Summer Bridge 2014 Concludes
The 2014 Summer Bridge in Environmental and Sustainability Sciences program has come to a conclusion. The four week course was designed to provide high school and incoming college students with the essential skills necessary to succeed in college studies and beyond.  

UDC Students Build Automated Tomato Tower
Colin Gelinas and Michael Benton are UDC students who created an automated system that makes it possible to grow vegetables virtually anywhere. Their project could potentially allow those in cities or food insecure areas to have access to nutritious, affordable and sustainable food.

Donate Your Bike to 4-H!
The Riverside Healthy Living Center’s 4-H Club has unveiled the “Earn a Bike” program, which will teach children ages 10-14 who live in the District’s Ward 7, basic bike repair skills and to promote safe, regular cycling in their own urban neighborhood. The program is seeking the donation of gently used bicycles of any size or type.

Around CAUSES

Upcoming Events
Mark your calendars for these upcoming events: 1) UPO Food Security Forum, 2) Free Health Class for Chronic Conditions, 3) Volunteer at the City Orchard, 4) DPR Invasive Plant Class, 5) Invasive Plant Class with Casey Trees, 6) Green Living Expo & Back to School BBQ, 7) EcoDistrict Summit 2014, 8) Bioretention Summit, 9) UDC Walking tour.

For more information on CAUSES visit http://www.udc.edu/causes or contact Leslie Malone at leslie.malone@udc.edu.
### Our Mission
The College of Agriculture, Urban Sustainability and Environmental Sciences (CAUSES) of the University of the District of Columbia (UDC) offers research-based academic and community outreach programs that improve the quality of life and economic opportunity of people and communities in the District of Columbia, the nation and the world.

### Director’s Message by Dr. Lillie Monroe-Lord
The Center for Nutrition, Diet and Health, is most pleased to present this feature regarding our offerings and activities. We will highlight the progress and impact that CNDH has made toward improving consumer awareness and health sustaining behaviors among District residents through education projects related to food, nutrition and health.

### CNDH Teaches Healthy Cooking to DCPS Students—EFNEP
The Expanded Food and Nutrition Education Program provides nutrition education to low-income adults with young children. One of our partners is Anacostia Senior High school where CNDH teaches students how to prepare healthy meals for their families through the New Heights Teen Parent Program.

### Supplemental Nutrition Assistance Program-Education
SNAP-Ed provides education programs designed for individuals receiving or eligible for the Supplemental Nutrition Assistance Program. SNAP-Ed seeks to increase healthy food and active lifestyle choices among District residents.

### Cooking Classes with Chef Herb
CNDH offers cooking classes for both young and old. Chef Herb’s Food demos and cooking classes provide interactive instruction on healthy cooking techniques, modifying favorite recipes to include healthier ingredients by reducing sugar, sodium and fat.

### Cooking Matters at the Store
Sapna Batheja is a CNDH Nutrition Specialist and conducts outreach in all eight Wards of the District, teaching different age groups how to better understand what they are eating and to make smarter decisions. We joined Sapna for one of her weekly, interactive grocery store classes.

### Farmers Market Education
CNDH has a big presence at farmers markets around D.C. The Farmers Market Education Program provides nutrition education at the point-of-purchase for market goers. You can always find Tyrome “Chef T” Henson at the UDC Farmers Market on Saturdays.

### Fruit and Veggie Prescription Program (FVRx)
FVRx is a collaborative and integrative program where healthcare providers and farmers markets partner together to provide increased access to fresh fruits and vegetables, measuring the impacts of increased consumption among underserved community members.

### Food Safety Certification
CNDH’s food safety education program trains food service workers in proper food handling procedures consistent with industry and regulatory based standards. Paul Brown explains the process and offers food safety tips.

### CNDH on CAUSES TV
CNDH has been featured several times on CAUSES TV:
- New Heights Teen Nutrition Program
- Healthy Eating
- Teaching Nutrition & Diet to Children

For more information visit the Center for Nutrition, Diet and Health at www.udc.edu/causes or contact: Dr. Lillie Monroe-Lord, Director, at lmonroelord@udc.edu.