Body&Soul

A Celebration of Healthy Eating & Living

A GUIDE FOR YOUR CHURCH

Table Of Contents

A Letter from a "Body & Soul" Pastor 1
Introduction 3
Body & Soul: the Four Pillars 4
Bringing Body & Soul to Your Church 5
Pillar 1: A Pastor Who Is Committed and Involved 5
Pillar 2: Church Activities that Promote Healthy Eating 6
Pillar 3: A Church Environment that Promotes Healthy Eating 8
Pillar 4: Peer Counseling that Motivates Church Members to Eat a Healthy Diet 11
Customizing Body & Soul for Your Church 13
Keeping the Spirit Alive - How to Maintain Your Body & Soul Program 15
The Blessings of Body & Soul - Success Stories 16
The Good News about Fruits and Vegetables 18
Why Eating Fruits and Vegetables Is Important for Children 19
Why Eating Fruits and Vegetables Is Important for Adults 20
What's in Fruits and Vegetables? 21
The Colors of Health 22
How Many Cups Do You Need Each Day? 23
What's in a Cup? 24
The History of Body & Soul 25

Appendix A: Planning Materials 27
Roles and Responsibilities of the Church Coordinator and Planning Team 28
Sample Agenda for First Planning Team Meeting 29
Educational Activity Task List and Time Line 30
Educational Activity Planning Form 31
Educational Activity Feedback Form - What Did You Think? 32
Appendix B: Educational Materials for the Congregation 33
The Church's Commitment to Good Health Pledge 34
A Celebration of Healthy Eating and Living Fact Sheet 35
Fruits and Vegetables To Nourish Your Body Fact Sheet 36
The Health Benefits of Fruits and Vegetables 37
Eat a Variety of Fruits and Vegetables 39
Easy Ways to Enjoy Fruits and Vegetables 39
Tips to Make Half Your Plate Fruits and Vegetables 40
Down Home Healthy: Enjoy Your Favorite Family Recipes Fact Sheet 41
Health Pledge 42
Resources for Information, Speakers, and Materials 43
About the National Cancer Institute 45
About the American Cancer Society 46
Acknowledgements 47

Kerwin I. Manning
Senior Pastor/Head Coach

Madelyn D. Manning
Co-Pastor/Administrator

Dr. Glovioell K. Rowland
Assistant Pastor

Anna Mae Young
Pastor to Seniors

Pasadena Church of God
404 E. Washington Blvd.
Pasadena, CA 91104-3475

God cares about every aspect of our lives. His Word says:

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." (III John 2).

Sadly, many African American church leaders have gone home to the Lord too early in life from diseases that can be prevented. I see them die in their 40s, 50s, and early 60s. This is just when their wisdom and guidance is most needed to instruct the next generation. Brethren, this ought not be!

Eating a healthy diet along with an active lifestyle may help us lower our chances of diseases such as high blood pressure, stroke, diabetes, heart disease, and some types of cancer.

From the beginning, God knew what kinds of food He wanted us to eat.

"Then God said, 'I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.'" (Genesis 1:29).

Join me in embracing Body & Soul, a program for churches that helps members improve their health. Body & Soul helps my congregation eat more fruits and vegetables every day.

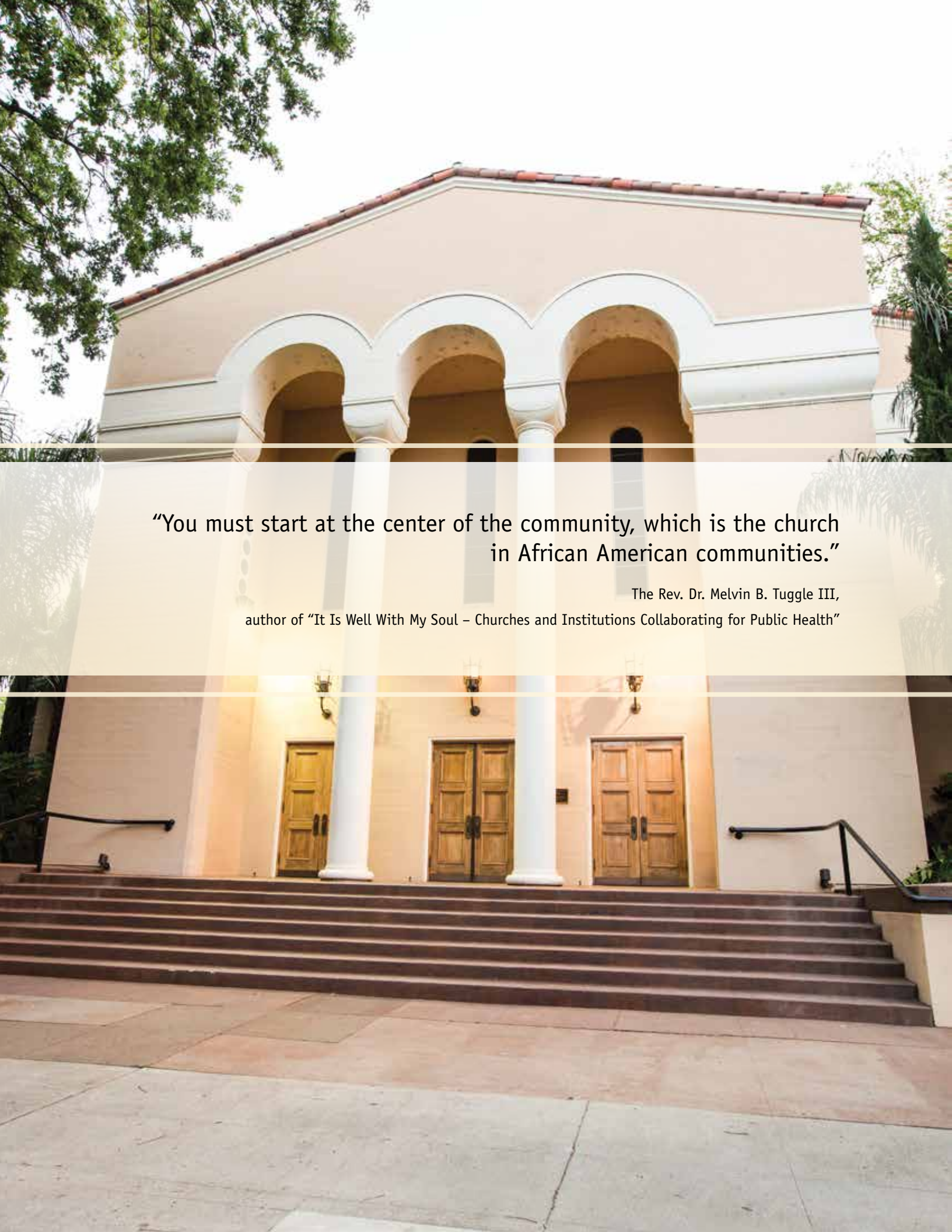
Trust me. It is easy to bring healthy eating into the church when you prayerfully and diligently use the program. Doing Body & Soul is a blessing beyond measure. Remember, God placed Adam and Eve in a garden, not in a pig pen!

"Do you not know that your body is a temple of the Holy Spirit, who is in you, who you have received from God?" (I Corinthians 6:19).

Glovioell Rowland, Ph.D.

Glovioell Rowland, Ph.D.
Assistant Pastor, Pasadena Church of God
Pasadena, California

www.pasadenachurch.com



"You must start at the center of the community, which is the church in African American communities."

The Rev. Dr. Melvin B. Tuggle III,

author of "It Is Well With My Soul – Churches and Institutions Collaborating for Public Health"

Introduction

PURPOSE OF THIS GUIDE

Body & Soul is an evidence-based health and wellness program developed for African American churches. The program empowers church members to eat a healthy diet rich in fruits and vegetables every day for better health. Churches that embrace Body & Soul help their members take care of their bodies as well as their spirits. Body & Soul works by combining:

- Pastoral leadership
- Educational activities
- A church environment that supports healthy eating
- Peer counseling

This guide explains how to run the program in your church. It tells how to create a Body & Soul program to fit your congregation. It also has tools and handouts to get started, and resources for more information.

WHY BODY & SOUL — THE POWER OF PREVENTION

African Americans are at higher risk for many serious and often fatal diseases. These include high blood pressure, diabetes, heart disease, stroke, and cancer. African Americans are also more likely to suffer serious health problems and die from these diseases.

What can you do to lower your risk for disease?

A diet rich in fruits and vegetables promotes good health and lowers the risk for these illnesses. Eating plenty of fruits and vegetables may be one of the easiest things you can do to improve your health.

THE BENEFITS OF BODY & SOUL TO YOUR CHURCH

Body & Soul churches embrace and celebrate good health through healthy eating. Your congregation will:

- Learn how health and spirituality are connected.
- Feel empowered to take charge of their health.
- Eat more fruits and vegetables every day.
- Live healthier in other ways, such as eating less fat and getting more physical activity.
- Gain access to vital health information at the church.

For more than 10 years, African American churches around the country have used this program. They have generously shared their ideas, tips, and success stories. Their experiences have helped other churches start strong programs. Once Body & Soul is thriving in your church, please share what you learned with other churches.

Body & Soul: the four pillars

"The African American community is in crisis. We are at the top of the charts for chronic disease."

Body & Soul Church Coordinator, California

A Body & Soul program is made up of four parts. We call these parts "pillars" because they are like the pillars of a church. Just as a church building needs support on all four sides, a successful Body & Soul program needs all four of its "pillars" to be active and strong. **All four pillars must be in place to build an effective Body & Soul program.**

THE FOUR PILLARS OF BODY & SOUL ARE:

1. A pastor who is committed and involved
As the church's spiritual and organizational leader, the pastor's support of the program is vital. The more actively involved the pastor is, the better.

2. Church activities that promote healthy eating
Church gatherings and workshops teach both information and skills that encourage a healthy diet. A Body & Soul Planning Team plans and carries out the program's activities.

3. A church environment that promotes healthy eating
It is important to surround the congregation with healthy choices at meals and other church functions. This shows church members how simple it is to make eating more fruits and vegetables part of their daily lives.

4. Peer counseling that motivates church members to eat a healthy diet
One-on-one support helps church members take more control over their health.

