

# Consortium Connection

February 2012

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## “Healthy Environment, Healthy Lifestyles, Healthy Community”

### Opa-Locka Community Development Corporation Organizes Supermarket Tours Program

In an effort to ensure that more Miami-Dade County families have the opportunity to learn how to make healthy food choices on a limited budget, the Opa-locka Community Development Corporation (OLCDC) has partnered with the UF-IFAS/Miami-Dade County Extension Expanded Food & Nutrition Education Program (EFNEP) to facilitate Shopping Matters™ grocery store tours. At least three tours will be conducted during the program, which ends on March 31, 2012, and a minimum of 25 low-income Opa-locka residents will have the opportunity to learn about key behaviors for making healthy choices on a budget. During each tour, participants will learn economical ways of purchasing fruits and vegetables, practice comparing unit prices and food labels, as well as be taught how to identify whole grains.

Shopping Matters™ is generously supported by Wal-Mart, and made possible with support from the ConAgra Foods Foundation. It was developed based upon research showing that careful food shopping practices, such as price comparison and nutrition label use, are associated with measures of better dietary quality.<sup>1</sup> The program aims to promote real changes to food shopping habits by creating a dynamic learning experience for participants.

If you would like to learn more about the above, please contact OLCDC's Food Equity Coordinator, Naomi L. Ross at 305-687-3545 Ext. 221. For questions regarding EFNEP, send an e-mail to the program Supervisor, Monica Dawkins at [mdawkins@ufl.edu](mailto:mdawkins@ufl.edu).

- Naomi L. Ross  
Opa-Locka Community Development Corporation  
Health & the Built Environment Committee



#### Inside this issue:

Opa-Locka Community Development Corporation Organizes Supermarket Tours Program	1
Fresh Food and Health Fairs Hit Miami	2
Heart Healthy Meals	3
Upcoming Events	4

#### References

1. Hersey J, et al. Food Shopping Practices are Associated with Dietary Quality in Low-Income Households. *J Nutr Educ.* 2001;33: S16-26. Satia JA, et al. Food Nutrition Label Use is Associated with Demographic, Behavioral, and Psychosocial Factors and Dietary Intake among African Americans in North Carolina. *J Am Diet Assoc.* 2005;105: 392-402.

## Fresh Food and Health Fairs Hit Miami

Healthy eating has become a little easier in Miami-Dade County thanks in part to the Miami-Dade County Health Department's Communities Putting Prevention to Work (CPPW) initiative. Through this initiative, the health department was able to fund various community partners that are working with seven farmers' markets and two community gardens to increase access to healthy foods in the community.

The markets are located in low income areas as well as worksites, and many accept EBT/ SNAP benefits. Dollar for dollar matching for up to \$10.00 makes the produce accessible to those who need it most. In addition, produce is locally grown and helps support local farmers.

Consortium for a Healthier Miami-Dade members have partnered with the markets to participate in mini-health fairs and provide educational and screening services. The first of these events took place in December, 2011 at the Upper Eastside Farmers' Market. Since then, fairs have been held at the Homestead Harvest Farm Market, the Opa-Locka Farmers' Market, the Little Haiti Farmers' Market, and the Brownsville Farmers' Market. Upcoming health fairs will be conducted at the North Miami Farmers' Market, and the Downtown Farmers' Market. Together the Consortium and the market sponsoring organizations are working together to make healthy happen in Miami!

- CPPW Staff



## Heart Healthy Meals

Heart disease is the number one cause of death in the United States, causing about 2,200 deaths per day. <sup>1</sup>In honor of February being American Heart month, we would like to give you a heart healthy recipe to enjoy with family and friends.

### Red and Green Bell Pepper Bites

Serves: 8; 3 pieces per serving

#### Ingredients

1 medium green bell pepper  
1 medium red bell pepper  
1/4 cup sliced almonds  
4 ounces fat-free or reduced-fat cream cheese, softened  
1 teaspoon no-salt lemon pepper seasoning blend  
1 teaspoon fresh lemon juice



#### Cooking Instructions

Cut each bell pepper in half lengthwise; discard the stems, ribs and seeds. Cut each half into six pieces. Arrange the pieces with the skin side down on a decorative serving platter. Set aside.

In a medium skillet, dry-roast the almonds over medium heat for 3 to 4 minutes, or until golden brown, stirring occasionally. Transfer 1 tablespoon of the almonds to a small plate and reserve for garnishing. Process the remaining almonds in a food processor or blender for 15 to 20 seconds, or until finely ground.

In a medium mixing bowl, beat the cream cheese, lemon pepper seasoning blend, and lemon juice with an electric mixer for 1 to 2 minutes, or until creamy. Add the ground almonds and beat for 10 seconds, or until combined.

Spoon the mixture into a piping bag fitted with a wide star or round tip. Or snip the corner off a resealable plastic bag (a plastic freezer bag works well) and spoon in the mixture. Pipe about 1 teaspoon of the mixture onto each bell pepper piece. Garnish with the sliced almonds.

For additional information about American Heart Month and healthy recipe ideas, please visit the [American Heart Association Nutrition Center](http://www.heart.org/american-heart-month/nutrition-center).

#### References

1. Centers for Disease Control and Prevention. (2012). Be One in a Million this American Heart Month. Retrieved February 7, 2012 from <http://www.cdc.gov/features/heartmonth/>.



# Upcoming Events

## Brain Fair 2012 for Kids of all Ages

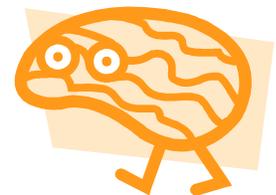
Stop by and enjoy activities like talks, holding a real brain, face painting, puppet shows and much, much more! The event is *free* to attend!



**When:** Saturday, March 17th, 2012

**Time:** 10:00AM to 4:00PM

**Where:** Miami Science Museum  
3280 South Miami Avenue  
Miami, FL 33129



Please visit [www.themiamiproject.org/brainfair](http://www.themiamiproject.org/brainfair) for more information.



**North Miami  
Farmers' Market  
&  
Health Fair**

Thursday, March 15, 2012,  
11:00 AM — 6:00 PM  
at  
MOCA Plaza  
770 NE 125 Street, North Miami, FL 33161

**Come and Enjoy:**

- Free health screenings
- Buy fresh food straight from local farmers
- Free educational information
- Giveaways!

For additional information please contact the Miami-Dade County Health Department, Office of Community Health and Planning at (305) 278 - 0442.



For additional information or to participate in the Consortium:

Tel: 305-278-0442

[www.healthymiamidade.org](http://www.healthymiamidade.org)