

SNAC Newsletter

June 2022



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June Dialogue Session: Building Representative Community Coalitions

At 10 a.m. EST **Thursday, June 30th**, join partners in learning **how to build and coordinate local community coalitions** and discuss how SNAC could work together to leverage statewide resources and connections to support future programming.

In this session, there will be a short, grounding presentation about the development and coordination of representative community coalitions from Ashlee Sudbury. Ashlee is a Community Wellness Coordinator with Purdue Extension Nutrition Education Program and serves as the Community Collaborations and Coalitions State Specialist. This short presentation will be followed by breakout sessions where participants will discuss successes, challenges, resources, and next steps related to building and becoming involved in their own community coalitions. We will then all come together to review how we can leverage shared strengths and resources to support local community voices.

Register for the event [HERE!](#)



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Announcements

Local Food Purchasing Assistance (LFPA) Request for Applications Now Available

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) is offering funding to five (5) regional partnership cohorts as part of IDOH's implementation of the United States Department of Agriculture, Agricultural Marketing Service (USDA-AMS) Local Food Purchase Assistance Cooperative Agreement Program (LFPA). The LFPA is designed to strengthen local and regional food systems, support local, socially disadvantaged farmers and ranchers through building and expanding economic opportunities, and increase local food consumption, specifically within underserved communities not normally served through traditional food distribution networks. **Please see the application [here](#) for details and more information.**



The deadline to apply is **August 1st, 2022 at 5 p.m.** For more information please contact Naima Gardner-Rice at NGardner@isdh.in.gov.

Indiana Grown for Schools Network Announces New Recognition Program

The Indiana Grown for Schools Recognition Program is a marketing-based program that offers a way for qualifying entities to highlight the work they do within farm to school; supporting local economies through local food procurement, teaching students about agriculture and nutrition, and offering experiential learning through the use of school gardens. Learn more and apply for recognition [HERE!](#)



Is it time to review your school district's wellness policy?

As mandated by the Federal Government, all school districts must have a wellness policy and review it at least once every three years. IDOH, DNPA is offering wellness policy reviews at no cost using the [WellSAT 3.0](#) scoring tool to assess your policy's content and strength, while also highlighting areas for improvement. Please contact Jenna Sperry jsperry@isdh.in.gov or Emma Smythe esmythe@isdh.in.gov for more details

New Resources

No Kid Hungry Rural Produce Prescription Toolkit and Webinar

This toolkit is intended to be a practical, user-friendly guide for those planning and operating produce prescription programs in rural areas. It provides an important framework and steps to consider if you're thinking of establishing a produce prescription program in your community. Additionally, current produce prescription program implementers will find key considerations for program scaling and sustainability. Topics covered in this toolkit include program and funding sustainability, establishing and managing partnerships, program design, and program evaluation. You can access the [toolkit here](#) and view a previously recorded webinar that provides an overview of the toolkit [here](#).



Community Agriculture Audit Tool (CARAT)

Spring semester students in Dr. James Farmer's Sustainable Food Systems class at IU piloted a draft of the Community Agriculture Resiliency Audit Tool (CARAT) in partnership with the North American Food Systems Network (NAFSN). The comprehensive assessment tool is designed to help communities discover and identify strengths, gaps, and areas of concern in their food systems.

In addition to conducting the audit for Monroe County, Indiana, students provided valuable feedback to the development committee that will inform the supplemental materials and instructions and clarifications needed. To learn more about this tool and process, please reach out to [Jodee Smith](#).



Resources

[Community Compass](#)

[Educator Wellness Toolkit](#)

[Anti-Racist Toolkit for Food Banks](#)

[Indiana Grown for Schools](#)

[Indiana Active Living Guidebook](#)

[Indiana Healthy Worksites Toolkit](#)

[Indiana Safer Routes to School Guidebook](#)

[Indiana Shared Use Toolkit](#)

[Indiana Department of Health Internship Postings](#)

Questions for the DNPA?
Reach us [HERE!](#)

Interested in learning more about the Indiana State Nutrition Action Committee? Fill out [this form](#) to receive our monthly newsletter and updates regarding quarterly meetings and activities.

New Resources

Community Wellness Hubs - A Toolkit for Advancing Community Health and Well-Being Through Parks and Recreation

Every day, in communities across the country, park and recreation professionals are making their communities better places to live, learn, work and play through their role as stewards of Community Wellness Hubs. To help park and recreation professionals maximize this role, the National Recreation and Park Association (NRPA) is releasing Community Wellness Hubs – A Toolkit for Advancing Community Health and Well-Being Through Parks and Recreation.

