

# Food Literacy Partners Program

ECU Department of  
Public Health

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## September is National Childhood Obesity Month



Photo Credit: American College of Sports Medicine

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.

September is National Childhood Obesity Awareness Month! Since 1980 childhood obesity rates have almost tripled. One in 3 children in the US are overweight or obese. Childhood obesity puts children at risk for health problems that at one time were only seen in adults, such as type 2 diabetes and heart disease.

## Fun Facts About October

October is National Breast Cancer Awareness Month.

- A healthy diet and eating well can lower your chance of developing cancer.
- Key recommendations for diet and cancer prevention are to keep a healthy weight, being overweight or obese can increase your risk for cancer, to reduce intake of foods with added sugar that provide a lot of calories but few nutrients, to eat plenty of fruit and vegetables, to make half of your grains whole grains, to moderate your meat portions, to limit alcohol, and to consume less salt.

The good news is that childhood obesity can be prevented! Communities, health professionals and families can take action and work together to create opportunities for kids to eat healthier and move more.

The FLPP provides education and training on childhood nutrition and achieving healthy weight in children.

In honor of National Childhood Obesity Awareness Month, the FLPP encourages your family and community members to:

- Get active outside
- Make healthy meals
- Limit screen time

On behalf of the FLPP we would like to thank individuals that are taking a step towards finding a solution to the childhood obesity epidemic including individuals that take action at home and in the larger community.

## 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.



Photo Credit: Academy of Nutrition and Dietetics

## Healthy FLPP Snack Tips

1. Think of snacks as mini-meals that can provide you with nutrient rich foods.
2. Snack when you feel hungry. Skip the urge to snack when you are bored
3. Keep portion control in mind.
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.



Photo Credit: Academy of Nutrition and Dietetics

## 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.



Photo Credit: Academy of Nutrition and Dietetics

### Nutritional Analysis per Serving:

Calories	364
Sodium	330 mg
Total fat	17 g
Total carbohydrate	39 g
Saturated fat	2.4 g
Trans fat	0 g
Dietary fiber	14 g
Sugar	5 g
Protein	13 g
Cholesterol	0 mg

### 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.



*ECU Dietetic Intern, Kim Kruse discussing how to identify which breads have whole grain and good sources of fiber.*



*FLPP Student Coordinator, Lana Nasrallah, and ECU Dietetic Intern, Kim Kruse with Cooking Matters at the Store tour participants.*

## 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!

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## 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.

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## Community Events and Announcements

- The City of Greenville is holding their Open Enrollment for insurance for city employees on Wednesday, October 23 from 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](http://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.
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## VOLUNTEER OPORTUNITIES

Volunteers are needed for ongoing FLPP training sessions please email Constance Foushee at [flpp@ecu.edu](mailto: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](mailto:office@stpaulsepiscopal.com)

252-752-4996



Food Literacy Partners Program

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