

# Mount Zion Community Development, Inc. (MZCD)



## PROJECT NAF

Nurturing Asheville & Area Families

### PROJECT NAF COMMUNITY ADVISORY BOARD

Jacquelyn Clarke: Representing NAF participants; Business Owner, C&J Designs  
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 Katherine Hyde-Hensley: Perinatal Emotional Health Network  
 Patricia Simpson: Representing Children with Different Abilities  
 Tim Splain: Representing Fathers (Advocacy & Support)  
 Royanna Williams: Business Owner, TBN Designs; Former NAF Participant

### National Women and Girls HIV/AIDS Awareness Day

March 10th is National Women and Girls HIV/AIDS Awareness Day, a day to raise awareness about the impact of HIV on women and show support for women and girls with HIV. #NWGHAAD #StopHIVTogether

Visit <https://bit.ly/3uOW4YR>



Colorectal Cancer Tests Save Lives

## PROJECT EMPOWER

Education Means Power

### Project EMPOWER Community Advisory Council

Johnnie Grant: *The Urban News*  
 Dr. Randall Johnson: Asheville City Schools District  
 Mr. Devin Lipford: WNCAP  
 Rasheeda McDaniel: Buncombe County Health & Human Services

### ECHO (Enhancing Collaborative Health Options & Opportunities)

## Healthy Eating, Physical Activity, and the Importance of Sleep

Project NAF's Virtual Education Session in February was filled with enthusiasm and positive interactive dialogue on healthy eating, physical activity, and the importance of sleep.

Our facilitator was Natalia Munoz-Schneier, Volunteer/Intern with MZCD who was assisted by Sapphire DeBellott, Project NAF's Outreach Worker. Natalia was featured in the February 2022 edition of *The Urban News*.

During the education session, Project NAF participants were asked to respond to these questions:

- How many hours do you sleep per night?



- How many hours of sleep do you need to feel rested?

#### Recommendation

Per the Centers for Disease Control and Prevention, adults need seven or more hours of

sleep per night for the best health and wellbeing.

Short sleep duration is defined as less than seven hours of sleep per 24-hour period.

#### Flash Back Question

While home with your baby who was a few months old, did you sleep while your baby was sleeping, or was this a time to wash clothes, clean, or cook?



## National Nutrition Month

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

For more information on healthy eating, contact Buncombe County's Nutrition Division to schedule an appointment or speak with a WIC representative, (828) 250-5000. WIC online referral: <https://www.nutritionnc.com/wic/wic-referral.asp>.

### MESSAGE FROM SAPPHIRE DE'BELLOTT

## Good Nutrition Starts Early!

Kids' early eating experiences can affect how they eat as they get older. That's why it's so important to introduce them to healthy foods from the very beginning.

Be their role model! Eating a healthy diet sets a good example for your children.

Once your child is 12 months old or older, they'll be eating more of the foods that you eat. Eating a healthy diet sets a good example for your children.

Try making a rainbow of different colored foods on your child's plate. Here are a few examples:

- Fruits: bananas, strawberries, pears, oranges, melons, or avocados
- Vegetables: cooked spinach, carrots, peas, sweet potatoes, or beets



Sapphire DeBellott

- Whole grains: whole grain breads, crackers, or pastas
- Meats: soft, small pieces of beef, lamb, chicken, fish, or turkey
- Dairy: yogurts or cheeses (pasteurized only)

It's important for children and adults alike to limit foods that are high in sodium and added sugars.

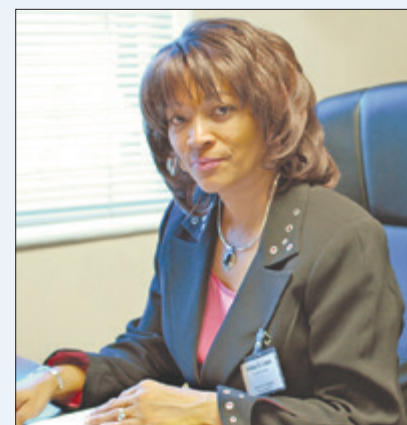
Eating a healthy diet can help children get the nutrients they need for healthy growth and development.

A healthy diet is rich in fruits and vegetables, whole grains, lean proteins, and low-fat or fat-free dairy.

Source: CDC



Dr. John H. Grant, Founding Chairman, President, CEO of Mount Zion Community Development, Inc.



Belinda K. Grant, Chief Executive Director of Mount Zion Community Development, Inc.

## March is...

### National Endometriosis Awareness Month (Reproductive Health)

### National Women and Girls HIV/AIDS Awareness Day, March 10

### Colorectal Cancer Awareness Month

### MOUNT ZION COMMUNITY DEVELOPMENT, INC.

#### Staff

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Sapphire DeBellott: Project NAF Outreach Worker

Ms. Rosa B. Hearst: Receptionist

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Our programming is made possible through the support of our generous funders.

