ABC 7 news reporter Lori Corbin visited Christopher Columbus Middle School to feature Champions for Change’s garden activities. Parents and students from Christopher Columbus gathered at the garden to show Lori their flourishing crops. Since the beginning of September the parents and students worked diligently to prepare for the new batch of crops. In addition to the tour of the garden the parents and students implemented the gardening skills they learned from our lessons. The parents planted lettuce and onions while the students planted radish seeds. With their new gardening skills and enthusiasm we hope to continue to develop the program through the support of the eager parents and active students.

Change your life by treating your body well! Nutrition and health go hand and hand. Keep being a champion for change.

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*Please join us in attending any events open to the public. We encourage community participation, and you could leave with a FREE gift!*

November Events

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<th>Date</th>
<th>Event</th>
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<tr>
<td>Nov 4</td>
<td>Dia de Los Muertos</td>
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<td>Nov</td>
<td>Farmers Market</td>
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ABC 7 Reporting Live at Christopher Columbus Middle School’s Garden!

ABC 7 Reporting Live at Christopher Columbus Middle School’s Garden!
Garden of the Month – West Valley Boys and Girls Club

The West Valley Boys and Girls Club’s garden has taken off since the beginning of the Champions for Change program in 2017. We have a students between 1st to 4th grades participating in the nutrition education and have actively been in the garden. The students are currently learning about compost and

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Our Coalition

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<th>Purpose</th>
<th>Principles</th>
<th>Responsibilities</th>
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| To increase support for our efforts to promote healthy eating, building/revitalization of edible gardens, and healthy food pantry work; to develop strategies to ensure sustainability of accomplishments and changes; come together and share information; continue to access the needs of the Canoga Park community; advocate for the increase in funding; and educate decision-makers, community groups, and the general public. | LEADERSHIP – broad participation and greater engagement  
DECISION MAKING – Democratic by consensus  
COMMUNICATION – Internal (emails, face-to-face meetings, and phone) and external (Newsletters and emails)  
MEMBER ROLES AND RESPONSIBILITIES  
RESPECT - Everyone’s opinions and input will be respected and accepted  
RESOURCES | Attend and actively participate in meetings on a regular basis.  
Serve as a liaison to the member’s organization and as a resource for the development of program activities  
Assist in drafting a strategic plan on efforts to promote healthy eating among children and adults in Canoga Park and in prioritizing goals and objectives.  
Help to represent the coalition at key official meetings and events.  
Serve as an ambassador for the work of the coalition and promote its mission when and wherever possible.  
Gather and relay appropriate information to the coalition to serve as a basis for decisions.  
Help to develop and implement a self-sufficiency plan. |
Meet Our New Health Educator!

We would like to introduce, Brenda Gutierrez, our new Health Educator at CSUN Champions for Change I graduated from Cal State University Northridge with a Bachelors in Public Health Promotion. She has over seven years of experience working directly with the community. She is excited to be part of the ongoing effort to improve the health of families and communities in the Canoga Park area.
**2018 Nutrition Facts Label**

Champions for Change has used the newly implemented Nutrition Facts label in the classroom from the beginning of the program.

Soon enough, you will see this renewed Nutrition Facts label on all packaged food. There are a few key differences that are important to note:

- The serving sizes are enlarged for easier reading.
- The Calories are the largest item on the label to encourage consumers to make informed decisions about what they eat.
- Added sugars now appear on the label to reduce intake. It is recommended to consume less than 10% of total daily Calories from added sugars to decrease risk of obesity.
- Potassium appears in the listed nutrients, while Vitamin A and C have been removed.
- Total Calories from fat is no longer available on the label. It is more important to consider what type of fat you are consumer, rather than the amount.

The previous Nutrition Facts Label is over 20 years old. New scientific evidence identifies new recommended daily value for multiple nutrients: sodium, dietary fiber, and Vitamin D. The changes also account for the typical American diet. There will be a higher amount of companies that use this new label starting in 2018. The official deadline for compliance is January 1, 2020.

For more information, visit [http://www.fda.gov](http://www.fda.gov) and search “Changes to the Nutrition Facts Label”.
Recipe of the Month

BBQ TURKEY IN PEPPER SHELLS

Ingredients

- ¾ pound lean ground turkey
- 1 large onion peeled and chopped
- 1 medium green bell pepper seeded and chopped
- 1 (14 ½ -ounce) can no-salt added diced tomatoes
- 1 cup low sodium canned black beans, drained and rinsed
- ½ cup prepared barbecue sauce
- 1 teaspoon garlic powder
- 1 teaspoon liquid smoke
- 3 bell peppers

Preparation

1. Brown ground turkey in a medium skillet over medium-high heat until no longer pink; drain excess fat.

2. Add onion and cook until tender, about 5 minutes.

3. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat.

4. Meanwhile, cut the whole bell peppers in half lengthwise and remove the seeds. Place in a microwave safe dish with a small amount of water.

5. Cover and microwave bell peppers on high until crisp-tender, for about 5 minutes.

6. Remove peppers from the dish and place on a large plate. Spoon turkey mixture into bell pepper shells and serve.

Makes about 6 servings
1 stuffed bell pepper shell half per serving.

Nutritional Information
Calories: 209
Total Fat: 4 g
Saturated Fat: 1 g
Trans Fat: 0 g
Cholesterol: 38 mg
Sodium: 404 mg
Total Carbohydrate: 28 g
Dietary Fiber: 7 g
Protein: 17 g

Source: https://cachampionsforchange.cdph.ca.gov/en/recipes/Pages/BBQ-Turkey-in-Pepper-Shells.aspx
For more recipes, please visit: https://cachampionsforchange.cdph.ca.gov/EN/recipes/Pages/default.aspx