## SOUTHERN UNIVERSITY AGRICULTURAL RESEARCH AND EXTENSION CENTER



# **CENTER OF EXCELLENCE**

Road Map To Health

### APRIL 2025 · VOLUME 11

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

## THE 1890 CENTER OF EXCELLENCE SHINES AS SILVER SPONSOR





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**Baton Rouge, La** – The 1890 Center of Excellence for Nutrition, Health, Wellness and Quality of Life served as a proud Silver Sponsor of the **Wigs, Martinis, & Bowties Soirée** hosted by The Links, Incorporated – La Capitale (LA) Chapter. The soirée was held on Friday, January 17, 2025. This elegant evening of live music, fine cuisine, and community service will help support impactful community service projects. Serving as a sponsor provides the COE with exposure to a broad audience by elevating brand visibility to expand reach and strengthen community ties as a dedicated community partner.

: https://lacapitaleforacause.myevent.com/2025sponsors



# **ELEVATING FACULTY WELLNESS**



**Baton Rouge, La** - The The 1890 Center of Excellence proudly facilitated two dynamic workshop sessions, "*Elevating Faculty Wellness Through Nutrition, Health, Wellness, and Quality of Life*," at the inaugural Institute for Teaching and Learning Excellence! This institute offered dynamic and engaging sessions aimed at enhancing academic excellence and promoting student success.

Our workshops focused on equipping faculty with practical tools and strategies to enhance their nutrition, health, and overall wellness. Participants gained actionable insights to promote balanced living, optimize performance, and foster resilience in their demanding academic roles. The attendees were able to sample peach cobbler chia pudding and three bean chili. They also received a lunch container to encourage meal preparation to bring lunch to save money.

We are proud to support Southern University faculty in their commitment to advancing the Jaguar Nation standard. Together, we're building a healthier, stronger community.

# APRIL 2025 · VOLUME 11 BEYOND THE CLASSROOM HYGIENE BAGS



**Louisiana** – On February 13th, The 1890 Center of Excellence for Nutrition, Health, Wellness, and Quality of Life was proud to support community initiatives by donating **hygiene bags** to local drives! Access to basic hygiene essentials is a key component of overall well-being, and we are committed to making a positive impact.

Our donation will help ensure that students at Crestworth Middle School and athletes in the East Feliciana Middle Boys & Girls Basketball Program have access to essential hygiene products. We appreciate the efforts of Southern University Law Center's SBA Community Service Committee, Women in Law, and the East Feliciana Middle Boys Basketball Program for organizing these impactful drives.

Together, we are bridging gaps in health, nutrition, and wellness for our communities!

# Let's Get AGducated: Harvest Edition



**Baton Rouge, La.** – Student Scholar, De'Aree Harris, and CAHES Student Volunteer, Kamryn Muhammad, **AGducated** our social media viewers on how to gear up their garden for a freeze! They were able to harvest red/purple mustards, Stonehead cabbage, broccoli, parsley and rosemary. They demonstrated how to harvest some of the items and provided insight on usages and background knowledge.

Let's Get Agducated: Gearing your Garden up for a Freeze - Harvest Edition https://bit.ly/3F3tafo



**Baton Rouge, La.** - The Center of Excellence hosted **Color with Excellence** at the SU Child Development Lab, providing our little Jags with a fun and interactive learning experience. Coloring isn't just an enjoyable activity—it's a powerful tool for child development.

During the event, the little Jags engaged in coloring while learning about MyPlate. They placed various foods on MyPlate and completed coloring sheets, reinforcing their understanding of nutrition and color recognition. By associating different colors with healthy foods, the activity made nutrition both fun and engaging while

helping children learn about colors in a practical way.

Additionally, coloring enhances fine motor skills, boosts creativity, and fosters self-expression, making Color



with Excellence both an educational and enriching experience for our little Jags. Even our College of Ag mascot, Jagie, came to join in on the fun!

# Growing Young Minds: COE Donates Tower Garden to SU Child Development Lab







**Baton Rouge, La** -The 1890 Center of Excellence donated a **Tower Garden** to the SU Child Development Lab, bringing hands-on learning and fresh produce to young learners! Along with the donation, staff received training on the system from Mr. Cornelius Jackson, Professor Stephanie Elwood and Ms. Yasmyne Wells. Through this vertical hydroponic system, children will explore:

Plant Life Cycles- Watching food grow from seed to harvest.

Sustainability & Nutrition – Learning about water conservation and healthy eating.

**STEM Concepts** – Engaging in hands-on science and plant care.

Farm-to-Table Learning – Enjoying fresh, classroom-grown produce.

Professor Elwood is currently growing Butter crunch lettuce, Arugula, and lettuce mix in our greenhouse and donated the Butter crunch & Romaine lettuce for the tower.

This initiative fosters early nutrition education, sustainability, and STEM learning, helping kids and educators grow together!

Stay tuned to watch our little Jags 'Greaux in Ag'!



# COE COLLABORATES WITH THE SOCIETY FOR AMERICAN FORESTERS IN RECOGNITION OF INTERNATIONAL DAY OF FORESTS

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**Baton Rouge, La** – The 1890 Center of Excellence proudly supported the **International Day of Forests** celebration at Southern University by purchasing and donating plants to enhance the Urban Forestry Educational Trail. Our contributions will benefit both the ecosystem and the campus community.

The trail was adorned with Black Eyed Susans, Texas Sage, Bee Balm, Salvia, and Creeping Phlox.

Events like these highlight the importance of environmental stewardship and the vital role forests play in sustaining our food systems, biodiversity, and overall well-being. We are honored to be part of this initiative, fostering **q** greener future for all!





