

THE TAKE BACK TOUR

Take Back Your Health ♥ Take Back the Love ♥ Take Back the Fun ♥ Take Back Your Faith

Sponsored by the Philadelphia 7th Day Adventist Church,
629 Cameron St. Burlington, NC 27215

December 2007

- FEATURES:**
- So Free Sundays**
Soda Free
 - NFF Mondays**
No Fake Food
 - Take Back Tuesdays**
 - Wartime Wednesdays**
 - Walking Wednesdays**
 - 3M's Thursdays**
Make Mine Meatless
 - TGIF Fridays**
Thank God I'm Free [from guilt when I slip up]
 - Friendship Fridays**
 - Wellness Walk**
(annual spring event)
 - KARR**
Kid Approved Real Recipes
 - Sucker-Free Shopping Tips**
 - Renee's REAL Freebies**

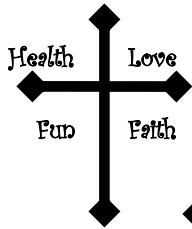
What's In Your Donation Box?

By Renee Lea-Currie, Ph.D.

With the upcoming holiday season and wintertime, people are asked to donate canned or non-perishable goods to those in need. Many times the non-perishable items are donated for your church to give to a family in need of food or to your child's school donation box or through your community group. In many instances, donations consist of admission to a holiday concert or event or simply a donation to the local food bank. In an effort to give during the holiday season, many people simply go through their pantries to find the things no one wants to eat and donates it to local food donation center. I have always donated items with items kids like to eat. I have donated food items such as: canned fruit or applesauce, SpaghettiOs or Chef Boyardee ravioli. However, my church, Philadelphia 7th Day Adventist Church, has been sponsoring a Take Back Your Health ministry since July 2007 which caused me to re-think my choices this holiday giving season. The hallmark of this ministry is the No Fake Food (NFF) Mondays. .It is a challenge to try one day (to start) without consuming processed foods. As I began to read labels more closely, I found that many of the items that were on sale and advertised as healthy alternatives" were the same highly processed *foods* we have already been eating or worse. As a nutrition research scientist, I began reading books and research articles about food labeling, food marketing tactics, and the impact of

advertising and nutrition information on people's behavior. After reviewing the articles, I found that the major food companies are counting on you and me to fall for their advertising gimmicks and continue to buy and eat the fake processed *food* masquerading as healthy food.

When we donate to these wonderful organizations that are helping people in need, we have to ask ourselves, are we really helping to nourish them or just filling their bellies with junk? If we know we are all supposed to eat more fruits and vegetables, whole grains, and drink more water, how can we in good conscience give highly processed food products that are known to cause diabetes and obesity and its related problems to those who count on us to help them? Are people that are down on their luck less deserving of healthy nourishing great tasting food than the rest of us? If we pull from our own pantries for these donated items, we must ask ourselves: What's in my Pantry? If we go shopping for items to donate we have to step back and ask ourselves: What's in my shopping cart? I am proud that my church members are eager to re-think how we stock our church pantry and have all committed to providing real foods.



To help us all get started and do better for our health and the health of those in the community, I have compiled a list of items you can use to stock your church pantry, your school or community donation boxes and your own pantry.

Renee's Top 25 non-perishable healthy items

- 1 Oatmeal, regular or quick
- 2 mixed nuts/whole cashews/peanuts, **unsalted or lightly salted (less than 55mg sodium per serving)**
- 3 raw sugar, 2lb [Sugar in the Raw; brown box]
- 4 natural peanut butter
- 5 spices (cinnamon, garlic/onion powder, Italian seasoning, chili powder, mustard)
- 6 pure vanilla extract
- 7 soy milk, non-refrigerated boxed versions (refrigeration needed after opening)
- 8 Annie's macaroni & cheese
- 9 Crackers (Annie's, Back To Nature, or Kashi)
- 10 canned beans
- 11 canned vegetables
- 12 unbleached flour
- 13 boil-in-bag brown rice
- 14 pecan halves
- 15 honey
- 16 canned fruit, in fruit juice or in light syrup
- 17 canola oil
- 18 Annie's canned pasta meals
- 19 Annie's vegan chili-canned
- 20 spaghetti sauce, glass jar
- 21 spaghetti/pasta
- 22 salsa
- 23 tortilla chips, no hydrogenated fats
- 24 whole wheat tortilla/pita bread
- 25 cornmeal



Take Back My Health is part of an e-mail ministry in which inspirational, practical tips for healthy shopping, kid approved real recipes (KARR), free sample links and coupon downloads to help us support those companies that provide REAL foods. To sign up to receive these weekly inspirational tips on healthy shopping and eating (on a budget), contact me at takebacktour@yahoo.com or leave a message at (336) 228-6407.

Renee Lea-Currie has a Ph.D. in Nutrition from UNC-Greensboro and is the Director of Cell Biology for Zen-Bio, Inc in Research Triangle Park, NC. Renee is also the Health Leader for Philadelphia Seventh Day Adventist Church, 629 Cameron St. Burlington, NC and a founding member of the Healthy Alamance Faith Based Task Force.