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Announcements:

Look for your monthly postcard to receive recipes and events!

Starting in March, Voices into Action will change its newsletter format to a monthly postcard.

Stay in touch!

Did you move or change your phone number? Let us know by contacting us: 919-513-2703 or hherrer@ncsu.edu.

Resources:

Low Income Energy Assistance Program (LIEAP)

Provides a one-time (per heating season) heating supplement for low-income families.

Any household can potentially receive benefits for the 2015-2016 heating season from January 1 through March 31 or until funds are exhausted.

Main website:

<http://www.ncdhs.gov/assistance/low-income-services/low-income-energy-assistance>

Wake County Website:

<http://www.wakegov.com/humanservices/social/energy/Pages/default.aspx>

Lee & Harnett Websites:

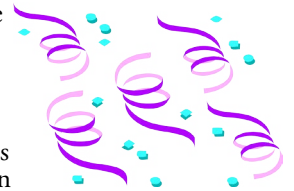
http://www.needhelppayingbills.com/html/harnett_county_assistance_prog.html
&
<http://jlhcommunityaction.org/>

Check the VIA calendar

for events: <http://voicesintoaction.org/events>

Congratulations to the 2016 Voices into Action Mini-Grants

We are proud to partner with fifteen wonderful local organizations that are working to expand access to healthy, affordable food and safe places to be active in Lee and Western Harnett Counties, and Southeast Raleigh.



Western Harnett County:

- **Campbell University** will use mini-grant funds to help them start a campus kitchen project where university students will provide hot meals and nutrition education to local after school programs on a monthly basis. For further information contact: Abbi Davis (adavis@campbell.edu, 910-814-4726) or visit their website (<http://www.campuskitchens.org/>).
- **Harnett County Childcare Resource** will use mini-grant funds to support six childcare centers in implementing school garden programs and to promote nutrition education among the students they serve. For more information contact: Lauren McDowell (lmcdowell@harnett.org, 910-814-6039) or visit their website (<http://hcccr.weebly.com/>).
- **Harnett County Cooperative Extension** will use mini-grant funds to create educational materials and purchase exercise equipment such as hand weights and tubing for nutrition class participants in their Expanded Food and Nutrition Education Program (EFNEP). For more information or if you'd like to join a class, contact: Debbie Stephenson (Debbie_Stephenson@ncsu.edu, 910-893-7530) or visit their website (<https://www.ncfamilieseatingbetter.org/EFNEP/>).
- **Harnett County Partnership for Children** will use mini-grant funds to purchase exercise equipment needed to implement yoga classes at 10 childcare centers in Harnett County. For more information contact: Lynda Turlington (lynda.turlington@harnettsmartstart.org, 910-893-2344) or visit their website (<http://www.harnettsmartstart.org/>).

Lee County:

- **Cameron Grove AME Zion Church** in Broadway will use mini-grant funds to continue their community garden, which donates produce grown to those in need at their church and community. For more information contact: Annie McIver (annieruthmciver@yahoo.com).
- **Central Carolina Community College's Lee County College and Career Readiness Office** in Sanford will use mini-grant funds to create a community garden where students can learn about growing food and nutrition education. For more information contact: Sandra Thompson (sthom589@cccc.edu, 919-777-7726) or visit their website (<http://www.cccc.edu/ecd/college-career-readiness/>).
- **First Baptist Church of Sanford** "Fit for the Purpose" program provides Zumba classes three times per week for \$1 per session. The mini-grant will allow these classes to grow in size and capacity by offering nutrition education and funding new equipment. To find out more, visit: <https://www.facebook.com/FitForThePurposeByMonica/>.
- **Peace and Unity Community Garden** is located near Horton Park in Sanford and will use mini-grant funds to continue the garden by purchasing gardening supplies and equipment. To find out more about the garden visit their Facebook page: www.facebook.com/peaceandunitygarden.
- **The Stevens Center and the Stepping Stones Childcare Center** will use mini-grant funds to maintain a garden at the Steven's Center and to start a childcare garden at the Stepping Stones Childcare Center. To find out more about the garden visit their website (stevenscenter.org) or Facebook page (<https://www.facebook.com/StevensCenter/>).
- **West Lee Middle School** in Sanford will use mini-grant funds to expand their on-site school garden. The school will also host an after-school garden-based nutrition education program for students.

Southeast Raleigh:

- **Alliance Medical Ministry** will use mini-grant funds to purchase equipment and garden supplies to continue their bountiful community garden, which provides produce to community members and clinic patients. For more information contact: edaniel@alliancemedicalministry.org or visit <http://www.alliancemedicalministry.org/health-education-wellness/>.
- **The Poe Center** will use mini-grant funds to buy garden supplies to expand their hands-on learning garden within the PlayWELL Park, where youth participants, their families, and community members can learn about gardening, healthy eating, and physical activity. To learn more about the Poe Center, visit: <http://www.poehealth.org/>.
- **A Safe Place Childcare** will purchase garden and cooking equipment needed to provide hands-on gardening and cooking. To learn more about A Safe Place Childcare, visit: <http://www.asafeplacechildcare.com/>.
- **Neighbor to Neighbor** will use mini-grant funds to expand their garden and add a hoop house while providing youth with entrepreneur skills learned as they grow and sell the harvested food. For more information about Neighbor to Neighbor, visit: <http://www.n2n outreach.org/>.
- **Loaves and Fishes Ministry** will use mini-grant funds to provide nutrition education classes and expand their community garden. The funds will be used to purchase garden and nutrition education materials. For more information, visit: <https://lafchildren.org/>.

Check the VIA calendar for upcoming meetings and community events in your county! <http://voicesintoaction.org/events>

 Like us on [facebook.com/voicesintoaction](https://www.facebook.com/voicesintoaction)

 Follow us on [Twitter.com/voicesintoaction](https://twitter.com/voicesintoaction)

15 Minute Soup

Makes 4 servings;
Serving size 1 1/2
cups



INGREDIENTS:

- 1 ½ cups pre-soaked beans or 1 (16-ounce) can beans, drained
- 1 (14-ounce) can low-sodium chicken broth
- 1 (16-ounce) can chopped or diced tomatoes, undrained
- 1 small onion, chopped
- ½ teaspoon garlic powder
- 1 (10-ounce) package frozen, chopped spinach
- ½ Cup macaroni

INSTRUCTIONS:

1. In a 2-quart pot, combine all ingredients except spinach and macaroni.
2. Heat until the liquid comes to a boil.
3. Stir in and break up spinach; bring to a boil again.
4. Stir in macaroni and simmer until pasta is tender, about 6-8 minutes.

Source: https://www.ncfamilieseatingbetter.org/EFNEP/partners/materials_cookbook.html

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

This recipe and others can be found at:

www.ncfamilieseatingbetter.org/EFNEP/participants/tips/category/recipes

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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