



Cook, Eat & Talk



Week 6

W elcome back!

Did you know desserts can be healthy, too? If you don't have time to whip up one of them we're cooking today, serve up some fresh fruit instead of store-bought sweets. When you make desserts from scratch you can reduce or eliminate sugar or substitute honey. Even if you follow grandma's cake recipe word for word, you will still forego all the chemical flavors, colors and preservatives that pose dangers for your health.

Bread Pudding with Apples

from *The New African-American Kitchen*

Ingredients

- 1 TBS fresh lemon juice
- ½ cup packed brown sugar
- 4 sweet apples (Delicious, Gala, Golden), peeled, cored and cubed
- 1 cup milk, scalded
- 2 eggs, beaten
- ¼ cup granulated sugar
- ½ tsp ground nutmeg
- ½ tsp vanilla extract
- ½ cup raisins
- 1 TBS butter, melted, plus more for pan
- 8 slices stale white bread



Instructions

- 1) Preheat the oven to 350 degrees. In a medium mixing bowl, combine the lemon juice and ¼ cup of the brown sugar. Add the apples and stir to coat. Refrigerate for 1 hour.
- 2) In a large bowl, mix the milk, eggs, white sugar, nutmeg, vanilla extract, the remaining ¼ cup brown sugar, the raisins, and the melted butter. Tear the bread into pieces and add it to the bowl. Mix well, mashing the bread. Add the apples, and all the sugary liquid that has accumulated in the bowl with them to the bread mixture. Mix well.
- 3) Grease a 1-quart casserole or 9-inch square baking pan. Pour the mixture into the pan. Sprinkle with the bread crumbs. Cover with aluminum foil and bake 30 minutes. Uncover and bake 5 minutes longer, or until a knife stuck in the center comes out clean.

Notes

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Natural Oral Care: Supports for Consideration

Is oral health a food justice issue? OKT says yes. People without access to nutritious food experience more oral health problems. As these people usually also have income challenges, if they can access oral health care, extractions are the norm. As a result, they suffer unease in social situations and are often unable to present themselves as candidates for better employment opportunities.

The following information aims to support those without access to good oral healthcare maintain their oral health.

- Breastfeeding is the foundation for oral health. It exercises the jaw, creates good fit, healthy palate formation and increases healthy flow of saliva.
- Whole foods promote oral health: fresh produce, legumes, nuts and seeds, lean meats and whole grains support the growth of good bacteria and fight inflammation. Crunchy fruits and vegetables clean teeth, remove plaque massage gums and help prevent gum disease.
- Avoiding processed foods, especially those high in sugar, can boost oral health. Chemical additives (many found in toothpaste) can increase risks for oral health problems, e.g. triclosan, aspartame, saccharin, sorbitol, sodium lauryl sulfate, dyes and fluoride.
- Oil pulling (swishing with a spoon of coconut oil) 15 to 20 minutes a day can help strengthen gums, whiten teeth, reduce plaque and remove toxins from the mouth. WIC and EBT can be used to purchase coconut oil.
- Herbal supports for oral health include peppermint, spearmint, fennel, cinnamon, sage and thyme. Grow your own in a window sill!
- Toothpaste alternative: mix coconut oil, baking soda and a drop of peppermint essential oil. Brush every day but not too hard!

- Mouthwash alternative: Add a cinnamon stick and a few cloves to a cup of boiling water. Let steep until cool. Add five drops peppermint oil. Store in a glass bottle. Shake well before using. Plain hydrogen peroxide can also be used as a mouthwash.
- Toothache remedy: To get yourself through the night until your dentist appointment (or for cutting wisdom teeth), bite down on a clove in the painful area. Cloves are a natural anesthetic. A Moistened peppermint teabag can also relieve tooth pain.
- WIC and EBT can be used to purchase coconut oil.

Free or reduced price dental care in/near Grand Rapids:

Cherry Street Services, 550 Cherry St. SE
Grand Rapids, MI – 49503 (616)235-7289

Health Intervention Services, 15 Andre Street SE
Grand Rapids, MI - 49507 616-988-4301

Saint Mary's Health Care
Grand Rapids, MI - 49503

Cherry Street Health Services Dental Traveling
School Program, 101 Sheldon Blvd. S.E.
Grand Rapids, MI - 49503-4262 616-776-2363

Ferguson Dental Health Center, 101 Sheldon Blvd. S.E.
Grand Rapids, MI - 49503-4262 616-776-2340

Kentwood Clinic, 4700 Kalamazoo Ave SE, Suite 200
Kentwood, MI - 49508 888-493-8090



Healthy Food Heritage: Apples

Apples are storehouses of essential nutrients. One large apple contains 30% of the daily value (DV) for dietary fiber, 26% DV for vitamin C and 18% DV for vitamin K. Apples are also especially rich in phytonutrients (plant nutrients), such as polyphenols. And since one medium apple has only 81 calories, apples are a nutritious low calorie dessert.

