

Poe in the Know

Fall 2010

Poe Center's *Health Wise* Participants Attend Grocery Store Tour in Zebulon

by Shannon Grainger and Ashton Mudd

In a community known by its citizens and the residents of surrounding areas as “the town of friendly people,” the local Food Lion in Zebulon, NC, is living proof of the appropriateness of that reputation. On Friday, May 28th, thirteen members of the *Health Wise* class visited the Food Lion in Zebulon. The goal of the tour was to apply the nutrition lessons taught in *Health Wise*, led by Poe Center for Health Education Program Manager and Registered Dietitian, Natalie Taft, RD, LDN.

Health Wise is a comprehensive education program to promote healthy aging for older adults through the Zebulon Community Center. The 7-week series consists of 14 educational sessions designed to address issues important to older adults, such as nutrition, physical activity, meal planning, chronic disease awareness and prevention, communicating with healthcare providers and brain fitness. Participants will inspire friends, family and fellow community members to adopt healthier lifestyle habits. The Poe Center is proud to offer *Health Wise* and other health education programs with support from Wake County Human Services in collaboration with the Town of Zebulon Parks and Recreation Department.

Participants in the *Health Wise* class prepared for the grocery store tour during lessons on the USDA's Food Guide Pyramid. They learned to read nutrition labels on products, identify correct serving sizes, practice healthy shopping on a budget, and spot “food frauds” that can wreck your healthy eating plan. *Health Wise* members demonstrated their nutrition knowledge by noting the sodium content in canned and processed foods versus fresh or fresh frozen.

Once on the cereal aisle, the participants could not be fooled by the clever marketing tactics of cereal companies. They ignored the eye-catching, sugar-laden cereals and instead looked for cereals that were good sources of fiber, as well as low in sugar. However, some were still shocked after reading the nutrition facts label of a commonly consumed “orange” drink. Taft pointed out that,

while the packaging illustrates fresh oranges and claims to be a good source of vitamin C, the main ingredients are actually water and high fructose corn syrup. One individual joked, “We might as well drink water mixed with Karo syrup.” As the class made their way to the cold case aisle, Taft directed their attention to the eggs, highlighting that while they have obtained a bad reputation over the years, eggs are versatile, affordable, and actually part of a healthy diet when consumed in accordance with recommendations.



As the *Health Wise* class wrapped up their tour, they were greeted in the deli by Food Lion team members with fresh vegetable and fruit trays, in addition to complementary reusable grocery totes for each participant to take home with them. As they enjoyed the healthful treats generously provided by the store, participants discussed the tour and all that they learned. (continued on page 2)

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Gloria stated, "I learned that fortified orange juice is a good source of calcium for those who do not consume dairy products." When asked about her thoughts on the tour, Veronica said, "Excellent. I really enjoyed it! This has been really helpful!" Ted summed it up for the entire group when he stated, "The whole experience was outstanding...very educational!"

Shannon Grainger and Ashton Mudd are Meredith College Master of Science in Nutrition students & 2010 Poe Center Interns.



Poe Center's dietitian Natalie Taft instructs the *Health Wise* class during their Food Lion tour.

Tour participants enjoy healthy snacks following the May tour in Zebulon.



Race & Fun Run Benefit the Poe Center

On Thursday October 21, 2010 Natalie Taft, President of the Raleigh District Dietetic Association (RDDA), presented a check in the amount of \$1800 to the Poe Center for Health Education's board of directors. These funds represent the proceeds from the 4th annual Less Fork, More Foot 5K Race & Fun Run held on Sunday April 11, 2010 at Meredith College.



The proceeds from the race help support RDDA and the Alice Aycock Poe Center for Health Education's efforts to prevent childhood obesity through education. This year's race had over 160 registered racers and drew an even larger crowd of supporters. The 3.1 mile certified course toured Meredith College campus in Raleigh, NC. Funds raised through the Less Fork, More Foot 5K Race provided the Poe Center with resources to educate children and their families about the benefits of eating healthy foods and being physically active.

Participants enjoyed the entertainment, refreshments and exhibitors. The band "Old Avenue" played before, during and after the race. Children, parents, friends and families participated in the race as walkers, runners or stroller riders. Planning for the 2011 Less Fork, More Foot 5K Race and Fun Run is underway.

Visit www.lessforkmorefoot.com for updates and photos from the 2010 race.

Raleigh District Dietetic Association
NORTH CAROLINA
DIETETIC ASSOCIATION
eat right. an affiliate of the American Dietetic Association

The **Raleigh District Dietetic Association** is a non-profit professional organization of Registered Dietitians, Dietetic Technicians Registered and student members serving the community by promoting optimal nutrition, health and well being. The Raleigh District Dietetic Association comprises members within the following NC counties: Wake, Johnston, Cumberland, Harnett, Franklin, Moore, Vance, Sampson, Hoke and Warren. You can learn more about the RDDA at www.eatrightnc.org.

PoeCenter™
The Alice Aycock Poe Center for Health Education

Staff Spotlight:

Lauren McCallum, Nutrition Health Educator

Lauren McCallum joined the Poe Center staff in August 2008 as an occasional health educator. Lauren primarily teaches nutrition and physical activity programs; she also oversees the dental theater and teaches programs in drug education and general health. She is excited about continuing to expand her knowledge in all areas of health education and appreciates the variety of opportunities the Poe Center offers her. She is having a great time instructing and working with students of all ages.

Lauren was an elementary school teacher. She taught for Wake County Public Schools prior to joining the Poe Center and has worked as a substitute for Johnston County Schools. She has experience working with children preschool age through fifth grade. Lauren graduated from North Carolina State University with a B.A. in Speech Communications and also attended Meredith College, where she received her teaching certification.

Lauren currently lives in Clayton with her husband Ben and three children: Connor, who is 11; Jackson, age 8; and Claire Darby, who is 6 years old. If she has any free time, Lauren enjoys running, reading, shopping and watching her children's sports activities. Lauren loves to incorporate her nutrition and physical education knowledge into the life of her family. She and her two boys all had a great time running in the RDDA "Less Fork, More Foot" race to benefit the Poe Center this spring. Lauren can be reached at the Poe Center at l.mccallum@poehealth.org.



Prep time: about 10 minutes

Ingredients:

- 1 green, red or yellow pepper
- 1 stalk celery
- 1 carrot
- Your favorite salad dressing

Incredible Edible Veggie Bowls

Directions:

1. Wash pepper and celery. Wash and peel carrot.
2. Cut the pepper in half (from side to side). Clean out the seeds from the inside. Now you have two pieces. One will be your pepper-shaped bowl.
3. Cut the other half of the pepper into thin slices.
4. Cut the carrot into thin sticks about 4" long.
5. Put a little salad dressing in the bottom of your pepper bowl.
6. Put celery sticks, carrot sticks, and pepper slices into the pepper bowl.
7. Now you've got a portable veggie treat! You can pull out the veggies and eat them with a little dressing. Then when you're finished with the veggies, it's time to eat the bowl!

Serves: 1

Recipe from KidsHealth®

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