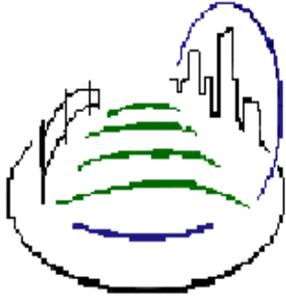


# THE Food and Nutrition Summer Institute

## NEWSLETTER



### Inside this issue:

<i>Food, Facts &amp; Fun</i>	2
<i>Summer Institute 2000 Agenda</i>	3
<i>Want To Know A Hero!!!</i>	4

### Note from the Editor . . .

This newsletter was created to communicate to you. Issue 1, Summer 1999 summarized the first Summer Institute with a roll call of participants; Congressional, business, and community speakers; mini-projects outline; our first *Unsung Hero*; and the zucchini crab cake recipe that everyone raved about in Baltimore. Issue 2, Fall 1999 included Dietary Guidelines and Healthy People Objectives update; HBCU nutrition programs web links; Jackie Keller's greens n' smoked turkey stir fry recipe; info on move to Morgan State University by Drs. Yvonne Bronner and Ivis Forrester; ADA award of 11 continuing education hours to 19 dietitians who attended the Summer Institute; and start of *Unsung Hero* column for each newsletter issue.

The most exciting feature in Issue 3, Winter 2000 was the nutrition newsletter created by Southern Univ. students April Stull, Bridget Batiste, Coty Mitchell, Sheneda Jackson, and Karnesha Washington. April helped create our newsletter at the '99 Summer Institute and followed through on her commitment to start one at Southern using software she received from us. In the 3<sup>rd</sup> issue, we also featured the Shape Community Ctr. in Hous-

ton, TX and the Prairie View A&M nutrition program; a Happiness Cake recipe from the "FAMU Favorites" cookbook; Drs. Lillie Williams' (Howard Univ.) and Bernestine McGee's (Southern Univ.) ADA Medallion Award and USDA Under Secretary Shirley Watkins' honorary membership.

Issue 4, Spring 2000 marks the end of a great first full year of publication. **I want to extend a very special thanks to Sheonna Gibson**, who is responsible for the newsletter layout and graphics. Sheonna keeps track of deadlines; acts as the liaison to John Gladstone (technical information specialist at the National Agricultural

In this 4<sup>th</sup> issue, we've included a report on the National Nutrition Summit and various announcements; another *Unsung Hero*; Sheonna's recipe for fruit salad; and the agenda for the Food and Nutrition Summer Institute 2000. It's not too late to register. Applications may be requested by contacting me at [charris@rbhnrc.usda.gov](mailto:charris@rbhnrc.usda.gov)

### Update on National Nutrition Summit and 2000 Dietary Guidelines

On May 30-31, 2000 the National Nutrition Summit, jointly sponsored by the US Department of Agriculture (USDA) and the Department of Health and Human Services (DHHS), was held in Washington, DC. Progress and ongoing challenges were addressed since the 1969 White House Conference on Food, Nutrition, and Health. Topics of discussion included hunger; overweight and obesity; nutrition and physical activity; and the need for behavior change and lifestyle improvements. Look for a Summit overview; available soon on the web.

The Dietary Guidelines for Americans, 2000 were formally presented at the National Nutrition Summit and participants received the fifth edition booklet. Copies are available from the USDA Center for Nutrition Policy and Promotion at 202-418-

2312 or on the web at [www.ars.usda.gov/dgac](http://www.ars.usda.gov/dgac).

The new Guidelines are:

Aim for Fitness...

- Aim for a healthy weight.
- Be physically active each day.

Build a Healthy Base...

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

Choose Sensibly....

☞ Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.

☞ Choose beverages and foods

Act as if it were impossible to fail.  
-- Dorothea Broude --

### Calendar & Events

Year 2000  
Food & Nutrition Summer  
Institute  
"Taking Action for Healthy  
Communities"



July 18-21, 2000  
Marriott Hotel, Greenbelt,  
MD



**Fun. . .** Move, get physically active and have some fun at least 30 minutes most days of the week, Do any one of the activities listed below – combine activities....Dietary Guidelines for Americans, 2000.

- walk, wheel, or jog
- garden
- play actively with children
- take a brisk 10-minute walk or wheel in the morning, at lunch, and after dinner
- dance
- swim
- play sports
- take part in an exercise program at work, home, school or

## *Food, Facts, & Fun*

**Food . . .** Summer is right around the corner, along with it comes picnics & Bar-B-Q's, here's a summer recipe to enjoy this summer.

