



Nourishing News

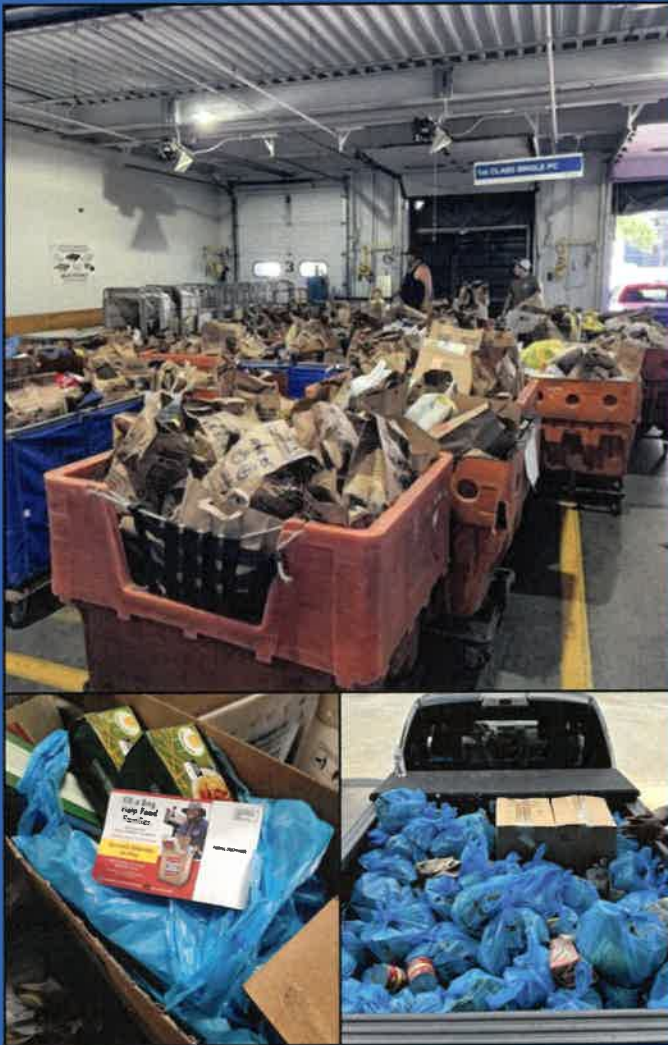
Spring 2024

Meet INA: Intelligent Nutrition Assistant

Artificial Intelligence (a/k/a “A.I.”) seems to be everywhere, now even in the world of nutrition. Forget learning how to read the latest U.S. Department of Agriculture’s nutrition guidelines or contacting a certified dietitian ... just jump onto your cell phone and text “INA” your question. INA , the Intelligent Nutrition Assistant, is designed to help “people with cancer eat healthy and stay well-nourished throughout their treatment and beyond.” Whenever a cancer patient has questions about nutrition needs or symptom management, they can simply text INA and get answers generated from “nutritionists, nurses and doctors who are experts in treating and supporting cancer patients.” <https://adcc.savorhealth.com/portal/>.

Other companies are experimenting with A.I. with personalized diet advice combined with research to help patients with diabetes. Take for instance the *DayTwo* app, which uses an algorithm based on research to match a diet to an individual’s microbiome and metabolism to better control blood sugar. Another company, *ZOE*, generates meal scores using data such as blood fat levels in addition to microbiome and blood sugar tests. Although the field of A.I. generated personalized nutrition is in its infancy, it may lead to technology that food banks and pantries could use to help clients better understand how nutrition choices impact their health.





STAMP OUT HUNGER

OVER 20,000 LBS COLLECTED!!!!

A heartfelt thank you to all of the incredible volunteers who joined forces for the Letter Carriers Food Drive! Your generosity and commitment made a monumental difference to our pantry!

FOOD FOR THOUGHT

Did you know that fewer than 1 in 10 people living in the U.S. eat enough fruits and vegetables? On the other hand, about 9 in every 10 people consume too much sodium!

Whether you eat fresh, frozen or canned produce, it will provide nutritional benefits. The key is to have fruits and vegetables at our fingertips for every meal and snack!

