



Food & Nutrition Club Newsletter

September/October 2012—Issue No. 1

"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition." ~Thomas Edison.

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, its 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

PresidentKim Campbell
Vice President.....Leen Homs
Treasurer.....Abdul Alim
Secretary & EditorMarita Pereira
SAC Representative.....Jonathan Espinosa

October is Breast Cancer Awareness Month

The Avon Breast Cancer Walk

Where: Throughout New York

When: October 20 & 21, 2012 in New York.

For more information:

<http://www.avonwalk.org/new-york/>

UPCOMING EVENTS

Food Day

A nationwide celebration and a movement for healthy, affordable, and sustainable food.

Where: LaGuardia Community College

When: October 24, 2012

Time: All day ; Various event throughout the campus

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.



focus on fruits 10 tips to help you eat more fruits

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.



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

Reference: <http://www.ams.usda.gov>

Apples are in season!

Baked Apple

4 tart apples
1/4 cup brown sugar
2 tablespoon butter
1 teaspoon of cinnamon

Bake Temp: 350 degrees
Prep time : 15 minutes
Cook time: 20 minutes

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

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