

THE FOOD AND NUTRITION SUMMER INSTITUTE NEWSLETTER

Summer 2000, Volume 2, Issue 2



Note from the Editor . . .

We are fast approaching the new year and we hope that several exciting things will occur for the Food & Nutrition Summer Institute in 2001. First of all I will be leaving in early January for an 8-month Fulbright Fellowship to teach at the University of Zimbabwe. I'm planning to stay in touch via the newsletter and our website <www.nal.usda.gov/fnsi>. I'd also encourage you to be creative and use my stay in Zimbabwe as a means to connect students and your community to international nutrition.

Second because of the Fulbright we are planning to hold the 2001 Summer Institute in Accra, Ghana. Planning in the U.S. is a lot

of work. Planning an international meeting will be lots and lots of work. Our preliminary plans are outlined below.

Third, Dr. Paul Cotton, whom many of you met last summer, will serve as the newsletter editor in 2001 and as the contact for ongoing Summer Institute plans. Dr. Cotton works with me at USDA as a nutrition scientist and he is a graduate of Howard University. He can be reached at <pcotton@rbhnrc.usda.gov>. Wish me luck in the next few months and keep in touch.

-- Ellen Harris --

Inside this issue:

Healthy Eating Recipes	2
Roll Call	2
2001 Food & Nutrition Summer Institute (cont.)	2
Summary Report International Conference Tuskegee Univ.	3
Unsung Hero	4

2001 Food & Nutrition Summer Institute

Next year's Summer Institute, "Strengthening Agriculture and Health Interventions to Improve Nutrition in Africa," is planned for July 15-25 in Accra, Ghana. While anyone is welcome our aim will be to sponsor travel for 5 HBCU students and 5 HBCU faculty to attend the Summer Institute. Information on award criteria will be mailed to HBCU nutrition departments and Extension Programs in early January. Award criteria will be based on candidate's current activities or future intent to develop career, or academic or research opportunities, that address international nutrition in Africa. We believe this Summer Institute upholds our mission curriculum model, and past year's quality program standards.

Summer Institute Mission: To enhance the public health and general well-being of the African American community by (1) positioning the nutrition programs at HBCUs to meet the research, education and workforce challenges of the 21st century and (2) creating a stronger voice and action for nutrition education, research, and policy within the community.

Summer Institute Model

The Summer Institute model includes 4 focus areas: nutrition education and out-

reach, nutrition intervention research, nutrition policy, and nutrition linkages to the community.

To meet those 21st century challenges knowledge of domestic nutrition issues is not enough. HBCU nutrition programs also should be knowledgeable international nutrition issues so that faculty and students can contribute to strengthening agricultural and health interventions to improve nutrition throughout the global community. The **purpose** of the third Food and Nutrition Summer Institute will be to:

- C encourage HBCUs to develop strong international nutrition components (courses, opportunities for academic and research exchange) to prepare students and faculty in addressing the public health needs of African and African American communities
- C expose students and faculty to micronutrient deficiencies that are not as prevalent in the US, but continue to be major problems in Africa and may be problems for new immigrants to the US
- C stimulate and foster a stronger link between the global community (in this instance Africa) and HBCU nutrition pro-

Calendar & Events

Food & Nutrition
Summer Institute



July 15-25, 2001
Accra, Ghana

"We are what we repeatedly do. Excellence then, is not an act, but a habit"

-- Aristotle. --



Roll Call

Alabama A&M University
 Alcorn State University
 Howard University
 Langston University
 Morgan State University
 Oakwood College
 Prairie View A&M University
 South Carolina State
 University
 Southern University
 Tuskegee University
 Univ. of Arkansas at Pine Bluff
 Univ. of Maryland Eastern
 Shore
 Virginia State University

Healthy Eating Recipes

Winter is here, along with it comes those cold winter days here's a recipe to warm up your day and your belly!

"Acorn Squash and Apple Soup"

- 1/2 Med Onion, chopped
- 1 Small Acorn Squash, peel, seed
- 1 1/2 Tbsp Butter
- 1 1/2 Cup Apple Juice
- 1 1/2 Cup Nonfat Vegetarian Broth
- 1 Small Apple, peel, core
- Salt and White Pepper (for taste)
- Sugar (for taste)
- Sour Cream (for garnish optional)
- Chopped parsley for garnish

Saute the onion and squash in the butter for 2 minutes. Add the apple juice, chicken stock, apple and seasoning. Cook until vegetable are tender, then puree in blender. Serve warm with sour cream on side. Garnish with parsley. Can be served hot or cold.

Makes 6 servings

To make a lower calorie version use half of the butter and garnish with yogurt.



grams by using these programs as effective partners in developing agricultural and health interventions enhance the growth and development of a competent, diverse body of food and nutrition students and professionals versed in the knowledge of international nutrition

encourage HBCUs and sister African universities to leverage existing nutrition program resources to better meet the public health needs and eliminate health disparities through research, program delivery and information dissemination

Based on our four focus areas (nutrition education and outreach, nutrition intervention research, nutrition policy, and nutrition linkages to the community), the Summer Institute 2001 will include presentations which highlight food security, food safety, and health interventions in three regions of the African continent.

Preliminary Agenda

Day 1 Depart BWI

Day 2 Arrive Ghana and rest

Day 3 Opening/Welcome

All Day Session:
 Overview: The Status of Food,
 Nutrition & Health in
 Africa.

