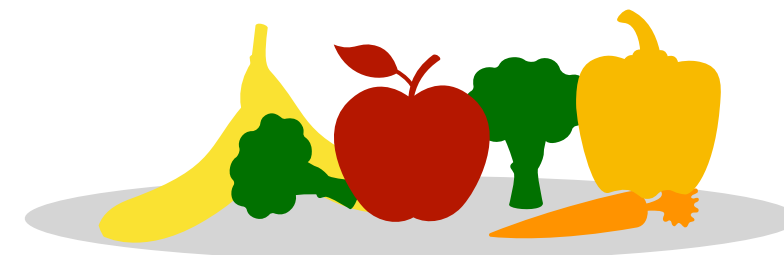




**THE WELL
CHURCH
INITIATIVE**



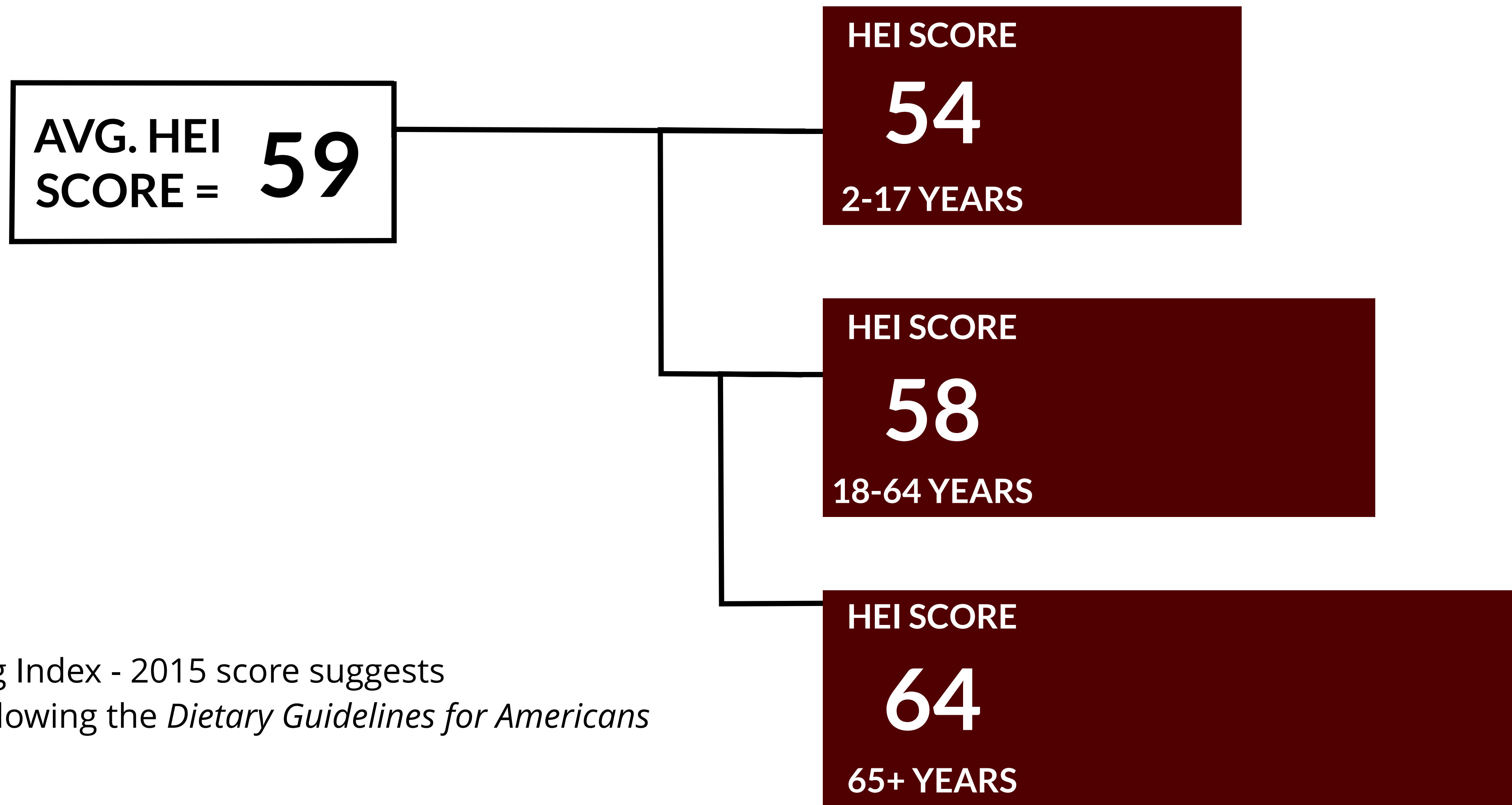
Feeding the Soul with Healthy Food



Jenna D. Anding, PhD, RDN, LD
Professor & Extension Specialist
Texas A&M AgriLife Extension Service

