

SNAC NEWSLETTER AUGUST 2022



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Register for the August SNAC Dialogue Session: Connecting Academics and Community Leaders

Register now for the August SNAC Dialogue Session where we will discuss Connecting Academics and Community Leaders. In this session, there will be a short, grounding presentation from Dr. James Barbre, associate professor of education at IU East. Dr. Barbre will share about past and future efforts to install, document, and collect information from community gardens and orchards that promote mentorship, community engagement, and student learning in Wayne County Schools. This short presentation will be followed by breakout sessions where participants will discuss successes, challenges, resources, and next steps related to connecting with academics and fostering youth engagement in community projects. We will then all come together to review the information shared.

[Register for the session here!](#)

Announcements



Free CATCH Professional Development Trainings

The Indiana Department of Health's Division of Nutrition and Physical Activity (IDOH's, DNPA) is providing is sponsoring three free Coordinated Approach to Child Health (CATCH) professional development trainings. They are offering one training focusing on social emotional learning (SEL) activities and education for 6th-8th grades and two trainings focused on grades K-5th and SEL. Any Indiana physical educators, health educators, and before and after school professionals that work with grades K-12 are welcome. This activity-based training will focus on easy ways to engage students and teach lessons that inspire movement and healthy lifestyle habits, as well as introducing SEL into your lessons. Each participant will be given access to resources and tools to improve the health and well-being of their students.

- [South Region Training Registration](#)
- [Central Location Training Registration](#)
- [North Region Training Registration](#)

LFPA Submission Deadline Extended

The deadline for the LFPA Regional Partnership Cohort Projects submission has been extended to 5 p.m. EST, Thursday, Sept. 1. Learn more about the opportunity and access the application [HERE!](#)



Purdue NEP is hiring

The Purdue Extension Nutrition Education Program is hiring nutrition education program advisors and community wellness coordinators in various locations throughout Indiana. Please help us spread the word to individuals looking for a fun and rewarding career. To see where they're hiring and to apply online, please visit:

<https://www.eatgather.org/careers/>



New Resources

USDA Recipe Standardization Guide for School Nutrition Programs

Team Nutrition, in partnership with the Culinary Institute of Child Nutrition (CICN), is excited to announce the release of the [USDA Recipe Standardization Guide for School Nutrition Programs](#). The USDA Recipe Standardization Guide for School Nutrition Programs is a "how-to" guide on recipe standardization for school nutrition recipe developers. The guide is designed to be a complete source of information on recipe standardization from conception to implementation of a recipe. [Download the full USDA Recipe Standardization Guide for School Nutrition Programs today!](#)

Breastfeeding and Returning to your Workplace

The Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity published a webpage titled "[Breastfeeding and Returning to Your Workplace](#)." The webpage answers questions about expressing breast milk when returning to the workplace after having a baby and provides tips for parents on talking to employers and on cleaning breast pump kit parts at the workplace.

Resources for WIC Staff & Participants

Since the start of the infant formula supply shortage, USDA and WIC staff around the country have been vital in supporting families through this challenging time. USDA FNS has developed several resources related to the shortage, including an [Infant Formula webpage](#), that highlights key messaging on safe infant formula practices, program flexibilities to address the shortage, and other helpful resources including:

- [Nutrition Assessment During a Formula Shortage](#), includes assessment considerations, potential questions for discussion with participants, and resources that may be helpful during a WIC nutrition assessment.
- [Helpful Tips for Combination Feeding](#), has helpful tips for participants who are combination feeding and may be questioning how to feed their baby during the infant formula shortage.

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 Safe Routes to School Guidebook](#)

[Indiana Shared Use Toolkit](#)

[Indiana Department of Health Internship Postings](#)

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



New Resources

Cost of Not Breastfeeding Tool

Alive & Thrive and Nutrition International announced a comprehensive update to the "[Cost of Not Breastfeeding](#)" tool. The tool uses open-access data to estimate the health and economic costs of not protecting, promoting, and supporting breastfeeding in more than 170 countries. Individuals and organizations can use the tool to calculate results for different scenarios or targets and determine the economic, health, and human capital impacts of investing in policies to support and promote breastfeeding.



Creating Parks and Public Spaces for People of All Ages

[This updated resource from AARP highlights the importance of parks](#) — and gives community leaders (and park advocates from all corners) tools they can use to both create and improve green spaces and public places for people of all ages.



