



Ozanam  
basketball  
program

# Newsletter

We are committed to making a difference in the lives of the youth we serve.

OZANAM, INC. Pittsburgh, PA

VOLUME 18

ISSUE: SPRING 2022

## READY NUTRITION — Visits — Ozanam, Inc



Ozanam host Ready Nutrition Clinic Wednesday, March 30, 2022, 5:00p.m. at Ammon Recreation Center in the historical Hill District of Pittsburgh. Ready will have sample products, giveaways, and water bottles for Ozanam Skill Development kids.

Ozanam Executive Director, Darelle Porter is no stranger to Ready Nutrition, which markets sports nutrition products in the U.S. and 16 other countries. "I want to thank Ready for sharing healthy eating with OZ kids," Porter. He added, "Ozanam attempts to expose our youth to as many positive people as possible."

Pat Cavanaugh, former University of Pittsburgh basketball scholarship player and team captain, is founder of Ready Nutrition. The healthy sports drink "Ready" is endorsed by Pittsburgh native, Aaron Donald, of the 2022 National Football League, Super Bowl LVI Champions Los Angeles Rams, and Milwaukee Bucks, 2021 NBA Champion/NBA MVP, Giannis "Greek Freak" Antetokounmpo.

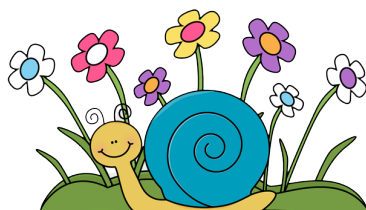
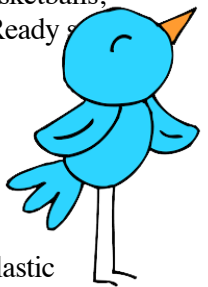
Cavanaugh who continues motivating youngsters is familiar with Ozanam through his relationship with Darelle, his University of Pittsburgh men's basketball teammate. Cavanaugh was two-time team captain. He helped Pitt win its first Big East Tournament game.



Life skills of direct communication on display, Ready Founder/CEO Pat Cavanaugh sharing inspiring words to next generation.

Ammon sounds in the gym included bouncing basketballs, vociferous kids, healthy lifestyle facts from Pat, Ready's basketball competition against Ozanam kids. Neither side gained an advantage as contests ended in a tie. The high energy event attracted Pittsburgh Mayor Ed Gainey, Kathryn Vargas, Acting Director of City Parks and Recreation.

Cavanaugh is an advocate of youth and interscholastic sports. "My belief system is to inspire youngsters to set goals and pursue their dreams." In addition, use challenges, accomplishments, and setbacks in athletics as a foundation to find success in their lives," he added.



*continued on page 2*

Lee Grace Jones, an alum of Ozanam, who brings two nephews to Ozanam Skill Development was impressed with Pat Cavanaugh and Ready Staff. "They were encouraging the youth to drink the Ready water to revitalize their bodies while they play basketball. The kids were excited, they were aware of Ready logo, they loved their water bottles that were given. Even more so, Jones thought Ready was as excited to share healthy knowledge, "Ready staff did an excellent job interacting and shooting hoops, which the kids love to do."

Ready is more than its drink and healthy bar. Ready Nutrition staff donated bookshelves to Ozanam Afterschool program. which enabled restoration of building library back up. Kids are reading at least 15-minutes a day. Ozanam readers are leaders.

Smiles, laughter, and introductions filled the air during Ready's visit. Participants were empowered with several life lessons through sport. The kids talked with Ready staff eye to eye, shook hands, and thanked Ready staff for goodies presented.



Sweet "Ready Nutrition" handoff!



Healthy eating habits with "Ready" begin at an early age.



Kathryn Vargas, Acting Director of City Parks and Recreation and Lee Grace Jones, Ozanam alumna



For me..new snack to eat.



Appreciate receiving Ready goodies!

### About Ready Nutrition • [www.teamready.com](http://www.teamready.com)

Ready Nutrition was founded in 2012 by former University of Pittsburgh basketball team captain and Ernst & Young Entrepreneur Hall of Fame member, Pat Cavanaugh. Ready Nutrition is a fast-growing sports nutrition company dedicated to assisting athletes in achieving their goals through innovative nutrition. The company's products include protein and snack bars, protein powders and plant based functional snacks, along with its best in-class all-natural protein water. Its products are currently available in over 8,000 retail outlets across the country and have been sold in 15 countries. Over two hundred college and university athletic programs provide their student-athletes with Ready Nutrition products and the brand is the Official Sports Nutrition Brand of four NCAA Division 1 Conferences. Recently, professional football star Aaron Donald has joined the company as an investor and spokesperson.

