meet regulatory and market-driven food safety requirements and ensure the integrity of our food system," he said.

The project also supports bilingual training to accommodate the number of Spanish-speaking farmers and farmworkers in Louisiana and Florida. This inclusivity ensures broader access to the training and resources needed to strengthen food safety practices across diverse farming communities.

Additionally, the program bolsters the food safety capacity of two minority institutions, Southern University and Florida A&M, by leveraging the LSU AgCenter's resources.

"This funding enables us to create a more inclusive and practical approach to food safety training, especially for growers who are often overlooked in conventional programs," Adhikari added. "By providing hands-on training and tailored resources, we aim to enhance understanding of critical food safety practices, ensuring compliance with regulations and protecting public health."

For more information about the project and upcoming training opportunities, contact Kiyana Kelly at [kiyana\\_kelly@suagcenter.com](mailto:kiyana_kelly@suagcenter.com) or Brittany Howard at [brittany\\_howard@suagcenter.com](mailto:brittany_howard@suagcenter.com).

Source: Information from the article, research team awarded grant to better train farm workers on food safety, handling, written by V. Todd Miller, was used in the development of this press release.





# North Carolina A&T



## Out of the Garden Project: A Community Service Success



On November 23, 2024, the “Out of the Garden” Project, led by Makayla Eugene, partnered with MANRRS students to support families facing food insecurity. Held at Piedmont Classical High School, the event provided 200 families by providing fresh produce, bread, meat, and shelf-stable items in a welcoming and supportive environment.

MANRRS students played a key role, assisting with food organization, distribution, and direct engagement with families. Their efforts not only helped meet immediate nutritional needs but also fostered a sense of community and teamwork.

The project underscored the importance of access to nutritious food for community health, while participants gained deeper insight into the challenges faced by underserved populations. Moving forward, organizers aim to expand volunteer teams and outreach to serve even more families.

This impactful collaboration highlighted the power of community service in addressing food insecurity and building stronger, healthier communities.





# Congratulations to our Outstanding Team!



*Brittany*

*Evan*

Baton Rouge, La - We are thrilled to recognize the incredible achievements of our staff members who continue to go above and beyond in their roles. A special congratulations to Program Coordinator, Ms. Brittany Howard and Nutrition Educator, Ms. Evan Egana, who recently earned their Master of Public Administration degrees with a concentration in Nutrition! Your dedication to advancing your education and expertise is truly inspiring.

Whether it's delivering exceptional service, contributing innovative ideas, or fostering teamwork and collaboration, each of you plays a vital role in our success. Together, we are building a strong, vibrant community.

Thank you for all that you do—let's celebrate your accomplishments and look forward to even greater success ahead!



# VIRTUAL SEMINAR SERIES

Join us for a virtual webinar!

## THE GENETIC BLUEPRINT: How DNA Shapes Nutrition, Health, and Well-Being

**THURSDAY, JANUARY 23 | 11 AM - 12 PM (NOON) CST**

**GUEST SPEAKER:**  
**Jennifer Caldwell, PhD, MPH**  
Assistant Professor  
Director, Public Health Genomics and Health Equity Laboratory  
LaCATS Community Outreach Coordinator

Dr. Caldwell is a human geneticist with an interest in combining genetic ancestry analysis and community engaged research strategies. Her research uses interdisciplinary research designs to observe genetic, environmental, and cultural factors that contribute to chronic health disparities. Her secondary focus is being an Academic Lead for the Louisiana Clinical and Translational Science Center, Community Engagement Core for the Baton Rouge Community Advisory Board (CAB).

Due to Dr. Caldwell's overall interest in epigenetics, our study designs combine observing genetics traits, social determinants of health and behavioral risk factors that impact health disparities. She aims to answer questions about the role of how ancestry, culture, and behavior contribute to transgenerational disparities in ethnic minorities. She also is interested in creating digital tools to increase community engagement and health literacy for genetic-based research. Her previous work analyzed the genetic composition of Gullah Geechee (GG), an African American micro ethnic group found in the Lowcountry of Georgia and South Carolina, which are stroke belt hot spots. This research established the Gullah Geechee as a progenitor for Legacy African Americans.