BRINGING BODY & SOUL TO YOUR CHURCH

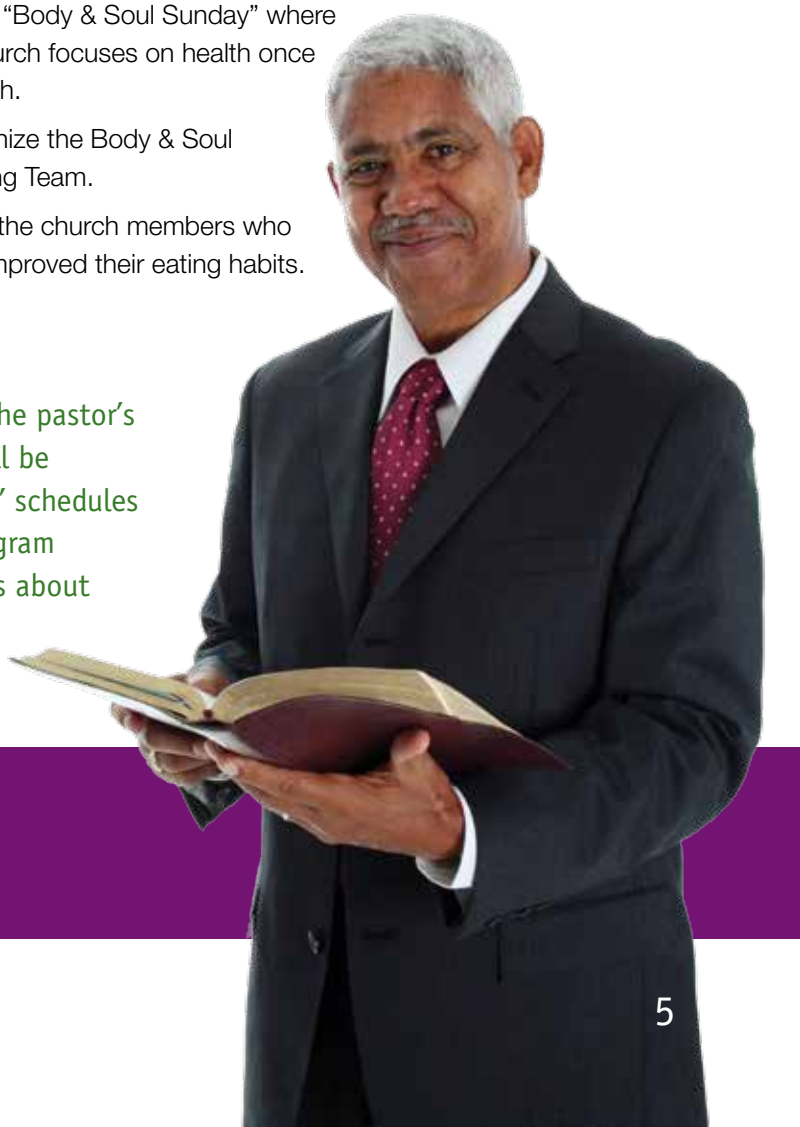
This section tells how to build your Body & Soul program around the program's four "pillars." It goes on to offer tips for customizing Body & Soul to your congregation. And, finally, it offers ideas on how to keep your Body & Soul program running well over time.

PILLAR ONE: A pastor who is committed & involved

Be sure to get the pastor's support up front. As the leader of the church, the pastor's support sends a clear message to the congregation. It shows that the program is in keeping with the mission of the church. And it helps church members see the link between physical health and spiritual well being. The pastor can:

- Launch the Body & Soul program at a kick-off event. Sign "The Church's Commitment to Good Health" pledge. Affirm the pledge before the congregation. (A sample pledge is included in Appendix B.)
- Be a role model for the congregation by eating more fruits and vegetables every day.
- Deliver inspirational messages about the link between good health and spirituality. Include Bible verses that refer to healthy eating and living in sermons, church bulletins, and newsletters.
- Ask that more fruits and vegetables be served at church functions to help create a healthy church setting.
- Start a "Body & Soul Sunday" where the church focuses on health once a month.
- Recognize the Body & Soul Planning Team.
- Praise the church members who have improved their eating habits.

The first step in starting Body & Soul is getting the pastor's blessing for the program. Plan how the pastor will be involved. Confirm activities early because pastors' schedules fill up quickly. The pastor should appoint the Program Coordinator. He or she may also make suggestions about who should be on the Planning Team. The more the pastor is involved the better.



PILLAR TWO: Church activities that promote healthy eating

Include activities that appeal to different groups within the church, such as nutrition education activities in Sunday schools, men's meetings, or other group meetings.

Activities that encourage church members to eat more fruits and vegetables are the heart of Body & Soul. These can include workshops, cooking demonstrations, taste tests, and many others. Such activities help in three ways:

- Church members learn about health.
- They get the chance to try new types of fruits and vegetables.
- They gain skills to change their eating habits.

The more activities you offer, the more church members are exposed to fruits and vegetables and are motivated to eat more.

Body & Soul activities begin with a kick-off event. This is followed by a range of learning activities. Remember to celebrate the church's success along the way, too.

The Body & Soul Kick-off Event

The launch event sets the tone for your whole program. This event:

- Introduces the program to the congregation.
- Inspires members to take charge of their health.
- Excites members about activities that will take place at the church.

Make sure the event features many colorful and tasty seasonal fruits and vegetables. This will help get everyone excited about what's to come.

Examples of kick-off events include a Body & Soul Sunday; a health fair; a prayer breakfast, healthy lunch or dinner; or a healthy picnic. At the kick-off, be sure to give out a calendar of future events. Members can commit to the program by signing the Health Pledge. (The pledge is in Appendix B.)

Ongoing Church Activities

Learning activities inform and inspire the congregation. Church members learn how and why to eat more fruits and vegetables as part of a healthy lifestyle.

Include activities that appeal to different groups within the church such as:

- Workshops on topics including healthy eating, weight control, container gardening, financial planning, budgeting, and preventing and controlling disease.
- Nutrition education activities in Sunday schools, men's meetings, or other group meetings.
- Tours of the produce department in a local grocery store.
- Demonstrations and classes on healthy ways to prepare and cook food.
- Tasting parties with fruits and vegetables (e .g., smoothies, different types of fruits and vegetables).
- Messages about healthy eating and living in church bulletins and newsletters, and on the church's web site.

Celebrating Success

- A successful Body & Soul program means everyone has come together to improve their health. Celebrate!

Examples of celebrations include:

- Recognition of the Planning Team during service.
- Certificates for people who participated in the program.
- Healthy luncheon or dinner.
- A healthy potluck, picnic or cookout.

GOOD NEWS: BODY & SOUL CHURCHES PROMOTE HEALTHY EATING HABITS

- One church's Men's Ministry held an "Iron Chef" style cook-off at the church picnic. Men were put on teams. The teams were given various ingredients and challenged to grill different dishes that used fruits and vegetables. The pastor and members of the Planning Team judged the dishes. All the members at the picnic got to enjoy the results.
- A Delaware church held workshops to help members budget their money and manage their credit. Members learned how to budget for groceries and shop for produce. This made it easier for them to afford buying more fruits and vegetables. The workshops were especially helpful for those on fixed incomes.

PILLAR THREE: A church environment that promotes healthy eating

Body & Soul is most effective when the church sets a good example. The congregation needs to hear the pastor speak about health. They also need to get information about healthy eating. But sermons, handouts, and even classes are not enough. Church members also need to eat plenty of fruits and vegetables at church events.

Serving more fruits, vegetables, and other healthy foods at church shows that the church "practices what it preaches." The church is committed to the health of the congregation. And healthy eating becomes a part of church life.

IDEAS FOR A HEALTHY CHURCH ENVIRONMENT

Successful Body & Soul programs bring more fruits and vegetables into the church. Here are some examples:

- Provide foods that support healthy choices like fruits and vegetables after church services and in church programs, especially those that involve children.
- Set up church policies that ensure more fruits and vegetables are served at church functions. The policies should include vending machines and church stores as well.
- Make changes in the church kitchen. These can include training the kitchen committee, changing recipes, and menus, and stocking the pantry with more fruits and vegetables.
- Encourage members to share the bounty of their gardens with the church family.
- Give bags of fruits and vegetables to sick and shut-in church members.
- Sponsor a farmers' market at your church. (Contact the USDA, listed in the resource section, to learn more.)
- Ask your local market or convenience store to sell more fruits and vegetables.
- Start a garden committee to support a church garden.

"We made a policy: no more danish in Sunday School"

Body & Soul Coordinator, Virginia

GOOD NEWS: BODY & SOUL CHURCHES CREATE HEALTHY CHURCH ENVIRONMENTS

- A Georgia church asked a dietitian to train the church kitchen committee to prepare healthier dishes. They focused on using more fruits and vegetables and reducing the fat in traditional recipes. The committee improved meals they served to the congregation. They also made healthier meals for the soup kitchen, shut-ins, and special events.
- Several churches took a special interest in what the children were eating. Some made guidelines for their youth programs. The guidelines encouraged serving fruits and vegetables instead of typical snacks.
- A California church found that the fruits and vegetables were more popular than chips.
- A Virginia church found that their children were not eating well at school. The kids were very hungry when they arrived at the church's after school program. The church members looked for ways to improve the meals offered at school. They also started to serve healthy snacks like fruits and vegetables in the church's after-school program.

Here is an example of a church Healthy Eating Policy:

[CHURCH NAME] HEALTHY EATING POLICY

Background

[Church Name] is committed to improving the health of its members as part of its [church's mission and/or health priorities].

African Americans are at increased risk of developing and dying from certain diet-related diseases, including heart disease, high blood pressure, diabetes, and many types of cancer. African American youth have the highest rates of overweight and obesity among all children. Type 2 diabetes is also increasing at alarming rates among youth. The unhealthy eating habits that contribute to these serious problems begin in childhood and lead to the development of many diet-related diseases in adulthood.

Preventing these diseases is an important step in improving health in the African American community. Prevention saves lives, lessens the human burden of illness, lowers health care costs, and preserves our quality of life. Eating a diet rich in fruits and vegetables as part of a healthy, active lifestyle reduces the risk of these diseases.