WELLCHURCH.TAMU.EDU

Grading Our Diets

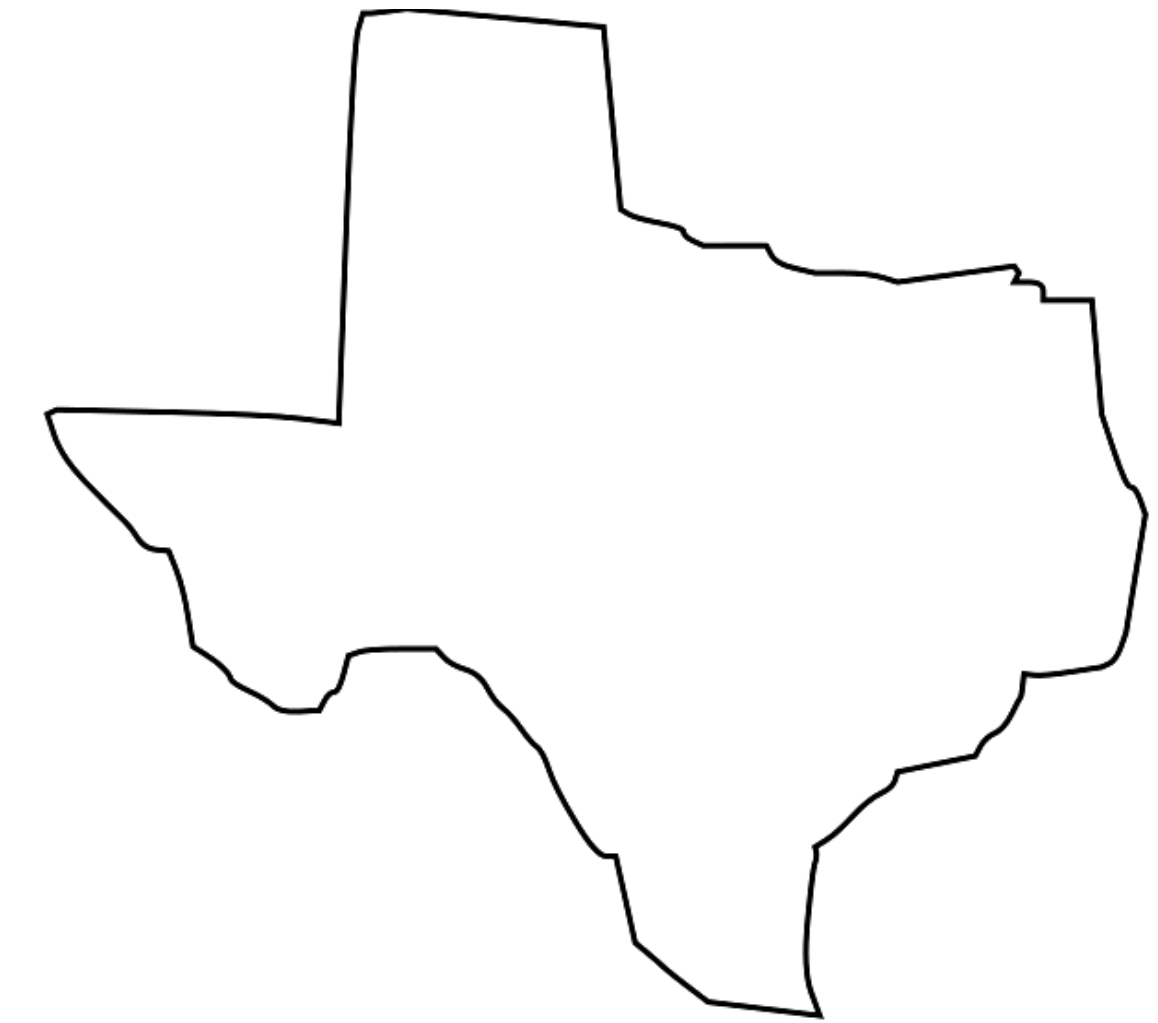


Overall:
Healthy Eating Index - 2015 score suggests
we are not following the *Dietary Guidelines for Americans*
(Scale 0 - 100)