## Ozanam Board Members

### Officers:

**Milona Wall**  
Board President

**Darelle Porter**  
Executive Director  
Program Director

**Dr. Karen Hall**  
Assistant Executive Director  
Director of Communication

### Members:

**Howard Bullard**  
Former Administrator/Principal

**Nelson Cooper**  
Finance Specialist PNC Merchant Services

**Timothy Freeman**  
Superintendent, Warren Preparatory  
Academy

**Dr. Rahmon Hart**  
Director of Community Relations  
Rivers Casino

**John Morgan**

**Diane Stotts**  
Clinical Transformation Consultant  
Highmark Inc.





## Former Pitt Basketball Star Making A Difference In The Hill District



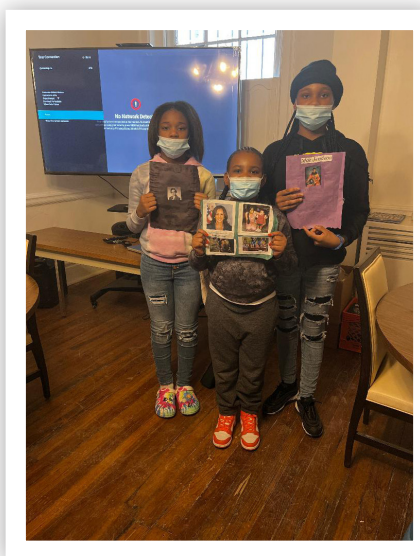
**CLICK LINK BELOW TO VIEW STORY**  
<https://cbsloc.al/36uKW9o>

## OZ Black History Month

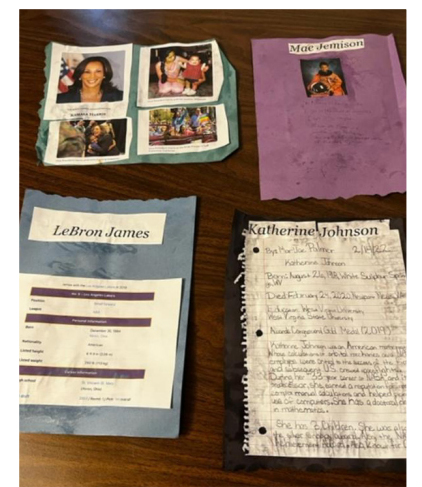
**Black  
GIRL  
Magic**

VIEW VIDEOS @

<https://www.ozanaminc.org/blackmagic>



Awareness of prominent Black movers and shakers in history.



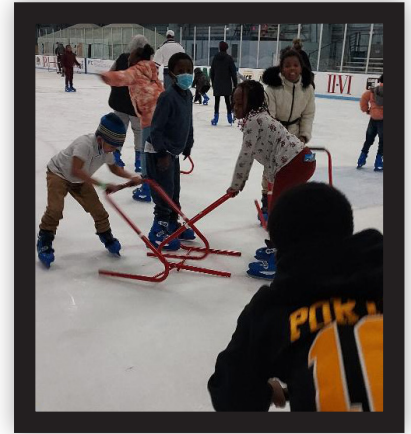
African American Women Shattering Glass Ceiling: Mae C. Jamison, engineer, physician, and former NASA astronaut, becoming first black woman to travel into space, Kamala Harris first black Vice President of these United States, and Katherine Johnson, one of the first African American women to work as a NASA scientist.



# Ozanam/Pittsburgh Penguins Collaborative Ice-skating



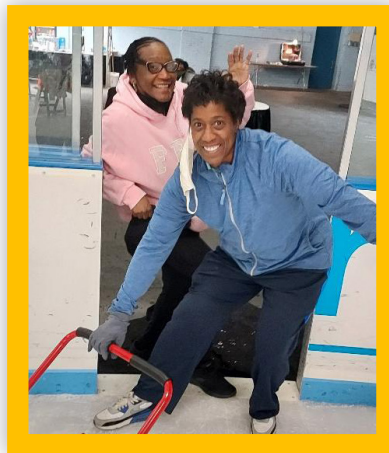
Group photo on ice



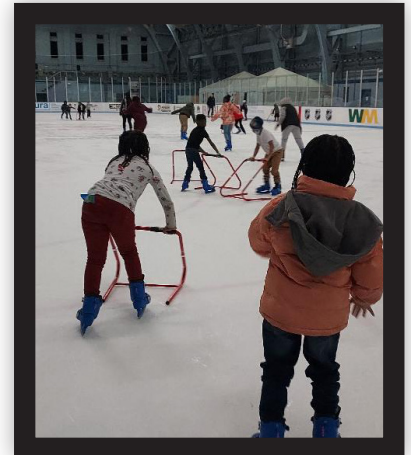
Fun using hockey handles maneuvering on ice skates.



