

DIABETES AND DIET

In the United States, around **11% of adults** over the age of 20 have **diabetes**.¹ John Bowls, Director of Patient Services at the Sulzbacher Center Clinic, estimates that over **30% of Sulzbacher's adult population** is affected. Major complications associated with diabetes include heart disease and stroke, high blood pressure, nervous system disease, and amputation. Also, diabetes is the leading cause of kidney failure and new cases of blindness and was the seventh leading cause of death in U.S in 2006.¹

90-95% of people with diabetes have type II, which is greatly affected by diet.

What you can do to help:

-Include the top 10 diabetes "superfoods" :

- *Beans- fiber, magnesium, and potassium.
- *Dark green leafy vegetables- low in calories and carbohydrates
- *Citrus fruit- soluble fiber and vitamin C
- *Sweet potatoes- vitamin A and fiber
- *Berries- antioxidants, vitamins and fiber
- *Tomatoes- vitamin C, iron, vitamin E, lycopene
- *Fish high in omega-3 fatty acids- stay away from breaded

- and deep fat fried fish
- *Whole grains- the germ and bran contain all the nutrients including magnesium, folate, and chromium
- *Nuts- key healthy fats
- *Fat-free milk and yogurt- calcium, vitamin D

-Fill half of the plate with non-starchy vegetables (i.e. Spinach, Cabbage, Carrots, Broccoli, Salsa, etc.)

-Choose foods low in *trans* fat and saturated fat and high in unsaturated fat

-If you are going to provide dessert, dole out in moderation- instead of two cookies, serve one

1. American Diabetes Association- www.diabetes.org



City Council



Holy Spirit Catholic Church



The Strasser Family



Lakewood Presbyterian Church

Volunteer Meal Group Spotlight

Fidelity National Financial

Fidelity National Financial is among our newest Volunteer Meal Groups. Dan Murphy, Senior Vice President and Treasurer of FNF, has been a board member at the Sulzbacher Center for 4 years and has been very involved at the center during this time. He is excited to "to expose more people to the great things that the Sulzbacher Center does" by bringing other Fidelity employees to the kitchen. When I visited the group in the kitchen, they were cooking up spaghetti along with



salad, zucchini, and squash. During their first dinner in the kitchen they served 438 meals! We look forward to seeing Fidelity back in the kitchen and thank them for their new commitment to the Sulzbacher Center.

Sulzbacher Center Garden

The Garden at Jackson Square on Philips Highway has been growing vegetables to donate to the Sulzbacher Center kitchen for about a year now, and the Sulzbacher Center has wanted to have a community garden for years— one where our residents could work in the garden and take classes on gardening and healthy eating. This is

now becoming a reality.

On February 12th, the Sulzbacher Center will be constructing 19 raised beds at the Garden at Jackson Square in which produce for the kitchen will be grown and residents will have a chance to garden. On **March 19th from 10 AM to 2 PM**, the Jacksonville Community Seed Swap and Community Garden

Expo will take place. On this day, everyone is invited to bring an herb to plant in the Sulzbacher Center Garden and to harvest a cabbage that's been growing for use in the kitchen. The Garden at Jackson Square and Sulzbacher Center Garden are located at 2554 Philips Highway.

Please join us on March 19!



Save the Dates!

March 19

*Jacksonville Seed Swap and Community Garden Expo- 10 AM-2PM
Sulzbacher Garden Dedication Ceremony- 9:30 AM*

March 26

*Sulzbacher 8K
6 PM*



New Recycling Program

The Sulzbacher kitchen began a new Recycling Program on Wednesday, February 2. You can now recycle all cardboard, food service cans, plastics with screw lids, and heavy shrink wrap! Please rinse cans and plastics and place them in the appropriate containers. This will help the center save money by cutting down on garbage removal. Currently, the dumpster is emptied every 7 days,

and hopefully recycling will cut this down to every 10 days!

Questions? Please ask Kevin Nacke. Thank you for your support of our new project!



Sulzbacher Center 8K

Join us for the Sulzbacher Center 8K and run through downtown Jacksonville to support the Sulzbacher Center. The race will take you over both the

Acosta and Main Street bridges and along the beautiful Northbank Riverwalk. Your participation will help move men, women and children from homelessness

into homes of their own. Register today for only \$25 at any 1st Place Sports location or 1stPlaceSports.com!

Questions? Please contact Sara Dougherty at sarad@tscjax.org.

February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Lunch – CSX Transportation Dinner – All Saints Episcopal Church	2 Dinner – Fidelity National Financial	3 Dinner – Holy Spirit Catholic Church	4 Dinner – Copart	5 Breakfast – Wardroom, Lunch – E.J. Toney, Inc. Dinner – North Jacksonville Rotary
6 Lunch – First United Methodist Church Dinner – Girl Scout Troup 78	7 Dinner – St. John’s Episcopal Cathedral	8 Lunch – United Way Dinner – Prudential	9 Lunch – Acosta Dinner – Bank of America	10 Lunch – Southland Waste Systems Dinner – Riverside Presbyterian Church	11 Dinner – Lender Processing Services	12 Lunch – Citi Dinner – San Jose Epicopal Church
13 Lunch – First Presbyterian Church Dinner – Home Team	14 Lunch – Hope Haven Dinner – Episcopal Church of our Saviour	15 Dinner – Christ the King Catholic Church	16 Dinner – St. Catherine’s Catholic Church	17 Dinner – Vistakon	18 Lunch – UNF English Program Dinner – Southside Baptist Church	19 Lunch – Orange Park Presbyterian Church Dinner – Waymen Chapel AME
20 Lunch – Sri Sathya Sai Dinner – Jacksonville Jewish Center	21 Dinner – Hendricks Avenue Baptist Church	22 Lunch – VP-26 Dinner – South Jacksonville Presbyterian Church	23 Dinner – St. Mark’s Episcopal Church	24 Lunch – CNATTU Dinner – NAS Jax All Saints Chapel	25 Dinner – Bank of America	26 Lunch – St. Luke’s Catholic Church
27 Lunch – Prince of Peace Catholic Church Dinner – Black Diamond	28 Dinner – San Jose Catholic Church					

2011 Notes:

-There are no more Saturday or Sunday lunches available for 2011.

-There are limited week night dinners available. These are Mondays May 30 and August 29, Wednesdays August 24 and November 23, Thursday August 25, and Fridays May 13, June 3, August 12, September 2 and 30, and December 30.

-There are plenty of breakfasts, weekday lunches, and Saturday and Sunday dinners looking for sponsors!