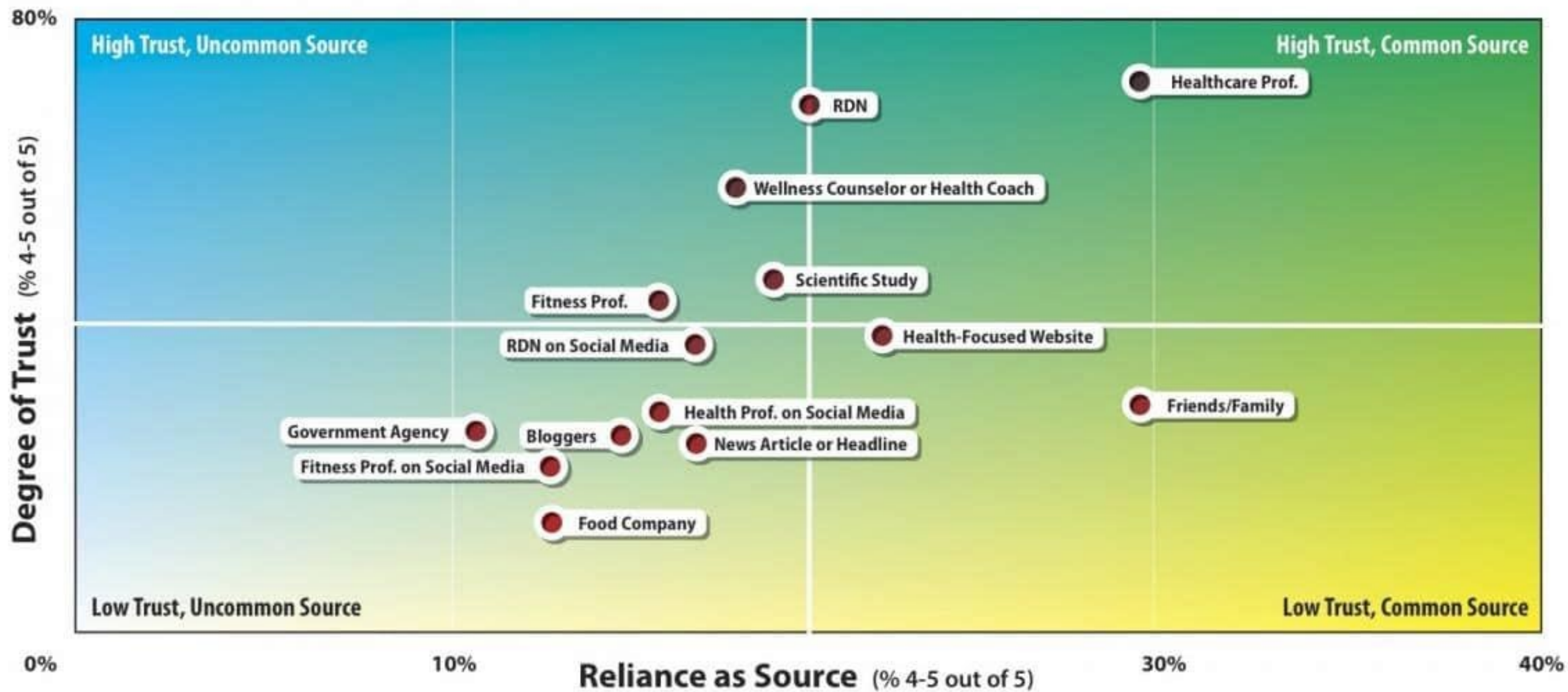
Leading Causes of Death in Texas, 2019

1. Heart Disease
2. Cancer
3. Accidents
4. Stroke
5. Chronic Lower Respiratory Disease
6. Alzheimer's Disease
7. Diabetes
8. Chronic Liver Disease/Cirrhosis
9. Kidney Disease
10. Suicide