Exposure to new sports.



Adults get into the ice action!



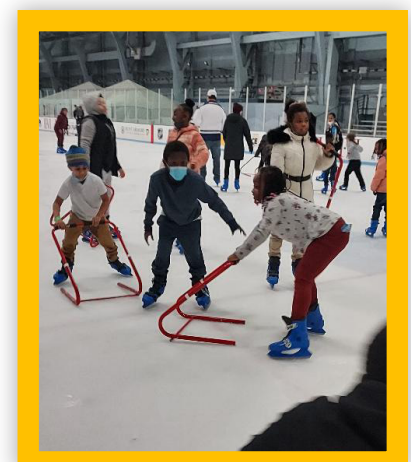
I want to join in! Wait for me!



I'm bad!! Look, no hands!



On another note, h-e-l-p!!!



Kids being kids, having a great time.

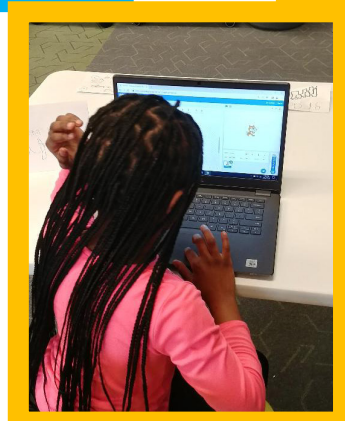
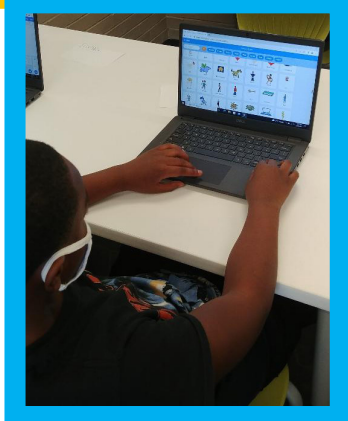
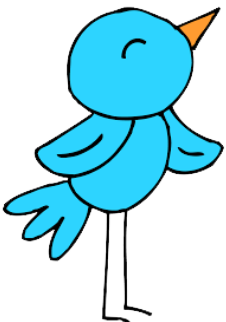
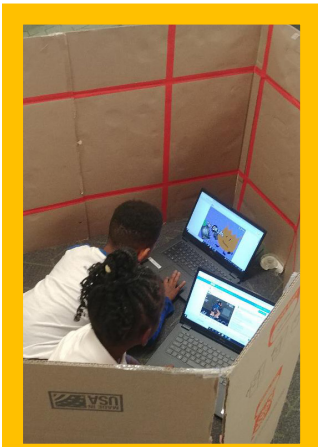
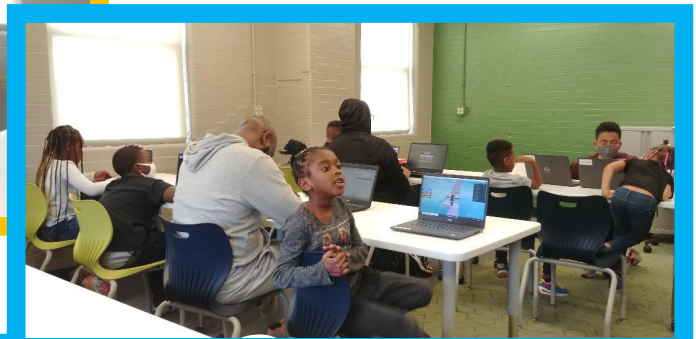


# Ozanam Computer Programming with Citiparks Rec2Tech Program.



## CITIPARKS

REC2TECH





# WORDS FROM EXECUTIVE DIRECTOR

Our youth at Ozanam have so many positive role models as examples. This year the NCAA FINALS both men's and women's had OZANAM alum part of the game. Puff Johnson played for UNC in the men's game, and Michael McConnell was an official for the women's national championship game.



