

WISHH

World Initiative for Soy in Human Health

Enhancing human well-being through soy

November 2001

Welcome to the WISHH List. This electronic newsletter provides updates on the exciting activities of the World Initiative for Soy in Human Health (WISHH) Program.

WISHH to Host Protein and Food Aid Workshop, Dec. 4-5

WISHH is holding a two-day workshop on protein and food aid in Washington, D.C. on December 4-5. Food aid groups, government agencies and agricultural organizations will participate in the event.

DAY 1--On December 4, WISHH representatives will meet with Private Voluntary Organizations (PVOs) that are currently working with WISHH to discuss ongoing projects, and to explore ideas on how to expand and improve food aid programs. Discussion topics will include: introduction of new products; additional ways to approach existing products; enhanced understanding of nutrition's role in HIV/AIDS mitigation, emergency and humanitarian feeding programs, and in development; and reform of how some programs are managed and evaluated, particularly with reference to monetization of products as a tool in development.

DAY 2—On December 5, the program will include broader participation and will encourage dialogue on a wide array of topics related to food aid and nutrition.

Wed., Dec.
5
8:30-9 a.m.
9-10 a.m.

Welcome	
Protein, Nutrition and Weaning Foods <i>Discussion Moderator: National Soybean Research Laboratory</i>	Monetization
break	

10:30-noon	<p style="text-align: right;">Nutrition Issues In HIV</p> <p>Infection <i>Discussion Moderator: Cade Fields-Gardner, MS, RD, LD, CD, Nutrition and HIV Specialist</i> <i>Panel Members: Vivika Ingrid Kraak, MS, RD, Executive Director AIDS Nutrition Services Alliance</i> <i>HIV-Specialist Community and International Food Security Nutritionist</i> <i>Linda Heller, MS, RD, CSP, HIV-Specialist Clinical Pediatric Nutritionist</i></p>	
Noon-1:30 p.m.	<p style="text-align: center;">Lunch: Invited Speaker Andrew S. Natsios, USAID Administrator</p>	
1:30-3 p.m.	<p style="text-align: center;">Food Aid Policy, The Farm Bill and Beyond <i>Discussion Moderator: Jim Hershey, WISHH Director, ASA</i> <i>Panel Members: Gary Martin, President of the North American Export Grain Export Grain Association and</i> <i>Ellen Levinson, Executive Director Food Aid Coalition</i></p>	
3:30-5 p.m.	break	
	<p>Food Technology, Local Foods and Microenterprise</p>	<p>Biotechnology <i>Discussion Moderator: Karen Coble Edwards,</i> <p style="text-align: right;"><i>WISHH</i></p> <i>Consultant</i> <i>Panel Members: Bernice Slutsky, PH. D, USDA</i> <i>Foreign Agriculture Service Science Policy Advisor, and</i> <i>Bhavani Pathak, PH.D., USAID Biotechnology Specialist</i></p>

WISHH Launches International Soy Recipe Exchange

In response to increasing numbers of requests for soy-based recipes for use in food aid, WISHH has created the Soy Recipe Xchange at www.wishh.org. The site is a place for food aid professionals, dieticians, nutrition advisors and soy lovers in general to exchange culinary wisdom about cooking with soy. The National Soybean Research Laboratory (NSRL) has already developed recipes--like the ones below—that can be easily incorporated into developing country microenterprises, community kitchens and more. The recipes will use the primary soy blends as well as value-added products, such as textured soy protein, soy concentrate, soy protein isolate and more. The website allows for searches to identify recipes by ingredient, ethnic origin and meal category. WISHH

encourages PVO, NGO and governmental representatives to submit corn soy or other soy blend recipes on line at our website. NSRL will analyze the recipes and expand the site with submissions from your organizations.

The following recipes for corn/soy blend are best suited for Africa, but they can be adapted for use elsewhere. Corn/soy blend is an economical and high protein commercial product, which contains 69.7% gelatinized cornmeal, 22 % defatted soy flour, 2.7% mineral, 0.1% vitamin and 5.5% oil.

Collard Soy Porridge

Ingredients:

1 cup corn/soy blend
5 cups water
2 tablespoons soy oil
1/2 cup onion, finely chopped
1 teaspoon minced garlic
1 teaspoon salt
1 to 2 cups collard green leaves, finely chopped

Preparation:

1. Add water to corn/soy blend. Mix well and set aside.
2. Heat the oil in a saucepan. Add onion, garlic and salt. Cook for 2 minutes.
3. Add cooked onion to flour mixture. Heat the mixture on a stove, stirring constantly to get a smooth porridge.
4. Add collard leaves and additional water as desired. Simmer for 2 minutes.
5. Serve warm.

Makes 6 cups

Variation: Other vegetables can replace the spinach as desired.

Soy Sweet Potato Baby Food

Ingredients:

3/4 cups corn/soy blend
1 cooked sweet potato, peeled and mashed
4 cups water
4 tablespoons sugar, more or less as desired
Salt to taste

Preparation:

1. Mix corn/soy blend, mashed sweet potato and water until well blended.
2. Cook until boiling, stirring constantly. Simmer for 10 minutes.
3. Add sugar, salt and additional water if necessary for desired consistency.

Makes: 6 cups

Variations: Cassava or potato can replace sweet potato.

WISHH Team Supports PVOs in the Field



WISHH staff and consultants have traveled throughout the summer and fall to meet with PVOS and provide on-the-ground technical expertise to support PVO efforts to cook local foods using soy. Here National Soybean Research Laboratory Senior Food Scientist Karl Weingartner works with Humana People to People in Zimbabwe to fine tune cooking techniques.

AGDAY TV FEATURES WISHH PROGRAM IN AFRICA

AGDAY Television will highlight the WISHH Program in a five-part series to air during the week of November 12-16. The series showcases how WISHH is working to create new opportunities for soy in Africa, ranging from growing commercial markets to evaluating soy's nutritional benefits for those with HIV/AIDS. The program will include interviews conducted by AGDAY's Erica Goss who traveled to South Africa and Zimbabwe with United Soybean Board Vice Chairman Richard Borgsmiller of Illinois, American Soybean Association board member David Hand of Ohio and WISHH Director Jim Hershey. A complete list of stations that will air the show is available at <http://www.agday.com/> along with instructions on how to watch shows via the internet.

Contact us for more information about WISHH ...

Because of soy's important role in international diets, state soybean organizations and the American Soybean Association launched the World Initiative for Soy in Human Health (WISHH) Program in 2000. The initiative is helping America's soybean growers build more bridges between America's bounty and countries where rapidly growing populations of all income levels can benefit from soy in their diets. To learn more about WISHH, go to the WISHH website at <http://www.wishh.org> or email wishh@asaim.soy.org



**Soybean Research
Development Council**