7 out of 10 causes are linked to diet



Level of Trust vs. Reliance as a Source



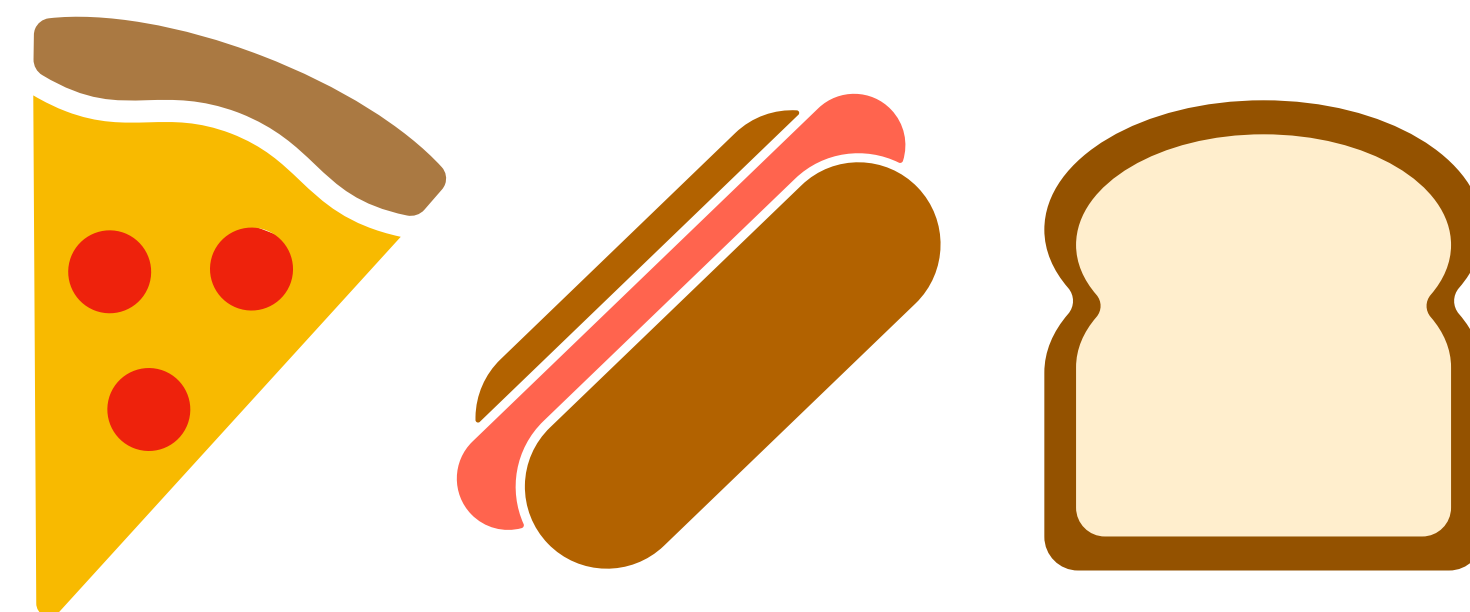
MORE
FRUITS & VEGETABLES



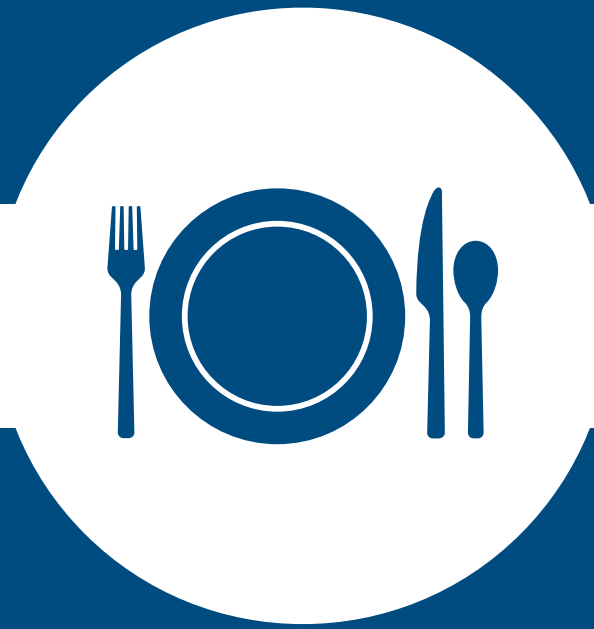
FEWER
ADDED SUGARS



FEWER
ULTRA-PROCESSED
CARBOHYDRATES



Healthy Eating with my Congregation



Adopt (and adhere to) written policies that promote healthy eating

Potluck meals, gatherings, festivals, and vending machines
Fresh fruit and vegetables, water, and unsweet tea



Sponsor activities that promote healthy eating

1. Farmer's market
2. Create a community garden
3. Educational programs on healthy eating/physical activity

It's not “all or nothing”

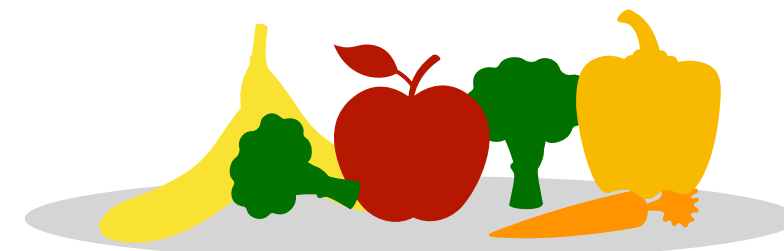
Add healthy options for people to make a choice!