CDC and OMH Minority Health Social Vulnerability Index

The Centers for Disease Control and Prevention (CDC) and U.S. Department of Health and Human Services (HHS) Office of Minority Health developed the [Minority Health Social Vulnerability Index \(SVI\)](#), to enhance existing resources to support the identification of racial and ethnic minority communities at greatest risk for disproportionate impact and adverse outcomes due to the COVID-19 pandemic. Given evidence on common factors contributing to social vulnerability, the minority health SVI could potentially be applied to other public health emergencies. [Learn more about the MH SVI here.](#)



New Nutrition Education for Seventh- and Eighth-Grade Students

[Team Nutrition](#) from USDA announced the release of [new nutrition education materials](#). These materials are designed to raise awareness of the importance of healthy food choices, ultimately leading to positive behavior change. Educators can pick and choose from a variety of learning activities to create a fun lesson with easy-to-access digital materials including a lesson plan, two text articles for students to read, student assessments, a short video, and a digital interactive to test your knowledge.





Fuel Up to Play 60 Grant Application

Due: Sept. 13

The American Dairy Association Indiana and the Indianapolis Colts, local sponsors of Fuel Up to Play 60, are pleased to offer the \$10,000 Homegrown Grant opportunity. The grant is funded by the NFL Foundation to support student health and wellness. This grant is focused on funding for school districts who wish to create or grow their Fuel Up to Play 60 program. [Learn more and apply here!](#)

SIA Foundation Inc. 2022 Fall Cycle is now open!

Due: Sept. 30

The Subaru of Indiana Automotive (SIA) Foundation is committed to making gifts to qualifying organizations, institutions or entities within Indiana that will improve the quality of life and help to meet the needs of the residents of the State of Indiana. The SIA Foundation achieves this mission through grants to support the funding of specific capital projects in the areas of arts and culture, education, and health and welfare. The fall application cycle will remain open until Sept. 30. [Learn more about the application process and eligibility requirements here!](#)

Get Schools Cooking Grant Opportunity

Due: Sept. 30

The Chef Ann Foundation has announced the Get Schools Cooking grant application is now open. This grant is a three year comprehensive grant program designed to guide districts through the process of becoming a sustainably run, scratch cook operation. The program includes detailed district assessments, strategic planning, technical assistance, evaluations, and a systems grant to cover items like equipment, staff training and data solutions. An informational webinar is planned for 10 a.m. CDT, Wednesday, Sept. 7. [Register here.](#) The deadline to apply is Friday, Sept. 30. [Access the application here.](#)

New USDOT Reconnecting Communities Pilot Program

Due: Oct. 13

The U.S. Department of Transportation's Reconnecting Communities Pilot Program is made possible through the recent Bipartisan Infrastructure Law (BIL), providing \$1 billion in discretionary funds over the next five years. It is the first-ever program to help reconnect communities that were previously cut off from economic opportunities by transportation infrastructure. Funding supports planning grants and capital construction grants, as well as technical assistance, to restore community connectivity through the removal, retrofit, mitigation, or replacement of eligible transportation infrastructure facilities. Applications are due at 11:59 PM EDT, Thursday, Oct. 13. All applications must be submitted through grants.gov. [Learn more and see the application here!](#)

Outdoor Recreation Legacy Partnership (ORLP) Program

Due: May 31, 2023

The National Park Service is currently accepting applications for \$192 million in ORLP grants. ORLP is a nationally competitive program targeting grant assistance to help economically disadvantaged urban communities with no, or almost no, access to publicly available, close-by, outdoor recreation, acquire and/or develop land to create, or substantially renovate, public parks and other outdoor recreation spaces. Applications will be accepted in Grants.gov through May 31, 2023, with an early submission deadline of Jan. 31, 2023. [Learn more and apply here!](#)

Purdue Nutrition Education Program

Advisor: Kelly Isaacs

In what areas/counties do you work in?

Kelly has worked with adults in Fayette County and adults and children in Union County for the past two years while working at the Purdue Extension Nutrition Education Program.

What is your favorite part about being a NEPA?

"The people - both the ones I have the pleasure of working with through Purdue and the ones I am blessed to serve," Kelly said.