[Church Name] Healthy Eating Policy

In an effort to demonstrate our commitment to encourage our congregation to adopt healthy eating habits and active lifestyles, [Church Name] is establishing a Healthy Eating Policy to ensure that all meals and snacks served at church meetings and functions are a model of healthy eating. The goal of this Healthy Eating Policy is to increase the availability of fruits and vegetables in all meals and snacks served at [Church Name]. The foods served in our activities should serve as a model of healthy eating to our children, our families, and our community.

This policy applies to all meals (breakfast, lunch, and dinner) and snacks served at church sponsored meetings and functions. This policy also applies to all snacks and meals served to children in youth programs, including Sunday school, vacation bible classes, and after school activities.

[Church Name]'s Healthy Eating Policy encourages:

- Serving two or more fruits and vegetables at every meal.
- Serving fruit at meals or for dessert.
- Serving plenty of fresh fruits and vegetables as snacks.
- Serving healthfully prepared fruits and vegetables low in saturated fat.

PILLAR FOUR: Peer counseling that motivates church members to eat a healthy diet

Peer counseling helps motivate church members to eat more fruits and vegetables. Interested church members sign up to talk with a trained volunteer. They can talk over the telephone or in person.

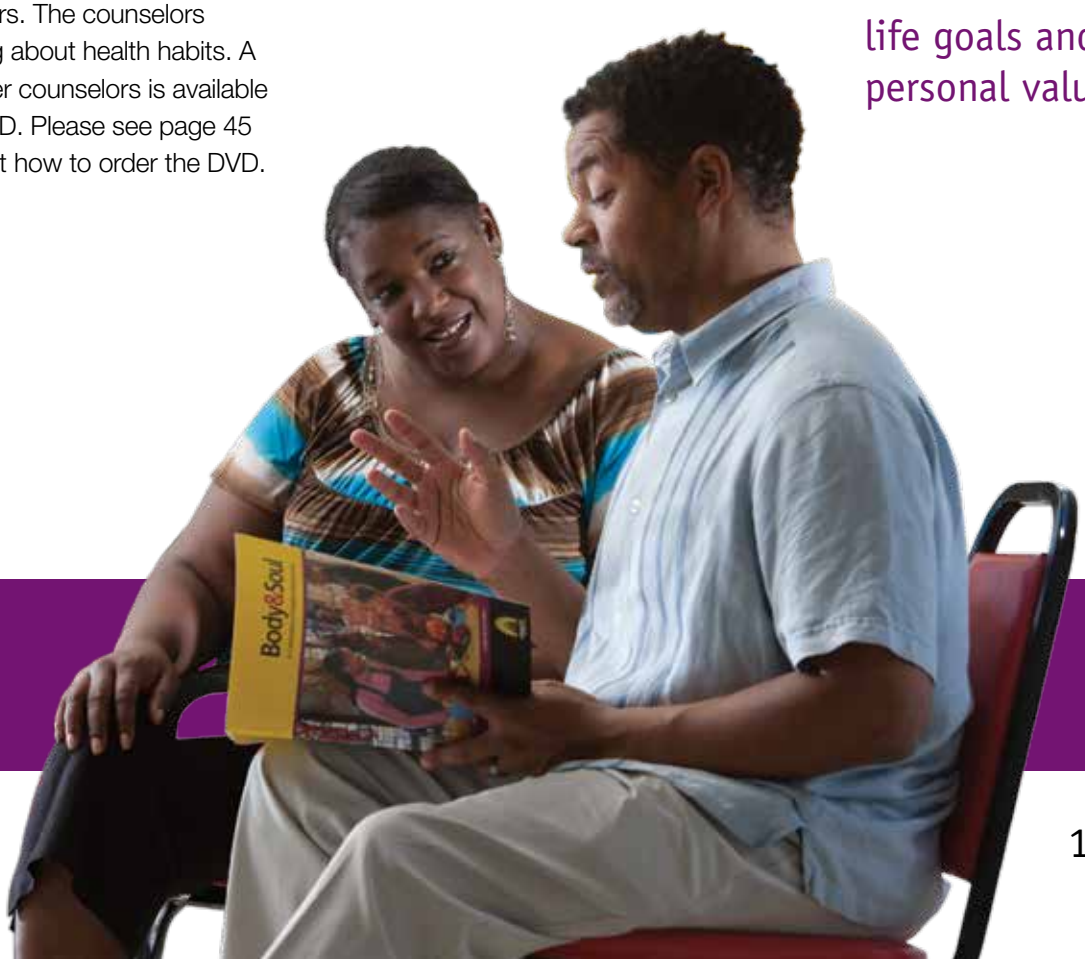
Church members talk with their peer counselors about how eating healthier relates to their life goals and personal values. Peer counselors tailor the talk to the person's readiness to change. Together, the church member and peer counselor come up with an action plan for eating more fruits and vegetables. This approach empowers people to take more control over their health.

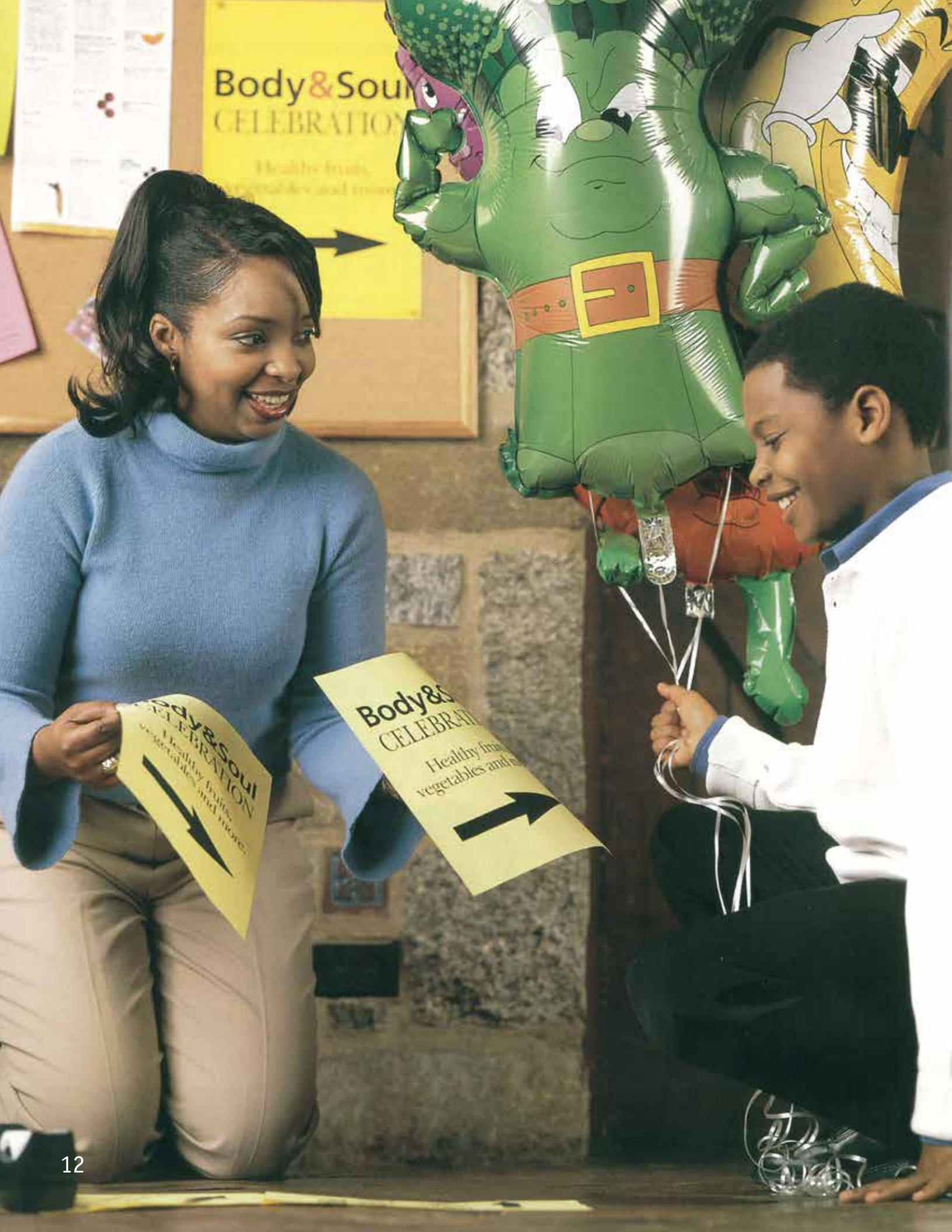
Each church chooses and trains members to be peer counselors. The counselors learn skills for talking about health habits. A program to train peer counselors is available on an interactive DVD. Please see page 45 for information about how to order the DVD.

The peer counseling pillar of Body & Soul is based on principles of motivational interviewing. This kind of interviewing is a proven method for changing health behavior. These skills can also be used in many outreach activities at the church.

Peer counseling helps "bring home" the Body & Soul program. It helps church members see how eating healthier can fit into their lives. It offers one-on-one attention and support to those who need it. This personal touch is the final pillar of an effective Body & Soul program.

Church members talk with their peer counselors about how eating healthier relates to their life goals and personal values.




Body&Soul
CELEBRATION
Healthy fruits,
Body&Soul
CELEBRATION
Healthy fruits,
vegetables and more
Body&S
CELEBRATI
Healthy fru
vegetables and

Customizing Body & Soul for your church

Every church has different needs and interests. With this in mind, you can customize the Body & Soul program to fit your congregation. This section offers tips for forming a Planning Team and making plans that work for your church.

FORM THE BODY & SOUL PLANNING TEAM

The pastor appoints a Program Coordinator to manage the program and oversee the Planning Team. The Planning Team is usually made up of 5 to 10 people, depending on the size of the church. The Team customizes Body & Soul to meet the needs of the congregation. The Team is responsible for coordinating and promoting the program. The Planning Team also tracks the program's success.

The Planning Team can include:

- Members of the health ministry; men's, women's, and youth ministries; and the kitchen committee
- Doctors, nurses, dietitians, and others with expertise in health, food and nutrition
- Church leaders, including Sunday school teachers and Elders

MAKE PLANS THAT WORK FOR YOUR CHURCH

A good way to begin planning Body & Soul is to work activities into the church's existing programs. You can add it to ministry programs, Sunday school, holiday events, Mother's and Father's Day celebrations, and more. The Planning Team should also develop stand-alone Body & Soul activities. You can focus activities on one specific group, (e.g., men's ministry or the youth) or design them to reach the entire congregation.

