

FALL 2019



NEWSLETTER

MORE MATTERS FOR ALL SEASONS

Fall harvest is here! Pumpkins and squash decorate our homes, and the smell of warm apple cider is in the air. It is a time for festivals, holidays and traditions started by the first Americans as they settled in the New World. Last month the nation celebrated one of the most colorful and edible parts of the harvest feast. The vegetables and fruits are commonly called, produce. The campaign, "Produce for Better Health Foundation's More Matters" encourages Americans to eat more produce every day filling up half or more of our plate. However, all seasons of the year we should consume plenty of vegetables and fruits to reap the health benefits of produce.

Seasonal produce is purchased and consumed around the time it is harvested. Buying seasonal fruits and vegetables locally allows it to be fresher, due to less distance to get the produce to you. Also, the crops are picked at their peak of ripeness. Out of season produce is harvested early to allow it to be shipped and distributed to your local retail store. Keep in mind, you may find the same vegetables and fruits available all year, however, it does not mean the nutrition quality is the same each season of the year.

According to the Centers for Disease Control and Prevention's 2018 report, only 12.2% of Americans meet the daily fruit intake recommendation and only 9.3% of adults meet the daily vegetable intake recommendation. Surprisingly, there are at least nine different families of fruits and vegetables to choose from with potentially hundreds of plant compounds beneficial to health. In fact, studies have shown that fruits and vegetables contain more nutrients, such as vitamins, minerals, and phytochemicals when allowed to ripen naturally on their parent plant.

Phytochemicals function as antioxidants, phytoestrogens, and anti-inflammatory agents to benefit our health and promote wellness in many ways. Some health benefits to eating more of these phytochemicals from produce are to reduce heart disease, protect against certain types of cancers, reduce Type 2 diabetes, and encourage a healthier body weight and decrease obesity.



Here are four benefits of eating local seasonal produce:

- 1. Richer flavor** – Vegetables and fruits picked when fully ripened have a better taste and flavor. If your produce is coming from across the nation or another country, it is picked before it's ripe.
- 2. Better nutrition** – Produce picked before they are ripe allow the nutrients to not fully develop in the flesh of the produce, therefore, reducing the nutrient availability.
- 3. Cost efficient** – Vegetables and fruits in season are more abundant, therefore cost less per pound versus produce out of season which is more due to time and added expenses to grow it in a greenhouse. Also, the fuel charge for distant transportation is often added to the price of the food upon delivery.
- 4. Community benefit** – Buying produce from local farmer's is a great way to build and support the community. It also allows you to feel more connected to where your food is coming from and who is growing it.

Try to incorporate more local produce daily and buy colorful produce in season. It matters to your health! To get a seasonal guide for vegetables and fruits visit: https://fruitsandveggies.org/stories/whats-in-season-2/?gclid=EAlaIqobChMI-9_D8pSD5QIVh7zACh1eHAFYEAAYASAAEgIW7fd_BwE

EVERYBODY LET'S GET ACTIVE

Getting enough physical activity is an important aspect in adopting a healthy lifestyle. Active people generally live longer and are at less risk for serious health problems like heart disease, type 2 diabetes, obesity and some cancers. In addition, exercise strengthens your mind and your bones and improves your overall mood. Unfortunately, in the United States only 27.1% of the youth get the recommended 60 minutes of daily physical activity and in Alabama only 25.4% reach the recommended amount.

Childhood and adolescence are critical periods to establish lifelong health and well-being. According to the current National Physical Activity Guidelines for Americans, youth between the ages of 6 to 17 years old should get at least 60 minutes per day of moderate to vigorous physical activity, and mostly aerobic exercise. Children who live a physically active lifestyle tend to have better grades, cognitive performance and classroom behaviors.

About 50 million Americans report having a disability. Disabilities can affect people in different ways. Also, some disabilities may be hidden or not easy to see. Youth with disabilities are about twice as likely as other children to be overweight or obese. In addition, they are more likely to have heart disease, stroke, diabetes, or cancer than children without disabilities. Living with a disability doesn't have to equal poor health. Finding what works for you to adopt a physically active lifestyle is essential. It is important to provide youth with opportunities and encouragement to participate in physical activities that are enjoyable and offer variety, but also appropriate for that age group.

The following tips can assist with ways to incorporate more physical activity for all youth, including those with disabilities.