### **Sheonna's Fruit Salad**

1 (20 ounce) can of pineapple chunks, drained and reserve juice  
 1(21 ounce) can of peach pie filling  
 2 apples, peeled and chopped  
 2 bananas peeled and chopped  
 3 to 4 kiwis  
 1 pint of strawberries

In a small bowl, toss chopped apples in reserved pineapple juice. Allow to sit for 5 to 10 minutes.

In a large salad bowl, combine peach pie filling and pineapple chunks.  
 Remove apples from pineapple juice and

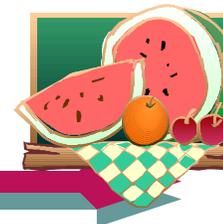
add to pie filling and pineapple mixture. Add chopped bananas to reserved pineapple juice and let sit for 5 to 10 minutes.

Peel and slice 2 kiwi and 1/2 pint of strawberries. Slice other 1/2 pint of strawberries and set aside.

Remove bananas from pineapple juice and add to pie filling mixture. Add kiwi and strawberries to mixture and toss together.

Arrange remaining kiwi and strawberry slices around the edge of the serving bowl. Chill and serve.

Makes 6 to 8 servings



**Fact . . . International Food and Nutrition Conference 2000, October 8-10, 2000, Tuskegee**

**University Kellogg Conference Center, Tuskegee, AL** "Food for the New Millennium: Innovations in Nutrition, Food Safety and Biotechnology" is the theme for IFNC 2000. This forum will bring together professionals in areas affecting human health and nutrition within academia, industry, government, and public interest groups for information sharing, discussion and networking on current food and nutrition issues. IFNC 2000 aims to promote awareness and action toward raising global nutritional standards through domestic and international food policy, research, and outreach activities, including mutual technology transfers. For further information contact Ralphenia D. Pace, IFNC Chair, 334-727-8162 (phone); 334-727-8493 (fax); gherdp@tusk.edu or Eloise Carter, Co-Chair; 334-727-8953 (phone); 334-727-8451 (fax); ecarter@tusk.edu

**Fact . . . "Food Counts in the African American Community,"** a chartbook written by Drs. Ellen Harris and Yvonne Bronner, now in development, will contain detailed tables highlighting food and nutrition information, cultural pearls and facts about the way we eat displayed in charts and graphs. This information is compiled for a diverse audience — the public, community groups, universities, the private sector, and government. The chartbook will focus on five important areas: 1) dietary guidance, 2) nutrition and the lifecycle, 3) the diet disease relationship, 4) physical activity, and 5) foods we eat. Copies will be available at The Food & Nutrition Summer Institute and upon request after July, 2000.

**Fact . . . Paul A. Cotton, PhD, RD** recently accepted a Nutrition Scientist position with the Community Nutrition Research Group, Beltsville Human Nutrition Research Center, ARS, USDA in Beltsville, MD. In 1999, Dr. Cotton received his PhD in Nutritional Sciences from Howard University in Washington, D.C. He has held faculty and staff positions at Howard University for the past 17 years. His research interests include nutrition and physical activity and human performance.

