



CENTER OF EXCELLENCE

Road Map To Health

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

OCTOBER 2025 • VOLUME 13



135th Anniversary Celebration



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Washington, D.C. – The Center of Excellence Scholars, along with students, faculty, and staff from the College of Agriculture, Human, and Environmental Sciences (CAHES), attended the 135th Anniversary of the signing of the Second Morrill Act of 1890 in Washington, D.C. This landmark act established the 1890 Land-Grant Universities, including Southern University.

Our students made history by participating in the inaugural 1890 Cyber & AI Games for Agriculture, the first HBCU-led initiative in cybersecurity. While in the nation's capitol, they also visited the Rayburn House to meet Congressman Cleo Fields and toured the U.S. Capitol and the National Museum of African American History and Culture.

Let's Get Social



Instagram



SUCENTEROFEXCELLENCE

HOME GROWN HAPPINESS

RESIDENTS FLOURISH IN NEW GARDEN PROJECT



Baton Rouge, LA - In October 2024, the St. James Parish Housing Authority reached out to the Center of Excellence for guidance on starting a community garden, and we were honored to step in. Not only did we provide expert advice, but we also supplied essential tools to help cultivate their green space:

Sprinklers, watering wands, a sprinkler timer, four benches, two picnic tables, one massage board, watering cans, kneeling pads, hand tools, and seeds for mustard greens, turnips, Stonehead cabbage, collards, broccoli, and lettuce.

One of the residents, Mr. Runner, shared how the garden has become a meaningful part of his life: "It's something to keep me busy, to keep me going." In the photo, he proudly shows off his homegrown watermelon and jalapeños—proof of the impact this space is having!

Ms. Emily Jenkins discussed how she incorporated the fresh produce from the garden into her meals. "I took cherry tomatoes and cucumbers from the garden added a red onion to a jar and pickled it."

Eight residents now have their own garden boxes, giving them the freedom to grow whatever they choose. The garden also received generous donations from local businesses, including St. James Nursery and HD Supply. Plus, a pollinator garden has been added to attract helpful pollinators to the space.

Stay tuned as we continue to support and nurture this thriving project. We can't wait to see how the garden flourishes and brings the community closer together!

NETWORK 1890: GRAB & GEAUX BREAKFAST



Baton Rouge, LA - The College of Agriculture, Human, and Environmental Sciences (CAHES) kicked off Welcome Week on August 25th with the COE at the Breakfast Club, featuring the theme Network 1890: Connecting Students to 135 Years of Excellence at an 1890 Land-Grant Institution. The COE received a generous donation of milk and juice from Kleinpeter Dairy Farms and provided attendees with cereal, fresh fruit, fruit cups, breakfast bars, muffins, yogurt for parfaits, and water.

Providing a grab-and-go breakfast was important to ensure that students started their day with a nutritious meal, supporting their energy, focus, and overall well-being. In addition, the SNAP-Ed program provided nutrition education to help students make healthy food choices throughout the semester.

Special thanks to Kleinpeter Dairy Farm for donating the juice and milk for our students.

Seeding Success: Tower Gardens Support Schools & Students



SU Child Development Lab



Rising Starz



East Baton Rouge Child Nutrition
Program
Scotlandville High

Baton Rouge, LA – The Center of Excellence is actively collaborating with local daycares, schools, and school cafeterias by providing Tower Gardens—a vertical, soil-free growing system that supports year-round access to fresh produce.

This initiative offers a range of benefits:

- **Cost Savings for School Cafeterias:** By growing their own leafy greens and herbs, schools can reduce produce purchasing costs while ensuring a consistent supply of fresh, high-quality ingredients for student meals.
- **Increased Access to Fresh Produce:** Students benefit from nutrient-rich, locally grown foods incorporated directly into their daily meals, such as salads, wraps, and smoothies.
- **Curriculum Integration:** Tower Gardens serve as living classrooms, providing hands-on learning opportunities tied to science, agriculture, nutrition, and environmental education.
- **Engagement Across Age Groups:** From daycare centers to high schools, students of all ages participate in planting, maintaining, and harvesting, fostering ownership, curiosity, and lifelong healthy habits.

This collaboration not only supports health and wellness but also reinforces sustainability and STEAM-based learning in educational environments.



Steeped for Wellness

Lunch and Learn



Baton Rouge, LA – The Center of Excellence hosted the “Steeped in Wellness” tea party-themed lunch-and-learn as a heartfelt tribute to our amazing Administrative Assistants. These dedicated professionals work tirelessly to ensure the SU Ag Center’s day-to-day functions run seamlessly. This event was curated specifically to encourage them to prioritize self-care, while showcasing all aspects of nutrition, health, wellness, and quality of life in full display. The afternoon began with a rejuvenating yoga session led by Mrs. Nikky Scott, Yoga Instructor, followed by icebreakers to help attendees connect with their colleagues. Professor Stephanie Elwood facilitated a floral arrangement therapy session and shared insights on the benefits of enjoying a variety of teas. A nutritious lunch was thoughtfully prepared by our nutrition expert, Ms. Evan Egana, and served by our Student Scholars.

