Public Health is committed to improving access to care for the community, preventing chronic diseases, and eliminating health disparities within the community among children and adults.
Fun Facts About October

October is National Dental Hygiene Awareness Month

- Daily brushing with fluoride toothpaste and flossing are essential to oral health. Diet and nutrition also play an important role in maintaining good oral health.
- Good food choices that promote oral health include cheese, chicken or other meats, nuts, and milk. These foods are full of calcium and phosphorus which protect the tooth enamel.
- Foods high in vitamin C, such as oranges, tomatoes, peppers, broccoli, potatoes, and spinach, promote gum health.
- Poor food choices to promote oral health are candies and other foods with high sugar contents, such as cookies, cakes, and high sugar drinks, such as sweet tea and soft drinks.

Healthy FLPP Snack Tips

1. Think of snacks as mini-meals that can provide you with nutrient rich foods.
2. Shack when you feel hungry. Skip the urge to snack when you are bored
4. Plan snacks ahead of time.

Low Calorie Snacks under 200 calories:

⇒ One tablespoon peanut butter on slices of an apple.
⇒ One cup tomato soup with five whole-grain crackers
⇒ Three cups of air-popped popcorn sprinkled with grated parmesan cheese.
⇒ One small baked potato with salsa and one ounce of sour cream.
⇒ One 6-inch flour tortilla with 1/4 cup black beans and 2 tablespoons fresh salsa.
⇒ Veggie snack: 6 baby carrots, 10 green pepper strips, 6 cherry tomatoes, and 2 tablespoons of reduced fat salad dressing.
This Month’s FLPP Recipe: Tuscan Bean Salad

Ingredients:

Serves 4 Entrée Salads

2 14-ounce cans low sodium cannellini beans, rinsed and drained
1 large red bell pepper, diced
2 medium tomatoes, diced
1 cup arugula
½ cup chopped red onion
¼ cup chopped fresh Italian parsley
2 cloves garlic, chopped
¼ teaspoon lemon pepper (optional)
1/3 cup extra-virgin olive oil
2 tablespoons balsamic vinegar
Ground pepper, to taste

Directions:

1. Combine all ingredients, and toss gently in a large bowl.

2. Eat immediately, or refrigerate for one hour before serving to let flavors blend.

Nutritional Analysis per Serving:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Calories</td>
<td>364</td>
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<tr>
<td>Sodium</td>
<td>330 mg</td>
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<tr>
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<td>Total carbohydrate</td>
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</tr>
<tr>
<td>Saturated fat</td>
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<tr>
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<td>Dietary fiber</td>
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<tr>
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<tr>
<td>Protein</td>
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</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
</tbody>
</table>

Nutritional Information

This bean salad is a great source of protein, nutrients and minerals and healthy oils.

It is also high in soluble fiber which keeps you feeling full for longer and helps with slow digestion of carbohydrates. Soluble fiber helps prevent wide swings in blood glucose levels.

This salad is also a great source of vitamin C, a good source of iron and vitamin A!
**Cooking Matters at the Store**

During the month of October to promote Food Day the Pitt Partner’s for Health Nutrition and Physical Activity Subcommittee are holding Cooking Matters at the Store grocery store tours. Cooking Matters at the Store are one time, free, two hour hands-on nutrition classes designed to help families and individuals on a budget make healthy choices at the supermarket. The grocery store tours were promoting to Eat Real on Food Day and Every day. Many local dietitians and health educators participated in teaching key concepts to program participants including:

- **Real:** Choose less processed, whole foods that are higher in healthy nutrients like fiber and vitamins and contain less added sugars, salt, and unhealthy fats
- **Easy:** Keep it simple, plan ahead for busy weeknights, cook once-eat all week, use healthy shortcuts and include uncooked fruits and vegetables
- **Affordable:** Buy produce when in season, check unit prices for the best deal, shop sales and stock up on healthy fresh, frozen or canned fruits and vegetables, and cook or fix meals at home
- **Local:** Support local farmers by shopping Farmer’s Markets, roadside fruit and vegetable stands in addition to grocery chains that buy local produce.

Other topics covered include reading food labels and identifying healthier food choices and whole grain foods. The participants of the grocery store tours received a booklet containing information on nutrition and food budgeting, healthy recipes and a reusable grocery bags.

Participants also participated in a $10 challenge, in which they received a $10 Food Lion gift card to purchase a meal containing all food components of MyPlate: Vegetables, Fruits, Dairy, Protein, and Grains under $10.

Cooking Matters at the Store is funded and supported by the Inter-Faith Food Shuttle, Food Lion, and Pitt Partners for Health.

Special thanks to Natalie Taft, Registered Dietitian from ECU Department of Pediatrics for organizing the Cooking Matters at the Store program to our local community, and for bringing together nutrition and health educators.
Inside Story on FLPP Trainings

Trainings are in full swing for

- Life Long Learning Program participants—still enrolling!
- City of Greenville and Greenville Utilities employees—moved to January 2014!
- and Masters of Public Health students—still enrolling!

We are very excited about our new partners and will be spending the month October providing training to our committed community members and volunteers!

The Farmer’s Market is Open

The Farmer’s Market is open March thru December on Tuesday, Thursday & Saturday from 8:00 am to 1:00 pm.

The Farmer’s Market is working to make fresh fruits and vegetables available to all of Pitt County’s residents. The market has an abundance of different fresh fruits and produce that are locally grown.

The Pitt County Farmer’s Market is located at 4560 County Home Road in Greenville. It is 2 miles south of Hwy 43 South at Bell Fork.

Community Events and Announcements

- The City of Greenville is holding their Open Enrollment for insurance for city employees on Wednesday, October 23 form 10:00 am - 4:00 pm. The FLPP will be providing a healthy cooking demonstration and healthy snacks.

- Cooking Matters at the Store grocery tours are being held throughout the month of October. To find out more information or enroll visit www.localstrides.com or call (252) 744-5061.

- Registration for Winning with Diabetes Conference on Wednesday, November 6, is now open. This event is sponsored by Vidant Medical Center, Brody School of Medicine, Pitt County Public Health Center, and East Carolina University College of Nursing.
VOLUNTEER OPPORTUNITIES

Volunteers are needed for ongoing FLPP training sessions please email Constance Foushee at flpp@ecu.edu if you would like to know more about our training sessions or if you would like to get involved!

Food, Education and Distribution Center

Provides food to low income families to supplement their grocery needs, and meets the special needs of the elderly by distributing food on a monthly basis.

Call to get involved!
(252) 754-2222

Saint Paul’s Food Pantry

Provides food for well over one hundred families on a weekly basis

Volunteer or Donate Today!

office@stpaulsepiscopal.com
252-752-4996

FIND US ON FACEBOOK

www.facebook.com/foodliteracypartnersprogram

FOR MORE NUTRITION AND PHYSICAL ACTIVITY INFORMATION VISIT:

www.myplate.gov
www.eatright.org
www.cdc.gov/nutrition/