



Notes...on food in the community

Community Food and Nutrition Institute (CFNI)
July 2010

Volume 1, Issue 2

Editor's Note:

Enjoy our second newsletter. It's all about food in the community. CFNI is a small non-profit trying to make a difference and give voice to those working hard to serve the community. Patricia Daniels represents one of those unsung heroes in the nutrition community. She retired this year and we're honored to feature just a small bit of her fascinating career. SHABACH! Community Services, a local faith-based organization, also is featured.

Other articles include the following:

- Juneteenth Skillet Gathering
- Food prices in your neighborhood
- Recipe

Let us know what you think,

info@communityfoodandnutrition.org.

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Person Profile: Patricia Daniels, MS, RD

Patricia Daniels started her career in 1975 at the Food and Nutrition Service. She retired in June having served as the National WIC Director, 1998 - 2009. She was hired as a nutrition educator to work with the Child Care Food Program. However, her first major project was to serve as a Contract Officer's Technical Representative for the development of a nutrition education curriculum for grades K-12.



Patricia thought she basically got the assignment because she had taught elementary school for two years after graduating from Florida A & M University with a degree in Foods, Nutrition and Institutional Administration.

Over the course of 33 years, Patricia went on to work with each of the

food programs – food stamps, child nutrition, food distribution on Indian reservations, and WIC – developing food and nutrition education materials for program participants. Her

most notable project for the Food Stamp Program was developing the “Making Food Dollars Count” educational series that was created to go with the revised Thrifty Food Plan released in 1983.

(cont. on p 3)

Organization Profile: SHABACH!! Community Services

In 1996, the First Baptist Church of Glenarden Maryland established the non-profit SHABACH! Community Services (SCS). Since that time SCS has responded to the needs of the community, especially through programs and services for children and families.

One of their programs is the SHABACH! Emergency Resources and Empowerment Center. This program offers emergency food and clothing assistance to children, families, and individuals. With support from volunteers, donors, and community partners they are able to

Provide thousands of bags groceries to those in need. The program also provides Technical Assistance in Emergency Service Program Development to area community agencies, churches and family shelter programs throughout Prince George's County, MD and Washington, DC.

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CFNI hosted a Skillet Gathering to celebrate Juneteenth, July 19, 2010. For those who don't know, here's a bit of history. On June 19, 1865, two years after the Emancipation Proclamation,

Skillet Gathering Juneteenth Celebration

slaves were told by Union soldiers they were free. Communities spent their little money to buy common grounds to hold their *Juneteenth* celebrations on "emancipation grounds." One of the earliest documented land purchases in the name of *Juneteenth* was organized by Rev. Jack Yates. This fund-raising effort yielded \$1,000 and the purchase of Emancipa-

tion Park in Houston, TX in 1872. While *Juneteenth* is not yet recognized as a national holiday, it has been approved and celebrated as a state holiday in 29 states, including TX, FL, OK, DE, AK, CA, WY, IL, MO, CT, LA, NJ, NY, CO, OR, KY, MI, NM, VA, WA, TN, MA, NC, SC, & DC.

Food Prices in Your Neighborhood

Are you a comparison shopper? Do you ever wonder which store has the better food prices in your neighborhood? In this column we will compare food prices across 3 stores in a given zip code area, using a market basket approach. This month we are hitting two areas, Baltimore & Greenbelt, MD. This method allows us to create a food basket, which is based on healthful alternatives. We will choose fresh fruits and vegetables in season, whole grain bread, 2% milk and ground turkey. *This is food news to use!*

Baltimore, MD July 4 – 12, 2010			
Food Basket	Safeway—21218	Shoppers—21216	Giant—21218
Apples (2 lbs)	\$3.18	\$3.78	\$3.78
Whole grain bread (loaf)	\$2.69	\$2.00	\$2.50
2% Milk (1/2 gallon)	\$2.29	\$1.99	\$2.49
Broccoli (1 lb)	\$1.89	\$1.89	\$1.79
Ground Turkey (1.3 lbs)	\$5.99	\$4.69	\$2.99
Total Cost	\$16.04	\$14.35	\$13.55

Greenbelt, MD Area July 4 – 12, 2010			
Food Basket	Safeway—20770	Shoppers—20740	Giant—20770
Apples (2 lbs)	\$3.98	\$3.78	\$3.18
Whole grain bread (loaf)	\$2.50	\$2.00	\$2.50
2% Milk (1/2 gallon)	\$2.29	\$1.49	\$2.49
Broccoli (1 lb)	\$1.89	\$1.89	\$1.89
Ground Turkey (1.3 lbs)	\$4.49	\$4.99	\$2.99
Total Cost	\$15.15	\$14.65	\$13.05

Person Profile: P. Daniels (cont.)