1. Children love physical activity. Find fun and favorite activities they enjoy. This increases their chance of participating. Some example of activities for kids are brisk walking, hiking, dancing, swimming, basketball, volleyball, biking or even karate. Make sure to modify exercise to be appropriate for all, including those with disabilities.
2. Encourage and support physical activity. Become a role model and show enjoyment in physical activity to help kids get involved.
3. Start off slow with any exercise. Gradually increase physical activity and intensity until recommended levels are met.
4. Expose kids to safe activity environments, such as public parks, baseball fields, basketball courts, or walking trails
5. Provide kids with ways to incorporate outdoor recreation such as bikes, skateboards, jump ropes, and sporting balls to their activity.
6. Make time for exercise. Use free time for more fun physical activities.



Make sure children are participating in wellness checks with their pediatrician regularly, while encouraging them to get moving. Check out this handy poster to help effectively communicate and support those with disabilities to promote a positive environment for physical activity. https://www.cdc.gov/ncbddd/disabilityandhealth/pdf/disabilityposter_photos.pdf

"Our bodies are gardens: Our wills are our gardeners" - William Shakespeare

FRESH PRODUCE WITH SNAP BENEFITS

Today 42 million Americans participate on The Supplemental Nutrition Assistance Program (SNAP) formerly known as Food Stamps. It is the largest federal nutrition assistance program providing benefits to eligible low-income individuals. Families receive an Electronic Benefits Transfer (EBT) card used like a debit card to purchase eligible food in authorized retail food stores.

Only 1 in 10 American children eat enough fruits and vegetables, and one-third are overweight or obese. Without access to healthy, affordable food, Americans are at a higher risk for a host of diet-related diseases like obesity, diabetes and heart disease. In 2014 alone, the U.S. spent over \$160 billion on food insecurity-related illness.

Healthy food incentives were designed to make fresh fruits and vegetables more affordable for shoppers who use SNAP. These SNAP incentives or EBT cards allow shoppers to purchase high-quality fruits and vegetables, try new foods, and experience a positive shopping experience. These incentives help families to boost their food dollars and bring home a better quality and more quantity of nutritious food.

At the farmer's market, national supermarkets, small grocery stores, corner stores, or mobile markets, shoppers can use SNAP food incentive to receive a token, paper coupon, digital coupon or discount when purchasing an eligible item. For example, when a family spends \$20 of their SNAP benefits at a participating farmers market, they could get an additional \$10 to spend on locally grown fruits and vegetables. This means they can bring home \$30 worth of food for just \$20 dollars. Many programs across the country even match purchases dollar for dollar.

For more information on SNAP program's healthy food incentives for nutritious foods for the family visit this site to inquire or apply for Alabama's SNAP/ Food Stamps Program visit http://dhr.alabama.gov/services/Food_Assistance/Food_Assistance_Division.aspx.



POWER OF PRODUCE FOR KIDS

The Power of Produce (POP) is a farmer's market incentive program for youth to encourage increased family participation at farmer's markets, and improve family produce intake while helping the community. It is offered at farmers markets throughout the nation. Weekly, children ages 4 to 12 receive a \$2 token to spend on fresh fruits and vegetables.

The Power of Produce (POP) Club originated at the Oregon City Farmers Market in Oregon City, Oregon, in 2011. The program has been put into practice at thousands of national farmer's markets. POP provides a fun opportunity for children to engage in the local food system through conversations directly with local farmers, educational games, food demonstrations, and exposure to new fruits and vegetables.

There is a convenient POP toolkit providing farmers markets and partnering organizations with the guidance, resources, and templates needed to successfully put in place the program.



The POP Club Toolkit was created by the collaboration of the University of Minnesota Extension Family Development, Master Gardeners, and the Minnesota Farmers Market Association. For a free toolkit and more information on starting up a POP club please go to <https://extension.umn.edu/local-foods/power-produce-pop-club>.

PINK RIBBON AWARENESS

Tie a pink ribbon this month for breast cancer awareness. The Susan G. Komen for the Cure has used the pastel color ribbon since its inception in 1982. That year, the very first Komen Race for the Cure logo design was an abstract female runner outlined with a pink ribbon. Today, the pink ribbon can be used to represent breast cancer awareness for women and men.