TIPS FOR A SUCCESSFUL PLANNING TEAM

- Schedule regular meetings early on. That way, everyone can put them on their calendars.
- Always prepare an agenda with specific goals for every meeting. This helps the Team stay on task with its timeline.
- Set up a system for regular communication with the Team between meetings.
- Use the talents of Team members by forming small working groups. For example, members who like to use their artistic talents can work on promotions or decorations. Meanwhile, other members can help with planning the workshops or getting donations.
- Encourage the Planning Team to think creatively.
- Be patient: Church-based programs take time, but they're worth it.

" Everybody can be great because everybody can serve ... You only need a heart full of grace and a soul generated by love."

Rev. Dr. Martin Luther King, Jr.

Look for resources already in the church, such as volunteers and people with expertise in health. Then find ways to get other resources from the community. Other typical resources include educational materials, fruits and vegetables, and door prizes. These can often be found at no or little cost. (See Resources for a list of organizations to contact.)

The Team should:

- Prepare a timeline and task list that shows who will be responsible for what.
- Make a list of resources needed for each activity.
- Ask community organizations to help with activities, materials, speakers, and food. (Examples: 4-H, Extension Service, grocery stores)
- Get the word out early and often. Promote events in the church bulletin, newsletter, and displays. (Examples: posters, bulletin board notices, banners)
- Offer nutrition education to the people who come to the activities.
- Be seen supporting Body & Soul. Appear at church services and functions.
- Maintain a tracking system to be sure each activity happens as planned.
- Keep a scrapbook (e.g., flyers, photos) so that the church has a record of its Body & Soul program.
- Schedule meetings between the Planning Team and pastor for feedback on how well the program is working.

See Appendix A for a sample meeting agenda and other planning materials. These may be helpful to your Body & Soul Planning Team.

TIPS FOR WORKING WITH GROCERY STORES

Grocery stores make great Body & Soul partners. Like you, they want people to eat more fruits and vegetables. This is a good reason for the store to work with you. They want to keep customers and will respond to customer demands. Here are some tips for working with local grocery stores:

- When working with produce managers, point out benefits to the store: identifying with a local community church; linking to a popular message; getting recognition from the church; promoting the store to the congregation; identifying healthy menus served at church socials and healthy foods provided to church members in need.
- The grocery store may be willing to offer tours of the sections with fresh, frozen, canned, juiced, dried produce, coupons, or donations of fruits and vegetables.
- Many grocery stores already have health programs and/or a community commitment. Check with the produce manager about how Body & Soul can work with existing store activities.
- Most grocery stores have weekly circulars or ads. Ask if they can include a Body & Soul message.

Keeping the spirit alive

HOW TO MAINTAIN YOUR BODY & SOUL PROGRAM

Body & Soul can be the start of an active health ministry. Or it can become part of a ministry you already have. Either way, the program empowers church members to eat better and live better, enriching their lives.

Build on this with more activities that promote healthy eating and living:

- Create a full health ministry. Bring in other health topics such as health screenings, preventing, and managing chronic diseases, and substance abuse.
- Feature a Body & Soul article in the church newsletter.
- Set up a Body & Soul bulletin board in the church. Use it to post nutrition and health messages regularly.
- Include physical activity in church offerings. Walking groups and aerobics classes are two examples. One church has walking prayer meetings.
- Hold Body & Soul workshops every few months during the year.
- Create a Body & Soul ministry. Reach outside the church into the community or to other congregations.
- Invite nutrition or health support groups to meet regularly at the church. Include walking clubs and weight control programs.
- Expand Body & Soul into community services the church provides, such as the soup kitchen or Meals On Wheels.

The program empowers church members to eat better and live better, enhancing their lives.

success stories

METROPOLITAN BAPTIST CHURCH, PASADENA, CALIFORNIA

Founded in 1906, Metropolitan Baptist Church has 800 members. It is located in a suburb of Los Angeles, California. The church launched Body & Soul in the spring of 2001. Its mission was to "promote a nourishing way of eating that will enable us to be more efficient in services to Our Lord."

To start, the pastor, Rev. Tyrone Skinner, named the Body & Soul program coordinator. He chose one of the Deaconesses, a former registered nurse. The two then put together the Planning Team. The Team was made up of members of the trustee board, the Men's and Women's Auxiliary, the Hospitality Committee, the seniors' group, and other church members who were interested in good nutrition and fitness. The coordinator presented Body & Soul at auxiliary group meetings and encouraged their support. Together, the Team put the four program pillars into action.

Pastor Involvement

Rev. Skinner was an active leader in bringing Body & Soul to the church members. He took part in the kick-off event. Which was a healthy church picnic. He also served as a judge at a men's cook off. He encouraged members to bring lots of fruits and vegetables and other healthy foods to the event. He made a special request that the church anniversary celebration feature foods prepared with less fat and more fruits and vegetables.

Church Activities

The Planning Team represented a broad range of groups within the church, so they had a good sense of the topics members wanted to learn about. They also used the church calendar to find ways to work Body & Soul into activities that had already been planned. Metropolitan's Body & Soul activities included:

- A kick-off event during the church's anniversary celebration
- Learning activities such as healthy cooking classes and workshops on choosing, storing, and preparing fruits and vegetables
- Fruit and vegetable tastings
- High blood pressure screenings after church or before choir practice
- A weekly health support group to discuss various health topics and go for walks around the church
- Distributing literature about healthy eating and disease prevention, and posting a Body & Soul display board in the church for activity flyers and other information
- Promoting Body & Soul activities through church bulletins, pulpit announcements, and word of mouth

Creating a Healthy Church Environment

Metropolitan made healthy changes that could be seen throughout the congregation — and even beyond. The Planning Team arranged for a Body & Soul meal before the church's revival. Through that experience, other area churches had a taste of what Body & Soul offered.

Peer Counseling

Metropolitan's Body & Soul Planning Team chose church members to be peer counselors. During the kick-off, members of the congregation signed up to get peer counseling. The church members met with their peer counselors one-on-one. The counselors talked about how healthy eating fit in with church members' values. They showed how it could help them meet their overall personal goals. Church members benefited from the experience. They said it was important to have someone from the church to talk to. This really helped them make healthy changes.

Metropolitan made healthy changes that could be seen throughout the congregation — and even beyond.

Keeping the Spirit Alive

Body & Soul now thrives at Metropolitan. It has also sparked interest among other churches in the area. The Body & Soul Planning Team applied to become a formal ministry within the church. They have since expanded the program to include physical activity. The Body & Soul ministry has also reached out to other churches, bringing the program to regional meetings. Ministry members now teach other churches about Body & Soul and help them start their own programs.

Body & Soul's real success lies with the committed, hardworking members of African American churches across the country. Their energy and vision have brought about much needed changes. As a result, Body & Soul is improving the health of church members every day. Below are just a few of the things churches have accomplished using Body & Soul. Each success story shows how the church used Body & Soul's four pillars to meet and even surpass their original goals.

FIRST BAPTIST CHURCH, HAMPTON, VIRGINIA

Established in 1865, First Baptist Church has a membership of 1,400 people. It is located in Hampton, Virginia. The church began its Body & Soul program in January of 2001.

The Body & Soul program coordinator for First Baptist was a dietitian. She stressed the importance of creating a well-rounded team that included members of the food service and health committees. Thus the Planning Team was made up of members of the Health Ministry, the Women's and Food Auxiliaries, the church school, and members with an interest in nutrition and health. The Planning Team made a list of nutrition and health topics for their Body & Soul program. Then they surveyed the congregation to make sure the program matched their interests.

Pastor Involvement

The First Baptist pastor laid the foundation for the program by delivering a stirring sermon. He addressed the link between health and spirituality. And he encouraged all church members to participate in Body & Soul. He also gave the invocation at the kick-off event.

> The members have come to expect healthy options whenever food is served.

Church Activities

Church members tasted new fruits and vegetables and learned how to prepare them more healthfully. Activities included:

- A kick-off event that introduced the benefits of fruits and vegetables and the importance of preventing diseases.
- Cooking demonstrations that showed healthy ways to make traditional recipes with more fruits and vegetables.
- A gadget party to show people different tools that make it easier to prepare fruits and vegetables.
- A course on patio gardening, taught by an agent from the local extension service.
- A session on how to choose fresh fruits and vegetables, with a speaker from a grocery store produce department.
- A health challenge held throughout the program. Church members received calendars and checked off each day they ate 5 or more servings of fruits and vegetables. They handed in their calendars at each Body & Soul activity, where door prizes such as cookbooks and aprons were given away.

Creating a Healthy Church Environment

First Baptist created a "healthy meals and snacks" policy. The policy requires including fruits and vegetables whenever food is served in the church or the nursery.

Peer Counseling

Church members volunteered to serve as Body & Soul peer counselors. The volunteers included social workers, teachers, nurses, and dietitians. The peer counselors helped their fellow church members break through the barriers that kept them from eating more fruits and vegetables. The counselors gained a lot, too. They felt a strong sense of accomplishment in helping their fellow church members.

Keeping the Spirit Alive

The steps taken by First Baptist have grown into standing changes in the church. Today, the Food Auxiliary automatically prepares more fruit and vegetable dishes for church events. The members have come to expect healthy options whenever food is served. Members have also become interested in other health topics, and the church holds health-related activities on a regular basis. The Program Coordinator at First Baptist is now helping other area churches start Body & Soul.

THE GOOD NEWS ABOUT FRUITS & VEGETABLES

Eating a diet rich in fruits and vegetables every day is an important part of a healthy, active lifestyle. It promotes good health and helps lower the chances of getting high blood pressure, diabetes, heart disease, stroke, and some types of cancer. African Americans have very high rates of these diseases and get them earlier in life. They also suffer more serious health problems and die at an earlier age from these diseases. Most African Americans eat less than half of the daily amount of fruits and vegetables they need to stay healthy.

Everyone has the power to make choices to improve their health. The good news is that eating more fruits and vegetables is one of the easiest things you can do to get started.

This section has information about:

- Why eating fruits and vegetables is important for good health.
- How many cups are recommended.
- What a half or whole cup looks like.

