

SNAC NEWSLETTER SEPTEMBER 2022



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September SNAC Dialogue Session: Structural Racism in the Built Environment

In this session there will be a grounding presentation from Taylor Firestine (Health By Design), Armica Bash Gaspar (Health by Design), and David Wright (Gary Public Transportation Corporation). The presentation will include definitions of terms related to structural racism in the built environment, a brief history of how cities have been built and developed over time, and examples about the intersectional work in Indianapolis and Gary, Indiana related to transportation and food access. The entire group will then have a discussion about the presentation.

[Register for the session here!](#)

New Resources

A Guide to Smart Snacks in School

USDA's Food and Nutrition Service program recently published A Guide to Smart Snacks in School to help educators, staff, and administrators implement the Smart Snack program. Children consume nearly a quarter of their calories from snacks. The Smart Snacks program ensures that the food and beverages students purchase at school meet nutrition guidelines, which includes food sales from fundraisers, vending machines, or snack bars. The new USDA publication offers practical, easy-to-understand guidance to help schools choose foods and beverages that align with the Smart Snacks program.

[Access the guide here](#)

Student Engagement Workbook

Student engagement is the degree of attention, interest, curiosity, and positive emotional connections students experience while learning. It is what we build from to understand instruction. Acknowledging the ways that your students engage in your classrooms and focusing on how to access student attention, interest, and curiosity sets you up with a strong base to build out your instructional practices. This workbook offers a collection of texts and activities to deepen your understanding of student engagement, as well as tools you can bring into your classroom. You will reflect on your own experiences, interact with texts on student engagement, practice recognizing student engagement, and develop a personalized plan to increase student engagement.

[Access the workbook here](#)

Vision Zero: Model Policy and Implementation Toolkit

ChangeLab Solutions has released a new model policy and an implementation toolkit to support local government staff and community advocates in achieving their Vision Zero goals. The process is defined by meaningful, ongoing community engagement and data-driven decision making to ensure equity, transparency, and accountability in the policymaking process. These equity-focused resources offer sample language and guidance on community engagement strategies, data collection and analysis, task forces and advisory groups, and more.

[Learn more and access the resource here!](#)

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!](#)**



Meet Brianna!

Brianna Goode is the new Farm to School Coordinator at the Indiana Department of Health. Read below to learn more about Brianna as she begins her new role.



Tell us a bit about yourself!

My name is Brianna Goode, and I am from a rural community east of Indianapolis. I received a bachelor's of science in education from the University of Central Missouri. Over the last five years I have served my local community as an elementary educator. I have always been passionate about education and building a positive learning community.

What are you most excited about in this new role?

I am excited to be a part of a team that is passionate to serve the state of Indiana. The Indiana Grown for Schools Network is growing, and I am excited to be a part of building, maintaining, and supporting this program along the way!

What do you enjoy doing in your free time?

In my free time I enjoy attending my kids' sporting events, spending time with the family and friends, raising livestock, crafting, and being outdoors! I also enjoy visiting vintage markets, volunteering for school/community events, and traveling throughout the Midwest!

Connect with Brianna at bgoode@health.in.gov!



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. The deadline to apply is Friday, Sept. 30. [Access the application here.](#)

Community Food Projects Grant Program

Due: Oct. 7

Community Food Projects are designed to increase food security in communities by bringing the whole food system together to assess strengths, establish linkages, and create systems that improve the self-reliance of community members over their food needs. These grants are intended to help eligible private nonprofit entities that need a one-time infusion of federal assistance to establish and carry out multipurpose community food projects. Projects are funded from \$10,000 - \$400,000 and from one to four years.

[Learn more and apply here!](#)

2023 Bee Grant

Due: Oct. 15

Schools or non-profit organizations that work with K-12 students are eligible to apply for The Bee Cause Project + Whole Kids Foundation Bee Grant. This grant allows for organizations to receive support for an educational live bee program. In addition to live bee hives, grant recipients receive educational materials to engage students in pollinator education.

[Learn more and apply 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: Estelle Jensen

In what areas/counties do you work in?

Lake County

What age group do you most often work with?

I work with 3rd-8th graders.

What is your favorite part about being a NEPA?

My favorite part about being a NEPA is the connections I make with the students, teachers, and the community. I also enjoy the interesting and sometimes awkward questions and comments I receive from the participants.

