

VOICES INTO ACTION NEWSLETTER

2015 Harnett and Lee County Mini-Grantees



Alliance Medical Ministry Community Garden:

AMM's garden provides access to free, organic, fresh fruits and vegetables for its patients and neighbors, empowers patients and neighbors to have control over their food choices, develops community, improves the health of their patients with chronic health issues, develops garden skills through "hands-on" education, and offers opportunities for outdoor physical activities and youth volunteer activities. This year AMM will use the funds to continue that garden.

Poe Center:

The Poe and Grow Garden is an interactive space for children and families to experience hands-on learning about fresh fruits and vegetables, gardening, and nutrition. Poe Center will continue the success of the garden and is adding perennial edible plants.

Grocers on Wheels:

Grocers on Wheels has been providing healthy and fresh foods in under-served SE Raleigh neighborhoods. Most recently they've contracted with schools to provide nutrition education and hope to have fresh foods accessible to youth through experiential learning. They are expanding the areas that they serve by adding more youth, families, and senior living communities, where residents have limited access to grocery stores.

A Safe Place Childcare:

Grow it, Cook it, Love it is a series of gardening and nutrition education workshops focused on supporting the healthy development of children. A Safe Place will provide hands-on workshops that cover growing and caring for one's own garden. Other workshops in the summer will focus on harvesting and preparing healthy family friendly meals with the fresh produce.

Passage Home:

Passage Home and The Kidz Zone Urban Agriculture Program will work with youth in the Southpark Community on healthy and sustainable food sources that can be grown in the garden, which will provide healthy meals for the after school program along with providing a healthy food source for the Southpark Community. The youth will engage in urban agriculture education involving seeding, weeding, harvesting, and watering vegetables while developing their STEM skill set.

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Connect with us Online:
www.voicesintoaction.org

Congratulations to our 2015 mini-grantees! This month we will talk about our Harnett and Lee County Mini-Grantees.

Learn more about what our mini-grantees are doing by checking out our blog!

Call for recipes!

Join us in creating our special Voices into Action Cookbook.

If you have a recipe that you would like to share with our participants, stakeholders, and communities in general, feel free to email it to Helen at hherrer@ncsu.edu.

Whipped Sweet Potatoes with Apples

Ingredients

- 3 ½ pounds sweet potatoes, about 6 medium ones
- 1 Tbsp. canola oil
- 2 Tbsp. pure, dark maple syrup, or to taste
- Salt and black pepper
- 2 tsp. unsalted butter or margarine
- 1 Golden Delicious apple
- Nonstick cooking spray
- Nutmeg for garnish

Nutritional Information (makes 12 - 1/2C servings)

Per serving: 110 calories
2 grams total fat (<1g sat. fat)
22 grams carbohydrates
1 gram protein
3 gram dietary fiber
28 mg. sodium

Instructions

1. Peel and cut the sweet potatoes into 2-inch cubes. Cover and steam them in a steamer basket, in the microwave, or in a pot with 1/4 cup of water, for 10-15 minutes or until the cubes are tender.
2. Place the sweet potatoes in a large bowl. Add the canola oil and maple syrup and mash until smooth. Season to taste with salt and pepper.
3. Spray a 9-inch square baking pan with cooking spray. Spread the sweet potatoes into the dish, making an even layer.
4. Peel, halve and core the apple. Place each half, cut-side down, on a cutting board and cut it crosswise into thin slices. Arrange the slices in overlapping rows to cover the sweet potatoes.
5. Melt the butter in the microwave and brush the apples lightly with the melted butter.
6. Bake uncovered until the sweet potatoes are heated through and the apple slices have softened, about 25 to 30 minutes. Serve warm or at room temperature with nutmeg sprinkled on top.



This healthy recipe idea is courtesy of Eat Smart Move More NC.

If you are looking for free tools to promote healthy eating and active living for your family, school, church, worksite, or community, visit the website below to get started!

www.eatsmartmovemorenc.com/ProgramsNTools/ProgramsNTools.html

Our mission is to partner with communities to improve access to healthy, affordable food and safe places to be active.

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