All Smiles!! Mike McConnell and Darelle enjoying conversation about Mike officiating 2022 Women's Basketball National Championship Game!



NCAA National Championship runner-up, University of North Carolina and Ozanam alumni Puff Johnson hanging with Coach Porter.



## UPMC COOPER FIELDHOUSE -DUQUESNE UNIVERSITY



Close-up view. Ozanam Ballers watching Duquesne Univ. take on George Washington Univ. college men's basketball game.

DUQUESNE				
#	PTS	REB	A	PF
1	2	0	0	0
5	0	0	0	0
23	2	1	0	0
35	0	0	0	0
55	0	1	0	0

TEAM STATS		
FG %	3PT %	REB
30.0	0.0	4

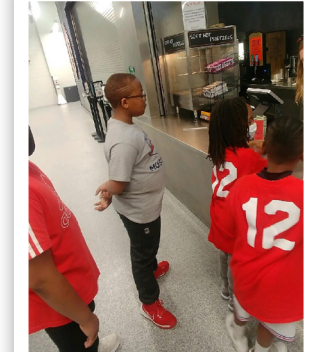
  

SCHNEIDER DOWNS	
Big Thinking. Personal Focus.	
FOULS	0 6
PER: 1ST	14:47
FOULS	10 2

Ozanam hoopers get lesson in team statistics from scoreboard.



Future stars pictured with Mayor Ed Gainey, first black Mayor of Pittsburgh and Chuck Cooper III, son of Chuck Cooper. The Boston Celtics became the first NBA team to draft an African American player when in 1950 they selected Cooper as their second-round draft pick.



Ozanam team refueling after competition.



## Auf, weidersehen, Ambassador Kohlman

By Eddie Jeffries

(Jeffries is a Former Pittsburgh Courier Sports Editor  
(Reproduced article 2005))

It said in his obituary that Carl L. Kohlman died peacefully on Tuesday, September 28, 2004, not coincidentally the very same day of his birth in 1941. That, in and of itself, should let you know that his was no ordinary existence. After all, how many do you know capable of performing such a feat.

But believe me, that was only one of many seemingly “impossible dreams” he left behind on his voluminous resume, a list of achievement that in most places lead to monuments being built in one’s honor. But, alas, this is Pittsburgh, a parish that seldomly appreciates visionaries of color who eschew time-honored traditions and political correctness, who reject “doing your own thing” in favor of (with apologies to Spike Lee) “doing the right thing.”

A product of Peabody High School, Mr. Kohlman once told me that he went to Duquesne University with designs on pursuing chemistry, an effort that was derailed when tow of his passions ---education and basketball---buted heads.

“That was tough basketball-wise,” he once admitted.

“In those days labs were scheduled for the afternoon and it didn’t matter whether you were a basketball plyer or not if you didn’t go to lab it was too bad.” Conflicted by the choice between hoop and hopes, Kohlman opted for education, momentarily placing basketball on the back burner, forming a high-definition view of his master plan.

“My intentions were really to go into the diplomatic service,” he said, noting tat a German major and chemistry minor meat little or nothing in that arena. “They don’t really care what your credentials are. That’s based more on blood lines than it is credentials.”

Had they, or anyone else for that matter, bothered to checkout his credentials, they would have had to be impressed: a masters from the African Institute (with a major in Swahili, a minor in African history), a master’s in history and course work toward a doctorate in international affairs from the University. “But that,” he admitted, “was interrupted by Ozanam.”



Ah, Ozanam, a program run by the Catholic Diocese that eventually would garner national and international acclaim and provide Kohlman with the vehicle that reconnected his two burning passions--- basketball and education. Ultimately, it was through that entity that he impacted the city, the region, and, in many respects, other parts of the globe, not to mention the thousands of lives with whom he came in contact over the next three decades.

It's a well-documented fact that he turned Ozanam into the incubator/training ground for arguably the greatest sustained motherlode of basketball talent the Pittsburgh area has ever produced. It can be stated with certainty that any major college with designs on challenging for national honors found visit the Hill District-based operation imperative. One sidebar the Peabody High School graduate was immensely proud of was the fact that for one eight-year period seven of the Pennsylvania state hoops champions participated the highly competitive blacktop crucible in the Hill.