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

Thanks to the efforts of Purdue Extension Community Wellness Coordinator Becky Marvel, Reid Health made a donation to the Nutrition Education Program team in Fayette County, Kelly said. Becky recommended using the funds for incentives. The pilot program, offering new slow cookers to clients who completed the nutrition program, proved successful.

"It was a huge hit!" Kelly said. "We used the rest of our funds to continue the momentum. We thought if they loved Crockpots, let's expand to electric skillets, small blenders, and small electric choppers. More people continued to sign up."

One client brought along her mother-in-law and sister-in-law.

"They never missed class," Kelly said, "even when they had to come at different times or days. They dove into the lessons, and were so excited to be there that during the third class I finally asked, 'Why?' They told me they lived with six other family members in a not so great rental property. Since the property was not wired properly, they were unable to use their stove. Instead, they used a grill and microwave to cook for nine people. This was a game changer for their family."



Here is Kelly recruiting for her nutrition education classes.

Kelly said the family embraced the new recipes and cooking techniques they learned during their classes.

"I have since signed up two more people that those sweet ladies referred to me," she said. "Yes, this made a BIG difference."

What are some of your personal interests?

My personal interests include my amazing three grandchildren, floral designing, and event planning.

Upcoming Events

AUG

National Breastfeeding Month 2022: Together We Do Great Things!

The 2022 National Breastfeeding Month theme is a celebration of the power and impact of our collective efforts. The U.S. Breastfeeding Committee's vision of thriving families and communities cannot be achieved by any one person, or by just one organization. It happens with daily effort by us all, and by working together to make change. Learn more about how your organization can celebrate National Breastfeeding Month [here](#).

SEPT
8

Trauma-Informed Nutrition Security Training

September - October 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](#) to register for September 2022. If you have questions, reach out to Megan Paskey at mpaskey@isdh.in.gov.

SEPT
20

Coordinated Approach to Child Health (CATCH) Professional Development Training

8:30 a.m. - 2:30 p.m. EST, Sept. 20, the Boys & Girls Club of Lawrence County, Bedford

Grades K-5th and SEL Training

[Register here](#)

SEPT
21

Coordinated Approach to Child Health (CATCH) Professional Development Training

9 a.m. - 3 p.m. EDT, Sept. 21, at Broad Ripple High School, Indianapolis,

Grades 6th-8th and SEL Training

[Register here](#)

SEPT
22

Coordinated Approach to Child Health (CATCH) Professional Development Training

9 a.m. - 2:30 p.m. EDT, Sept. 22, at Baker Youth Club, Warsaw

Grades K-5th and SEL Training

[Register here](#)

SEPT
21

2022 Hoosier Health and Wellness Alliance Summit

9 a.m. - noon EDT, Sept. 21, Online

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 here](#)

AUG

Grant Funding Webinar Series

August 2022

Join [KidsGardening's](#) Grant Funding Series to learn the ins and outs of grantmaking. Session one will go over the basics of grants, from how to write a grant and what makes your application attractive, to what grantmakers are looking for. Session two will teach about the importance of making a strong case statement, showing grantmakers that your program is the perfect fit for funding. The last session, session three, will be a panel discussion with national youth garden grantmakers who will share their upcoming grant funding opportunities and tips and tricks for writing a successful grant application.

[Register for the webinar series here!](#)

AUG
24

Indiana Grown for Schools Network Farm to School Month Celebrations

3 p.m. EDT, Aug. 24

Join the Indiana Grown for Schools Network to learn about different ways to celebrate Farm to School Month in October. We will hear from Ashley Heller of IDOE on Indiana Food Day, Laura Dodds of Purdue Extension on the Great Lakes Apple Crunch, and Becky Landes on her Indiana-only lunch day.

[Register for the event here](#)

AUG
24

Strategies and Interventions in Traditionally Underserved and Vulnerable Communities

3 p.m. EDT, Aug. 24

Reducing transportation deaths takes hard work and decisive action. This webinar will explore strategies and interventions currently being deployed in traditionally underserved and vulnerable communities. Attendees will hear from practitioners about opportunities to improve safety and mobility and overcoming challenges to creating change.

