

Spring 2011

Poe in the Know

Make Better Choices to Lower Salt Shop Wiser and Bring Home Less Sodium

Many foods in the grocery store are laden with a lot of added sodium. Here are the danger foods along with ideas of how to make better substitutions to lower the amount of sodium you eat:



- **Canned Foods**—Most canned foods are very high in sodium. Soups, canned tomatoes, pasta sauce, canned veggies and pasta dishes are included in this mix. Choose canned foods that have no salt added or use fresh items instead.
- **Deli Meat and Cheese**—is high in sodium. Use fresh chicken or fish, canned tuna, peanut butter without added salt.
- **Frozen Dinners**—are very high in sodium. Choose frozen veggies and make your own meals with fresh poultry/fish and plain rice or pasta.
- **Boxed Pasta and Rice Mixes**—are very high in salt—use plain rice or pasta with seasonings instead
- **Grain**—Items like bread, crackers, and packaged cereals are high in salt. Choose lower salt versions instead.
- **Pickled Foods, Dressings and Condiments**—are high in sodium; choose fresh veggies and vinegar.

Cook Without Salt:

Choose Salt-free herbs and seasonings to flavor your food instead of using salt: dried or fresh herbs, garlic or ginger, flavored vinegars and salt-free condiments.

Choose Better When Eating Out:

Most restaurant foods are laden with sodium. Here are some suggestions to make better choices:

- **Know before you go**—most of your favorite places are likely to have nutrition information online—be aware of what you are ordering and make better choices.
- **Order plain items without salt**—like baked fish or chicken, baked potatoes, pasta with diced fresh tomatoes, steamed veggies, a plain burger without condiments.
- **Avoid**—deli meat, breaded items, cheese, bread, olives, mustard, pickles, pretzels, sauces, soups, dressing.

Compare:	mg sodium:
Fresh potato	3
Instant potatoes	440
Fresh chicken	62
Deli chicken/turkey	600
Rice, no salt added	0
Rice mix	900
Plain burger	520
Big Mac	1040
Grilled Chicken Sandwich	1190
Oatmeal, regular	10
Sausage Muffin	850
Bagel	420

The USDA recommends the average person consume 2,300 mg of sodium or less per day.

Taken from foodandhealth.com, SNAP Ed Connection.

This publication was funded in part by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689.

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New USDA Recommendations

On January 31, the USDA announced their 2010 dietary guide recommendations. More consumer-friendly advice and tools, including a next generation Food Pyramid, will be released by USDA and HHS in the coming months. Below is a preview of some of the tips that will be provided to help consumers translate the *Dietary Guidelines* into their everyday lives:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk
- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.
- Calories in should be equal to calories out.

Earth Fare Partners with Poe Center

Earth Fare sponsored the Poe Center January through March 2011. As a Friend of Earth Fare, the Center received \$.05 for each recycled or reusable bag that customers used during the quarter. The Poe Center presented complimentary health programs and activities once a month during Earth Fare 's "Thursday Night Kids Eat Free. " We would love to have you join us!



National Charity League Holiday Helpers

On December 5, 2010, the Poe Center for Health Education hosted a holiday open house for the National Charity League. NCL volunteers participated in numerous charity projects, socialized and celebrated the holiday season. The Poe Center was especially pleased with the number of projects accomplished by these volunteers who also aided several other agencies affiliated with NCL. It was a very successful partnership event that Poe looks forward to hosting again in the future. We are fortunate to have NCL volunteers visit Poe numerous times during the year. Thanks for everything, National Charity League volunteers!

Preparations Underway for Healthy Habits Camp 2011

The Poe Center for Health Education
will be hosting

Healthy Habits Camp

This is a **FREE** weeklong camp for rising 1st-5th grade students who qualify for free or reduced lunch.

Spaces are limited, so please register early!

Camp dates will be the weeks of **June 20-24** and **July 18-22**

Camp activities will address nutrition, physical activity, dental health, general health and safety. Healthy lunches and snacks will be provided.

Camp hours are 8:30 a.m.—5:00 p.m.

Please contact Kate Mascho with questions or to register:

k.mascho@poehealth.org or 919-231-4006x399

Poe's **Healthy Habits Camp** is made possible through funding by the North Carolina Department of Health and Human Services Division of Social Services, and the USDA



Staff Spotlight:

Robin Pittman, Health Educator



Robin Pittman joined the staff of the Poe Center in October 2010 as a part-time Health Educator. Robin has a passion for educating the youth of North Carolina and enjoys what she does very much.

She loves working with different age groups in all areas of health education.

Prior to the Poe Center, Robin was employed by the Durham County Health Department for almost five years as a Health Educator. She worked with youth and adults covering a variety of health topics. Her main objective was reducing teenage pregnancy in Durham County. She also helped to create a new lead education and awareness program called LEAP. She conducted lead screenings in children and pregnant women.

Robin graduated with a Bachelors of Science degree in Public Health Education with a Minor in Psychology from The University of North Carolina at Greensboro. She then went on to obtain her Masters of Science degree in Human Science with a concentration in Health Promotion from North Carolina Central University. Robin is also a Certified Health Education Specialist (CHES).