Her goal at PBRC is to continue the framework of population and public health genomics research for Louisiana communities. In addition to her research goals, Dr. Caldwell is a LAUNCHED Fellow and Forge AHEAD Pilot Cohort 3 Fellow. LAUNCHED is supported by the National Institutes of Health, the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) and serves to support underrepresented scientists advance their careers in health disparities research. Forge Ahead is a health equity research center committed to eliminating health disparities in the Deep South. The funded project is a behavioral study to look at the impact of participant knowledge of genetic risk on health behavior change.

Register for this webinar at:  
<https://bit.ly/3D4Qhor>

The funding for "CCE for nutrition, health, wellness and quality of life" has been provided by USDA/NIFA/1023096

Southern University Agricultural Research and Extension Center and the College of Agriculture, Human and Environmental Sciences is an affiliate of the Southern University System, University of Agriculture, Forestry, and Fisheries, located in Baton Rouge, Louisiana. Southern University System, University of Agriculture, Forestry, and Fisheries, is an affiliate of the Southern University System, University of Agriculture, Forestry, and Fisheries, located in Baton Rouge, Louisiana. Southern University System, University of Agriculture, Forestry, and Fisheries, is an affiliate of the Southern University System, University of Agriculture, Forestry, and Fisheries, located in Baton Rouge, Louisiana.

USDA Nutrition Hub  
U.S. DEPARTMENT OF AGRICULTURE

Join us for a virtual webinar!

## THE EFFECT OF PHYSICAL ACTIVITY INTERVENTIONS IN AFRICAN AMERICAN ADULTS

**TUESDAY, FEBRUARY 18 | 11 AM - 12 PM (NOON) CST**

**GUEST SPEAKER:**  
**Robert L. Newton Jr., PhD**  
Professor  
Director, Physical Activity and Ethnic Minority Health Lab

Dr. Robert L. Newton, Jr. is a Professor and Director of the Physical Activity and Ethnic Minority Health lab at the Pennington Biomedical Research Center. He received his bachelor's degree from Hampton University and PhD in Clinical Psychology from the University of Florida. His research examines the effect of physical activity on the health of African Americans across the lifespan. Many of these interventions include collaborations with community-based organizations and incorporate the use of mobile technology to foster behavior change. Dr. Newton has published over 100 peer-reviewed manuscripts and obtained federal, state, industry, and private foundation funding to support his work.

Register for this webinar at:  
<https://bit.ly/3DfquA4>

The funding for "CCE for nutrition, health, wellness and quality of life" has been provided by USDA/NIFA/1023096

Southern University Agricultural Research and Extension Center and the College of Agriculture, Human and Environmental Sciences is an affiliate of the Southern University System, University of Agriculture, Forestry, and Fisheries, located in Baton Rouge, Louisiana. Southern University System, University of Agriculture, Forestry, and Fisheries, is an affiliate of the Southern University System, University of Agriculture, Forestry, and Fisheries, located in Baton Rouge, Louisiana. Southern University System, University of Agriculture, Forestry, and Fisheries, is an affiliate of the Southern University System, University of Agriculture, Forestry, and Fisheries, located in Baton Rouge, Louisiana.

USDA Nutrition Hub  
U.S. DEPARTMENT OF AGRICULTURE

# UPCOMING EVENTS

## SU TOGETHER: MOVE MORE, EAT BETTER

*Around the World! Come cook and exercise with us this Spring on Thursdays!*

<b>FEB. 13TH</b> <b>FOOD:</b> JERK CHICKEN <b>FITNESS:</b> THREE STEP UP	<b>FEB. 20TH</b> <b>FOOD:</b> LASAGNA SOUP <b>FITNESS:</b> PILATES <i>"Please bring a yoga mat"</i>	<b>FEB. 27TH</b> <b>FOOD:</b> THAI CURRY <b>FITNESS:</b> LINE DANCING
<b>MAR. 13TH</b> <b>FOOD:</b> SUSHI BOWLS <b>FITNESS:</b> GEAUX RIDE	<b>MAR. 20TH</b> <b>FOOD:</b> PAELLA <b>FITNESS:</b> ZUMBA	<b>MAR. 27TH</b> <b>FOOD:</b> BIRRIA TACOS <b>FITNESS:</b> POOLSIDE NUTRITION & WATER AEROBICS

**4:15 PM - 5:30 PM | Pinkie Thrift's Teaching Lab • Room 157**  
If you would like to participate in these classes, please RSVP using the QR code or register at <https://forms.office.com/r/1QA0pd1d0x>  
For any additional questions email: [brittany.howard@suaugcenter.com](mailto:brittany.howard@suaugcenter.com) or [evan.egana@suaugcenter.com](mailto:evan.egana@suaugcenter.com)