EQUIPPING STUDENTS FOR A HEALTHY START



Mrs. Juanita Shanklin

East Feliciana Parish Ministers Conference



Ms. Jackie Huggins

Greater Philadelphia Baptist Church

East Baton Rouge & East Feliciana Parishes - The 1890 Center of Excellence for Nutrition, Health, Wellness, and Quality of Life proudly supported the East Feliciana Parish Ministers Conference and Greater Philadelphia Baptist Church - Greater Economic Empowerment and Development Corporation Back-to-School Giveaway by donating lunch bags, reusable utensil sets, and hygiene kits for local youth.

These items go beyond basic supplies — they encourage sustainable habits, promote healthy eating, and support personal care as students prepare for the new school year. We are honored to contribute to events that uplift and equip the next generation for success.



TUSKEGEE UNIVERSITY



Hot off the Press!



Tuskegee, Alabama - We're excited to introduce *Bounty in Bloom*, a vibrant new recipe book created by the Tuskegee University Department of Food and Nutritional Sciences in partnership with the Center of Excellence for Nutrition, Health, Wellness, and Quality of Life.

This collection celebrates fresh, seasonal produce with simple and delicious recipes that make fruits and vegetables accessible to all.

Whether you're cooking from your own garden or shopping at a local market, *Bounty in Bloom* brings flavor and wellness to every table.

Click the link below to explore the *Bounty in Bloom* recipe booklet.

Link:

<https://flipbookpdf.net/web/site/d572dee027e2a88bld708c4be4984l9cf37dd6fa202508.pdf.html>

VIRTUAL SEMINAR SERIES

INTEGRATING CREATIVE AND PERFORMING ARTS into Nutrition Education and Research

VIRTUAL SEMINAR

**THURSDAY
NOVEMBER 6, 2025
11:30 AM - 12:30 PM (CST)**



Dr. JENELLE N. ROBINSON
ASSOCIATE PROFESSOR OF NUTRITION
College of Agriculture, Food, and Natural Resources
Prairie View A&M University

Dr. Jenelle N. Robinson is an Associate Professor of Nutrition in the College of Agriculture, Food, and Natural Resources at Prairie View A&M University. She uses the performing arts as a vehicle to illustrate foodways and to examine the complex intersections of culture, diet, body image, and weight-related issues. Her work centers on integrating culturally informed perspectives and pedagogy into nutrition education, transforming how food, nutrients, and wellness are taught, experienced, and understood.

**REGISTER FOR THIS SEMINAR AT:
<https://bit.ly/4n5eJQZ>**

The following "100+ for wellness, health, nutrition and quality of life" has been provided by USDA NIFA:

USDA NIFA Nutrition Hub
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MENTAL HEALTH'S IMPACT ON HEART HEALTH

VIRTUAL SEMINAR

TUESDAY, OCTOBER 7, 2025 | 11:30 AM - 12:30 PM (CST)

Dr. Meghan Borne Kilbert
Licensed Psychologist
Department of Veterans Affairs



Dr. Meghan Borne Kilbert is a dedicated licensed psychologist with a passion for promoting mental health and wellness among women. A native of Edgard, Louisiana, Dr. Borne's journey began with a Bachelor's degree in Psychology from Southern University in Baton Rouge, Louisiana, where she was initiated into the Alpha Tau Chapter of Delta Sigma Theta. She furthered her education with a doctoral degree in Clinical Psychology from Jackson State University.

Dr. Borne is currently licensed to practice in Louisiana. Her clinical expertise spans the management of depression, anxiety, insomnia, and stress. In her multifaceted professional role, she works with the Department of Veterans Affairs, providing crucial psychological support to our nation's heroes. Additionally, she owns a private practice focused on helping busy women balance work and life while maintaining their mental health.

Outside of her professional life, Dr. Borne is a devoted wife and mother who enjoys singing, traveling, and cherishing time with her family.

**REGISTER FOR THIS SEMINAR AT:
<https://bit.ly/4kXTuXJ>**

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FROM FOOD DESERTS TO FOOD DENSITY:

Advancing Local Food Access and the Supply Chain Infrastructure

TUESDAY, DECEMBER 9, 2025 | 11:30 AM - 12:30 PM (CST)

Amanda Stephenson, L.I.F.E., MBA, BA
AGOA ADVISOR AND OWNER
THE FRESH FOOD FACTORY



Amanda Stephenson is a dedicated advocate for underserved and underserved communities in the U.S. and Africa, tirelessly working to address disparities in key areas such as health, food, housing, income, and education. Her work is firmly rooted in economic development and public health, striving to create a more equitable society. With a solid educational foundation, she holds a Master of Business Administration (MBA) and certifications. Leveraging her extensive education and experience, she has been a driving force behind the creation, implementation, and evolution of programs and businesses. She boasts an impressive array of accolades, 8 repeated accolades from Secretary Walsh of the U.S. Department of Labor and general media attention from prominent outlets such as CNBC, the Washington Post, WUSA9, the Washington Business Journal, ABC News, Progressive Voice, WHAQ, WHYY, and the Smithsonian Anacostia Museum.