The names have become legend: Sam Clancy, Bruce Atkins, Larry Anderson, Hose Champagne, Bill Clark, Dwight "The Iceman" Clay, the Dobbs Brothers, Frank, Mark, and Collins; Cleveland Bibbens. And those were just a few of the names that immediately come to mind. Darrelle Porter, Major Harris, Courtney Wallace. And on and on. That hall of fame, in and of itself, would have been enough to insure roundball immortality.

And had Kohlman been of a different breed, of different convictions, it would have guaranteed long-term financial success for him and his family. No doubt, college recruiters, intent upon securing their jobs and their university's ranking in the various national polls, came a calling' with offers that would have been difficult for Kohlman, or anyone else for that matter, to refuse. But not only did he decline such overtures, ex excoriated, and often banished, those who had the temerity to approach him on that level. He didn't do his own thing; he did the right thing. His plan was far greater than they could imagine. He envisioned mating basketball with education as a way of providing youngsters with opportunities that could alter their lives in a positive way and provide them with options galaxies beyond athletics. So off eh sent many...to France, to Sweden, to points throughout the United States and other outposts that many had only read about, not thinking thy really existed outside of textbooks.

But this visionary wasn't only in the export well mindset. He imported as well, from Russia, Sweden, Ireland, South America, Greece, all over the continent of Africa they came, to play basketball and learn about the America, the Pittsburgh they may never have heard of. It was cultural exchange, roundball diplomacy at its' finest.



## INTERESTING BLACK FACTS

### Chuck Cooper and Josh Gibson Center for Equity and Education - Creating equitable pathways to success

The Chuck Cooper and Josh Gibson Center for Equity and Education at Point Park University seeks to create equity and opportunities in education and employment for youth and families from communities of color. Focusing on skills necessary for college and career readiness, the center will serve as a convener of resources, providing workshops, college mentors and opportunities to meet with community and business leaders, as well as college faculty.

Named after two professional sports Hall of Famers:

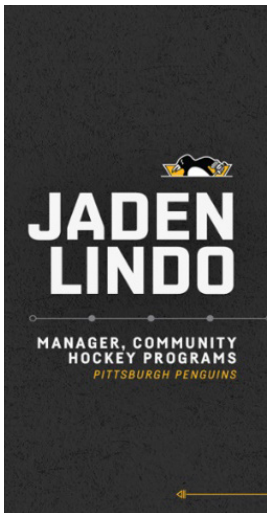
**Chuck Cooper** made sports history by being the first African American drafted by the NBA. His achievements on the basketball court at Duquesne University and at the Boston Celtics, as well as his professional career - being the first African American appointed to direct a department in the city of Pittsburgh - make him an inspiring role model for students both on and off the field.

**Josh Gibson** played baseball in the Negro League for Pittsburgh's Homestead Grays as a marquee player. His batting average and home run hits earned him nine spots on the All-Star team. In 1972, he was the second Negro League player to be inducted into the Baseball Hall of Fame. Gibson earned his spot in sports history during segregation for black players; his story speaks to discipline and hard work in the face of adversity.



Pictured from top left are Robert Derda, M.S., associate professor and chair of the Department of Sports, Arts and Entertainment Management; Stephen Tanzilli, J.D., dean of the Rowland School of Business; Chuck Cooper III, president of Chuck Cooper Enterprises, LLC and president of Chuck Cooper Foundation, and Sean Gibson, president of Josh Gibson Enterprise and the executive director of the Josh Gibson Foundation.

[www.pointpark.edu](http://www.pointpark.edu)



The Pittsburgh Penguins Foundation has named Jaden Lindo manager of its Community Hockey Programs, with duties including oversight of the Willie O'Ree Academy, the proposed hockey diversity programming at Hunt Armory, and hockey programs for Pittsburgh youth at city community centers. Lindo, a native of Brampton, Ontario, is a former Penguins draft pick and recently received his bachelor's degree in Health Studies and a graduate diploma in Business from Queens University in Kingston, Ontario. The right-winger for the Queens University Gaels was named the most valuable player in the team's 2019 Queen's Cup championship, and he was captain of the winning Jamaican team in the 2019 Ameri Gol International Hockey Association championship. <https://www.nhl.com/>

## Elana Meyers

American Bobsledder Elana Meyers Taylor won her fifth Olympic medal Saturday, making her not only the most decorated woman to ever compete in the Olympic bobsled but also the most decorated Black athlete in the history of the Winter Games. After earning a bronze medal in the two-woman bobsled event with teammate Sylvia Hoffman, the 37-year-old Meyers Taylor said the accomplishment was "overwhelming." <https://www.cbsnews.com/>