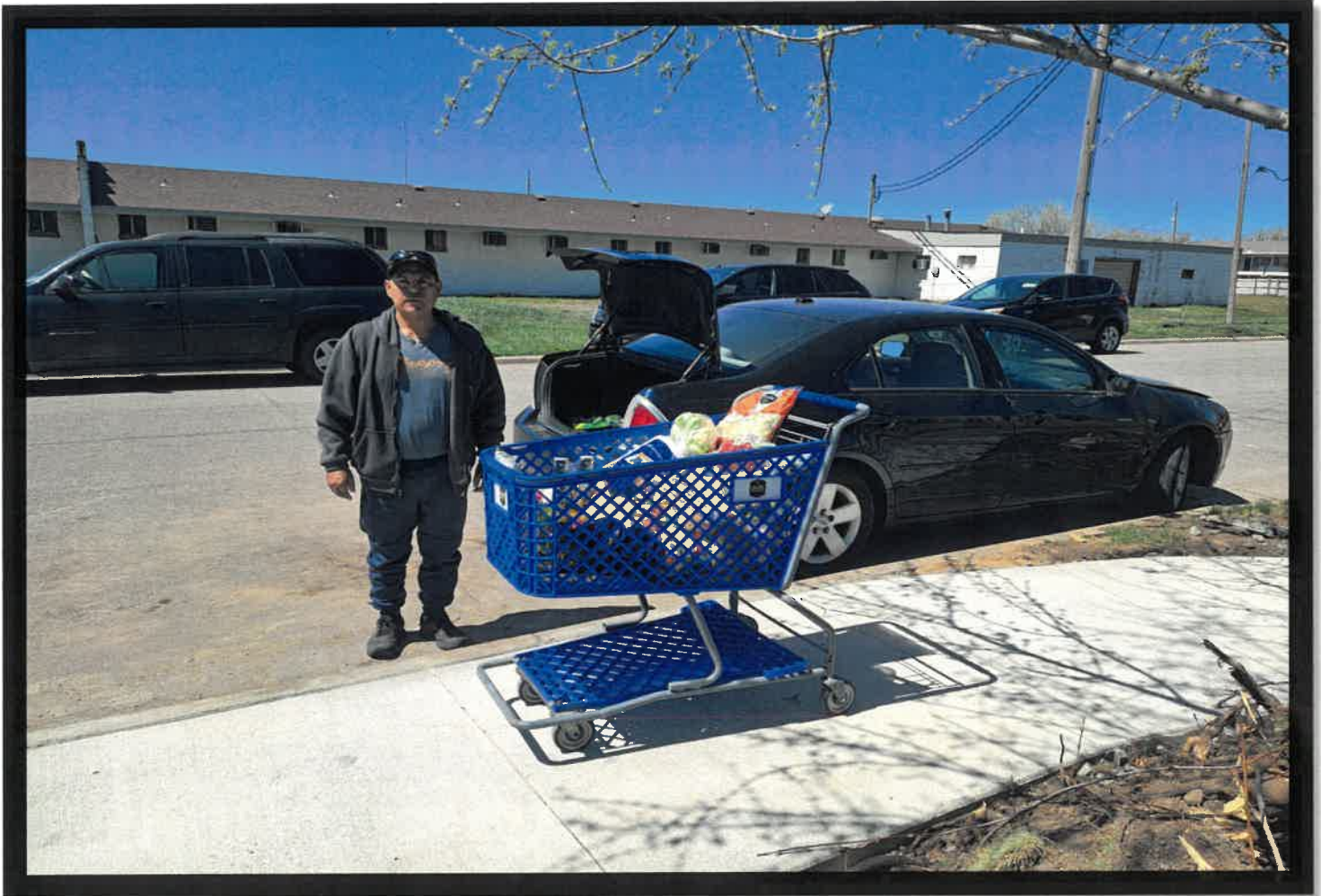
One would think that having a multitude of options to choose from would encourage more Americans to ensure that their plates contain produce at every meal. However, surveys show that the main driver for why we choose the foods we eat is taste, followed by convenience, health value, and then cost. But as food prices rise, cost is playing a larger factor in our grocery purchases.....and fresh and frozen vegetables are often more expensive per pound than canned vegetables.

But are the pennies saved in the checkout line really worth the increase in blood pressure and the risk for heart disease and stroke? Hence, vegetable gardens are a great way to improve your health & reduce your sodium intake!

To learn more about the role sodium has on our health, check out the CDC's website:

<https://www.cdc.gov/salt/about/index.html#:~:text=Health%20risks,year%20than%20any%20other%20cause.>

News from around the Block!



The sidewalks around the Food Bank are finally here! Thanks to funding from Blue Cross and Blue Shield of Kansas *Pathways* initiative, the City of Salina has put in sidewalks along Walnut Street (from Broadway to Chicago), along Chicago Street from St. John’s Missionary Baptist Church to the Food Bank, and then along Spruce Street to Clark. The final stretch of sidewalks along Clark to South Street will connect visitors from downtown to the Broadway corridor and the Food Bank. Visitors and staff at the Food Bank are elated about the improvements which not only have given clients a safe way to transport groceries to their parked vehicles on Chicago and Spruce Streets, but will also help keep the Food Bank’s grocery carts in better “rolling” condition. Later this summer, the Food Bank will proceed with expanding the parking options with another parking lot located East of the garden and orchard. The new lot will offer a dedicated spot for visitors on bicycle along with at least 12 parking stalls. The *Pathways* initiative was a key funder for this project as well, providing \$100,000 towards construction costs.



Salina Emergency Aid Food Bank
255 S. Chicago
Salina, KS 67401
www.salinafood.org

PLEASE
PLACE
STAMP
HERE

RETURN SERVICE REQUESTED

The flyer is a rectangular graphic with a purple background and a blue border. On the left side, there is a vertical decorative strip with a colorful floral pattern in shades of yellow, pink, blue, and green. The main text is centered and reads: "Ice Cream Social & Garden Tour" in large white font. Below this is a smaller version of the Salina Emergency Aid Food Bank logo, which is centered over a blue sunburst graphic. Underneath the logo, the date and time are listed: "June 28th from 6 - 7pm ~ 255 S. Chicago ~". On the right side of the flyer, the text "TOUR THE FOOD BANK GARDENS & ENJOY A SCOOP WITH US!" is written in white, stacked vertically. At the bottom right, there is a decorative graphic of a yellow butterfly with blue and green foliage.