This toolkit contains evidence and practice-based strategies, resources and case study examples to give park and recreation professionals ideas and guidance to advance parks and recreation as Community Wellness Hubs. It provides a process guide to creating a Community Wellness Hub in alignment with seven dimensions of well-being. The toolkit is based on an evaluation of 15 local park and recreation agencies that planned, developed and created wellness hubs between 2020 and 2022.

[Access the Toolkit HERE!](#)



Community Wellness Hubs



From Partnerships to Policy: Promising Practices for New Food Policy Councils - Updated Guide

The Johns Hopkins Center for a Livable Future's Food Policy Networks (FPN) project has updated a popular resource within the food policy council (FPC) community to include new insights from researchers, surveys, and FPCs, particularly as the role of councils has become even more crucial for tackling ongoing food systems problems and rising inequities exacerbated by the COVID-19 pandemic. "[From Partnerships to Policy: Promising Practices for New Food Policy Councils](#)" provides strategic and innovative approaches for food policy councils to take on transformative food systems work. The new FPN guide presents approaches used by various FPCs to create inclusive cultures, diversify membership, and center the voices of those most impacted by systemic injustices.

[Access the guide HERE!](#)



National Institute of Food and Agriculture Grant

Deadline: July 28, 2022

The Agriculture and Food Research Initiative Sustainable Agricultural Systems supports approaches that promote transformational changes in the U.S. food and agriculture system. NIFA seeks creative and visionary applications that take a systems approach for projects that are expected to significantly improve the supply of affordable, safe, nutritious, and accessible agricultural products while fostering economic development and rural prosperity in America. [View the funding announcement here.](#)

League of American Bicyclists' Community Spark Grants

Deadline: July 15, 2022

The League of American Bicyclists is thrilled to be launching the League of American Bicyclists' Community Spark Grants. These spark grants are meant to be a catalyst for empowering your community through bike-related projects that create more Bicycle Friendly Communities. The League will award 10 grants of up to \$1,500 to organizations seeking to improve their communities through biking. Through these grants, the League is looking to fund the next generation of innovative and creative safe streets projects and we highly encourage organizations and partnerships led by or primarily serving people from ethnic or racial minority groups to apply. The deadline to apply for the Community Spark Grant is July 15, 2022 at 11:59 pm PT. Learn more and apply [HERE!](#)

Trailblazer Planning Grant

Deadline: Aug. 1, 2022

The Indiana CTSI CHeP Trailblazer Planning Grant supports development of community-university partnerships to improve health, examine social determinants of health (SDoH), or enhance health equity to result in future collaborative research proposals. The award can be used to establish new partnerships or to strengthen/expand existing community-university partnerships to solve critical health problems affecting Hoosiers. This award will not fund research pilot projects; instead, it will fund activities to help develop partnerships between organizations that have potential to later engage in joint research projects to address health, health equity or SDoH. The expected outcome of this award is the development of a future research proposal for opportunities such as the Trailblazer Award. Examples of partnership development activities we are interested in funding include meetings, conferences, travel expenses, and quality improvement assessments. There must be at least one university-based partner and one community-based partner. All partners must currently work in an Indiana-based institution or organization. Awards will be up to \$5,000.

[Learn more and apply here.](#)

Purdue Nutrition Education Program Advisor: Marla White

Submitted by Marcia Sweet

Knox resident Tessia Kester knew she needed a change. In addition to the challenges all new moms face, Tessia struggled with gallstones. She reached out to the Bella Vita Pregnancy Center in Knox and found NEP Advisor Marla White.

"I know this issue well," said Marla, who is nearing her first anniversary with NEP. "My gallbladder ruptured when I was 30 weeks pregnant with my fourth and it was rough!"

Tessia started her first Eat Smart Move More class three weeks after her daughter, Rain, was born.

"She needed to make a lot of dietary changes," Marla said, "decreasing the fat in her diet as well as (reducing) processed foods." Fortunately, the changes prescribed by her doctor were covered in the Eat Smart Move More curriculum.

"We made the Southwest Rice Bowl from Food Hero and she chopped up a squash and zucchini for the first time in her life! She loved the flavor and was already thinking of new ways she could prepare it at home.