**THE WELL
CHURCH
INITIATIVE**



Growing & Nourishing Healthy Communities



Jayla Fry

Texas Master Gardener Coordinator
Texas A&M AgriLife Extension Service

WELLCHURCH.TAMU.EDU

GROWING and NOURISHING

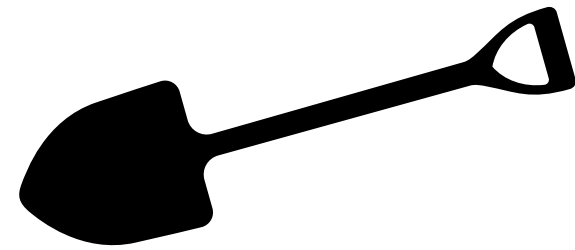


**Healthy
Communities
Garden Course**
Instructor's Guide

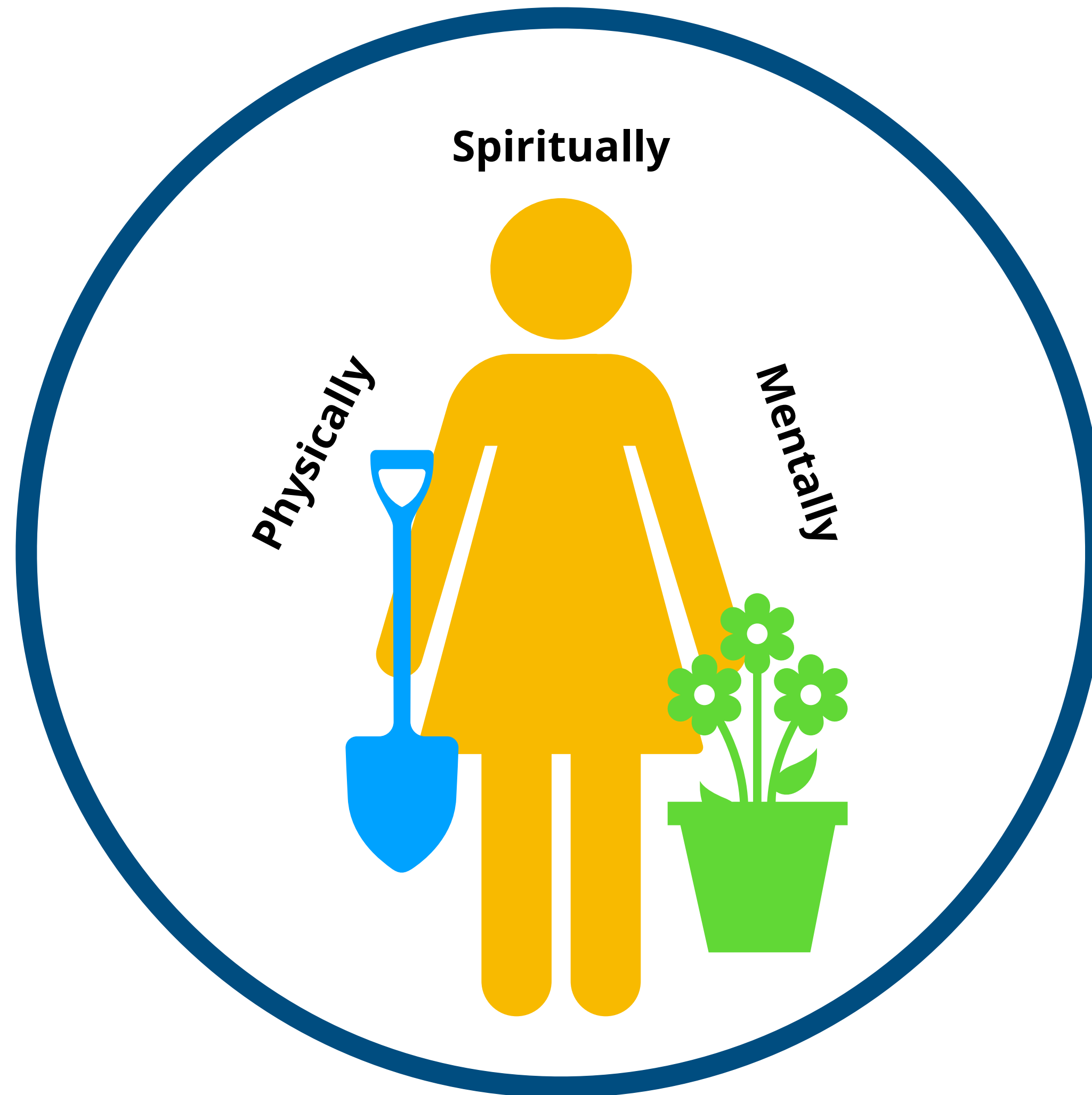
Benefits of Gardening

Treats the whole person-

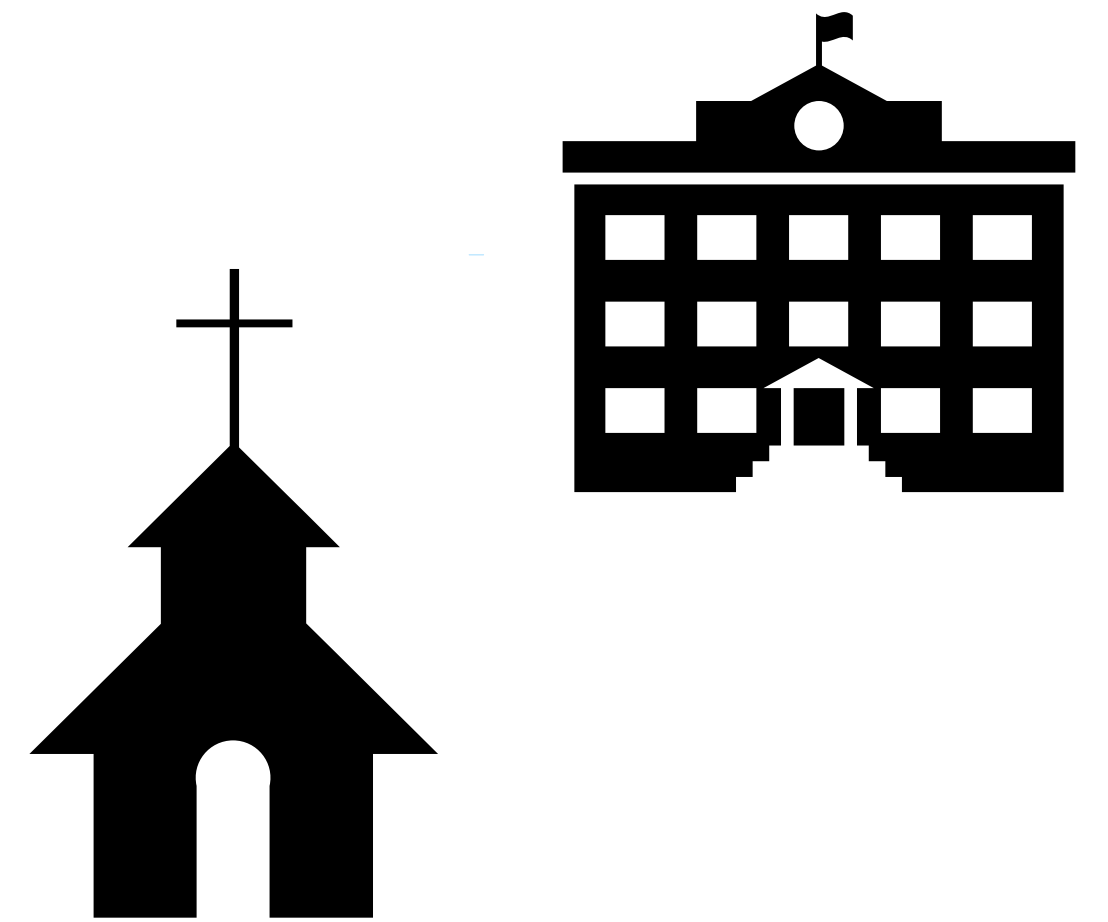
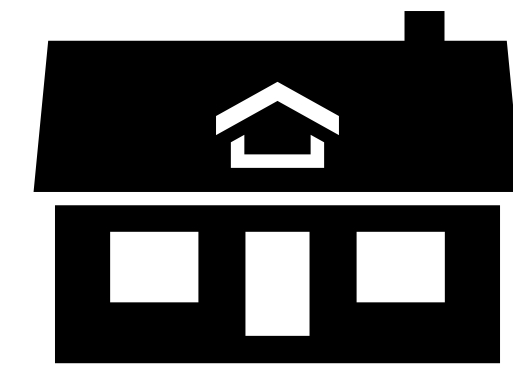
Physical - Exercise
Moderate intensity
exercise