Why eating fruits and vegetables is important for children

IT ALL BEGINS IN CHILDHOOD

African American youth have the highest rates of overweight and obesity among all children. Type 2 diabetes is also going up at alarming rates among African American children. Eating habits that affect a child's risk for these problems begin in childhood. Healthy eating in childhood, and into the adult years, will lower their chances for diseases later in life. These diseases include obesity, overweight, diabetes, heart disease, high blood pressure, and cancer. Most African American kids eat less than half of the amount of fruits and vegetables they need to stay healthy.

GOOD HABITS LAST A LIFETIME

It's important for us to help kids develop good habits they can carry into their adult lives. Eating more fruits and vegetables when they are young will make it easier for them to choose healthier foods as adults.

NUTRIENTS TO GROW HEALTHY AND STRONG

Fruits and vegetables give children many of the nutrients they need for overall good health.

Why eating fruits and vegetables is important for adults

People who make half their plate fruits and vegetables every day have a lower chance of getting many cancers.

HELP MANAGE YOUR WEIGHT

When combined with an active lifestyle, eating fruits and vegetables can help you manage your weight. Most are low in calories and fat. And many have lots of water and fiber to help you feel full.

You can eat fewer calories and still satisfy your appetite. Eat larger portions of fruits and vegetables at meals. Eat fruits and vegetables raw or steamed and use very small amounts of added sauces, butters, or oils.

LOWER YOUR CHANCES FOR SOME CANCERS

People who have a diet rich in fruits and vegetables have a lower chance of getting cancer of the lung, mouth, pharynx, esophagus, stomach, colon, and rectum. They are also less likely to get breast, pancreas, larynx, and bladder cancer.

LOWER YOUR CHANCES FOR HEART DISEASE & STROKE

Heart-healthy diets include fruits and vegetables and foods low in sodium, saturated fat, cholesterol, and sugar. They also include lowfat dairy foods and whole grains. Such diets can lower blood pressure and cholesterol and lower the chances of heart disease. Recent studies also report that diets rich in fruits and vegetables may help lower the chances for having a stroke.

REDUCE HIGH BLOOD PRESSURE

In the DASH study (Dietary Approaches to Stop Hypertension), people with high blood pressure followed a special eating plan. These people saw their blood pressure go down after only one month. The plan included 8 to 10 servings of fruits and vegetables a day and 2 to 3 servings of lowfat dairy foods.

The DASH eating plan is low in saturated fat and cholesterol. The plan allows only very small amounts of red meat, sweets, and sugar-containing drinks. It also includes moderate amounts of whole grains, fish, poultry and nuts.

People in the DASH study with the lowest sodium intake had the biggest fall in blood pressure. Too much sodium may cause blood pressure to rise. Potassium counteracts the effect of sodium on blood pressure. Yet, African Americans get only half their potassium needs. Fruits and vegetables contain potassium and are low in sodium.

LOWER YOUR CHANCES FOR DIABETES

Obesity and diet are strong risk factors for developing type 2 diabetes. So it is important to be at a healthy weight. Get enough exercise and eat a healthy diet that includes making half your plate fruits and vegetables every day.

What's in fruits and vegetables?

Fruits and vegetables are sources of many vitamins, minerals, and fiber the body needs. They are also packed with disease-fighting substances called phytochemicals. And fruits and vegetables are low in fat and calories.

VITAMINS

Fruits and vegetables provide many important vitamins, like vitamin A and vitamin C. There are 13 vitamins needed for life, each with a very important job. Some vitamins help the body produce energy. Others help keep skin healthy. The best way to get vitamins is to eat the fruits and vegetables that contain them.

MINERALS

Fruits and vegetables provide many important minerals, like potassium and magnesium. The body needs minerals to do many things. For example, some minerals help the body maintain healthy bones and healthy blood pressure.

FIBER

Fruits and vegetables contain fiber. Some fiber helps lower cholesterol. Other fiber helps you get rid of waste, keeps you regular, and controls blood sugar levels.

PHYTOCHEMICALS

Phytochemicals (fight-o-chemicals) are the natural disease-fighting substances in fruits and vegetables. Phytochemicals help fight to protect your health. Fruits and vegetables have hundreds of phytochemicals. Phytochemicals work together with vitamins and minerals to promote good health.

Here are just a few examples of the phytochemicals found in fruits and vegetables:

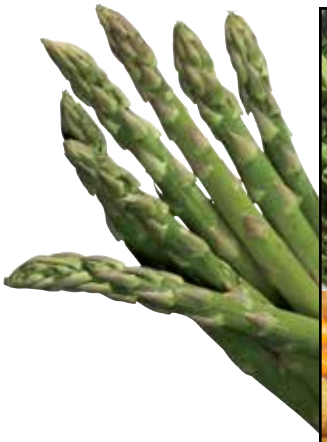
- Carotenoids in red and yellow-orange fruits and vegetables (such as tomatoes, sweet potatoes, carrots)
- Lycopene in tomato-based foods (such as tomato sauce, tomato paste)
- Lutein and zeaxanthin in leafy greens (such as collard greens, spinach, romaine lettuce)
- Flavonoids in brightly colored fruits and vegetables (such as blueberries, cherries, strawberries)

The vitamins, minerals, fiber, and phytochemicals in fruits and vegetables combine for a health-protecting and disease-fighting effect that you can't get from vitamin pills. Only a variety of fruits and vegetables give you all of these nutrients together.

The colors of health

Fruits and vegetables come in a rainbow of colors. You can benefit from eating fruits and vegetables of different colors each day. These include green, yellow-orange, red, blue-purple, and white.

This chart shows the 5 color groups and gives some examples of fruits and vegetables from each.



green Leafy greens (collard, mustard, and turnip greens, swiss chard, kale, spinach, and lettuces), asparagus, green peppers, broccoli, green beans, peas, green cabbage, green onion, brussels sprouts, okra, zucchini, Chinese cabbage (napa/bok choy), green apples, green grapes, honeydew melon, kiwifruit, limes

yellow-orange Carrots, summer squash, corn, sweet potatoes, butternut squash, pumpkin, yellow peppers, rutabagas, cantaloupe, grapefruit, lemons, nectarines, oranges, peaches, pineapples, tangerines, apricots, mangoes, papayas

red Tomatoes, spaghetti sauce, tomato juice, tomato soup, red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries, pomegranates

blue-purple Eggplant, purple grapes, plums, raisins, blueberries, blackberries, purple figs, dried plums, black currants

white Cauliflower, mushrooms, white beans, onions, garlic, parsnips, shallots, turnips, ginger, jicama, bananas, pears

How many cups do you need each day?

Everybody needs to eat a diet rich in fruits and vegetables. But most adults need to eat more than children. And men need even more than women.

RECOMMENDED DAILY CUPS OF FRUITS AND VEGETABLES FOR HEALTHY, ACTIVE PEOPLE

	Vegetables	Fruits	TOTAL
Children ages 9 to 11, some women and teenage girls	2.5	1.5 — 2	4 — 4.5
Teenage boys and active men	3.5	2 — 2.5	5.5 — 6

United States Department of Agriculture/Department of Health and Human Services, Dietary Guidelines for Americans 2010.

Over 75% of all African Americans aren't eating enough fruits and vegetables to keep them healthy.

What's in a cup?

Making half your plate fruits and vegetables is a lot easier than you might think. Many people don't realize how small a cup is. One half cup of fruits and vegetables should fit in the palm of your hand. When you see how small a cup is, you see how easy it is to make half your plate fruits and vegetables.

Adults need 3½ to 6½ cups of fruits and vegetables every day for good health.

What Counts as 1 Cup?

- 2 medium carrots
- 1 large tomato
- 3 broccoli spears
- 1 large ear of corn
- 8 large strawberries
- 1 small apple
- 1 mango
- 32 seedless grapes
- 1 medium pear

What Counts as ½ Cup?

- 10 string beans
- 1 medium orange
- 6 asparagus spears
- 8 baby carrots
- 6 canned peach slices (it is best to pick canned fruit packed in 100% fruit juice)

Other Ways to Get the Recommended Amount of Fruits or Vegetables:

- Make a lunchtime side salad with 1 cup of raw, leafy greens
- Snack on ¼ cup of dried fruit
- Have ½ cup (4 ounces) of 100% fruit or vegetable juice with breakfast

The history of Body & Soul

Body & Soul is based on 10 years of successful programs in African American churches across the country. Two programs were combined to create Body & Soul: "Black Churches United for Better Health" and "Eat for Life." These programs were conducted in churches of various sizes and denominations. The churches were located in urban, suburban, and rural areas. Regardless of the location or size, each of these faith-based programs was highly successful in helping church members eat more fruits and vegetables.

- "Black Churches United for Better Health" was a collaborative effort among 50 African American churches; the North Carolina Department of Health and Human Services, Division of Community Health; the Duke Comprehensive Cancer Center; the North Carolina State University Cooperative Extension Service; the University of North Carolina; local health departments; and local Cooperative Extension agents. It was a four-year project funded by a grant from the National Cancer Institute to the University of North Carolina Department of Nutrition.
- "Eat for Life" was a collaboration among African American churches in Atlanta, Georgia, and Emory University. It was funded by a grant from the National Cancer Institute.
- "Body & Soul" was developed as a pilot program in collaboration with the American Cancer Society, the University of North Carolina, University of Michigan, and the National Cancer Institute. The program combined the most successful components of "Black Churches United for Better Health" and "Eat for Life." African American churches in California, Delaware, Georgia, North Carolina, and Virginia successfully started and ran the program.

Churches that participated in the pilot program:

Bethel AME, Wilmington, DE

Cedar Grove Missionary Baptist Church, Greenville, SC

Church of Christ of Alondra, Alondra, CA

First Baptist Church - Garmon Street, Warner Robbins, GA

Good Shepherd Baptist Church, Richmond, VA

Lewis Chapel Missionary Baptist Church, Fayetteville, NC

Metropolitan Baptist Church, Pasadena, CA

New Destiny Fellowship, Wilmington, DE

New Light Baptist Church, Glen Allen, VA

Shiloh Baptist Church, Brunswick, GA

Shiloh Baptist Church, Wilmington, DE

Simpson United Methodist, Newark, DE

St. Mark's United Methodist, Taylors, SC

St. Mary's of the Immaculate Conception, New Castle, DE

Whatcoat United Methodist, Dover, DE

Regardless of the location or size, each of the faith-based programs was highly successful in helping church members eat more fruits and vegetables.