**Baton Rouge, La** – The Center of Excellence hosted part two of **SU Together: Seaux and Sew** class in collaboration with The Fab Lab. This class consisted of participants learning how to thread and operate the sewing machine.

Learning to sew enhances quality of life by fostering creativity, reducing stress, and building practical life skills like mending and altering clothing. It supports sustainability through upcycling, boosts confidence, and promotes self-reliance. Sewing can improve focus, motor skills, and provide a sense of accomplishment. Additionally, it offers opportunities for community connection, cost savings, and even potential income through handmade goods or repairs.

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.



# **Tuskegee University**

Empowering Alabama's Black Belt: Promoting Nutrition Literacy and Healthy Living Through Hands-On Learning



Participants at Tabernacle of Praise Church in Selma, AL enjoy a heart-healthy meal at the cooking demo.



Tuskegee University students explore stress management at a mental health and nutrition presentation.

Alabama – Tuskegee University's Department of Food and Nutritional Sciences continues to address nutrition-related health issues in rural African American communities across Alabama's Black Belt. Over 25 participants actively engaged in interactive, hands-on activities learning during the Selma cooking demonstration and nutrition workshop. Community members expressed excitement about incorporating familiar ingredients into healthier versions of their favorite dishes. This initiative supports the broader goal of reducing chronic disease risk by increasing nutrition literacy and promoting fresh produce access through sustainable gardening.

Personnel engaged with community participants and students in discussions focused on nutrition mental health, and hypertension. Topics included making healthy food choices, utilizing the nutrition label to assess sodium content, and interpreting nutrition label language.



A participant's heart-friendly plate from the MyPlate activity.



## VIRTUAL SEMINAR SERIES





REGISTER AT

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or Ball, is a pie



#### Fiona B. Lewis, DrPH, MS, RDN, LDN Dootses of Public Health, Registered sized Plant: Record Chat, Self-Public



#### SU TOGETHER: SEAUX 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: klyana,kelly@suagcenter.com or brittany,howard@suagcenter.com





Road Map to Health - A Healthy Brew

# **BRAIN TEASERS**

#### Health Riddles

- I. Orange as a carrot, sweet as honey, I grow on vines, you eat me for money. What am I?
- 2. Red or green, seeded or seedless, sweet juicy flesh, I'm so fun to mesh. What am I?
- 3. I'm green and leafy, a veggie prized, pack nutrients and vitamins, keep hunger satisfied. What am I?
- 4. Jumping and hopping, stretching and bending, dancing and twirling, my energy's never ending. What am I?
- 5. Stretch it out, balance just right, work your core muscles with all of your might. What am I?A beating in your chest helps blood flow through vessels and arteries, without it you couldn't live, what is this necessary part of your anatomy
- 6. An invisible army ready to fight, antibodies at the ready day and night. What am I?
- 7. Eat me daily, I boost immunity to aid you in fighting infection for sure. What am I?
- 8. Citrus fruits carry me, preventing nasty scurvy. What vitamin am I?

Answers: Pumpkin, Watermelon, Lettuce, Jump Rope, Yoga Mat, Heart, Immune System, Balanced Diet, Vitamin C

# SCATTERGORIES

Write a word for each category that begins with the letter. Try to write a word for every square. Think of unique words to win!

Example – Letter = A, Category = Beverage You can write apple juice, apricot juice, apple cider, etc.

LETTER: K

- I. Fruits & Vegetables:
- 2. Protein Sources:
- 3. Healthy Snacks:
- 4. Beverages:
- 5. Grains:
- 6. Dairy & Alternatives:
- 7. Spices & Condiments:
- 8. Dishes & Meals:
- 9. Desserts:
- 10. Nutrients:

Potential Answers: Kiwi, Kale, Kumquat | Kidney beans | Kale chips, Kashi bars | Kombucha, Kefir | Kamut, Kasha| Kefir yogurt, Kite Hill| Ketchup (low-sugar), Kimchi| King Crab, Kipper, Korean bibimbap (with veggies), Kabobs (with lean meats and veggies) | Kiwi sorbet, Key lime pie| Vitamin K





## CARAMEL APPLE STRUDEL

#### TOTAL TIME:50 MINUTES YIELD: 8

## INGREDIENTS

- 5 medium apples, peeled and chopped (5 cups)
- 3/4 cup apple cider or juice
- I/4 cup sugar
- I/2 teaspoon ground cinnamon
- I/4 teaspoon ground allspice
- I/4 teaspoon ground cloves
- I frozen puff pastry sheet, thawed
- I/4 cup fat-free caramel ice cream topping
- l large egg
- I tablespoon water
- I tablespoon coarse sugar
- Optional: Sweetened whipped cream and additional caramel ice cream topping

### INSTRUCTIONS

- Preheat oven to 375°
- In a large saucepan, combine the first 6 ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15-20 minutes or until apples are tender, stirring occasionally. Cool completely.
- Unfold puff pastry onto a large sheet of parchment; roll into a 16x12-in. rectangle. Transfer parchment and pastry to a baking sheet, placing a short side of the rectangle facing you. Using a slotted spoon, arrange apples on the bottom half of the pastry within 1 inch of the edges. Drizzle apples with caramel topping. Roll up jelly-roll style, starting with the bottom side. Pinch seams to seal, and tuck ends under.
- In a small bowl, whisk egg with water; brush over pastry. Sprinkle with coarse sugar. Cut slits in the top. Bake for 25-30 minutes or until golden brown. If desired, serve with whipped cream and additional caramel topping.

Source: https://www.tasteofhome.com/recipes/caramel-apple-strudel/? srsltid=AfmBOoqAxUmjRcrHEhYVxRVdqLYEmPkv\_FhUxaAkwTUuomaoJII7eqE5#RecipeCard