## TEST YOUR OZANAM I.Q.



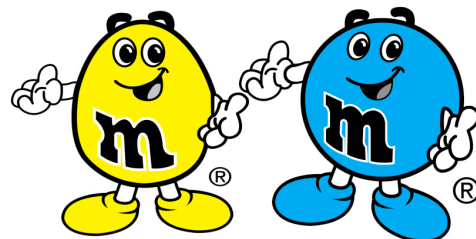
1. He wore constant attire baggy blue pants with flat sneakers \_\_\_\_\_
2. Fast Food of Choice: Wendy's or McDonald \_\_\_\_\_
3. ETW Stars, Icemen, & Ironmen. \_\_\_\_\_
4. These took place at Reizenstein, Brashear & Ozanam \_\_\_\_\_
5. What Allderdice star played for Kansas Jayhawks? \_\_\_\_\_
6. Names of both basketball courts? \_\_\_\_\_
7. Ozanam North Carolina Alum. \_\_\_\_\_
8. Uniform Colors \_\_\_\_\_
9. Major Fundraiser: Hoagies or Boxes of M & M's \_\_\_\_\_
10. Name of Referee Chapter for Ozanam \_\_\_\_\_



*Answers found bottom page 12*



**Wendy's**





# Alumna: FAITH WILDS

## Cheyney State University Historical Anniversary

I was around 12 years old when someone saw me and asked if I ever played basketball because I was so tall. I told her no and she still asked me to be on her basketball team. I played my first basketball game at Ammons Recreation Center. I wore a blue gym suit with red nylon socks and white pointy toe tennis shoes. That was my first game I ever played not knowing anything about basketball. We got the crap beat out of us!

That game sparked my thirst. I knew that I wanted to learn more about basketball, and it was a great idea because I lived near Ozanam and Ammons. Both centers played a major role shaping my development in basketball. Ozanam had skills clinics that I would attend then in the evenings I would go to Ammons and play pickup games with the girls at night. Sometimes there would be boys and girls playing against each other and that's how I got a lot of strength. I became better playing with boys as well.

In 1976 I attended Fifth Avenue High School where I played basketball on the girls' basketball team. My first year, I made all-city. The best part of my game was blocking shots and rebounding. I would often have triple doubles in most games. The teams that I played for were very fast paced and I played for the Archerettes for Ozanam summer league games. We were coached by my high school coach's sister Lynell Stovall, who by the way attended Cheyney state. Our summer league team would always win championship, I would get MVP or make the All-Star team. Ozanam would take us to other states to play in All Star games. When Fifth Avenue closed, I had to attend John A Brashear in 1977.



**Game is physical! Pittsburgh baller, Faith Wilds (Face Mask-Broken Nose) has all eyes on her phenomenal head Coach. When Coach Stringer speaks, team listens!!**

Unfortunately, we never won a championship at my new high school. The skills clinics at Ozanam and basketball camps really helped me to develop my craft. We would watch highlights of pro basketball games and players. They would also teach us how staying in shape, proper stretching before games, as well as nutrition. Sometimes college players would come and talk to us to encourage us to go on to college. One of my teammates that challenged me and helped elevate my game was Donna Malachi from Elmore square. She was a great shooting guard.

I would always work hard to try to block her shots in practice and in pickup games. With her as the point guard and shooting guard, we always won championships. After going to a basketball camp at the University of Pittsburgh and receiving free tickets to a basketball game, I knew that it was something that I wanted to continue doing after high school.



**Cheyney players locked into the words of Legendary Hall-of-Fame Coach, C. Vivian Stringer. Faith, second player to right.**

I was really thinking about Pitt, even though I had letters from all over the country, but I didn't want to stay home so I started looking outside of Pittsburgh. That's how I came up with Cheney State College. The atmosphere stood out to me, it reminded me of my days at Fifth Avenue High School where the instructors and teachers seem to care about the students and well-being. That's when I really started considering attending a HBCU. I will never forget the day when a coach came to visit my grandmother and I; it was coach Vivian Stringer. She sat down and ate dinner with us. My grandmother was very well known for cooking meals in the community she made coach Stringer a plate with her famous greens. Miss Stringer kept asking her how she made her greens and what did she put in them. She talked about Cheney state and how it was a small black school, but it had a lot to offer. After that visit, I knew I wanted to pursue

my basketball career with Cheney State College. Coach Stringer had a strategic way of coaching, almost as though she was in a chess match, she always wanted you to follow the examples that she laid out for you and execute them.