"Whether therefore ye eat or drink, or whatsoever ye do, do all unto the glory of God."

1 Corinthians 10:31

Appendix A: Planning Materials

Roles and Responsibilities of the Church Coordinator and Planning Team

Agenda for First Planning Team Meeting

Educational Activity Task List and Timeline

Educational Activity Planning Form

Educational Activity Feedback Form

ROLES AND RESPONSIBILITIES OF THE CHURCH COORDINATOR AND PLANNING TEAM

CHURCH COORDINATOR ROLE

The Coordinator oversees and manages all aspects of the program. In some cases, two Co-Coordinators can manage the program to ease the workload.

Coordinator Responsibilities

- Give program information to the Planning Team
- Oversee planning of Body & Soul with the Planning Team. Keep in regular contact with the Team all through the program. Ensure that tasks are being completed in a timely and successful way
- Ensure feedback to the clergy
- Ensure that celebration of Body & Soul occurs, and that those who contributed to the program are recognized

PLANNING TEAM ROLE

The Planning Team is responsible for planning and carrying out the program. The Planning Team is also responsible for linking the program to the congregation and pastor.

Planning Team Responsibilities

- Hold regular meetings
- Plan specific program activities
- Identify and recruit volunteers
- Oversee/manage program
- Provide feedback to the pastor and other church leaders
- Ensure that tracking and feedback forms are done
- Participate in celebrating the success of Body & Soul

SAMPLE AGENDA FOR FIRST PLANNING TEAM MEETING

PRAYER

WELCOME AND INTRODUCTIONS

OVERVIEW OF PROGRAM

- Goals and benefits of Body & Soul
- Review the 4 pillars of Body & Soul
    1. Pastoral leadership
    2. Educational activities
    3. A church environment that supports healthy eating
    4. Peer counseling

GROUP DISCUSSION

- Benefits of eating more fruits and vegetables (presentation by health professional)
- How healthy eating fits into the church's mission
- How Body & Soul can fit into the church's culture and mission

TEAM ROLES AND RESPONSIBILITIES

IDENTIFY RESOURCES

NEXT STEPS

- Outline tasks and time schedule
- Recruit volunteers
- Introduce Body & Soul to the congregation

EDUCATIONAL ACTIVITY TASK LIST AND TIME LINE

Program Kick-off Date:

Closing Celebration Date:

Committee Meeting Dates:

Activity	Date, Time, & Location	Person Responsible

EDUCATIONAL ACTIVITY PLANNING FORM		
Activity:		
Date:		
Time:	Location:	Expected Attendance:
Contact Person Name:		
Contact Person Phone:		
Purpose of Activity:		
Individuals Involved *(e.g., speakers, volunteers):*		
Name:	Phone:	Role:
Promotion/Invitation Plans:		
Equipment and Supplies Needed:		
Refreshment List:		
Other:		

EDUCATIONAL ACTIVITY FEEDBACK FORM - WHAT DID YOU THINK?				
Name of Event, Class or Workshop:				
1. How would you rate this activity? Pick one:	Excellent	Good	Fair	Poor
2. What did you like most?				
3. What would you change?				
4. What other types of activities would you like to see at the church?				
Other Comments:				

Appendix B: Educational Materials for the Congregation

The Church's Commitment to Good Health Pledge

Body & Soul: A Celebration of Healthy Living Fact Sheet

Fruits and Vegetables: To Nourish your Body Fact Sheet

The Health Benefits of Fruits and Vegetables

Eat a Variety of Fruits and Vegetables

Easy Ways to Enjoy Fruits and Vegetables

Tips to Make Half Your Plate Fruits and Vegetables

Down Home Healthy: Enjoy Your Favorite Family Recipes Fact Sheet

Health Pledge

THE CHURCH'S COMMITMENT TO GOOD HEALTH PLEDGE

JUST AS THE CHURCH NOURISHES OUR SPIRIT - WE MUST ALSO NOURISH OUR BODIES.

All members of _____ (name of church) have a responsibility to care for their bodies as temples of God. Healthy minds and spirits need healthy bodies, healthy diets, regular physical activity, and preventive medical care.

Therefore, _____ (name of church) will participate in the Body & Soul program. Our goal is to inspire church leaders and congregation members to adopt nutritious food practices – especially, making half your plate fruits and vegetables each day.

Our Body & Soul program will consist of:

A kick-off on _____ (date)

- Activities that teach about healthy eating and good health at least twice a month for the duration of the program
- Opportunities to try fruits and vegetables at the church
- Fruits and vegetables served at church functions

The church commits to establishing and maintaining a Planning Team to plan and manage these activities. The Team will be coordinated by _____ _____ (name of coordinator).

The church's mission is soul salvation (Matthew 28:19-20, Romans 10:9-10). We must also focus on our bodies.

"Whether therefore ye eat or drink, or whatsoever ye do, do all unto the glory of God."

(I Corinthians 10:31)

"Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God?"

(I Corinthians 9:16)

_____

Signature of Pastor

A CELEBRATION OF HEALTHY EATING AND LIVING FACT SHEET

WHAT IS BODY & SOUL?

Body & Soul is a wellness program developed for African American churches. The program encourages church members to make half their plate fruits and vegetables every day. The program goals are good health and to reduce the risk for serious illnesses in the congregation. Just as the church nourishes our spirit, we also must nourish our body.

WHY BODY & SOUL?

African Americans are more likely than other groups to suffer from diseases related to poor eating habits. These diseases include high blood pressure, diabetes, heart disease, and many types of cancer. Eating a diet rich in fruits and vegetables can help lower your risk of these serious and often fatal diseases.

HOW DOES BODY & SOUL WORK?

Body & Soul links a healthier lifestyle to deeper spiritual values. Inspiring talks and testimonials from clergy and church leaders carry the Body & Soul message. Church gatherings, activities, and workshops teach church members how to lead a healthier, more active life. More fruits and vegetables served at meals and other church functions helps church members see how easy it is to include more fruits and vegetables in their meals at home.

WHAT ARE THE BENEFITS OF BODY & SOUL?

Body & Soul congregations embrace and celebrate good health through good nutrition. You will:

- Learn about the connection between health and spirituality.
- Gain confidence that you can take charge of your health.
- Create a church environment that promotes good health.
- Increase the amount of fruits and vegetables you eat every day.
- Improve health habits, like eating less fat and becoming more physically active.

FRUITS AND VEGETABLES TO NOURISH YOUR BODY FACT SHEET

Making half your plate fruits and vegetables every day as part of a healthy, active lifestyle promotes good health. It also helps lower your chances for diseases like high blood pressure, diabetes, heart disease, stroke, and some types of cancer. Too many African Americans suffer serious health problems and die from these diseases.

Making half your plate fruits and vegetables every day may be one of the easiest things you can do for a healthy body and soul.

HOW MANY CUPS DO YOU NEED EACH DAY?

Everybody needs to eat a diet rich in fruits and vegetables. But most adults need to eat more than children. And men need even more than women.

RECOMMENDED DAILY CUPS OF FRUITS AND VEGETABLES FOR HEALTHY MODERATELY ACTIVE PEOPLE

	Vegetables	Fruits	Total
Children ages 9 to 11, some women and teenage girls	2.5	1.5 — 2	4 — 4.5
Teenage boys and active men	3.5	2 — 2.5	5.5 — 6

United States Department of Agriculture/Department of Health and Human Services, Dietary Guidelines for Americans 2010.

Over 75% of all African Americans aren't eating enough fruits and vegetables to keep them healthy.

WHAT'S IN A CUP

Adults need 3½ to 6½ cups of fruits and vegetables every day for good health.

What counts as 1 cup?

- 2 medium carrots
- 1 large tomato
- 3 broccoli spears
- 1 large ear of corn
- 8 large strawberries
- 1 small apple
- 1 mango
- 32 seedless grapes
- 1 medium pear

What counts as ½ cup?

- 10 string beans
- 1 medium orange
- 6 asparagus spears
- 8 baby carrots
- 6 canned peach slices (it is best to pick canned fruit packed in 100% fruit juice)

Other ways to get the recommended amount of fruits and vegetables:

- Make a lunchtime side salad with 1 cup of raw, leafy greens
- Snack on ¼ cup of dried fruit
- Have ½ cup (4 ounces) of 100% fruit or vegetable juice

THE HEALTH BENEFITS OF FRUITS AND VEGETABLES

Fruits and vegetables are the best source of the vitamins, minerals, and fiber your body needs to stay healthy. They help your body fight disease. Fruits and vegetables are also low in fat and calories.

No vitamin pill or supplement can give you all that fruits and vegetables have to offer.

WHY FRUITS AND VEGETABLES ARE GOOD FOR CHILDREN

It All Begins in Childhood
African American youth have the highest rates of overweight and obesity among all children. The rate of type 2 diabetes is also going up at alarming rates among African American children. Eating habits that affect a child's risk for these problems begin in childhood. Healthy eating in childhood, and into the adult years, will lower their chances for diseases later in life. These diseases include obesity, overweight, diabetes, heart disease, high blood pressure, and some cancers. Most African American kids eat less than half of the amount of fruits and vegetables they need to stay healthy.

GOOD HABITS LAST A LIFETIME

It's important for us to help kids develop good habits they can carry into their adult lives. Eating more fruits and vegetables when they are young will make it easier for them to choose healthier foods as adults.

NUTRIENTS TO GROW HEALTHY AND STRONG

Fruits and vegetables give children many of the nutrients they need for overall health.

WHY FRUITS AND VEGETABLES ARE GOOD FOR ADULTS

Help manage your weight

When combined with a healthy, active lifestyle, eating fruits and vegetables can help you manage your weight. Most fruits and vegetables are low in calories and fat. And many have lots of water and fiber to help you feel full.

You can eat fewer calories and still satisfy your appetite. How? Eat larger portions of fruits and vegetables at meals. For the best calorie control, eat fruits and vegetables raw or steamed. Or prepare them with very small amounts of added sauces, butters, or oils.

Lower your chances for some cancers

People who eat more fruits and vegetables have a lower chance of getting cancers of the lung, mouth, pharynx, esophagus, stomach, colon, and rectum. These people are also less likely to get cancers of the breast, pancreas, larynx, and bladder.