Breast cancer is one of the most common kinds of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. Each year in the United States, more than 245,000 women are diagnosed, and more than 40,000 women die from the disease. Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age. Even though it is not very common, men can also get breast cancer. Less than 1% of breast cancers occur in men.

October is National Breast Cancer Awareness Month, a chance to raise awareness about early detection of breast cancer. The good

news is that most can survive breast cancer, if it's found and treated early. There are different symptoms of breast cancer, and some people can have no symptoms at all.

Symptoms may include—

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

A mammogram screen is a non-invasive breast exam used to detect breast cancer early. If you need to make an appointment for a mammogram or have any signs that worry you, see your doctor right away. Don't wait! Please view for further information on mammograms for breast cancer detection, visit the National Breast Cancer Foundation, Inc. Check out <https://www.nationalbreastcancer.org/mammogram-101/>



CREATIVE FESTIVE ART FOR FALL

Art is naturally linked to creativity, which is often thought of as one of the most important factors for the success of any individual, organization, or culture. Art is often stated as 'food for the soul', however, it does help with the mental, emotional, and psychological development. Art enhances the sense of creativity, independence, and helps kids reach their potential. In addition, art has a lot of positive effects on a child's character and personality.

Art allows children to process the world around them and express their interpretations in a creative way. No two kids will come up with the same painting or art piece. In art, there is no right or wrong. Art is about creating something out of nothing. It helps kids pay attention to details, which can come in handy as they grow up. Individual creativity gives a child a chance to take pride in their work, show off their talent and talk about it to others. This interaction allows them to overcome fear of opinions from others and gives them more

confidence. Creative arts and crafts allow kids to have fun doing an activity they enjoy. Parents feel incorporating art allows valuable family time by keeping everyone engaged while having fun together.

Here are some quick and easy fall kids (and adult) crafts which can be made in under 30 minutes using items around the house or at little cost. No special tools or skills are required, so all the family can enjoy making these festive autumn art and crafts.

Check out over thirty craft and art ideas from Happiness is Homemade, a blog started by creative moms and kids at <https://www.happinesishomemade.net/easy-fall-kids-crafts-anyone-can-make/>





NEWS AND EVENTS

21ST CENTURY NEW GRANTEES PROFESSIONAL DEVELOPMENT CONFERENCE 2019 - OCTOBER 23-25

Renaissance Montgomery Hotel & Spa at the Convention Center
201 Tallapoosa Street, Montgomery, AL

20TH ANNUAL LIGHTS ON AFTERSCHOOL - OCTOBER 24

Afterschool Alliance/ Alabama Afterschool Community Network
National event to celebrate the importance of afterschool programs. Information on state event/register: <http://loa.afterschoolalliance.org/accounts/signup>

ASAPERD FALL CONFERENCE 2019 - NOVEMBER 17-19

Hyatt Regency Wynfrey Hotel, Birmingham Galleria, Hoover, AL
Information/registration: <https://www.asahperd.org/fall-conference>

THE GREAT AMERICAN SMOKEOUT DAY - NOVEMBER 21

American Cancer Society. Information, resources and toolkit available: <http://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

HARVEST SOUP: CHICKEN VEGETABLE WITH KALE

This is an easy to prepare hearty and popular chicken vegetable soup with a twist. A vegetable for all seasons-- kale is added to give a vitamin A punch to your soup. Both kale and carrots add lots of nutrients plus vitamin A to this harvest soup.

Chicken Vegetable Soup with Kale

2 teaspoons vegetable oil
1/2 cup onion (chopped)
1/2 cup carrot (chopped)
1 teaspoon thyme (ground)
2 garlic clove (minced)
2 cups water (or chicken broth)
3/4 cup tomatoes (diced)
1 cup chicken, cooked, skinned and cubed
1/2 cup brown rice, cooked (or white rice)
1 cup kale (chopped, about one large leaf)



1. Heat oil in a medium sauce pan. Add onion and carrot. Saute until vegetables are tender, about 5-8 minutes.
2. Add thyme and garlic. Saute for one more minute.
3. Add water or broth, tomatoes, cooked rice, chicken and kale.
4. Simmer for 5-10 minutes.

To view more harvest soups and stews recipes to make for your family dinner, holiday feast, or organization potluck, check out this site from Forks Over Knives, a nationwide campaign to promote eating more plant-based foods. https://www.forksoverknives.com/recipes/?recipe_type=soups-and-stews&ro=popular