[Register for the webinar here](#)

SEPT
13

Every Step of the Way: Building Community Workforce Capacity to Equitably Support Chest/Breastfeeding

1 p.m. EDT, Sept. 13

Join this 8-part webinar series, "Every Step of the Way through the 1,000 Days." The Building Community Workforce Capacity to Equitably Support Chest/Breastfeeding webinar will focus on Recommendation 5 of the Continuity of Care in Breastfeeding Support: A Blueprint for Communities.

[Register for the webinar series here](#)

REC.

Community-level Approaches to Support Breastfeeding Webinar Series Recordings

The DNPAO Seminar, Strategies for Success: Community-Level Approaches to Support Breastfeeding, is now available. This session focuses on local, state, and national breastfeeding data. The DNPAO Seminar Series showcases the science and practice of our work — including the latest research, guidelines, and successes.

[View the recording here](#)

August SNAP-Ed Recipe: Superhero Shepherd's Pie

Back to school often means hectic days followed by busy nights. Shopping, school events, and the start of fall sports often leaves little time for a nutritious meal. Here is a quick, delicious meal that offers you and your family with the energy you need to get through the day – and leftovers for lunch the next day.

Makes: 10 cups

Ingredients:

- 2 large baking potatoes, peeled and diced
- 1/2 cup shredded cheddar cheese
- 1/2 cup non-fat or 1% milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound lean ground beef or turkey (15% fat)
- 1 teaspoon onion powder (optional)
- 3 tablespoons flour
- 4 cups frozen mixed vegetables
- 1 teaspoon or cube beef bouillon
- 1 cup water

Directions:

- Put diced potatoes in saucepan; add enough water to barely cover. Bring to boil. Reduce heat and simmer, covered, until soft (about 15 minutes).
- Drain potatoes and mash. Stir in milk, cheese, salt and pepper; set mixture aside.
- Preheat oven to 375 degrees. Brown meat in a large skillet. Add onion powder, if using. Stir in flour, and cook for 1 minute, stirring constantly.
- Add vegetables, bouillon and water. Cook 5 minutes until bubbly.
- Spoon vegetable mixture into 8-inch square baking dish. Spread potato mixture over vegetable/meat mixture.
- Bake 25 minutes, until hot and bubbly.



*Refrigerate leftovers within 2 hours.



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Purdue University is an equal access/equal opportunity institution. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

Receta SNAP-Ed de agosto: pastel de pastor de superhéroe

El regreso a la escuela a menudo significa días agitados seguidos de noches ocupadas. Las compras, los eventos escolares y el comienzo de los deportes de otoño a menudo dejan poco tiempo para una comida nutritiva. Aquí hay una comida rápida y deliciosa que le ofrece a usted y a su familia la energía que necesita para pasar el día, y las sobras para el almuerzo del día siguiente.

Hace: 10 tazas

Ingredientes:

- 2 papas grandes para hornear, peladas y cortadas en cubitos
- 1/2 taza de queso cheddar rallado
- 1/2 taza de leche sin grasa o 1%
- 1/2 cucharadita de sal
- 1/4 cucharadita de pimienta
- 1 libra de carne molida de res magra o pavo (15% de grasa)
- 1 cucharadita de cebolla en polvo (opcional)
- 3 cucharadas de harina
- 4 tazas de verduras mixtas congeladas
- 1 cucharadita o cubo de caldo de res
- 1 taza de agua

Direcciones:

1. Ponga las papas cortadas en cubitos en una cacerola; agregue suficiente agua para cubrir apenas. Hervirlo. Reduzca el fuego y cocine a fuego lento, tapado, hasta que esté suave (unos 15 minutos).
2. Escurrir las papas y hacer puré. Agregue la leche, el queso, la sal y la pimienta; dejar la mezcla a un lado.
3. Precaliente el horno a 375 grados. Dore la carne en una sartén grande. Agregue cebolla en polvo, si la usa. Agregue la harina y cocine por 1 minuto, revolviendo constantemente.
4. Agregue las verduras, el caldo y el agua. Cocine 5 minutos hasta que burbujee.
5. Coloque la mezcla de vegetales en una fuente para hornear cuadrada de 8 pulgadas. Extienda la mezcla de papas sobre la mezcla de vegetales y carne.
6. Hornee durante 25 minutos, hasta que esté caliente y burbujeante.



*Refrigere las sobras dentro de 2 horas.



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