Lower your chances for heart disease

Heart-healthy diets are low in saturated fat and cholesterol. They also include lowfat dairy foods and whole grains. Such diets can greatly lower blood pressure and cholesterol levels and lower the chances of heart disease.

Reduce high blood pressure

In the DASH study (Dietary Approaches to Stop Hypertension), people with high blood pressure followed a special eating plan. The people in this study saw their blood pressure go down after only one month. The plan included 8 to 10 servings of fruits and vegetables a day and 2 to 3 servings of lowfat dairy foods.

The DASH eating plan is low in saturated fat and cholesterol. The plan allows only very small amounts of red meat, sweets, and beverages that contain sugar. It also includes moderate amounts of whole grains, fish, poultry, and nuts.

People in the DASH study who had the lowest sodium intake had the biggest fall in blood pressure. Too much sodium may cause blood pressure to rise. Potassium helps balance the effect of too much sodium on blood pressure. Fruits and vegetables are the best way to get more potassium.

Lower your chances for stroke

Recent studies report that diets rich in fruits and vegetables may help lower the chances for having a stroke.

Lower your chances for diabetes

Obesity and diet are strong risk factors for developing type 2 diabetes. So it is important to be at a healthy weight. Get enough exercise and eat a healthy diet that includes making half your plate fruits and vegetables every day.

EAT A VARIETY OF FRUITS AND VEGETABLES

It's important to eat fruits and vegetables of different colors. Each color is a sign of different important nutrients that work together to protect your health. Try fruits and vegetables from each of these color groups:

GREEN

Leafy greens, lettuce, green pepper, broccoli, green beans, peas, green cabbage, green apples, green grapes, honeydew, kiwifruit

ORANGE/YELLOW

Carrots, sweet potatoes, butternut and winter squash, cantaloupe, oranges, lemons, nectarines, peaches, mangoes, papayas

RED

Tomatoes, spaghetti sauce, tomato juice, red peppers, red onions, beets, kidney beans, red lentils, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries

BLUE/PURPLE

Eggplant, purple grapes, plums, raisins, blueberries, blackberries, purple figs, dried plums, black currants

WHITE

Cauliflower, mushrooms, onions, garlic, parsnips, shallots, turnips, ginger, jicama, bananas, pears

EASY WAYS TO ENJOY FRUITS AND VEGETABLES

- Make fruits and vegetables the focus of each meal instead of just side dishes.
- Start your day with a piece of fruit or a handful of grapes or berries.
- Snack on fruits throughout the day like apples, plums, or tangerines.
- Eat raw vegetables with lowfat dip for snacks.
- Eat a big salad at lunch.
- Enjoy your favorite beans and peas as a side dish or on top of your salad.
- Add fresh or frozen vegetables to your favorite pasta sauce, casserole, or main dish.
- Try fruit like berries or mango for dessert.

TIPS TO MAKE HALF YOUR PLATE FRUITS AND VEGETABLES

You can eat more fruits and vegetables by making a few simple changes. Try these tips for making half your plate fruits and vegetables every day.

- Eat an apple, orange, or other piece of fruit as a snack.
- Eat strawberries, blueberries, pineapple, and other fresh or frozen fruit with your breakfast.
- Top yogurt with fresh sliced fruit.
- Eat a big salad at lunch.
- Snack on raw veggies with lowfat dip.
- Enjoy soups like vegetable, tomato, and split pea.
- Add more beans and vegetables to your chili.
- Add sliced tomatoes, onion, bell peppers, different kinds of lettuce, sprouts, and sliced cucumbers to your favorite sandwich or wrap.
- Add two sides of vegetables to your dinner. For convenience, try frozen vegetables or some lowfat baked beans.
- Order pizza with peppers, mushrooms, spinach, or onions. Don't forget to add fresh tomatoes!
- Add frozen or fresh vegetables to a casserole or omelet.
- Add vegetables like zucchini, carrots, onion, or broccoli to pasta sauces.

WHEN DINING OUTSIDE OF THE HOME

- Order a salad at fast food and other restaurants.
- Order main dishes that come with a side of vegetables. Or ask for a side of vegetables instead of the fries or rice.
- Try a vegetable-based main dish like vegetable stir-fry.
- For dessert, order fruit – fresh, poached or baked.

WHEN SHOPPING AT THE GROCERY STORE

The first step to eating more fruits and vegetables each day is having them around to eat. The following shopping tips can help you keep plenty of fruits and vegetables at home.

- Pick fresh fruits and vegetables that are in season or grown locally.
- Stock up on fresh fruits and vegetables that last a week or more in the refrigerator. Examples: apples, melons, grapes, nectarines, oranges, pears, blueberries, cherries, broccoli, Brussels sprouts, beets, cabbage, cauliflower, onions, rutabaga, and turnips.
- Consider frozen fruits and vegetables. They are already cut up. And they last in the freezer for several months. Frozen are just as good for you as fresh and do not contain added sugars or syrups.
- Stock up on canned beans for easy side dishes. Try pinto beans, black beans, black-eye peas, kidney beans, chic peas, and lowfat baked beans.

WHEN ATTENDING SOCIAL GATHERINGS

- Serve a raw vegetable tray with lowfat dip.
- Serve sliced fresh fruit with lowfat yogurt dip.
- Set out a fruit bowl filled with fresh apples, pears, oranges, or bananas. This works well for community functions or Sunday school classes.
- For potlucks, bring a vegetable side dish like green bean casserole or sauteed greens.

DOWN HOME HEALTHY: ENJOY YOUR FAVORITE FAMILY RECIPES FACT SHEET

Healthy soul food tastes great. In fact, the basic staples of traditional soul food include lots of healthy vegetables: dark leafy greens, sweet potatoes, and high-fiber blackeye peas. But they are often cooked with ham hocks, fat back, bacon, salt, lard, shortening, and cooking grease. These add too much saturated fat, calories, and salt to your food.

The following tips make it easy to enjoy healthy soul food that tastes great:

- Steam your vegetables whenever you can. Use garlic, onions, and herbs for flavor. Use very small amounts of butter, cheese, and sauces.
- Use more herbs and spices to flavor greens and other dishes. Cut down on salt. Try adding Spanish onion and black pepper to blackeye peas.
- Always use lowfat (1%) or skim milk for cooking instead of whole milk or cream.
- Put away that deep fat fryer or frying pan. Try broiling, roasting, baking, grilling, braising, or stir-frying with a little oil instead.

The following substitutions are other great ways to enjoy tasty and healthy cooking:

INSTEAD OF THIS:	TRY THIS:
Ham hocks and fat back	Turkey thighs
Pork bacon	Turkey bacon, lean ham, Canadian bacon
Lard, butter, or other hard fats	Small amount of vegetable oil
Pork sausage	Ground turkey breast
Ground beef and pork	Smoked turkey neck
Neck bone	Skinless chicken thighs
Regular bouillons and broths	Low sodium bouillon and broths
Cream	Evaporated skim milk
Regular cheese	Lowfat or lite cheese
High fat cut of beef	Top round, eye of round, round steak, rump roast, sirloin tip, chuck arm, pot roast, short loin, extra lean ground beef
High fat cut of pork	Tenderloin, sirloin roast or chop, center cut loin chops
High fat cut of lamb	Foreshank, leg roast, leg chop, loin chop

Sometimes, less tender cuts of meat like round or rump need marinating. To add flavor and tenderize, use an oil-free marinade. Place meat and marinade in a plastic bag and marinate for 1 to 2 hours at room temperature or overnight in the refrigerator. Throw away the marinade. Don't use it for basting while cooking the meat.

HEALTH PLEDGE

"Whether therefore ye eat or drink, or whatsoever ye do, do all unto the glory of God."
(I Corinthians 10:31)

I have one chance at health and wellness, and I will do my part to make choices that reduce my risk of serious diseases, and allow me to enjoy the blessings of a healthy body. I know how important it is to make half my plate fruits and vegetables every day for good health. I pledge to do one or more of the following starting today:

- Add extra fruits and vegetables to every meal
- Eat fruits and vegetables as snacks
- Keep plenty of ready-to-eat fruits and vegetables at my home
- Order a salad, side of vegetables, or fruit for dessert when eating out
- Ask my family, friends, and church to support me in achieving my goals
- Other _____

I pledge to support Body & Soul and the brothers and sisters in my congregation by doing one or more of the following starting today:

- Bring healthy fruit and vegetable dishes to church functions
- Bring fruits and vegetables to church as snacks for the children
- Attend at least ____ Body & Soul event(s) at the church
- Serve as a role model by making half my plate fruits and vegetables at every meal
- Support and encourage my loved ones to make healthier choices in their lives
- Other _____

_____

Print Name

_____

Signature

RESOURCES FOR INFORMATION, SPEAKERS, AND MATERIALS

This section contains a list of organizations that provide information on nutrition and health. Many of these organizations have state or local affiliates that can also provide speakers or programs. You can also contact community hospitals, and state or local health departments in your area for materials and presenters.

The 1890s Historically Black Land-Grant Universities

The 1890s are the nation's 18 historically black land-grant universities – from the Delta to the Appalachians – serving the under served and reaching the unreached. Through their academic programs in health, food and nutrition, agriculture, education, and the social sciences, the 1890s have the expertise to help churches implement more effective programs.

These universities can provide a variety of resources to churches including speakers and volunteers from academic, health, and extension programs. There are also opportunities for student service organizations to work with Body & Soul churches. Contact the Cooperative Extension Program office at the university or college nearest you for specific information on how they may assist your Body & Soul activities.

