

SNAC NEWSLETTER WINTER 2022/2023



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Happy New Year!

As 2022 comes to a close, we at the Indiana Department of Health want to take a moment to express our gratitude to our SNAC community and the work that you do. It is a privilege to work alongside such a passionate and driven group of professionals. Thank you all for the time and energy you have contributed this year. We are extremely grateful to be able to do the work that we do with such an extraordinary group of people. We look forward to continue working alongside you all in 2023!

New Resources

Move Your Way - Healthy Eating and Physical Activity

The Office of Disease Prevention and Health Promotion (ODPHP) is excited to announce the launch of the Move Your Way® Healthy Eating Integration resources. The resources highlight simple steps people can take to get active and eat healthy. They incorporate MyPlate messages, including dietary recommendations, as well as Move Your Way messages and physical activity recommendations.

[Access the resources here!](#)

Parent Guide to Family Healthy Weight Programs

The Journal of the American Medical Association (JAMA) published the Parent Guide to Child Healthy Weight Programs or Family Healthy Weight Programs to discuss comprehensive intensive behavioral intervention programs for child weight management. When recommended by a physician, lifestyle programs that engage the entire family can help support healthier weight and improve the health and well-being of children who have obesity.

[Access the guide here!](#)

Nutrient Warnings on Chain Restaurant Menus Toolkit for Communities

The Center for Science in the Public Interest created a toolkit to support communities, organizations, and individuals who want to lead campaigns calling for state and local nutrient warnings on restaurant menus. The toolkit outlines how nutrient warnings can be used to reduce the purchases of unhealthy foods and drinks, encourage reformulation, and build stronger, healthier, more resilient communities that are better prepared to withstand future public health challenges.

[Access the toolkit here!](#)

American Dairy Association of Indiana Toolkit

The Performance Pack is a turnkey toolkit designed to increase breakfast participation within secondary schools but could be used with USDA Child and Adult Care Food Program (CACFP) dinner programs or a la carte menus. Additionally, Performance Pack provides coaches and teachers a comprehensive nutrition education resource.

[Access the toolkit 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!](#)



New Resources

Promising Practices for Meaningful Public Involvement in Transportation Decision-Making



Transportation practitioners have the power and obligation to incorporate the voices of their communities in transportation decision-making. The U.S. Department of Transportation (DOT) developed [this guide](#) to help funding recipients meaningfully involve the public in various stages of transportation decision-making and build their organizational capacity to do so. Public involvement from the beginning and throughout a project's lifecycle has the potential to help projects come to life faster and to better meet the needs of the community.

[Access the guide here!](#)

Nowhere to Go: Maternity Care Deserts Across the U.S.

The March of Dimes released a report titled ["Nowhere to Go: Maternity Care Deserts Across the U.S."](#) The report explores the facets of healthcare that affect how and where maternity care is provided in the U.S. Key findings from the report include: a five percent increase in counties that have worse maternity access since 2020 and a two percent increase in counties that are maternity care deserts since 2020. The report also includes new sections on postpartum care, broadband access, and more. In partnership with Deloitte, March of Dimes also released a ["Maternity Care Deserts Dashboard"](#) that includes an interactive map.



The Food Systems Finance Best Practices Guidebook



This publication defines how traditional development finance tools can be used to launch and expand food and agricultural-related businesses and projects and create successful food systems finance programs at the local and regional levels. The guidebook is designed for food systems practitioners and economic development professionals to learn more about the overlap between food and finance and highlight creative ways to unlock capital to invest in and strengthen local food systems.

[Access the guidebook here!](#)

Funding & Opportunities



2023 SNAP-Ed Grant

Due: February 10, 2023

The Indiana Department of Health, Division of Nutrition and Physical Activity is offering funding to multiple organizations across Indiana that support the goal of the Supplemental Nutrition Assistance Program Education (SNAP-Ed) program. The goal of SNAP-Ed is to support SNAP-eligible populations in accessing nutritious food and engaging in physically active lifestyles consistent with current guidance. Please see the attached application for eligibility requirements and additional details. Letters of Intent for funding are due by 5:00 p.m. on Friday, February 10, 2023. Projects are anticipated to start in the Spring of 2023 and be substantially completed by September 30, 2024. Communities are being asked to submit a brief letter of intent to describe the project and to attend a small informational interview with the SNAP-Ed team. Eligible applicants include cities, towns, counties, school corporations, workplaces, and not-for-profit groups serving communities that are SNAP-eligible.

[Learn more and apply here!](#)

Bloomberg Initiative for Cycling Infrastructure

Applications accepted on a rolling basis from November 10, 2022 - February 3, 2023

Led in partnership with the Global Designing Cities Initiative (GDCI), the Bloomberg Initiative for Cycling Infrastructure will:

- Fund ambitious cycling infrastructure projects by providing grants of \$400k USD to \$1M USD.
- Refine project plans by connecting winning cities with world-class technical assistance from GDCI.
- Implement projects and track progress by training city leaders on data collection, resident engagement and other industry best practices.
- Connect cities with a global network of peers.