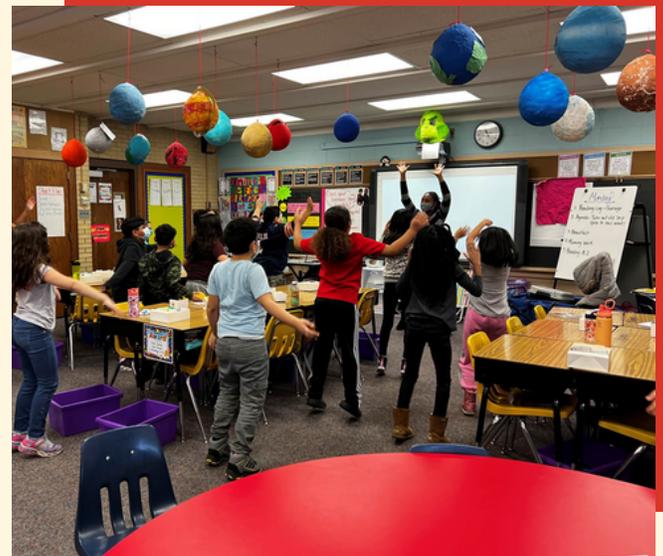
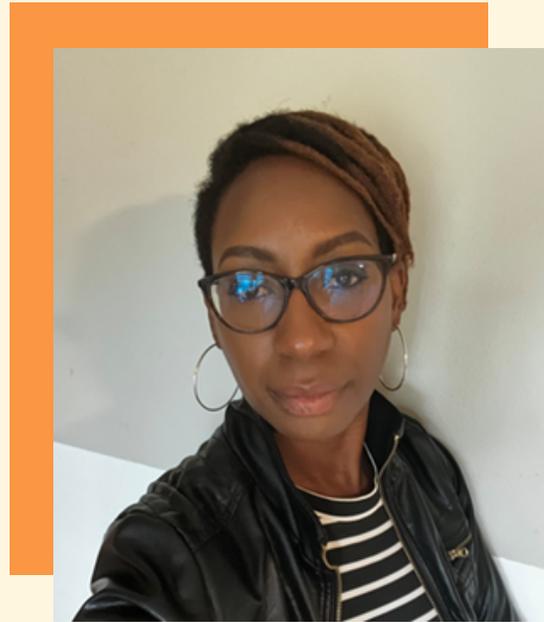
Do you have a success story you would like to share?

I have the opportunity to teach the 3rd grade classes at Lincoln Elementary in Hammond. I have been visiting this school since 2017 so I'm proud to share that I have a great relationship with the staff and students at this particular school.

Our lesson topics include physical activity and heart health. The students learn what the function of the heart is, how to take their pulse, and how many beats per minute is normal when at rest. The class also participate in a group exercise game where the students were the fitness instructors. They come to the front of the classroom, read the exercise card, and lead the group to perform that exercise until everyone has had a chance to head the group. If I run out of exercise cards, the student can pick their favorite exercise. I enjoy this first lesson because it helps the students make the connection of how exercise helps their entire body stay healthy. They figure out how they can incorporate exercise on a daily basis and to include their family and friends.

What are some of your personal interests?

My personal interests are my self-care days, weight training, church, social events, and traveling.



Upcoming Events

OCT

National Farm to School Month October

October is National Farm to School Month! Join the National Farm to School Network and thousands of schools, early care and education sites, farms, communities and organizations across the country as we celebrate food education, school gardens and lunch trays filled with healthy, local ingredients.

[Learn more about easy ways to get involved here](#)

NOV
1-2

Indiana Youth Institute Kids Count Conference November 1-2, 2022, Indianapolis, IN

Join the Indiana Youth Institute in-person at the 2022 Kids Count Conference. At the conference, IYI will discuss strategies and identify tactics that will move us forward to create a better, brighter, and more equitable future for our youth.

[Register here](#)

NOV
15-17

Safe Routes to School Virtual Summit 2022 November 15-17, 2022

Register now to join hundreds of Safe Routes to School and active transportation professionals for a three-day virtual summit to showcase best practices, share success stories, and learn from one another to implement strong and sustainable Safe Routes to School programs in your community.

[Register here](#)

SEPT
22

Dangerous By Design: Transportation Officials Discuss What's Wrong with Arterials

2 p.m. EDT, Sept. 22

According to Smart Growth America's recently published *Dangerous by Design*, the majority of these deaths are occurring on one specific roadway type. While "non-Interstate arterials" make up a small fraction of the nation's transportation network, they are responsible for 60% of the pedestrian deaths. In this webinar join senior transportation officials whom have experience working to change the system from the inside to discuss what's wrong with arterials and how to rebuild them to save lives!

