



3 MAY NUTRITION SEMINARS

This month, OSU Extension Family & Community Health will be presenting 3 nutrition seminars. Mark your calendars for these in-person, free events!!

Mon May 9: Ancient Grains 6:30 pm at Coquille SDA Fellowship Hall, 1051 N Cedar Pt Rd, Coquille. Plant-based potluck begins at 6 pm

Wed May 25: Arresting Alzheimer's 6:00 pm at Coos Bay SDA Better Living Center (next to Walmart), 2175 Newmark Av, Coos Bay

Thu May 26: Longevity and Health 6:00 pm at Coos Bay SDA Better Living Center (next to Walmart), 2175 Newmark Av, Coos Bay

The Coos County Food & Nutrition Group (FNG) is working to address 3 needs from our health assessment:

- Education to support increased intake of fruits & veggies
- Policies and program support that increase access to healthy foods
- Policies and education to decrease intake of sugar drinks

FNG webpage is hosted by Coos Head Food Co-op. Go to:

<https://coosheadfood.coop/>

Select "Food and Nutrition Group" across the top banner.



FNG meets monthly on the 2nd Thu at 2 pm virtually on Zoom.

Meeting URL:

<https://oregonstate.zoom.us/j/92123558748?pwd=Qj9saEhiQ09McXlvMkI0N3dXNDRvUT09>

Password: 952412

Join by Telephone

Call: 971 247 1195
Meeting ID: 921 2355 8748

Or contact Stephanie Polizzi, Chair
stephanie.polizzi@oregonstate.edu
for a Zoom invitation email.



Consider also penciling in the **Coastal Memory Walk for Alzheimer's** Sat Jun 18 at Bandon City Park. Three different walks, one of which is ADA accessible.

To register <https://beav.es/weR>

First 100 registrants will get goodie bags. If anyone would like to donate items for goodie bags, please contact stephanie.polizzi@oregonstate.edu.



Pea Podcasts projects can be found in a variety of digital formats to match your mood (videos, handouts, infographics, articles, etc). Find these and more nutrition resources here:

<https://coosheadfood.coop/food-nutrition-group>

New Pea Podcasts resources uploaded in April include:

- ACLM's Evidence Based Eating Guide
- EZ Peasy by Polizzi: 2 minute nutrition hacks
- OHSU students' video: Demystifying Carbs

Nutrition Webinars that Fight Chronic Disease

Watch archived webinars by Registered Dietitian Stephanie Polizzi
<https://extension.oregonstate.edu/coos/healthy-families-communities>
videos and handouts



Healthy Bytes Initiative

The food of the month for May is Apricots.

Find recipes, handouts, posters, short articles and PowerPoint slides for 54 monthly foods at <https://advancedhealth.com/healthy-bytes-initiative> or

<https://extension.oregonstate.edu/coos/healthy-families-communities>