Notably, she and her company were featured at the 2020 Chesapeake Bay Food Summit and earned the grand prize from the Catholic University of America for its visionary business engagement and commitment to addressing the challenges highlighted in the special 2020 Rockefeller Foundation Food System Vision Challenge. Notably, she and her company were also selected as a partner for the 2022 Promise Neighborhoods and Full-Service Community Schools National Network Conference, hosted by the U.S. Department of Education and supported by Team Insights. She has actively participated in the Wilson Institute's Finance Innovation Lab, the Greater Washington Board of Trade, and the Mayor's Black Women's Growth Panel. She was selected as a distinguished presenter at the 2022 Promise Neighborhoods and Full-Service Community Schools National Network Conference, jointly hosted by the U.S. Department of Education. In 2023 she was selected to speak at the 2023 GDP: Deputy Finance Network's Annual Conference, again with the Greater Washington Board of Trade, and the panel with former Secretary of Agriculture, Tom Vilsack in 2023 and discussed her business efforts with former VP Kamala Harris. Also in 2023, she became an AGOA advisor and spoke at Max and Stephanie's (University of Nairobi, Kenya, 2024), she presented at the DC Small Business Summit and Expo "POWERSUP to Success", the Global Observer, and at the 8th International Placemaking Week in Baltimore. Additionally, she was invited by Culture Vultures International Visitor Leadership Program (CULVIL) in collaboration with the U.S. Department of State, to address 50 female entrepreneurs from 17 countries, primarily across Africa. Additionally, she hosted the 3rd trade expo east of the Anacostia River in DC, entitled, Redefining Afrofuturism as not just a cultural movement, but as a catalyst for African entrepreneurship, innovation, and employment, and to connect Global Africans back to the Continent. Also in 2024, she was the keynote speaker at the 9th Annual Smart (Sustainable) Summit in Lagos, Nigeria.

In 2024, The Fresh Food Factory Market and together the United Nations of Individuals Fighting Inequities (UNIFI) hosted the 1st International trade expo east of the Anacostia River and interviewed and was interviewed by "The Fresh Food Factory" CEO, gave a panel of experts for ULI to leader a discussion on addressing disparities, and to join a panel of experts on food security and health related ventures for Johns Hopkins' Global Memorial Hospital. In 2025, Amanda and her family of companies were accepted in Urban Land Institute's (ULI) International Market Leader Network and the Greater Washington Board of Commerce's President's Circle and won the John Hopkins 2025 Victory Founder Award.

Register at: <https://bit.ly/4UUCdL>

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THE CENTER OF EXCELLENCE PRESENTS

Pinking OF YOU!

EVERY RIBBON
TELLS A STORY

Join Us For...

- Keynote Speaker: Dr. Darrell Davis, DMR, APRN, FNP-C
- An onsite food demonstration by Chef Celeste Gill
- A panel discussion entitled "Talk Pink to Me: Awareness Starts with a Conversation"
- On-site screenings will be provided by Mary Bird Pinkins Cancer Center's Mobile Unit
- A bike ride session with "Gears Ride" following the event.
- The first 25 registrants will be honored with an exclusive gift!

FOR MORE INFO, CONTACT:

Elyssa Kelly: Elyssa_Kelly@coecenter.com
 Brittany Howard: Brittany_Howard@coecenter.com
 Keeshaun Dutton: Keeshaun_Dutton@coecenter.com

**Thursday
OCT. 30
11 AM - 1 PM**

**Leon R. Tarver II
Cultural and
Heritage Center**

8100 G. Levee Northville Dr.
Baton Rouge, LA 70811

Join to Register

BANANA CREAM PROTEIN PUDDING

TOTAL TIME: 5-10 MINUTES

INGREDIENTS

- 1 BANANA
- 1 SERVING INSTANT PUDDING-SUGAR FREE FAT FREE BANANA CREAM/ VANILLA CREAM
- ½ CUP OF GREEK YOGURT-VANILLA
- 1 TEASPOON VANILLA EXTRACT
- NILLA WAFERS

INSTRUCTIONS

- SLICE BANANA
- ADD THE SLICED BANANA, INSTANT PUDDING, VANILLA GREEK YOGURT, AND VANILLA EXTRACT TO A FOOD PROCESSOR OR BLENDER.
- BLEND UNTIL SMOOTH AND WELL COMBINED.
- POUR THE MIXTURE INTO SERVING DISHES.
- CRUSH THE VANILLA WAFERS AND SPRINKLE THEM GENEROUSLY ON TOP ACCORDING TO PREFERENCE.
- SERVE IMMEDIATELY OR CHILL BEFORE SERVING, IF DESIRED.