Robin is a native North Carolinian. She resides in Wake County with her husband Alexander and their two children, Sullivan and Avana. In her free time, she enjoys traveling and spending time with her family, playing tennis, cooking and experimenting with new foods and recipes. Robin can be reached at the Poe Center at

r.pittman@poehealth.org.



Entrance to Playwell Park at the Poe Center for Health Education



Future home of Poe Center garden

Poe Center Interns

Interns at the Poe Center are gearing up for spring! In addition to helping staff members with health education programs on and off site, we are in the beginning stages of creating the Center's first community garden. We are working with the Wake County Cooperative Extension Center and 4-H to prepare our grounds for this exciting new addition to the Poe Center. An area of our PlayWell Park (see picture) will be transformed into a vegetable and herb garden to allow students to experience the rewards of fresh produce. In addition to providing youth with hands-on experience, we are hoping to design a curriculum that promotes the benefits of locally grown food and fresh produce. We are excited about the impact it will have on North Carolina youth and their families. Come check it out this fall!

Jump • 4 • Joy



The Poe Center and Zebulon Community Center collaborated for eight weeks this fall to start a successful jump rope club. Poe Health Educators and volunteers had a great time with the twenty-one elementary school-aged participants trying new foods, learning single rope skills, and getting a lot of good physical activity. The goal of the program was to educate youth of Eastern Wake County on nutrition facts and physical activity. During each session snacks were sampled from a different food group. "We tried to choose snacks that would expand the food repertoires of the children and also educate them on healthy choices that they like," states Poe Health Educator, Lauren McCallum. The children participated in interactive Poe Center activities involving portion sizes, obesity trends, heart health, restaurant choices, and the components of fitness. Participants commented that what they liked the most about Jump • 4 • Joy Club was trying new foods, freeze dance, food and friends. What they liked least was that "it was only on Thursday." The Jump • 4 • Joy Club will continue to meet Thursdays from 4:00-5:00 at the Zebulon Community Center.



Family Meals Easy, Tasty, and Healthy!

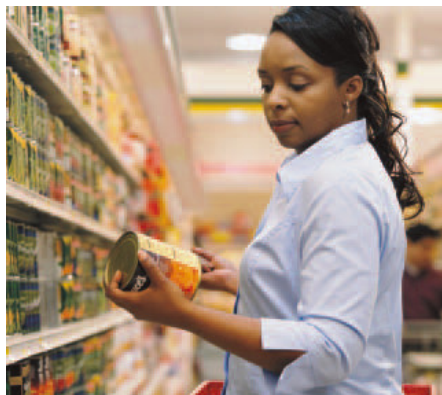
You're running in 10 directions! It's 4 p.m. You need to pick up your child at daycare, stop at the store, and run some errands. And, you need to get ready for an evening meeting. How do you put a healthy supper on the table, too?

Plan ahead:

Keep meals simple! You can make healthy meals fast.

Cook when you have more time – maybe on weekends. Make soups, stews, or casseroles to freeze for the next week.

Do some tasks the day before. Wash and cut vegetables or make fruit salad. Your child can help. Cook noodles for pasta salad. Cook lean ground beef or turkey for tacos. Refrigerate all food items until used.



Fast family meals:

Hearty soup: Add low-salt canned or frozen vegetables to soup.

Pasta dish: Mix chopped lean ham, cooked chicken, or tuna, and cooked vegetables, into macaroni and cheese.

Super chili: Serve homemade or canned chili over a baked potato or brown rice.

Excerpted from: *Loving Your Family, Feeding Their Future: Nutrition Education Through the Food Stamp Program.*

Poe Is Not a Teen Anymore: Celebrating Twenty Years

by Mary Margaret Manlove

In September, the Alice Aycock Poe Center for Health Education celebrates TWENTY Years of providing quality Health Education in North Carolina. The celebration, "Unlock the POE-tential: Our Health – Our Future" will include recognition, presentation of awards, and a lot of "FUNdraising". We hope you will save the date to be here on Saturday, September 17, 2011, to celebrate with us as the Poe Center continues to evolve to better serve the changing face of Health Education while honoring our founders' mission.

The Poe Center opened its doors on Sunnybrook Road in 1991. The Poe Center's five theaters, Nutrition and Physical Activity, General Health, Drug Education, Dental Health, and Family Life provided interactive exhibits and computer displays which highlighted healthy lifestyle behaviors. The Poe Center's mission now had a physical home. As the health needs of North Carolina's youth and families changed, Poe met the challenges with innovative programming, additions to the center, and programming on the road.

Over the years the Poe Center's campus expanded to include WakeMed's Playwell Park. The atrium was filled

with a giant head- The Cranium Connection! What child, or adult, can resist looking in the nostrils or peeking in the ears to see what treasures await! Even the donation of two vans to expand the Poe Center's outreach efforts can not diminish the desire to plan a visit to one of the five theaters at Sunnybrook Road to brush Mr. Big Mouth's teeth or explore the systems of the body with TAM, our Transparent Anatomical Mannequin. Come visit us and see what's new!



Poe staff members enjoying their January 2011 Retreat

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Contact The Poe Center:
224 Sunnybrook Road, Raleigh, NC 27610
(919) 231-4006
info@poehealth.org

Want to encourage your students to stay active? Schedule a Poe Center Nutrition and Physical Activity class!

Check out www.poehealth.org for more information.

The Poe Center would also love to be your Facebook friend and can be followed on Twitter!

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