Evening Reception

Day 4 Morning Session:

West Africa: Food Security, Food Safety & Health

Lunch

Afternoon Session: Site visit

Day 5 Morning Session : East Africa: Food Security, Food Safety & Health

Afternoon Session: On your own

Day 6 Morning Session :
 Southern Africa: Food Security, Food Safety & Health

Lunch

Afternoon Session: Site Visit

Day 7 Morning Session:
 Future Planning/Open Forum

Lunch

Afternoon Session:

Presentations by Summer Institute Participants

Day 8-9 Site Visit to Cape Coast

Day 10-11 Depart Ghana and arrive BWI



Summary Report: International Food & Nutrition Conference Tuskegee University, October 8-10, 2000

U.S. Secretary of Agriculture Dan Glickman gave one of his last speeches at Tuskegee University's International Food and Nutrition Conference on October 10, 2000. After a warm and laudatory introduction by President Benjamin Payton, Secretary Glickman in turn commended Tuskegee University for its partnership with USDA, thanking Tuskegee for its help in "making USDA the peoples department" and helping it "be a leader in justice for the rest of government."

Glickman spoke proudly of America's record as the largest supplier of world assistance and called on other developed nations to step up their contributions. By and large, we have eliminated starvation and famine, though not all together, he said, citing the crisis in Sudan, Ethiopia, and Kenya. He noted the big impact science and technology has had on agriculture over the decades with exponential increases in farm productivity. Today, agriculture biotechnology is offering great promise as it creates pest-resistant crops with higher yields and added nutrition that are a source of hope to the 800 million people worldwide that still go to bed hungry.

While some groups strongly oppose food biotechnology, Glickman believes politics should be kept out of science. "When you try to stop the mind from working just because you think it the politically correct thing to do, you really hurt the future of the human race."

He referred to a new "golden rice" which biotechnology has enhanced with an increased amount of Vitamin A and beta-carotene, which can save the eyesight of 100,000 children at very little cost.

Based on the success of using government surplus commodities in improving the diets of many U.S. children in school feeding programs, he and Undersecretary for Food and Nutrition Shirley Watkins, who also addressed the conference, announced plans for a pilot program to create similar programs in developing countries. Because the school day for these children often ends at noon, possibilities for getting foods to other family members through schools could improve both diets and support for education.

The Secretary, Undersecretary and the President of the American Dietetics Association, Jane V. White, all called attention to the obesity in the U.S. More than one half of Americans are overweight, with 15 to 20% characterized as obese. White said the standard for measuring obesity in women is a waist circumference of 35 inches; for men, it is 40 inches. White was particularly concerned that studies show that 30% of obese children become obese adults (and 70% do not). Contributing factors are sedentary lifestyles and high-fat, energy-dense diets, she said noting the importance of physical exercise.

The Director-General of the Food and Agriculture Organization of the United Nations, Dr. Jaques Diouf, cited new technologies among the important tools for addressing the prospects of growing hunger in both rural and increasingly urbanized populations in developing nations. "Through the effective transfer of existing technologies to poor rural communities and the development of new and safe biotechnology, there is a prospect for enhancing agricultural productivity today and in the future."

Agriculture will have to feed a human population that has been predicted to reach eight billion by 2020, Diouf noted. He said the latest research in biotechnology is targeting "the increase of the bio-availability of nutrients and the nutritional quality of foods," by raising the levels of vitamins and proteins in certain crops.

He also acknowledged that the use of biotechnology to enhance food production and quality is not without risk. "The legitimate concerns for the biosafety of each product and process, prior to its release, must be addressed."

Participants from 10 countries including Africa, the Caribbean, Europe, and the United States attended the conference. Among the universities, agencies, and private corporations represented who attended and presented at the conference were: Auburn University, Michigan State University, North Carolina A&T State University, Virginia Polytechnic Institute and State University, Tuskegee University, Griffin Georgia Agricultural Experiment Station, USDA Agriculture Research Service, USDA/CSREES, U.S. Agency for International Development, USDA/Foreign Agriculture Service, USDA Food and Nutrition Service, International Center of Research on Women, International Food Policy Research Institute, Demegen Company, Protein Technologies International, Monsanto Corporation, and the Proctor and Gamble Company.

The close to 200 participants attending the meeting agreed that they need to meet again in three years. They also recommended that efforts need to be increased in food fortification of iodine, vitamin A, and iron in countries with severe deficiencies and vulnerable populations. Other recommendations were made in the areas of biotechnology, food security and nutrition and food safety and nutrition.

*Written by:
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Food & Nutrition Summer Institute Unsung Hero

Dr. Bernestine McGee would like to recognize Professor Freddie L. Johnson for the Food & Nutrition Summer Institute Unsung Hero. Professor Johnson retired from Southern University in 1993 after 36 years of loyal dedicated service. She always worked for the best of the students, the department, the College and Southern University, even in an environment of limited resources.

Professor Johnson was the major professor for the food science and experimental foods course in the department. She was constantly challenging students to apply problem solving and critical thinking skills. She helped many students to obtain dietetic internships to become Registered Dietitians. She worked untiringly to involve students.

Professor Johnson was an active researcher. Her research was focused on value added product development such as the effect of processing and storage on complex food systems extended with plant proteins and improving quality and health benefits of family foods through innovative processing. She involved students in her research as student research assistants. These students presented papers at national meetings.

As a dedicated professional, Professor Johnson served on many boards, committees and task forces. She continues in many of these roles today.



THE Food & Nutrition
SUMMER INSTITUTE

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