[Register fo the webinar here](#)

SEPT
22

Tips and Tools for Produce Safety Training

3 p.m. EDT, Sept. 22

The FNS Food Safety team and the Institute of Child Nutrition will hold a webinar for school nutrition professionals. The webinar will provide a continuing education opportunity and highlight strategies and resources that can be used to train others on produce safety.

[Register for the event here](#)

SEPT
22

Insights from Food Modeling Research: Putting the Thrifty Food Plan into Practice

12 p.m. EDT, Sept. 22

Dietitians, researchers, and health professionals are invited to a webinar to learn what it takes to create an optimized, affordable, and nutrient-dense eating plan for patients and clients based on newly released research.

[Register for the webinar here](#)

SEPT
30

Healthy Kids, Healthy Future: Advancing Equity in Early Childhood - Philanthropy

2 p.m. EDT, Sept. 30

Nemours Children's Health and Healthy Eating Research at Duke University are pleased to announce the third webinar in our series, "Healthy Kids, Healthy Future: Advancing Equity in Early Childhood," focused on philanthropy.

[Register for the webinar 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](#)

September SNAP-Ed Recipe: Healthy Carrot Cake Cookies

With carrots in season and autumn around the corner, it's the perfect time to bake these fiber-packed pastries. They pair perfectly with a cup of hot coffee or a glass of cold milk, providing a quick breakfast, a convenient snack, or a yummy dessert. Enjoy!

Makes: 48 servings

Ingredients:

- 1/2 cup packed brown sugar
- 1/2 cup sugar
- 1/2 cup oil
- 1/2 cup applesauce or fruit puree
- 2 eggs
- 1 teaspoon vanilla
- 1 cup flour
- 1 cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 2 cups old fashioned rolled oats (raw)
- 1 1/2 cups finely grated carrots (about 3 large carrots)
- 1 cup raisins or golden raisins



Directions:

1. Heat oven to 350 degrees.
2. In a large bowl, mix sugars, oil, applesauce, eggs, and vanilla thoroughly.
3. In a separate bowl, stir dry ingredients together.
4. Blend dry ingredients into wet mixture. Stir in raisins and carrots.
5. Drop by teaspoonfuls on greased baking sheet.
6. Bake 12 to 15 minutes until golden brown.
7. Store in airtight container.



Extension - Nutrition
Education Program

eatgathergo.org



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 septiembre: Galletas De Pastel De Zanahoria Saludables

Con las zanahorias en temporada y el otoño a la vuelta de la esquina, es el momento perfecto para hornear estos pasteles llenos de fibra. Combinan perfectamente con una taza de café caliente o un vaso de leche fría, brindando un desayuno rápido, un refrigerio conveniente o un delicioso postre. ¡Disfrutar!

Rinde: 48 porciones

Ingredientes:

- 1/2 taza de azúcar morena envasada
- 1/2 taza de azúcar
- 1/2 taza de aceite
- 1/2 taza de compota de manzana o puré de frutas
- 2 huevos
- 1 cucharadita de vainilla
- 1 taza de harina
- 1 taza de harina de trigo integral
- 1 cucharadita de bicarbonato de sodio
- 1 cucharadita de polvo de hornear
- 1/4 cucharadita de sal
- 1 cucharadita de canela molida
- 1/2 cucharadita de nuez moscada molida
- 1/2 cucharadita de jengibre molido
- 2 tazas de avena arrollada a la antigua (cruda)
- 1 1/2 tazas de zanahorias finamente ralladas (alrededor de 3 zanahorias grandes)
- 1 taza de pasas o pasas doradas



Direcciones:

1. Caliente el horno a 350 grados.
2. En un tazón grande, mezcle bien los azúcares, el aceite, el puré de manzana, los huevos y la vainilla.
3. En un recipiente aparte, mezcle los ingredientes secos.
4. Mezcle los ingredientes secos en la mezcla húmeda. Agregue las pasas y las zanahorias.
5. Deje caer a cucharadas sobre una bandeja para hornear engrasada.
6. Hornee de 12 a 15 minutos hasta que estén doradas.
7. Almacene en un recipiente hermético.