Apples contain both insoluble and soluble fiber, which pack a double punch that can help **reduce cholesterol levels and your risk of hardening of the arteries, heart attack, and stroke.** A recent meta-analysis has found apples to be one of the small number of fruits and vegetables that contributed to the significant reduction in the risk of heart disease.

Apples also contain quercetin a powerful phytonutrient antioxidant, which teams up with vitamin C to bolster the body's immune system.

Apples help clean your teeth, detoxify your body, fight against viruses and aid digestion—they prevent constipation and, when grated and added to yogurt, can relieve diarrhea



Organic produce does cost more. However, did you know that it offers twice as many nutrients and none of the costly risks pesticides raise? Some non-organic produce is more dangerous than others. The guide to the right shares the “Dirty 12,” produce that you should always try to buy organic.



To the left, the “Clean 15,” produce poses less risk when not organic. Always wash your produce before eating — especially if it was grown with pesticides. When you buy organic produce, you also support farming that does not poison our farm workers and their families with toxic chemicals.

Source: The Environmental Working Group www.ewg.org



Water Justice

While our state and city governments cannot find money to repair our failing water infrastructures, they can afford to give away millions, if not billions, of dollars to private corporations that have convinced us to buy bottled water. Many communities across the country and around the world have sold their municipal water works to private corporations – with disastrous results. In 2011, the City of Grand Rapids considered privatizing its water. Thankfully, Mayor Heartwell declined. According to Food and Water Watch, water privatization “undermines the human right to water ... When private corporations buy or operate public water utilities – is often suggested as a solution to municipal budget problems and aging water systems.

As the media hype around the Flint Water Crisis wound down, the focus shifted to the safety of public drinking water throughout Michigan and lauding charities for collecting and distributing bottled water to Flint residents. A lot of effort is being put into band-aid approaches that do not solve the root cause of the problem. Meanwhile, Flint’s children continue to be poisoned every time they drink, bathe or brush their teeth with tap water.

Although a better alternative than drinking poisoned tap water, flooding the City of Flint with bottled water causes other problems. For one, the city is now awash with millions of empty plastic bottles. For another, bottled water is a product. Charities and individuals are purchasing this product from corporations like Nestle, which takes water from Michigan’s ground water stores. According to a Feb. 2016 *Democracy Now* broadcast, “Nestlé, the largest water bottling company in the world, (is allowed) to pump up to 400 gallons of water per minute from aquifers that feed Lake Michigan ... in Mecosta County, Nestlé is not required to pay anything to extract the water, besides a small permitting fee to the state and the cost of leases to a private landowner. In fact, the company received \$13 million in tax breaks from the state to locate the plant in Michigan.”

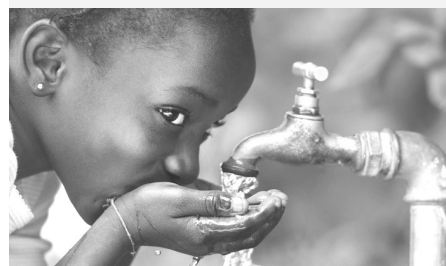
Unfortunately, this more often backfires, leaving communities with higher rates, worse service, job losses, and more.” Food & Water Watch has documented these, among other, problems with privatizing water:

- Loss of Control. Local government officials abdicate control over a vital public resource.
- Loss of public input. Citizens don’t vote in the corporate boardroom.
- Loss of transparency. Private operators usually restrict public access to information.
- The objectives of a profit-extracting water company can conflict with the public interest.
- Cherry picking service areas. Private water companies are prone to cherry-picking service areas to avoid serving low-income communities.
- Rate Increases. Investor owned utilities typically charge 63 percent more for sewer service than local government utilities.
- Higher Operating Costs. Private operation is not more efficient and can increase the cost of financing a water project by 50 to 150 %.
- Service Problems. This is the primary reason that local governments reverse the decision to privatize.
- Jobs. Privatization typically leads to a loss of one in three water jobs.
- Privatization can allow systems to deteriorate.



In its handouts, OKT often includes the words, “Healthy food is your family’s right.” We also proclaim, “Clean, harmless water is your family’s right.” Therefore, OKT asks you to join with us in demanding that the City of Grand Rapids, City of Wyoming and Michigan municipalities:

1. Ensure that our tap water is safe to drink and bathe in. This includes employing more reliable testing measures for lead content.
2. Reconsider fluoridating our water supply as fluoride has been associated with health risks. Let people choose for themselves whether or not to ingest fluoride.
3. Decline from considering privatizing our municipal water supplies.
4. Call for the end of giving Michigan’s water away to Nestle and other bottled water corporations.
5. Stop cutting off water service to households with delinquent water bills and cease from using liens from unpaid water bills as a means of seizing property from homeowners.



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