Welcome Message - Food & Nutrition Club

A warm welcome back from The Food and Nutrition Club. We look forward to a new semester packed with fun and exciting events on and off campus. All are invited to join us in our mission to promote healthier lifestyles through food, nutrition and awareness. Stop by, see what we’re about, you just might get inspired!

See you Wednesday!

Kim Campbell
President

IN THE NEWS

Bloomberg Soda Initiative
Yes, it's true!
The NYC Board of Health approved the soda ban on sugary drinks over 16 ounces. Starting March 12, don’t expect to get more than 16 ounces of your favorite soda at restaurants, movie theaters, mobile carts and stadiums.

What does it mean?
A healthier NY? A fight against obesity?

Here’s something to think about:
Did you know a 16 ounce soda has 10 teaspoons of sugar.

Food and Nutrition Club Officers

President .........................Kim Campbell
Vice President ......................Leen Homsi
Treasurer ............................Abdul Alim
Secretary & Editor ...................Marita Pereira
SAC Representative ...............Jonathan Espinosa

Upcoming Events

October is Breast Cancer Awareness Month
The Avon Breast Cancer Walk
Where: Throughout New York
For more information:
http://www.avonwalk.org/new-york/

2012 PIX 11 Health & Wellness Expo
Where: Jacob Javits Center
When: Saturday, October 27, 2012
Time: 11:30am-5:00pm
Cost: $15 advance; $20 at site; Free for Children under 11
http://www.wpix.com/about/contests/expo/

CUNY FoodFEST
Where: CUNY Macaulay Honors College
35 W 67th St
New York, NY 10023
When: Sunday, October 28, 2012
Time: 10:30-8:00pm
RSVP: http://www.foodday.org/cunyfoodfest/

Diabetes Expo (Free)
American Diabetes Association
Where: Jacob Javits Convention Center
655 West 34th Street
New York, NY 10001
When: Saturday, November 3, 2012
Time: 10:00am to 4:00pm
http://www.diabetes.org

Weekly Club Meeting on Wednesdays at 2:15—3:30pm in room E222
Find us on Facebook: https://www.facebook.com/groups/211735922200812/
FOOD FOR THOUGHT

It’s that time of the year. The beginning of the school year and let’s not forget the holiday season. It starts with the “freshman 15” to Halloween candy and ends in January by ringing in the New Year.

So let’s kick off the season with a tasty healthy recipe and easy tips that won’t have you listing “Join the gym” at the top of your New Year’s resolutions.

1. keep visible reminders
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

2. think about taste
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.

3. think about variety
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

4. don’t forget the fiber
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

5 be a good role model
Set a good example for children by eating fruit every day with meals or as snacks.

6. include fruit at breakfast
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

7. try fruit at lunch
At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8. experiment with fruit at dinner, too
At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

9. snack on fruits
Dried fruits make great snacks. They are easy to carry and store well.

10. keep fruits safe
Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.

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Fall Harvest
Why buy seasonally—the produce is fresh, tasty and cheap!
Here is a list of foods available to you next time you go food shopping:

- Apples: October, November
- Beans: October
- Beets: October, November
- Broccoli: October
- Brussels Sprouts: October
- Cabbage: October, November
- Carrots: October, November
- Corn, October
- Greens: October, November
- Grapes: October
- Herbs: October, November
- Leeks: October, November
- Onions: October
- Pears: October, November
- Peppers: October
- Plums: October
- Potatoes: October, November
- Pumpkins: October, November
- Raspberries: October


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**Baked Apple**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantities</th>
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<tbody>
<tr>
<td>tart apples</td>
<td>4</td>
</tr>
<tr>
<td>cup brown sugar</td>
<td>1/4</td>
</tr>
<tr>
<td>tablespoon butter</td>
<td>2</td>
</tr>
<tr>
<td>teaspoon cinnamon</td>
<td>1</td>
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**Method**

1. Cut apple in half, and scoop out the core
2. Mix together cinnamon and brown sugar
3. Top apple with cinnamon-sugar mixture and butter
4. Bake in a pan until the apple caramelizes, approximate time 20 minutes

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If you would like to submit a recipe or an idea for the newsletter, come by the club on Wednesdays from 2:15-3:30pm, Room E222