



**KANSAS CITY CHRONIC DISEASE COALITION MEETING**

**Thursday, December 11, 2008**

**5-7 PM**

**PIONEER COLLEGE AUDITORIUM**

Food and Fellowship starts at 5 pm

PLEASE PHONE 816-920-6840 IF YOU ARE ATTENDING

**The KC-CDC AWARDS PROGRAM**

**Will Honor Our Partners For Their Participation in 2008**

**And Feature Holiday Music Sung by Linda Byers,**

**University of Missouri-Extension**

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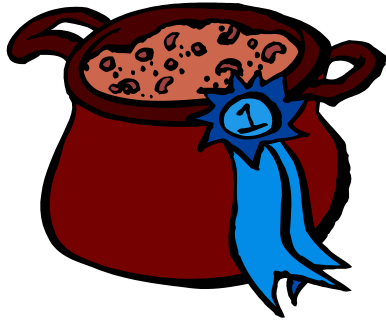
**FROM THE PRESIDENT'S CORNER** - Linda Escareno-Williams

I wish all of the KC-CDC partners and staff a blessed holiday season. As we come to the end of 2008, we give thanks for all of the support for healthy habits. Changes will be coming in 2009. The KC-CDC Steering Committee will meet on December 2<sup>nd</sup> at 5:30 pm in the Pioneer College auditorium. Results of this discussion will be shared at our December 11<sup>th</sup> meeting. Please make every effort to attend and join in the fellowship with other KC-CDC members.

On a healthy note, by reducing the amount of sodium to one-half of our daily intake, we can save 150,000 lives per year, according to the Food and Drug Administration (FDA). Watch your salt intake during the holiday and share your dessert with a loved one.

**FROM ELLA'S DESK** – Please remember to bring your **FINAL ACTIVITY REPORT** to the December 11<sup>th</sup> Coalition Awards Program. This is the final report due from your group for this contract year. If you are unable to attend, please mail your report or drop it by the KC-CDC office, 2700 East 18<sup>th</sup>. St., Suite 203, Kansas City, MO 64127 no later than December 10<sup>th</sup>. We want to make sure that all of your good work this year gets the credit it deserves.

## EAT RIGHT NUTRITION CORNER



### Turkey Chili – Great for turkey leftovers!

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| 1 large white onion, coarsely chopped    | 2 bell peppers (any color), cut into 1-inch pieces |
| 3 tablespoons vegetable oil              | 1 tablespoon chili powder                          |
| 1 teaspoon chipotle chili powder         | 2 teaspoon packed brown sugar                      |
| 1 (28-ounce) can whole tomatoes in juice | 1 (19-ounce) can black beans, rinsed and drained   |
| 1/2 cup water                            | 2 cups cooked turkey, cut into 1-inch pieces       |

Cook onion and peppers in oil in a heavy medium pot over medium heat, stirring occasionally, until golden, 12 to 15 minutes. Add spices and brown sugar and cook, stirring, until fragrant, about 1 minute. Add tomatoes with juice, breaking them up with back of a spoon, then add beans, water, and 1 teaspoon salt and simmer, covered, 15 minutes. Stir in turkey and let stand, covered, until heated through, 5 minutes and serve.

Accompaniments: sour cream; sliced avocado; chopped white onion; lime wedges



6400 Independence Ave., Suite 203  
Kansas City, MO 64125  
[www.kc-cdc.org](http://www.kc-cdc.org)

**Mail To:**