**LINKING CITIZENS - Louisiana... OPPORTUNITIES... Success!**  
f @suaugcenter @su\_agcenter • • • connect with us • • • [www.suaugcenter.com](http://www.suaugcenter.com)

The funding for "CCE for nutrition, health, wellness and quality of life" has been provided by USDA/NIFA/1023096

Southern University Agricultural Research and Extension Center and the College of Agriculture, Human and Environmental Sciences is an affiliate of the Southern University System, University of Agriculture, Forestry, and Fisheries, located in Baton Rouge, Louisiana. Southern University System, University of Agriculture, Forestry, and Fisheries, is an affiliate of the Southern University System, University of Agriculture, Forestry, and Fisheries, located in Baton Rouge, Louisiana. Southern University System, University of Agriculture, Forestry, and Fisheries, is an affiliate of the Southern University System, University of Agriculture, Forestry, and Fisheries, located in Baton Rouge, Louisiana.

## 1890 Center of Excellence for Nutrition, Health, Wellness and Quality of Life 2025 COE Symposium

**Integrating Traditional and Modern Nutritional  
Practices to Combat Health Disparities**

**March 20-21**  
**Laureate Center**  
401 Laureate Way,  
Kannapolis, NC 28081

- Keynote Address
- Student Poster Presentations and Competition
- Presentations from National, State and Local Speakers
- Panel Discussions
- Networking Opportunities
- March 19: Metabolomics Workshop

**Register Now!**  
<https://rb.gy/1bd8ii>

The funding for "CCE for nutrition, health, wellness and quality of life" has been provided by USDA/NIFA/1023096

Southern University Agricultural Research and Extension Center and the College of Agriculture, Human and Environmental Sciences is an affiliate of the Southern University System, University of Agriculture, Forestry, and Fisheries, located in Baton Rouge, Louisiana. Southern University System, University of Agriculture, Forestry, and Fisheries, is an affiliate of the Southern University System, University of Agriculture, Forestry, and Fisheries, located in Baton Rouge, Louisiana. Southern University System, University of Agriculture, Forestry, and Fisheries, is an affiliate of the Southern University System, University of Agriculture, Forestry, and Fisheries, located in Baton Rouge, Louisiana.

## SU TOGETHER: SEAX AND SEW

WITH THE CENTER OF EXCELLENCE AND FAB LAB

**THURSDAYS, MARCH 6TH & APRIL 3RD**  
**4:00 PM - 5:00 PM | Pinkie Thrift Apparel Construction Lab • Room 206**

**For more information, please contact:**  
[kiyana\\_kelly@suaugcenter.com](mailto:kiyana_kelly@suaugcenter.com) or [brittany\\_howard@suaugcenter.com](mailto:brittany_howard@suaugcenter.com)

**Scan to Register!**

**Come learn how to thread and operate the sewing machine with us on Thursdays!**  
*"Please bring your sewing machine if you have one."*

**LINKING CITIZENS - Louisiana... OPPORTUNITIES... Success!**  
f @suaugcenter @su\_agcenter • • • connect with us • • • [www.suaugcenter.com](http://www.suaugcenter.com)

The funding for "CCE for nutrition, health, wellness and quality of life" has been provided by USDA/NIFA/1023096

Southern University Agricultural Research and Extension Center and the College of Agriculture, Human and Environmental Sciences is an affiliate of the Southern University System, University of Agriculture, Forestry, and Fisheries, located in Baton Rouge, Louisiana. Southern University System, University of Agriculture, Forestry, and Fisheries, is an affiliate of the Southern University System, University of Agriculture, Forestry, and Fisheries, located in Baton Rouge, Louisiana. Southern University System, University of Agriculture, Forestry, and Fisheries, is an affiliate of the Southern University System, University of Agriculture, Forestry, and Fisheries, located in Baton Rouge, Louisiana.



