

# PROJECT NAF

*Nurturing Asheville & Area Families*

## PROJECT NAF

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## PROJECT EMPOWER

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## COMMUNITY PARTNERSHIPS

Mount Zion Missionary Baptist Church  
of Asheville, Inc.  
The Asheville City School System  
Asheville City School Foundation's  
In Real Life Program (IRL)  
Buncombe County Dept. of Health  
The Urban News  
"My Daddy Taught Me That"  
Western NC AIDS Project  
YMCA of Western North Carolina's  
21st Century Programs

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# March is National Nutrition Month

It's the 40th anniversary of National Nutrition Month (NNM) and we have the remainder of the month to ensure we are keeping our bodies & healthy eating habits on track.

It's common to slip up around the holiday season, but NNM falls at the

most fitting time of the year — placed right between winter and spring. So, out with all the holiday treats, and in with healthier snacks, fruits and veggies!

NNM is a nutrition education campaign sponsored by the Academy of Nutrition and Dietetics and its foundation. This campaign is designed to focus attention on the importance of making informed food choices and developing healthy eating and physical activity habits.

Okay ladies and gentlemen, it is time to spring clean your refrigerator and your cabinets stocked with junk food that accumulated throughout the winter! I can hear you saying... **"Throw out my what!"**



## Improve Your Eating Habits One Step at a Time

A busy family can benefit from food that's nutritious and easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give bodies the nutrients they need to keep going.

If you slip up one day, don't get discouraged. It happens to everyone! And don't restrict yourself to the point of misery. You are allowed to treat yourself from time to time in moderation!

Focus on your overall improved eating habits rather than your mistakes. You'll be springing into a healthy new body with sound eating habits in no time!

### Healthy Eating Tips

- Replace a candy dish with a fruit bowl.
- Store especially tempting foods, like cookies, chips, or ice cream, out of immediate eyesight, like on a high shelf or at the back of the freezer. Move the healthy food to the front at eye level.
- When eating bread, opt for whole wheat varieties — they keep you full longer and don't spike your blood glucose as much as processed grains.

### Ideas to Eat More Fruits and Vegetables Everyday

- Eat fruit raw to enjoy its natural sweetness.
- Canned or frozen fruits and vegetables are good options when fresh produce is not available. Be careful to choose those without added sugar, syrup and cream sauces.
- Choose whole fruit over fruit drinks and juices. Fruit juices have lost fiber from the fruit. It's better to eat the whole fruit because it contains the added fiber that helps you feel full.
- Cook with olive oil instead of butter or lard.
- Trim any visible fat off of meat before cooking.
- Remove the skin from chicken or turkey.
- Snack on nuts instead of chips — they are a good high protein alternative.



### Reduce Your Intake of Unhealthy Fats

## Project EMPOWER – Education Means Power

### Good News About Teen Pregnancy Rates

Programs such as Project Empower have been effective according to the CDC.

- In 2010, the number of sexually active teens dropped.
- The number of sexually active teens using contraceptives has skyrocketed.
- The teen pregnancy rate for African American girls dropped to 70.2, a 10.5% reduction.
- The teen pregnancy rate for Hispanic girls dropped 30%, from 118.4 in 2009 to 82.7 in 2010.



**The World  
is Yours!**

### About Project EMPOWER

Project EMPOWER is a program of Mt. Zion Community Development, Inc., which is a 501 C (3) non-profit organization. Project EMPOWER is Buncombe County's Teen Pregnancy Prevention Initiative. The program is funded by the NC Dept. of Health & Human Services, and Buncombe Co.

In existence since 2003 the program serves 6th, 7th, and 8th grade students at Asheville Middle School and William Randolph School.



Belinda Grant, Executive Director of NAF.  
Photo: Urban News

## Do You Know About WIC?

WIC stands for Women, Infants, and Children (WIC) Supplemental Nutrition Program, which improves the health of low income pregnant, breastfeeding, and postpartum women, infants, and children up to age five who are at nutritional risk.

### WIC Provides

- Nutrition education
- Breastfeeding Education and Support
- Referrals for health care
- Free language assistance.
- Healthy foods
- Health care referrals
- Breastfeeding support
- Eating tips for you and your child

WIC also provides Medical Nutrition Therapy by a registered dietitian, for Department of Health patients and the public who have health problems affected by nutrition.

### Am I Eligible for WIC?

To be eligible, you or your child must: live in North Carolina; live in a household with income at or below WIC guidelines; have a health risk factor based on height and weight, blood test for low iron, and health history and diet history.

For more information contact the Buncombe County Department of Health at (828) 250-5000

## Nutrition: Benefits of Breastfeeding

Breastfeeding is not simply a life-style choice. It is universally endorsed by the world's health and scientific organizations as the best way of feeding infants.

Strong evidence exists that infants fed human milk experience decreases in the incidence and/or severity of childhood infectious illnesses, including bacterial meningitis, bacteremia, diarrhea, respiratory tract infections, necrotizing enterocolitis (NEC), otitis media, and urinary tract infections. Some studies suggest that breastfeeding decreases rates of sudden infant death syndrome (SIDS).

Source: NC State Center for Health Statistics.