Physical - Diet
Consuming fruits and
vegetables

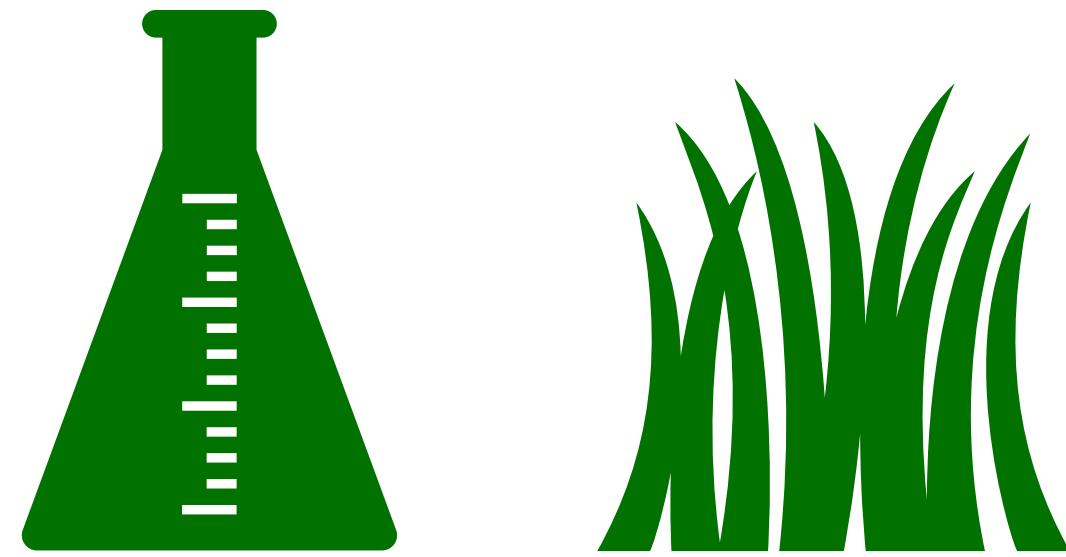


Social - Community garden
Home, School, Church



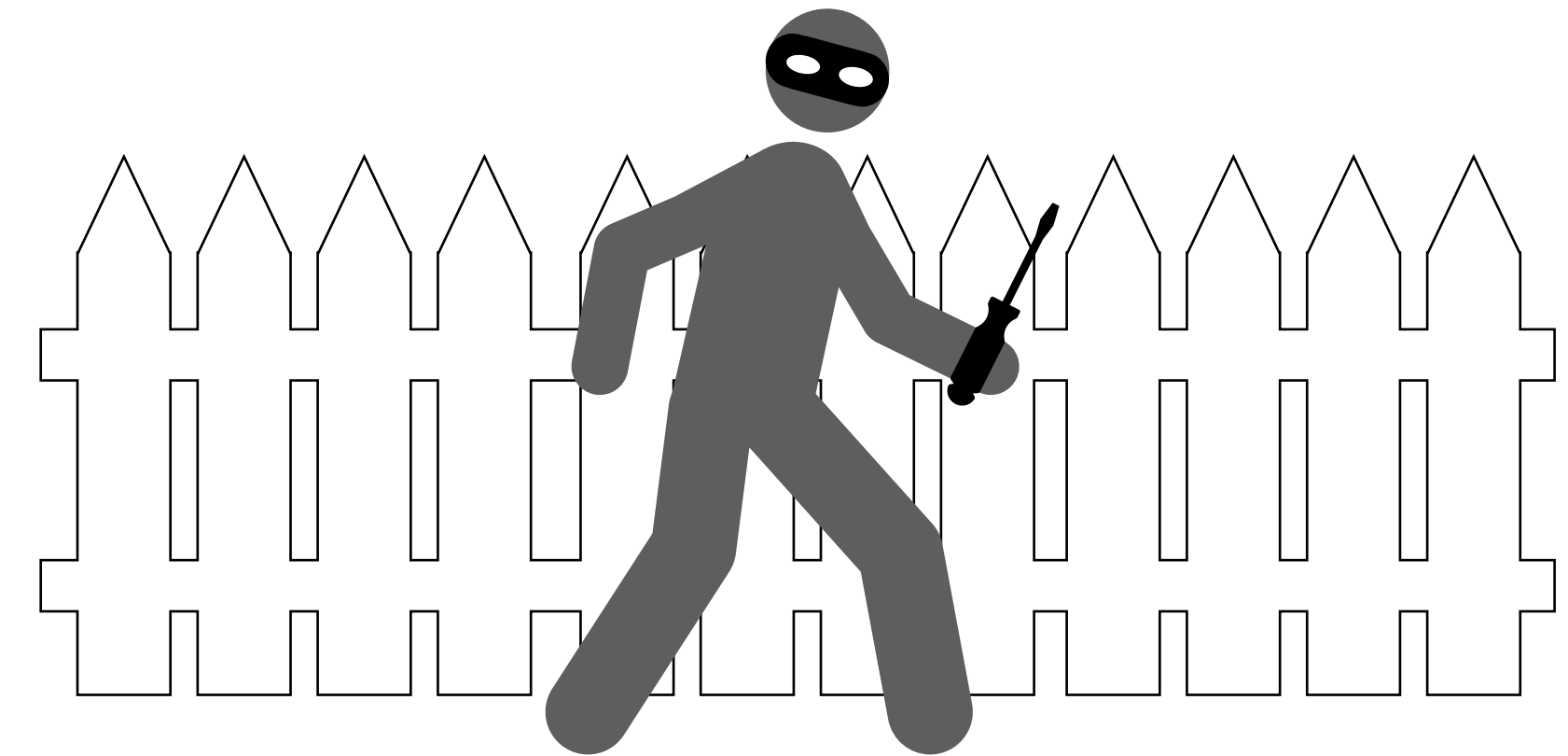
Challenges of Community Gardens

Conflicts:



Chemical use, weeding, and off-season

Growing and Nourishing Guide has tips on working through conflicts



Vandalism

Create fence or neighborhood watch group

Impacting Community Gardening



Traditional Community Garden

Community Garden at Home

Gardening Classes



GROWING and NOURISHING



**Healthy
Communities
Garden Course**
Instructor's Guide

6 Classes of Gardening

1



Choosing a
Garden
location

2



Soils and
Compost

3



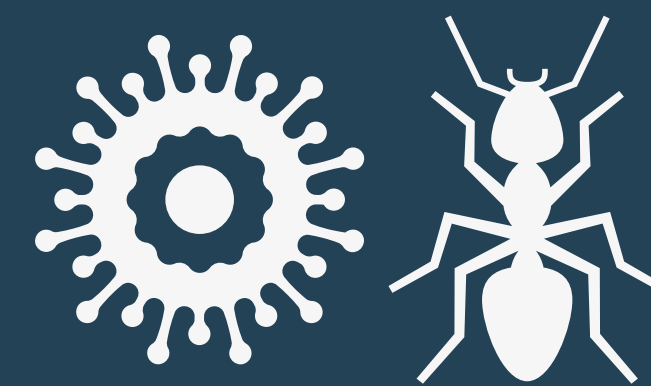
Raised Beds
and Container
Gardens

4



Maintaining
Your Garden

5



Diseases and
Insects

6



Harvest, Review,
Evaluate,
and Celebrate!

