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Event Spotlight



There are just a few tickets left for the [Duval County 2013 Food Summit](#). Registration closes by Friday, November 15. Email [Healthy Jacksonville](#) with questions about the event.

Upcoming Events

AIA Jacksonville Monthly Meeting

Thursday, November 7
6:00 - 9:00 p.m.
WJCT Studios
100 Festival Park Avenue
Jacksonville, FL 32202
Visit [AIA of Jacksonville](#) to register for the event

Art in Nature

>WHAT IS HAPPENING?

Time is running out to RSVP for the 2013 Duval County Food Summit

In one week, the Duval County Food Policy Council will host [TEDx presenter](#) Chef Ann Cooper, Renegade Lunch Lady, for a community dialogue about how our food culture affects our overall health. The forum takes place on Saturday, November 16 from 9:00 a.m. - 4:00 p.m. Registration is free, but you must RSVP [online](#).

Join AIA Jacksonville For A Conversation On Healthy Communities

Healthy community design links healthy homes, land use, transportation, community facilities, parks, and open space with health themes such as air and water quality, physical activity, public safety, healthy food access, mental health, and social equity issues. Transportation-related pollutants are one of the largest contributors to asthma symptoms, diminished lung function, heart attacks, adverse birth outcomes such as low birth weight, and increase risk for childhood cancer. The increase in diagnoses may be due to an increase in the amount of time spent indoors and therefore greater exposure to dust mites and allergens; higher levels of air pollution; and limited access to quality healthcare. Join AIA Jacksonville for a conversation about the role designing a community plays into the health of its citizens on Thursday, November 7 from 6:00 - 9:00

Hosted by: Jacksonville
Arboretum & Gardens
Saturday, November 9
9:00 a.m. - 3:00 p.m.
1445 Millcoe Road
Jacksonville, FL 32225

Duval County Food Summit
Saturday, November 16
9:00 a.m. - 4:00 p.m.
WJCT Studios
100 Festival Park Avenue
Jacksonville, FL 32202

**2013 Jacksonville Seed Swap
and Community Garden Expo**
Saturday, November 23
10:00 a.m. - 2:00 p.m.
Chets Creek Elementary School
13200 Chets Creek Boulevard
Jacksonville, FL 32224

[Healthy Jacksonville Childhood
Obesity Prevention Coalition](#)

Monthly Meeting

Friday, December 13
8:00 - 9:30 a.m.
Nemours Children's Clinic
807 Children's Way
10th Floor Auditorium
Jacksonville, FL 32207

*Please note: In lieu of the
November Coalition meeting,
partners are encouraged to
attend the [Duval County Food
Summit](#). We will resume our
normal meeting schedule in
December.*

p.m. Register to [attend the event](#).

>WHAT IS AHEAD?

Swap Your Seeds at the Community Garden Expo

Join Second Harvest North Florida on Saturday, November 23 from 10:00 a.m. - 2:00 p.m. at [Chets Creek Elementary School](#) for the annual Seed Swap and Community Garden Expo. Seed swapping is an inexpensive way to keep a garden growing and explore new fruits and vegetables. Seed swaps also play a vital role in helping to keep the food supply in North Florida secure. Trading seeds that are organic, rare or native to our area is critical to protecting the biodiversity of the seeds we use to grow our food; greater diversity means greater resiliency. All community gardens from North Florida are invited to participate in the event. Email [Katie Salz](#) with questions about the event.

>DID YOU KNOW?

November is National Diabetes Awareness Month

It takes an extraordinary effort to live an ordinary life with diabetes. National Diabetes Month is an opportunity to raise the awareness and understanding of diabetes, its consequences, management and prevention of type 2 diabetes with proper diet and exercise. With more than 26 million children and adults and another 79 million people at risk for the disease, it is a growing, yet preventable health crisis in our community. Diabetes occurs when the body is not able to produce adequate amounts of insulin or does not use insulin effectively. Uncontrolled diabetes can lead to heart disease, nerve damage, amputation, blindness, and kidney disease. Visit [StopDiabetes.org](#) to take the pledge to support diabetes prevention.

*Have a story for Bite-Sized News? Email [Jacquelyn Lowe](#)
For the latest Coalition news, events and community resources, visit
[HJCOPC.org](#) and follow us on [Facebook](#) and [Twitter](#).*

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