My first year playing for coach Stringer was a little rocky. I had a turnaround jumper that I was known for but Miss Stringer's emphasis for centers was the three-step post to completely square up. I also was known for tapping the ball in instead of bringing it down and taking it back up. She made sure I learned these skills to become an effective center. Her style of coaching was great. She made you believe in yourself and the team. Letting us know that we were a great team and that there was no limit on how far we could go unless we held ourselves back. I was so excited to celebrate the historic game that we played in 1982 in the NCAA Division 1 championship. It was the first televised championship for women's basketball games. Coach Stringer's daughter was diagnosed with meningitis it was a rough season. We were playing at Madison Square Garden in a Thanksgiving Invitational tournament. We would watch coach come to New York for practice and then go back to be with her daughter in the hospital every day. We opened a tripleheader, our team the Lady Wolves played first against Old Dominion. Deep in our hearts we knew that it had to be a winning season because we wanted to make sure that our coach ended up getting a championship out of this season. We made it to the Sweet 16, Elite Eight, Final Four and finally the championship. even though we didn't win, Coach Stringer let us know that we had made history and that this would be something that could never be forgotten. I was so happy to see my basketball sisters at the 40th anniversary it was so awesome to relive a lot of things that we had went through not to mention even when my nose got broken during a Penn State game and I had to wear a mask that whole season of 1982 for protection.

#### **OZANAM I.Q.**

- |                                 |   |                              |                                |
|---------------------------------|---|------------------------------|--------------------------------|
| 1. Carl Kohlman.                | 2. McDonald's.                                | 3. Summer League Team Names. | 4. Sites: Ozanam Summer League |
| 5. Mary Meyers.                 | 6. Lower Court: Ozanam / Top Court: Granville |                              | 7. Dontae Calabria             |
| 8. Blue & White/ Green & White. | 9. Hoagies                                    |                              | 10. Pittsburgh Urban           |



# 40th anniversary of historic '82 Cheyney women's championship basketball team

Cheyney State College (now Cheyney University), is one of the greatest ever anywhere in America as irrefutably proven by the following five amazing facts:

- That Cheyney team is the only Historically Black College and University (HBCU) to have won a women's or men's NCAA (National Collegiate Athletic Association) Division I Basketball Conference/Regional Championship.
- That Cheyney team played in the first NCAA Division I Women's National Championship Game ever, which occurred March 28, 1982.
- That Cheyney team is from the only HBCU to have advanced to a women's or men's NCAA Division I Final Four or National Championship Game.
- That Cheyney team is the only team at the NCAA Division I level to have had an all-African American woman coaching staff.
- That Cheyney team took a 23-game winning streak into the National Championship Game. Furthermore, that juggernaut Cheyney team was part of a dynasty that had gone undefeated at home in the venerated Cope Hall gymnasium for four consecutive seasons.

That is the energy, the success, and especially the legacy of 'HerStory,' which is the story of confidence and positivity told to and shown to little Black girls by accomplished Black women. 'HerStory' lets those little Black girls know that everything is possible."



S. Taylor, F. Wilds, V. Walker, Y. Laney, A. Strong, D. Walker, R. Guilford, K. Draughn, L. Dabney, P. Bigelow, S. Giddings, Coach Stringer

## Q & A: ALUMNI HENRI CHATMAN

**Tell us about yourself: Where you grew up?  
Introduction to sports? Semi-Pro/Pro sports?**

Hello, my name is Henri Chatman I'm a former alumnus of Ozanam. I participated a Ozanam for six years. My first experience with Ozanam was at the age of 11 with their fundamental Clinic. Then I played five years of competition basketball from age 14-under to 16-under and 19-under. Out of those five years, my team went to the championship three times. My teams won two championships. I grew up in the area called Saint Clair Village on the southside of Pittsburgh.

**Q. How were you introduced to Ozanam?**

**A.** I was introduced to Ozanam by my mother who was looking for something for me to do because I just moved to a new neighborhood. She signed me up for the Ozanam fundamental Clinic.