Alabama A&M University, Normal, AL 35762, Phone: 256-372-5943

Alcorn State University, Alcorn State, MS 39096-7500, Phone: 601-877-6118

Delaware State University, Dover, DE 19901, Phone: 302-857-6400/6401

Florida A&M University, Tallahassee, FL 32307-4100, Phone: 850-561-2644/2645

Fort Valley State University, Fort Valley, GA 31030-4313, Phone: 478-825-6296

Kentucky State University, Frankfort, KY 40601, Phone: 502-597-6389

Langston University, Langston, OK 73050, Phone: 405-466-3836

Lincoln University, Jefferson City, MO 65102- 0029, Phone: 573-681-5109

North Carolina A&T State University, Greensboro, NC 27411, Phone: 336-334-7691

South Carolina State University, Orangeburg, SC 29117, Phone: 803-536-8466

Southern University and A&M College, Baton Rouge, LA 70813, Phone: 225-771-4500

Tennessee State University, Nashville, TN 37209-1561, Phone: 615-963-5526

Tuskegee University, Tuskegee, AL 36088, Phone: 334-727-8601

Prairie View A&M University, Prairie View, TX 77446, Phone: 936-857-2023

University of Arkansas at Pine Bluff, Pine Bluff, AR 71601, Phone: 870-575-8529

University of Maryland Eastern Shore, Princess Anne, MD 21853, Phone: 410-651-6206

Virginia State University, Petersburg, VA 23806, Phone: 804-524-5961

West Virginia State University, Institute, WV 25112-1000, Phone: 304-766-4291

American Cancer Society

1599 Clifton Road
Atlanta, GA 30329-4251
800-ACS-2345, *www.cancer.org*

The Society provides educational materials, local programs, and speakers about nutrition and cancer. Brochures and posters about nutrition can be ordered through the 800 number. Healthy eating cookbooks are also available through the 800 number and website.

American Diabetes Association

ATTN: National Call Center
1701 North Beauregard Street
Alexandria, VA 22311
800-342-2383, *www.diabetes.org*

The Diabetes Association provides educational materials, local programs, and speakers about nutrition and diabetes. You can request materials through the 800 number. Information and tools are provided on the website, which also has a section for African Americans.

Academy of Nutrition and Dietetics
120 South Riverside Plaza, Suite
2000 Chicago, IL 60606-6995
800-366-1655, *www.eatright.org*

The Academy of Nutrition and Dietetics can provide educational materials and speakers about healthy eating through the 800 number. You can also download handouts from the website.

The American Heart Association
7272 Greenville Avenue
Dallas, TX 75231
800-AHA-USA-1, *www.americanheart.org*
The Heart Association can provide educational materials, local programs, and speakers about nutrition and heart disease. You can request information and materials through the 800 number. They also have information and tools on their website.

The Centers for Disease Control and Prevention
4770 Buford Highway, NE, K-26
Atlanta, GA 30341
www.cdc.gov/nccdphp/dnpa
CDC provides information about nutrition and preventing diseases on their website. They provide fact sheets that can be downloaded and photocopied. They also provide links to other organizations.

Association of SNAP-Ed Nutrition Networks and Other Implementing Agencies (ASNNA)

The Association of SNAP-Ed Nutrition Networks and Other Implementing Agencies (formerly 5 A Day State Coordinators) are the professional organizations for SNAP-Ed Implementing Agency administrators and leaders who work together to promote communication between federal and state agencies; promote social marketing within nutrition education; serve as a nation-wide resource for nutrition education; networking expertise and partnership development within SNAP-Ed; and advance successful practices that lead to the incorporation of the Dietary Guidelines for Americans, specifically among SNAP-Ed eligible individuals and communities. For more information about this organization, go to: *www.asnna.org*

National Cancer Institute
6116 Executive Boulevard, Suite 300
Bethesda, MD 20892-8322
800-422-6237, *www.cancer.gov*
NCI provides information about the role of fruits and vegetables in protecting good health. You can request pamphlets and recipe booklets through the 800 number. You can go to the website to download fact sheets about fruits and vegetables and health.

National Heart, Lung, and Blood Institute
NHLBI Office of the Director
National Heart, Lung, and Blood Institute
Building 31, Room 5A52
31 Center Drive MSC 2486
Bethesda, MD 20892
301-592-8573, *www.nhlbi.nih.gov*
The NHLBI provides information about heart disease, high blood pressure, and cholesterol. They also provide heart healthy recipes, and tools such as menu planners. This information is available on their website.

Produce for Better Health Foundation
7465 Lancaster Pike, Suite J, 2nd Floor,
Hockessin, DE 19707
302-235-5555, *www.pbhfoundation.org*
The Produce for Better Health Foundation provides educational materials, brochures and posters about the role of fruits and vegetables in protecting good health. Some information is also provided on the website. The *www.fruitsandveggiesmorematters.org* website provides fact sheets about selecting, storing, and serving fruits and vegetables.

ABOUT THE NATIONAL CANCER INSTITUTE

The information and links on the following pages may no longer be up-to-date and are provided for reference purposes only.

The National Cancer Institute (NCI) is the federal government's main agency for cancer research and training. The goal of the NCI is to eliminate suffering and death due to cancer. NCI focuses on the cause, prevention, diagnosis, and treatment of cancer. It conducts and supports research and training, distributes health information, and runs other programs.

NCI is committed to reducing cancer health disparities in the African American community. The Body & Soul program guide is a great resource to help churches encourage African Americans to eat a diet rich in fruits and vegetables every day. NCI has the following resources available to you and your church:

- *Body & Soul: A Guide for Your Church*
- Peer Counselor Training – An interactive DVD to train peer counselors. The DVD contains an interactive training video, peer counselor's handbook, and peer counseling coordinator's guide.
- The Cancer Information Service provides the latest and most accurate information about cancer to the public, patients, their families, and health professionals. Call 800-422-6237 for information.

Materials may be downloaded and saved from this site:
http://rtips.cancer.gov/rtips/productDownloads.do?programId=257161

ABOUT THE CENTERS FOR DISEASE CONTROL AND PREVENTION

The Centers for Disease Control and Prevention (CDC) is recognized as the lead federal agency for protecting the health and safety of people by providing credible information to enhance health decisions and promoting health through strong partnerships. CDC serves as the national focus for developing and applying disease prevention and control, environmental health, and health promotion and education activities designed to improve the health of the people of the United States. The CDC works directly with the Association of SNAP-Ed Nutrition Networks and Other Implementing Agencies (ASNNA).

The following resources are available to you from CDC:

- Stretch your fruit and vegetable budget *(http://www.cdc.gov/nutrition/downloads/Stretch_FV_Budget.pdf)*
- Recipes using fruits and vegetables *(http://www.cdc.gov/healthyweight/healthy_eating/recipes.html)*
- Get the facts on sodium *(http://www.cdc.gov/salt/pdfs/sodium_role_processed.pdf)*

If you are interested in any of these services or would like assistance in your community, contact CDC at 800-232-4636.

ABOUT THE AMERICAN CANCER SOCIETY

The American Cancer Society is a nationwide community-based voluntary health organization. The American Cancer Society is dedicated to wiping out cancer as a major health problem. They work to prevent cancer, lessen suffering, and save lives through research, education, advocacy, and service.

As one of the partners in creating Body & Soul, the American Cancer Society congratulates you for taking on this important issue. As you begin to see success in maintaining healthy eating habits, you may be interested in other programs and services.

Here are a few things available to you and your church:

- Information and Referral — You can reach the American Cancer Society 24 hours a day, every day of the year at 800-ACS-2345 or *www.cancer.org*. You can talk with information specialists about cancer prevention, early detection, treatment, and supportive care.
- Help in Quitting Smoking — The American Cancer Society can help you double your chances of quitting successfully.
- Early Detection — You can start programs like "Tell A Friend." This program helps women over 40 remember to get an annual mammogram. Another early detection program is "Let's Talk About It." This program encourages men to become aware of prostate cancer risks and screening.
- Patient and Cancer Survivor Support — There are several programs for people in your community. "Reach to Recovery" is one program for breast cancer patients. "Look Good ... Feel Better" and the "tlc" catalog are programs that offer help with some of the appearance issues that go along with cancer treatment. "Man to Man" is available for men dealing with prostate cancer. All cancer patients and survivors can access the "Cancer Survivors Network" at *www.acscsn.org.*
- Volunteer — There are many ways to get involved with the American Cancer Society and help more people access the information and support they need.

If you are interested in any of these services or would like more assistance in your community, contact the American Cancer Society at 800-ACS-2345 or *www.cancer.org.*

ACKNOWLEDGEMENTS

The contributors may no longer be associated with the organizations listed and are provided solely in recognition of their involvement.

Body & Soul: A Celebration of Healthy Eating and Living - A Guide for Your Church was developed as part of the National Cancer Institute's (NCI) commitment to promote healthy eating and active lifestyles in African American churches nationwide.

Special thanks to Andrew von Eschenbach, M.D., Director of NC/; Edward Maibach, M.P.H., Ph.D., *Director of the NC/ Center for Strategic Dissemination;* and Robert T. Croyle, Ph.D., *Director of the NC/ Division of Cancer.* Control and Population Sciences for their leadership and support.

Contributors:
NCI National 5 A Day for Better Health Program staff:
Lorelei DiSogra, Ed.D., R.D.,
Director, 5 A Day Program
Valerie Green, M.S., M.P.H.,
Nutrition Program Manager
Traci Otey Blunt, B.S.,
Partnership and Outreach Manager
Alexis Williams, M.P.H., C.H.E.S.
Health Education Specialist

NCI would like to acknowledge the contributions and hard work of the following individuals and organizations:

Marci Kramish Campbell, Ph.D.,
University of North Carolina Department of Nutrition, School of Public Health and the UNC Lineberger Comprehensive Cancer Center

Ken Resnicow, Ph.D.,
University of Michigan Comprehensive Cancer Center and School of Public Health

The American Cancer Society staff and volunteers who participated in the Body & Soul pilot program. This Guide builds on the original program and implementation guides developed by the American Cancer Society for the pilot project.
Hats in the Belfry, Baltimore, MD
Porter Novelli, Washington, DC
Riffenburgh and Associates, Albuquerque, NM

Pastor Review Group

Rev. Glovioell Rowland, Ph.D.,
Chair Pasadena Church of God, Pasadena, CA

Bishop Melvin Clark, Sr.,
Church In the Round, Aliquippa, PA

Rev. Donald L. Solomon,
Lily Grove Missionary Baptist Church, Birmingham, AL

Pastor Ronnie Williams,
Lily Grove Missionary Baptist Church, Birmingham, AL

Gale Pearson, M.S., R.D., C.D.E., C.L.C.
Advisor to the Review Group First Baptist Church, Hampton, VA

Suggested Citation:

National Cancer Institute (2004). Body & Soul: A Celebration of Healthy Eating & Living, A Guide for Running the Program in Your Church. (NIH Publication No.). Bethesda, MD

NOTES:

www.CaChampionsForChange.net

BRO-402/Ver. 09/13

1890s Historically Black Land Grant Universities