

AgFed

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The Sheaf

Summer Picnics Fooducation. "Eat a Bit Better."

Summer 2015 Edition

Fooducate: Information at Your Fingertips to Allow You to 'Eat a Bit Better'

Healthy foods and the pursuit of nutrition information have garnered their fair share of attention of late. Former New York City Mayor Michael Bloomberg's initiative to impose a limit on soft drink sizes in restaurants, movie theatres and sports stadiums received national attention. Now the White House and the Agriculture Department have proposed new marketing regulations that would ban in-school advertising for foods that are high in sugar, fat and salt and do not meet new federal rules for foods served in the 100,000 public schools across the country.

Dialed in to the healthy food craze is the website Fooducate (www.fooducate.com). Ride along apps for the iPhone and Android also are supported. Fooducate was created by San Francisco-based Hemi Weingarten, a father of three who was struggling to buy and prepare healthy food for his family. Weingarten was overwhelmed by health claims, nutrients and ingredients and set out to educate himself and then the masses to make better food choices.

Making the grade

You can browse Fooducate's extensive database to find the healthiest foods in some 17 product categories, including Fruits and Vegetables, Breads and Carbs, Beverages, Baby Food, Prepared Foods and Soups. Each product is automatically graded (eg. A-, B+, C etc.) by a scientific algorithm based on its nutrition facts and ingredient list.

The Fooducate app takes things even further by allowing you to scan a product bar code at your grocery store to see a food's nutrition grade. The developers claim the scanning option will allow you to discover things manufacturers don't want you to notice, like:

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CU STUDENT LOANS



AgFed News

Come visit the USDA Farmer's Market every Friday until October!

The market features local produce, baked goods and great food!

Location:

USDA Parking Lot on the corner of 12th Street and Independence Ave, SW.

Time:

9 a.m. - 2 p.m.

For the most current and up-to-date AgFed community outreach, news and promotions, visit agfed.org today!



Holiday Closings

July 4th, 2015 Independence Day

Washington DC is a spectacular place to celebrate July 4th! The National Mall, with Washington DC's monuments and the U. S. Capitol in the background, forms a beautiful and patriotic backdrop to America's Independence Day celebrations.

Visit www.dc.about.com for holiday celebration details!

September 7th, 2015 Labor Day

The National Symphony Orchestra performs a free Labor Day Concert on the West Lawn of the U.S. Capitol each year, the Sunday before Labor Day. The annual concert, produced by the Kennedy Center, celebrates the beginning of the performing arts season featuring Principal Pops Conductor Steven Reineke and musical selections made by composer, vocalist and pianist Tony DeSare. In addition to patriotic classics, the Labor Day Concert will include music that highlights the American landscape, from Stephen Flaherty's American River Suite to the little town of Mudville in Casey at the Bat, narrated by Michael John Casey.

Visit <http://washington.org/dc-events/labor-day-capitol-concert> for time and complete details!



Congratulations to our Bill Pay Sweepstakes winner, Mary Ann Bell!

From February 1, 2015 until March 31, 2015, members were entered into a random drawing for a \$100 American Express Gift Card!

Pictured: Bill Pay Winner, Mary Ann Bell and South Building Branch Manager, Elizabeth Harriman

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- Excessive sugar
- Additives and preservatives
- Artificial sweeteners
- And more
- Controversial food colorings
- Tricky trans fats
- MSG

You can also personalize Fooducate. To do this you will need to answer some simple questions such as age, gender, height/weight, activity level, desired weight loss rate, carb control, health conditions, allergies and dietary goals.

Tip the scales in your favor: Fooducate also offers "Daily Tips" providing news, as well as information on:

- Nutrition Label Analysis
- Food Safety
- Healthy Recipes
- Kids Nutrition
- Allergies and Gluten Free
- Diabetes and Low Carbs

To further educate you on nutrition and nutrition labels, Fooducate has links to "Useful Resources". Harvard's Nutrition Source and the FDA's Food Labeling Regulations are among the useful links. A list of related great blogs are further provided.

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