"She had never chopped veggies before and left the class feeling proud of herself for helping cook her own meal and realizing how easy it could be. Even better, she let me cuddle her sweet baby girl while she enjoyed her Southwest Rice Bowl!"

Both mom and baby are doing well.

Get to know Tracy:

What areas/counties do you serve?

"I work in Pulaski and Starke counties."

What age groups do you most often work with?

"I mainly work with senior citizens, adults and teens! The seniors and teens have my heart!"



NEP Advisor Marla White gets a photo of baby Rain, while mom Tessia Kester browns ground turkey and sautés squash for her Southwest Rice Bowl, a dish Tessia loved. Minutes earlier, Tessia learned how to chop vegetables as part of the class.

What is your favorite part about being a NEPA?

"My favorite part of being a NEPA is challenging myself to get out of my own comfort zone in the kitchen, serving others and just listening to the stories people want to share. There are a lot of hurting people in our communities who have also found a way to find the joy in the simple things."

Do you have a success story you would like to share?

"(One of) my favorite success stories is when I ran into a mom of a student of mine who was at the grocery store specifically to buy ingredients for a food demo I did with her son's class."

What are some of your personal interests?

"I love fishing, hiking, running, and building forts with my kids. We are big animal lovers (I'm a licensed vet tech as well as a NEPA) and we love finding critters! I also coach swimming and spends lot of time listening to audiobooks and podcasts."

Upcoming Events

July is National Parks and Recreation Month!

July 2022

The official Park and Recreation Month outreach toolkit, logo, poster and additional graphics are available now. Use these resources to help promote Park and Recreation Month in your community this July!

[Access the toolkit and resources HERE!](#)



Equitable Development Summit

July 27-29, 2022 in Indianapolis, IN

Bringing together leaders from across the central United States, the fourth annual Summit delivers three days of programming, tours, and professional development designed to connect ULI members and engaged citizens with best and next practices for equity in leadership and land use. Taking place both in-person and online, the 2022 Summit will explore the past, present and future of equitable development. The Summit is open to ULI members and non-members alike who share an interest in the built environment and the real estate industry's role in shaping the future of our cities. [Learn more and register HERE!](#)



WHERE
THE FUTURE
IS BUILT

Trauma-Informed Nutrition Security Training

September 2022

The Indiana Department of Health is offering a Trauma-Informed Nutrition Security Training (TINS) led by Leah's Pantry this September. This free 6-week training involves three 90-minute live sessions presented via Zoom, with learning materials to cover before each live session on your own time. Plan to commit to all the sessions. [Click the link HERE](#) register for September 2022. If you have questions, reach out to Megan Paskey at mpaskey@isdh.in.gov.



Upcoming Events

BaFa' BaFa'

August 15th 11 a.m. - 2:30 p.m. in Grant County

August 16th 11 a.m. - 2:30 p.m. in Hendricks County

BaFa' BaFa' participants come to understand the powerful effects that culture plays in every person's life by experiencing it themselves. It may be used to help participants prepare for living and working in another culture or to learn how to work with people from other departments, disciplines, genders, races, and ages. BaFa' BaFa' initiates immediate, personal change. This simulation makes participants personally aware of the issues around diversity, inclusion and cultural awareness. Participants feel the alienation and confusion that comes from being different. BaFa' BaFa' shakes participants out of thinking in stereotypes of anyone who is different. They learn the value of all faces in the workplace in a safe, stimulating environment. Join the Hoosier Health and Wellness Alliance in-person at one of two sessions.

Grant County Event - [Register HERE](#)

Hendricks County Event - [Register HERE](#)



Food Justice: Building and Sustaining an Equitable Food System

Sept. 21, 2022, 9 a.m.-Noon EST

Join Hoosier Health and Wellness Alliance in a discussion on the challenges and successes communities across Indiana have faced when addressing food access. Explore how nutrition is impacted by health inequities and structural racism, while learning the intricacies of food systems and how you can take next steps toward food resilience in your own community.

