



Announcing the 8th Annual USDA Food and Nutrition Summer Institute

The USDA Food and Nutrition Summer Institute (FNSI) is embarking on its 8th year. Our original intent for the Summer Institute was to support HBCU nutrition programs in meeting research, education and workforce challenges by focusing on nutrition education and outreach, nutrition intervention research, nutrition policy, and nutrition linkages to the community.

For the first 4 years, we had pretty good participation by several schools. However in 2003 - 2005, we altered our program and placed more attention on a few schools who participated in one of our research projects. While these past few years created interesting opportunities and outcomes, this change in our program limited school participation. We now recognize the need to return to our original mission and encourage the participation of all HBCU nutrition programs. We

especially want to see more participation from emerging faculty, postdocs, and students.

This year the Summer Institute theme is **“Healthy People, Healthy Communities: Defining Our Role for the Next Five Years.”** FNSI will be held **June 25 - 28 in Atlanta, GA** and our host will be the Centers for Disease Control and Prevention (CDC).

Program topics will include: addressing health inequities, health and the built environment, nutrition and physical activity, community partnerships, the Southeast regional nutrition programs, professional development, and mentoring and building networks.

Additional information may be obtained from the USDA Community Nutrition Research Group website, www.ba.ars.usda.gov/cnrg.

Connecting with the Ikhwezi Community Health Center

During the FNSI 2005 study tour we visited the Ikhwezi Community Health Center, outside of Cape Town, South Africa. Programs at the Center address the needs of women and their families affected by the AIDS epidemic. All of us were touched by the spirit, love and commitment of the women we met there. After that visit the participating HBCU students had a great idea of how to do something for the Center.

We would like to follow-up and see that idea implemented. Presently, other participants in the Summer Institute have collected several items for the Ikhwezi children.

Students, we’d like to hear from you. Don’t let your wonderful idea not come into fruition. Please contact Dr. Deirdra Chester, chesterd@ba.ars.usda.gov and let’s follow-up on our promise to stay connected to the Ikhwezi Community Health Center.

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“When you use your calling to make a difference in the community, opportunities to create abundance will emerge in your life.”

— Tavis Smiley



USDA Food and Nutrition Summer Institute

Healthy People, Healthy Communities: Defining Our Role for the Next Five Years

Crowne Plaza Ravinia

Atlanta, Georgia

June 25 – 28, 2006

Preliminary Agenda

Sunday

- 4:00 – 5:00 pm Registration
- 5:00 – 7:30 pm Opening session and banquet

Monday

- 9:00 – 9:15 Welcome
- 9:15 – 10:15 Healthy People, Healthy Communities
 - * Addressing Health Inequities
 - * Built Environment
- 10:15 – 10:30 Discussion
- 10:30 – 10:45 Break
- 10:45 – 11:45 Healthy People, Healthy Communities
 - * Nutrition & Physical Activity
 - * Community Partnerships
- 11:45 – 12:00 Discussion
- 12:00 – 1:00 Lunch
- 1:00 – 2:00 Regional Nutrition Programs
- 2:00 – 2:30 Discussion
- 2:30 – 2:45 Break
- 2:45 – 3:45 Regional Nutrition Programs (cont.)
- 3:45 – 4:00 Discussion

Tuesday

- 9:00 – 10:30 Professional Development
- 10:30 – 10:45 Break
- 10:45 – 11:45 Mentoring and Building Networks
- 11:45 – 12:00 Discussion
- 12:00 – 1:00 Lunch
- 1:00 – 2:00 HBCU Invited Speakers (TBA)
- 2:00 – 2:30 Break
- 2:30 – 3:30 HBCU Invited Speakers (TBA)
- 3:30 – 4:00 Discussion

Wednesday

- 9:00 – 10:30 Small group discussions
- 10:30 – 11:00 Break
- 11:00 – 12:00 Plenary
- 12:00 – 2:00 Closing Lunch

STUDENT SPOTLIGHT

Ebony Horry



Ebony Horry, a former USDA 1890s Scholar and graduate of Virginia State (BS) and Oklahoma State (MS) Universities, recently was appointed a staff nutritionist with the Nutrition Promotion and Training Branch, Child Nutrition Division, USDA Food and Nutrition Service (FNS). The division is responsible for policy and program development, nutrition promotion, training, and analysis and monitoring for the child nutrition programs, including National School Lunch, School Breakfast, and Child and Adult Care Food Programs. Their Team Nutrition initiative also oversaw the development of the recently released *MyPyramid for Kids*.

Before her new job, Ebony was a nutritionist with the Nutrition Services Staff, FNS Office of Analysis, Nutrition and Evaluation. She was involved in the expansion of Eat Smart. Play Hard., a national nutrition education and promotion campaign. She also served as co-chair for the FNS National Nutrition Education Conference which was held in September 2005, and assisted with the agency's Employee Wellness Initiative.

The USDA Food and Nutrition Summer Institute salutes Ebony Horry for her many accomplishments.



Crowne Plaza Ravinia

Calendar of Events

- 2006 USDA Food and Nutrition Summer Institute, Crowne Plaza Ravinia, Atlanta, Georgia. June 25 - 28, 2006.
- American Dietetic Association Public Policy Workshop: March 14 - 16, 2006, Capital Hilton Hotel, Washington, DC.
- ISBNPA (International Society for Behavioral Nutrition and Physical Activity), July 13 - 16, 2006, Boston, MA.
- Society of Nutrition Education 39th Annual Conference: July 15 - 18, 2006, San Francisco, CA.



Healthy Eating Recipe

Tri-Color Stuffed Peppers



Nutrition Per Serving	
Calories	260
Total Fat	5g
Saturated Fat	2.5g
Cholesterol	10mg
Sodium	790mg
Carbohydrate	40mg
Dietary Fiber	7g
Sugars	7g
Protein	17g
Vitamin A	45% DV
Vitamin C	110% DV
Calcium	35% DV
Iron	10% DV

Ingredients:

- 2 pouches (1 cup each) frozen Meatless Ground Burger or Ground Turkey
- 1 pkg. (10 oz.) frozen whole kernel corn
- 1 1/2 cup salsa
- 1 1/2 cup cooked instant brown rice
- 1 cup shredded reduced fat Colby & Monterey Jack cheese, divided
- 1 each large red, yellow and green bell pepper, cut in half lengthwise, seeds removed
- 1/2 cup water

PREHEAT– oven to 400^oF. Mix ground burger, corn and salsa in large nonstick skillet; cook on medium heat 5 minutes or until heated through, stirring frequently. Remove from heat. Add rice and 1/2 cup of the cheese; mix well.

SPOON – burger mixture evenly into pepper halves; place in 13 x 9-inch baking dish. Pour water into dish; cover with foil.

BAKE – 30 minutes. Uncover; sprinkle remaining 1/2 cup cheese. Bake an additional 10 minutes or until cheese is melted.

Prep Time: 15 minutes; Total Time: 55 minutes; Makes: 6 servings.

Recipe Adapted and Modified from www.Kraft.com

Visit us online at

[Http://www.ba.ars.usda.gov/cnrg/research/fnsi](http://www.ba.ars.usda.gov/cnrg/research/fnsi)

The USDA FOOD AND NUTRITION SUMMER INSTITUTE

c/o Dr. Ellen Harris

USDA, ARS, BHNRC, CNRG

Bldg. 005, Rm. 117



The **USDA Food & Nutrition**
SUMMER INSTITUTE

Content & Design by
Deirdra Chester and Ellen Harris