**Q. What age group did you play? What were the names of teams you played for and who were the coaches? Were you part of any Ozanam traveling teams. If so, where did you travel and play?**

**A.** I played 14-under for two years and when the championship one year. I played one year of 16-under and two years of 19- under and won one championship. The name of our team was Saint Clair. I also played one year with the Icemen. My coaches were John Byrd, Richard Alsbury and Richard Allen.

**Q. Describe your Ozanam experience.**

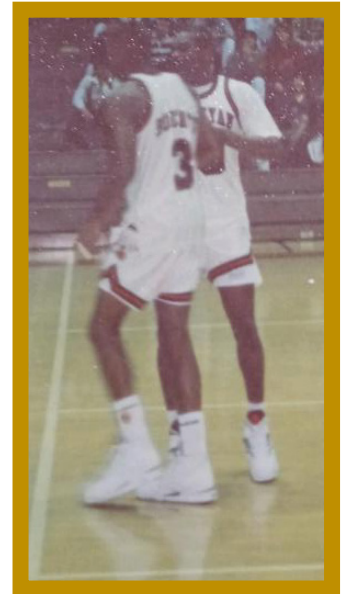
**A.** My experience playing Ozanam was very special in my life because it gave me a chance to showcase my talents and compete against other people who had talent just as good as mine. I built a fraternity of Pittsburgh ball players.

**Q. Professionally, what Ozanam lesson transferred into career?**

**A.** Professionally Ozanam help me transfer into my career how to work with other people and be successful.



Point Guard style and profile.



Court Master from Point position

**Q. How influential is Ozanam to lives of individuals?**

**A.** Ozanam was very influential in my life because it kept me off the streets and gave me positivity with playing basketball and showcasing my talents. It also provided a Brotherhood for me with other ball players from other neighborhoods.

**Q. How would you explain Ozanam to people unfamiliar with the organization?**

**A.** One of the best basketball leagues in Pittsburgh for children under 19 years of age. You had so many talented players that you had to be on your A-game every game or you weren't going to get embarrassed. Also you had some of the greatest fans cheering for you from all over the city of Pittsburgh.

**Q. What would you like to add about Ozanam?**

**A.** The Ozanam program is still going on, so if there's kids out there that say they have nothing to do come up to Ammon Recreation in the Hill District to sign up for the program and enjoy. Go to learn how to play basketball and learn about life. Make friends from other neighborhoods it will turn out to Brotherhood.





## *NUTRITIONAL FOOD FOR THOUGHTS*

# **SALADS**

### **Get healthy with the help of a salad a day:**

1. Select a variety of colorful fruits and vegetables: While everyone loves a classic salad, make sure you're mixing up your fruits and veggies. Add some spinach to your romaine and don't be afraid to top it off with a little fruit. Mandarin oranges and strawberries are both great salad toppers.
2. Eat plenty of grains, making half of them whole grains: This one is easy enough. Did you know you can make a grain salad? You can mix grains like quinoa, spelt and freekeh with your greens or go for an entirely grain salad.
3. Choose a variety of lean protein foods including seafood, lean meats, poultry, eggs, beans and peas, soy products and nuts and seeds: Proteins are also a simple addition. Proteins, such as eggs, are also very beneficial to salads. The oils in foods such as salad dressings, eggs and avocados contain omega 3 fatty acids, which help your body to absorb all of the nutrients from your salad vegetables.
4. Use healthy vegetable oils like canola, corn, olive, peanut, safflower, soybean, and sunflower: Many salad dressings and marinades contain soybean and canola oils, which help with the absorption of the Vitamin C, Vitamin E and folate found in salads.

<http://dressing-sauces.org>

#### **HEALTHLIEST SALAD DRESSING:**

- 1. Vinaigrette like Balsamic**
- 2. Oil and vinegar**



#### **UNHEALTHLIEST SALAD DRESSING**

- 1. Caesar**
- 2. Ranch**
- 3. Any "Creamy" Dressing**



#### **WHAT MAKES SALAD DRESSINGS UNHEALTHY?**

Bottled dressings are often rich sources of saturated fat, calories, sodium, and added sugar. You're eating more salad for good health. But you may be undoing the benefits when you use a store-bought salad dressing.

<https://www.health.harvard.edu>

**Ozanam, Inc.**  
**PO Box 99953 Pittsburgh, PA 15233**  
**412.583.2249 [www.ozanaminc.org](http://www.ozanaminc.org)**  
**[ozanaminc@gmail.com](mailto:ozanaminc@gmail.com)**  
**Darelle Porter, Executive Director**  
**Program Director**

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