[Register for the event HERE!](#)



NEXT MEETING:

1 p.m. Aug. 3

If you would like to have something featured in the SNAC Monthly Newsletter, please contact:
Amy Rupp at arupp@isdh.in.gov

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Webinars

Health is Wealth: Public/Private Partnerships for Building a Food System Infrastructure

July 11, 2022, at 10 a.m. EST

Join Prosperity Indiana for a special conversation highlighting a unique public/private partnership connecting programs, policies, and public/private investment to grow an equitable and sustainable food system that improves the health and quality of life of community residents. We will discuss how the Indianapolis Community Food Access Coalition is successfully improving access to healthy food, expanding supply and demand for healthy food, and increasing opportunities for community-based organizations to improve healthy eating habits

[Register for the webinar HERE!](#)



Making Strides 2022: A Look at Our State Report Cards on Walking, Biking, and Active Communities

July 14, 2022, at 1 p.m. EST

Join this webinar to learn about the fourth edition of Safe Routes Partnership's state report cards and report, Making Strides: 2022 State Report Cards on Support for Walking, Bicycling, and Active Kids and Communities. On this webinar you will learn more about the state report cards, how state policies and actions can create active, resilient and sustainable communities, and the changes we have seen since our last state report cards in 2020. Staff from the Safe Routes Partnership will walk through the report cards and delve into the core topic areas and indicators.

[Register for the webinar here!](#)



Examining Whiteness in the Food System Parts I&II

July 13, 2022 at 1 p.m. EST

Learn from presenter, Jen Zuckerman from the Duke University World Food Policy Center about structures, policies, histories and nomenclature continues to pervade food systems redevelopment, and how ways of thinking and approaching issues can be more equitable and just. Hosted by the Indiana Grown for Schools Network and the Indiana Department of Health. [View Part I as a recorded webinar](#), and [register to attend the Part II webinar on Wednesday, 13 July 2022.](#)



Decolonizing Diets

July 20, 2022 at 12 p.m. EST

Join the Indiana Grown for Schools Network for a presentation by Keitlyn Alcantara, Assistant Professor of Anthropology at Indiana University, focusing on the colonization of our diets and steps we can take to decolonize them.

[Register for the webinar here!](#)

Chinese Ramen Cabbage Salad

As temps rise, so does the temptation to avoid the stove. Here's a summer favorite that takes only 15 minutes to prepare – no heat necessary – freeing you to enjoy the day!

Makes: 8 cups

Ingredients

- 5 cups shredded cabbage
- 2 cups chopped broccoli (or try broccoli florets)
- 1 cup shredded carrot
- 1/2 cup chopped green onions
- 1 package chicken flavored ramen noodles crushed. Reserve seasoning packet for dressing
- 3 tablespoons apple cider vinegar
- 1 tablespoon sugar
- 2 tablespoons oil

Directions

1. In a large bowl, combine cabbage, broccoli, carrot, green onions, and uncooked ramen noodles
2. For the dressing, combine ramen seasoning packet, vinegar, sugar, and oil in a small bowl. Stir well.
3. Pour dressing over salad. Toss to coat. Refrigerate until served. Refrigerate leftovers within 2 hours.



Tips:

- Need a change of pace? Add chicken, tuna, tofu, nuts, or other sources of protein.
- Use any kind of vinegar or substitute low-fat Italian dressing for the dressing ingredients.
- Reduce sodium by leaving out the seasoning packet.



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Ensalada De Repollo De Ramen Chino

A medida que aumentan las temperaturas, también lo hace la tentación de evitar la estufa. ¡Aquí hay un favorito de verano que toma solo 15 minutos para preparar, no necesita calor, lo que lo libera para disfrutar el día!

Rinde: 8 tazas

Ingredientes

- 5 tazas de repollo rallado
- 2 tazas de brócoli picado (o pruebe con floretes de brócoli)
- 1 taza de zanahoria rallada
- 1/2 taza de cebollas verdes picadas
- 1 paquete de fideos ramen con sabor a pollo triturados. Reserve el paquete de condimentos para el aderezo
- 3 cucharadas de vinagre de sidra de manzana
- 1 cucharada de azúcar
- 2 cucharadas de aceite

Direcciones

1. En un tazón grande, combine el repollo, el brócoli, la zanahoria, las cebollas verdes y los fideos ramen crudos.
2. Para el aderezo, combine el paquete de condimentos para ramen, el vinagre, el azúcar y el aceite en un tazón pequeño. Revuelva bien.
3. Vierta el aderezo sobre la ensalada. Mezcle para cubrir. Refrigerar hasta servir.
4. Refrigere las sobras dentro de 2 horas.



Puntas:

- ¿Necesita un cambio de ritmo? Agregue pollo, atún, tofu, nueces u otras fuentes de proteínas.
- Use cualquier tipo de vinagre o sustituya el aderezo italiano bajo en grasa por los ingredientes del aderezo.
- Reduzca el sodio omitiendo el paquete de condimentos



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