It started out as a one-time project, but evolved into a big media event when USDA Secretary John R. Block put his family on a food budget of \$58 per week, the maximum food stamp allotment for a family of four at the time.

She spent almost two years doing a “road trip” throughout the 7 FNS regions: (1) trip to a local grocery store to purchase “food basket,” (2) outreach to community organizations that serviced low income families with a presentation on how to use program foods, recipes and information, and (3) food basket donated to a local group.

Out of “Making Food Dollar Count” came a focus on developing materials appropriate for low literate consumers, the second highlight in her career. This project included a series of workshops across the country at State Extension meetings, with Public Affairs across USDA, and a training manual titled “Writing for the Low Literate Audience” with Nancy Gaston as the lead author.

A third highlight of her career was introducing the need for cross-cultural competence training for nutrition educators – Extension, Child Nutrition, Child Care. Back then recipes

were basically mid-western mainstream and didn’t match the food habits of the increasingly cultural diverse demographic among program participants. Patricia directed Brenda Lisi to develop a manual for WIC nutrition educators. This led to Patricia developing a workshop based on the manual which she took on the road to nutrition conferences, maternal and child conferences, regional and national Extension conferences for about three years. Her workshops were the first time that domestic food programs had focused on this topic. A major outcome was the recognition that every culture has healthy foodways that should be retained.

Patricia is most proud of her contribution as an advocate and champion for the integration of nutrition as an integral component of the domestic food assistance programs, thus making them nutrition assistance programs. As a result she sees program policy decisions now reflect the role that nutrition plays in making the programs better for the participants. She views the implementation of the new WIC food package as a culmination of advocacy during her 33 year career where she and countless others promoted the values of food, nutrition and health in the community.



All in a day's work for Patricia in 2003, above.

SHABACH!

Community Services

Hours of Operation

M– F, 10 am – 2 pm

2nd & 4th Saturday

(appointments only)

Phone: 301-322-9593

It's all about food in the community. We are dedicated to empowering communities to strengthen their overall public health. Our services focus on nutrition education and outreach, nutrition research, and nutrition policy. Through partnerships with community organizations, schools, and churches, we promote food in a healthful, affordable, and enjoyable way.

We're on the Web!

www.communityfoodandnutrition.org

Recipe: Lorena's Spanish Tortilla



Eat breakfast like a king,
lunch like a prince, and dinner
like a pauper.

~ Adelle Davis

Ingredients:

4-5 medium potatoes
1/2 cup chopped onion
1/2 cup chopped red bell pepper (optional)
1/2 cup chopped green bell pepper (optional)
4 Tbsp olive oil
Pinch of salt and pepper
8 eggs
1/4 cup 2% milk

Directions:

In a large skillet cook potatoes, onions, and peppers in olive oil over medium heat until tender. Add salt and pepper. Drain oil and place mixture in a bowl. Beat together eggs and milk in a separate bowl. Fold potato mixture into egg mixture, making sure egg is covering everything. Pour combined mixture into skillet and cook over medium heat. As the tortilla cooks, run a spatula or large knife around the edge, lifting cooked egg up to check doneness underneath. When cooked side is brown, use a large dinner plate to flip the tortilla over. Slide the uncooked side into the skillet. Again, as the tortilla cooks, run a spatula or large knife around the edge. Once its brown underneath, remove from stove and place on plate. Cut into wedges.

Tortilla wedges may be served plain or garnished with a little salsa and sour cream.

Other options: Other chopped vegetables (spinach, tomato, broccoli) or chorizo may be substituted for bell pepper.