

## Message from the Parish Nurses

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### HEALTHIER FOOD ~ HEALTHIER LIVES

At St. Agnes, we collect food the first weekend of the month to send to the food pantry at Jefferson County Community Ministries. (JCCM). JCCM is a cooperative ministry of local churches that assist people in need. One of those needs is healthy foods. Healthy foods will help to give them energy, vitality and a feeling of well-being. It will also help those that have obesity and/or diabetes. The "Cooking with the Docs" team: Drs. Madison Humerick, Rosemary Cannarella-Lorenzetti, Chef Scott Anderson with input from Drs. Mark Cucuzzella and Dave Didden (Jefferson County Health Officer) has compiled a new food list in order to help us to make healthy choices when donating to the food pantry.

#### NEW FOOD LIST as of OCTOBER 19, 2018

##### Some New Thoughts:

- broth, low sodium, canned, or boxed
- soups and/or chili, low sodium
- pasta, whole wheat or legume
- crackers, whole wheat
- pasta and/or spaghetti sauce, less than 3g of sugar/half cup
- tomato sauce, canned
- diced tomatoes, canned
- brown rice
- beans, no salt added. Example: Black, cannellini,
- garbanzo, kidney, navy beans
- eggs
- cheese, block, shredded, or sliced
- beef jerky
- oatmeal
- protein bars, no more than 13g sugar/bar
- carnation breakfasts in a bottle, no sugar added or high protein
- fruit, fresh or light syrup canned
- vegetables, fresh or light sodium canned
- nuts, packaged in small amounts. Prefer tree nuts like almonds and walnuts, not peanuts
- Meats of any kind. Fresh: fish, chicken, beef, pork
- Canned: tuna, chicken, fish

##### Still in Need of Some Old Standbys:

- water
- coffee, ground: regular and instant/decaf
- tea, black
- sugar
- flour
- boxed potatoes
- pancake mix
- beef-stew
- apple sauce
- mac and cheese
- dried fruit
- complete meals, microwave meals
- syrup, light
- jelly
- hamburger and tuna helper
- Chef Boyardee
- pork and beans
- chicken noodle soup, tomato soup
- cooking soups
- rice

##### Some Extras:

Just to add some taste while trying to cook healthier.  
oils, olive and canola  
spices: garlic powder, onion powder, chili powder, thyme, cumin, basil, etc.  
condiments: ketchup, mustard, mayonnaise

##### Please Do Not Donate List:

- White breads
- Battered foods
- Breakfast cereals with high sugar content
- Sweets
- Candy
- Sodas
- High sugar juices
- Cheese spreads
- Any foods with added sugar
- Margarine
- Canned fruit in heavy syrup
- Pastas – best if they are wheat or legume, rather than White

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Source: JCCM. More information can be found at:

[www.jccm.us](http://www.jccm.us)

## **“Cooking with the Docs”**

JCCM partnered with the WVU School of Medicine in a program, unofficially named, “Cooking with the Docs,” On the third Saturday of each month, a team of physicians, medical students and Med School folks turn JCCM conference room into a kitchen. Over the course of a couple of hours, they prepare delicious and healthy meals built around food from the JCCM Food Pantry and the community gardens. Those who attend are learning that eating healthy is possible with using foods from the food pantry. They have the opportunity to ask questions and are offered samples of everything that is being prepared. Then, at about noon, those who have “dropped-in” during the Saturday Safe Space Drop-in Center time receive more than samples – this becomes their lunch.

The focus of this endeavor is to help us all learn how to prepare inexpensive, healthy and tasty meals and comes out of the concern that we are an unhealthy state.

- 37% of our population suffer from obesity (#1 in the nation)
- 25 % have been diagnosed with diabetes (#2 in the nation)

Studies suggest that the percentages are even higher among low income and food insecure families and individuals – those who receive food from the JCCM Food Pantry.

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Source: JCCM website & JCCM article: Latest Happenings – Getting Healthy

To see all the services JCCM provides visit [www.jccm.us](http://www.jccm.us)