Tomatoes

EHT-133
08/19

Tomatoes are the most popular garden vegetable crop in Texas and can be cooked and used in many ways. They are popular in salads, sliced, and on sandwiches. They are a good source of Vitamin A and fair source of Vitamin C.

Grow it

Varieties

- Celebrity is the best overall round red variety, followed by BHN 968 as a cherry.

Soil Preparation

- Mix organic material into the top 4 to 6 inches of soil or incorporate it into the planting container.

Planting

- Buy healthy, green transplants that are 6 to 8 inches tall.
- Set out spring tomato plants after the danger of frost has passed or be prepared to cover them.
- For fall tomatoes, plant in the garden about 100 days before the first expected frost.
- Plant each transplant slightly deeper than it had been growing previously.

Fertilizing

- Fertilize every 3 to 4 weeks with 1 level tablespoon of 15-5-10 fertilizer.



Watering

- Water the tomato plants slowly and deeply to help them develop a strong root system.
- Do not let the tomatoes wilt severely as yields and fruit quality will be low.

Care during the Season

- Mulching will help stop weed growth and water loss from the soil.
- You can let tomatoes grow on the ground or support them with stakes or cages.
- Removing weeds from around your plants will help them stay healthy.

Harvesting

- Pick them when they are pink, let them ripen at room temperature. Once fully ripe they can be stored in the refrigerator.

Insects & Diseases

- If something does not look right with your plant, contact your county Extension agent for more information.
- The most common problems are typically late or early blight and tomato pinworms.



6 hours



well drained soil

continued 

Buy it

- Choose tomatoes with bright, shiny skins and firm flesh.

Use it

Grape Tomato and Cilantro Salad

Course: Side Dish

Serves: 4

Ingredients

2 cups grape tomatoes
1 Tbsp olive oil
½ green onion, chopped
Fresh chopped cilantro

Instructions

1. Wash your hands and clean your cooking area.
2. Wash the grape tomatoes and cut them in half.
3. Transfer tomatoes to medium serving bowl.
4. Drizzle olive oil over tomatoes. Stir to coat the tomatoes with the oil.
5. Add the green onion and fresh cilantro to taste. Stir.

Rosemary Vegetable Skewers

Course: Kid Friendly, Side Dish, Snacks, Vegetables

Serves: 6

Ingredients

½ pint cherry tomatoes, rinsed
1 squash, rinsed and sliced into ¼ to ½ inch rounds
1 zucchini, rinsed and sliced into ¼ to ½ inch rounds
1 orange bell pepper, rinsed and sliced into ¾ inch squares
4 ounces mushrooms, rinsed and wiped clean
1 tsp olive oil
1 lemon (lemon juice and zest)
1 Tbsp fresh rosemary, chopped

Instructions

1. Soak wooden skewers in water for 20 min.
2. Combine olive oil, lemon zest and juice, and rosemary. Set aside.
3. Heat oven broiler to high.
4. Remove wooden skewers from water and begin to alternate the threading of tomatoes, squash, zucchini, bell pepper, and mushroom.
5. Place vegetable skewers on rimmed baking sheet and brush with lemon-herb oil.
6. Place under broiler for 5 min. Remove and carefully flip skewers (they will be hot). Place back in oven and broil another 5-7 min.
NOTE: Carefully watch vegetables under broiler to avoid burning.

Recipes provided by Dinner Tonight. For nutritional information:

<https://dinnertonight.tamu.edu/recipe/grape-tomato-cilantro-salad/>

<https://dinnertonight.tamu.edu/recipe/rosemary-vegetable-skewers/>

Learn about it

- Until the 1800s, tomatoes were thought to be poisonous as they are in same plant family as nightshade.
- Tomatoes are free of fat, saturated fat, and cholesterol.
- They are low in sodium and calories while being a recommended source of Vitamins A and C and potassium.

Information gathered by Aggie Horticulture



Additional Resources for Healthy Eating

Aggie Horticulture: Vegetable resources and gardening series

<http://aggie-horticulture.tamu.edu/>

Dinner Tonight: Recipe collections, tips & tricks, and family mealtime

dinnertonight.tamu.edu