## Food and Nutrition Summer Institute 2000 Agenda

	Morning	Afternoon	Evening
<b>Tuesday</b>	10:00– 12:30 p.m. Registration (at hotel)	1:00 -1:15 Welcome and Introductions Ellen Harris, DrPH, Assistant Director, BHNRC, ARS, USDA  1:15 - 2:30 Summer Institute Goals, Objectives & Expectations  2:30 – 3:30 “Taking Action in the African American Community to Meet Healthy People 2010 Health Objectives.” Keynote Speaker: Louvenia Brock, PhD, RD, Co-Host, Heart and Soul, BET	3:30 - 4:00 Break  4:00 - 6:00 “HBCU Research Projects: An Outcome of Food & Nutrition Summer Institute 1999 Funding” - Presentations by Alabama A&M, Howard, Prairie View, Southern, & Tuskegee Universities, and the Univ. of Maryland Eastern Shore  <b>***Dinner on your own ***</b>
<b>Wednesday</b>	8:00 - 9:00 Travel to Capitol Hill  9:00 -10:30 Part I – “Political Activism for Nutrition & Health Issues in Your Community” Facilitator: Carrye Burley Brown, U.S. Fire Admin. and Former Congressional Staffer  10:30 -10:45 Break  10:45 - 12:00 Part II- “Political Activism for Nutrition & Hlth. Issues in Your Community”	12:00 -12:30 Travel to United House of Prayer  12:30 -12:40 Welcome, Apostle H. L Whitner  12:40 - 1:40 Lunch  1:40 - 2:20 “Taking Action for Healthy Communities - A Community Prospective” Speaker: Hannah Oakman, President/ Founder, Doors to Dignity, Inc.  2:30 - 3:00 Travel to USDA, Whitten Building, Rm. 107A	3:00 3:30 Welcome– Catherine Woteki, Under Secretary for Food Safety  3:30 - 5:00 “Program Overviews and Funding Opportunities” - Representatives from DHHS, FSIS, ERS, & HeadStart  5:00– 5:30 Q & A  5:30 - 6:30 Travel to hotel  <b>***Dinner on your own ***</b>
<b>Thursday</b>	8:00 - 9:00 Travel to Beltsville, Bldg. 005, Rm. 21  9:00 - 10:30 “Community Collaborations to Strengthen Curriculum Design for the 21st Century” Panel  10:30-11:00 Break  11:00– 12:30 Roundtable	12:30 - 1:00 Travel to BHNRC Human Studies Facility  1:00 - 2:30 Lunch & Tour  2:30 - 3:00 Travel to Bldg. 005  3:00 - 4:30 Mini Project Session I	4:30 - 5:30 Mini Project Session II  5:30 - 6:00 Travel to hotel  <b>***Dinner on your own ***</b>
<b>Friday</b>	8:00 - 8:30 Travel to Beltsville Bldg. 005, Rm 21  8:30 - 10:30 Mini Project Session III  10:30 - 11:00 Break  11:00 - 12:30 Mini Project Session IV	12:30 - 1:30 Lunch  2:00 - 3:30 Group Presentations  3:30 - 4:00 Q & A  4:00 - 4:30 Travel to hotel	6:00 - 9:00 Closing Banquet Unsung Hero Dedication Certificates Awarded Guest Speaker : Sarah Lomax Reese, Publisher, Health Quest Magazine

## WANT TO KNOW A HERO!!!

Paulette Sinclair – Weir, Supervising Nutritionist, Medical and Health Research Association, New York City was nominated as an Unsung Hero by Claude Marie Colimon, Office of Minority Health, Region II, DHHS. Ms. Sinclair – Weir has consistently demonstrated her ability to provide culturally appropriate nutrition service to the broad array of ethnic communities in New York City. During her career of 20-plus years, she has served as a leader and innovator in nutrition education, developing creative approaches to her work and sharing them with students, staff, colleagues, and community leaders.

In her current position as a supervising nutritionist for the Woman, Infants, and Children (WIC) Program, Paulette created an “Adopt-a-Participant” program, assigning volunteer staff members to participants to provide personal guidance and help them navigate local social and educational systems. She has also demonstrated a genuine love and appreciation for the various cultures of WIC participants by consistently incorporating foods familiar to her clientele in health education exhibits and presentations. The titles of her programs reflect her desire to engage as well as educate these communities: “Medicine in the Kitchen Cabinet –A Guide to Caribbean Products and Their Medicinal Uses”; “Beyond Lettuce and Tomatoes” (a photo exhibit featuring fruits and vegetables from around the world and an accompanying recipe book; presented at the New York Public Library in Jamaica, Queens); “Exploring Foods From Around the World” (an exhibit and presentation on healthy eating). She also reviewed for accuracy *Celebrating Diversity: Approaching Families Through Their Food*, a publication of the US Department of Health and Human Services and the US Department of Agriculture.

Paulette is well respected for her contributions to her community and charitable organizations. Her volunteer work includes:

- teaching English as a second language and GED preparation courses to adults through the Queens Adult Literacy Program
- writing articles on nutrition and health for church and community newsletters
- serving as a team captain for the March of Dimes/Walk America
- serving on the advisory board of the Perinatal Network and as their consultant for outreach to HMOs, Food Stamp



**THE Food & Nutrition**  
**SUMMER INSTITUTE**

C/o Dr. Ellen Harris  
USDA, ARS, BHNRC, CNRG  
Bldg. 005 Rm. 117  
Beltsville, Maryland 20705  
Telephone: (301) 504-0610  
Fax: (301) 504-0698