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Member Spotlight



[Safe and Healthy Duval](#) is a community coalition dedicated to reducing incidences of substance abuse among Duval County teens by creating a culture in which healthy choices are valued by all Duval County citizens.

Upcoming Events

Duval County Food Policy Council

Thursday, October 25
5:15 - 6:30 p.m.
Duval County Health Department
900 University Boulevard North
7th Floor Conference Room
Jacksonville, FL 32211

2012 Northeast Florida Community Garden Conference

Saturday, November 3
9:30 a.m. - 4:00 p.m.
Unitarian Universalist Church
7405 Arlington Expressway
Jacksonville, FL 32211

Visit [Second Harvest North Florida](#) for more information.

>WHAT IS HAPPENING?

Meeting Schedule Change: Duval County Food Policy Council To Convene on a Monthly Basis
Beginning today, October 25, the Duval County Food Policy Council and its committees will meet as a group on the fourth Thursday of every month at the Duval County Health Department from 5:15 - 6:30 p.m. Join the conversation and ensure that all Jacksonville residents have access to fresh and healthy food.

Find Your Green Thumb at the 2012 Northeast Florida Community Garden Conference

Join community gardeners, urban agriculture farmers and nonprofit leaders on Saturday, November 3, at the 2012 Northeast Florida Community Garden Conference. Network with industry professionals, learn how to grow gardening relationships and develop grant proposals. Visit [Second Harvest North Florida](#) to register for the event.

>WHAT IS AHEAD...

Register Today to Attend the Northeast Florida Diabetes Excellence Awards Luncheon

On Wednesday, November 14, the Healthy Jacksonville Diabetes Coalition will honor

Create the Life you Want Series

Monday, November 5 - Women's Class
Thursday, November 8 - Men's Class
5:30 - 7:30 p.m.
Breaking Ground Educational Services
4218 Highway Avenue
Jacksonville, FL 32254

Visit [Breaking Ground Educational Services](#) for more information.

Healthy Jacksonville Childhood Obesity Prevention Coalition Monthly Meeting

Friday, November 9
8:00 - 9:30 a.m.
Nemours Children's Clinic
807 Children's Way
10th Floor Auditorium
Jacksonville, FL 32207

Northeast Florida Diabetes Excellence Awards Luncheon

Wednesday, November 14
11:00 a.m. - 1:30 p.m.
Jacksonville Public Library
303 North Laura Street
Jacksonville, FL 32202

Visit [Healthy Jacksonville](#) to register for the event.

organizations that are demonstrating evidenced-based diabetes outcomes in Northeast Florida. The awards will be given to organizations that are producing noteworthy results in preventing or delaying the onset of diabetes and/or reducing diabetes-related complications. [Register](#) to attend the Northeast Florida Diabetes Excellence Awards Luncheon.

>DID YOU KNOW?

Noteworthy Numbers: Do Consumers Really Understand What They Are Eating?

Choosing what foods and how much to eat, can be a tough decision with confusing labels and inconsistent packaging. A recent Nielsen global study on consumer behaviors indicates that [60 percent of people do not understand](#) how to properly read a nutrition label. While the process of selecting healthy food can be a challenge, the [2011 Healthy Jacksonville Stories From the Field Report](#) takes the guesswork out of the decision-making process. When selecting healthy food, the report recommends to:

- read the food label and look for products with less than 30 percent of calories coming from fats;
- ask for nutritional information when dining out to understand how many calories are in the menu choices; and
- pick foods that have a low percentage of fats, cholesterol and sodium, and a high percentage of potassium, fiber, iron and calcium.

Teaching children how to properly read a nutrition label at an early age is an important step to help develop long-term healthy eating habits. Download the U.S. Food and Drug Administration's [Spot the Block](#) resource guide for practical tips on how to teach children about the Nutrition Facts Label.

Have a story for Bite-Sized News?

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