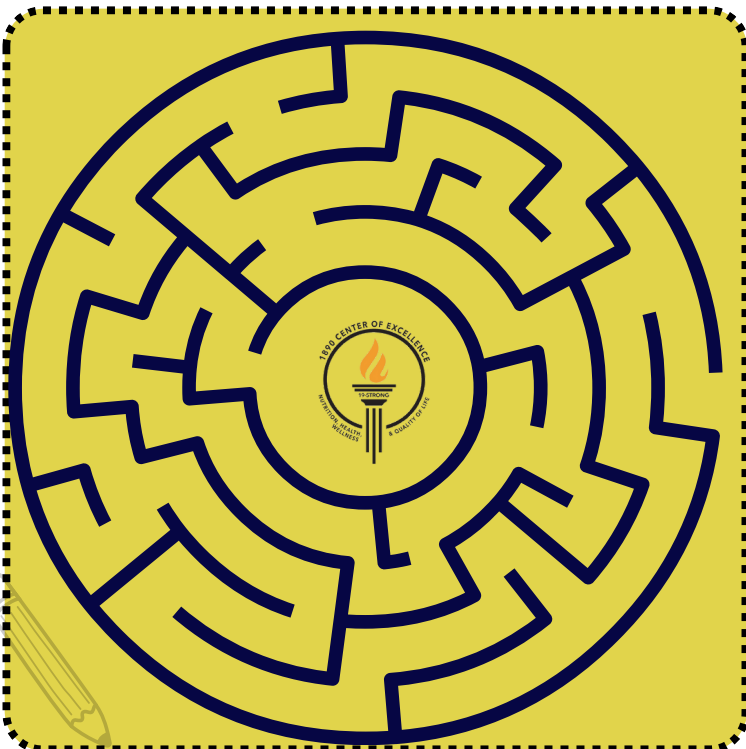
*Road Map to Health - A Healthy Brew*

# HEALTH & WELLNESS ACTIVITY SHEET

V L T B V C D N G T T O B I  
Z F B C Y B S X B J T V L U  
Q H E W Y X J Q V G Y Z J N  
D U I Y Q M D J N X Q S R K  
B T W I Q A R O Y K M F J S  
M W D S R J M R Z R R Z S Y  
K C V E S X M T O M R A J W  
D E C L R N Z M W F D A B N  
P A D V Z Q S A X D W M Y W  
Z V Z G H D L U R G T K Y G  
C S L F F A K T Q O I D E A  
R K P N A D D I I R N Y K V  
U C D P K O W A V C P R M V  
L C P W A G N M C K H V K B

Nutrition  
Health  
Wellness  
Quality of Life  
Exercise  
Hydration  
Balance  
Energy  
Fitness  
Resilience

Mindfulness  
Strength  
Vitamins  
Harmony  
Selfcare  
Endorphins  
Rest  
Diet  
Growth



1. Drinking water regularly helps maintain proper \_\_\_\_\_ and supports overall health.
2. Foods high in \_\_\_\_\_, like fruits, vegetables, and whole grains, help regulate digestion.
3. Managing \_\_\_\_\_ through mindfulness or relaxation techniques is critical for mental well-being.
4. \_\_\_\_\_ is a key component of a healthy diet and provides energy, nutrients, and satisfaction.
5. Getting adequate \_\_\_\_\_ each night is vital for recovery, focus, and maintaining a healthy immune system.
6. Engaging in regular \_\_\_\_\_ for at least 30 minutes a day promotes cardiovascular health and weight management.

Answers: water, fiber, stress, balance, sleep, exercise





## MEAL PREP BREAKFAST SANDWICHES

**TOTAL TIME: 30 MINUTES**  
**YIELD: 10-12 BREAKFAST SANDWICHES**

### INGREDIENTS

- 12 eggs
- 1/4 cup whole milk
- 1 1/2 teaspoons salt
- 6 slices bacon
- a few handfuls of spinach
- 12 English muffins
- Cheese (optional)
- Butter (optional)



### INSTRUCTIONS

- Preheat oven to 300 degrees. Generously oil-rimmed half-sheet pan.
- Whisk the eggs, milk, and sea salt.
- Cut the bacon into small pieces. Fry in a heavy skillet until crispy. Add the spinach and stir until wilted. Using tongs, let excess fat drip off for a few seconds before adding your bacon and spinach to the egg mixture.
- Pour the egg mixture into the oiled half-sheet pan (13x18). Bake for 15 minutes, until just set.
- Remove, cool, and cut into rounds using a wide mason jar lid or round cookie cutter. Place egg on each muffin round. Add cheese, wrap in foil, and voila.
- Refrigerate 4 - 5 days or freeze. To reheat, you can use the oven, microwave, toaster oven, or some combination of all.

Source: [www.pinchofyum.com/15-minute-mea-prep-breakfast-sandwiches](http://www.pinchofyum.com/15-minute-mea-prep-breakfast-sandwiches)