[Learn more and apply here!](#)

USDA Cooperative Agreement for the Development and Implementation of Healthy Meals Incentives School Food System Transformation Challenge Sub-Grants

Due: February 1, 2023

Non-governmental entities are invited to submit applications to enter into a cooperative agreement with the USDA Food and Nutrition Service (FNS) to develop and implement the Healthy Meals Incentives School Food System Transformation (SFST) Challenge Sub-Grants. Examples of entities eligible to apply include accredited colleges/universities, private or public non-profit or for-profit research institutions, and organizations with experience working with School Food Authorities (SFA) and/or the school food service industry to improve the nutritional quality of school meals through food system transformation. Up to \$50 million in funding will be awarded for up to four (4) cooperative agreements to non-governmental entities who will offer competitive SFST Challenge Sub-Grants to support collaborative projects including non-governmental entities, SFA, and food industry. [Learn more and apply 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 January 31, 2023.

[View the announcement and eligibility details here!](#)

2022 State Nutrition Education Program Advisor (NEPA) of the Year: Wanda Ocasio Nelson

Wanda Ocasio Nelson was recently named the 2022 State NEPA of the Year. She was nominated by her teammates because she is encouraging, inspiring, helpful, kind, and generous with her time, wisdom, and resources. If you need it, Wanda will find a way to make it happen. (In fact, one of her many nominators shared a story about leaving a phone in a locked office over the weekend. Somehow, Wanda found out about the missing phone, managed to retrieve it, and delivered it to her team mate's home the next day!) She brings that same passion to her students. It was one of the many reasons we are honored to have her representing NEP.

In what areas/counties do you serve?

I work in mainly Marion County; I worked in Hamilton county for at least a year before COVID-19.

What age groups do you most often work with?

Since I started back in 2016, my target age group was and still is young mothers (18+) with small children.

What is your favorite part about being a NEPA?

My favorite part of being a NEPA is that every day I get to do what I've a passion for: connecting with my Latinos and sharing with them my knowledge of nutrition and physical activity. I'm very grateful for my job with the Purdue Extension Nutrition Education Program.

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

Wanda has been teaching at Indianapolis' Community Alliance of the Far East (CAFE) for five years. In addition to offering resources and assistance to the immigrant community, it offers English as a second language classes to adults and hosts Wanda's NEP classes. Usually Wanda teaches Hispanic students. But this time, in addition to Hispanic participants, Haitian immigrants signed up.

"This was teamwork between me, the teacher Mrs. Elva Phillips, and the students. They wanted to learn and we wanted to help them," Wanda said.

"I am used to doing more talking, but I used more visuals to help illustrate what I was trying to say. I would dramatize the class. And their faces were very expressive. When they understood, I could see it on their faces. After a few classes, when I would say saturated fat and hold up a visual, they would say, 'Oh, not good. Not good. Not good.' It was so funny, but it was wonderful because I knew they were learning."



Wanda also built her class around common themes everyone enjoyed. Physical activity was Latin dancing, which everyone loved and embraced enthusiastically. Since all of the cultures used plantains as part of their regular diets, Wanda showed her students how to prepare them in the oven instead of frying. Her baked plantains with a little brown sugar and cinnamon proved to be a welcomed treat.

But the greatest surprise was her use of black beans. Since black beans are part of many Caribbean and Hispanic cultures, all of her students were familiar with them. But her Black Bean Brownies caught them off guard.

"They loved that! They love black beans, but they did not know you could make something sweet with them."

What are some of your personal interests?

My personal interests are many but two of them are the ones I still have a passion for. The first one is that I love going every week to a free clinic and work as a medical interpreter. I've been doing it for the past 11 years. Again, I love working with my Hispanic community.

My second interest involves physical activity. I've always being very physically active. After going through a really difficult divorce, I decided to challenge myself and learn how to swim so I could become a triathlete. At age 48, I participated in my first triathlon, and at age 50, my first Half-Ironman.

I still swim, bike and walk just for health! I love telling my participants that age is only a number and that is never too late to become physically active.

JAN
10

Indiana Road to Zero Academy Coming in January

Time: 11 a.m. EST, Jan. 10 - Virtual

Join Health by Design on January 10, 2023, for an interactive webinar about the launch of Health by Design's Indiana Road to Zero Academy. This webinar will provide a preview of the Academy, its content, intended audiences and objectives. We'll also discuss Road to Zero and Safe System principles. You'll have the opportunity to ask questions about the Academy, find out who should attend, what to expect for learning outcomes and how to apply them in your community. The Academy is made possible in part by a [Community Traffic Safety Grant](#) awarded to Health by Design from Road to Zero. Funded by NHTSA, these grants support projects, programs, and research that put the Road to Zero strategy into practice and help achieve the mission of zero traffic deaths.

[Register here!](#)

JAN
17

Bicycle Indiana Statehouse Day

11 a.m. - 1 p.m. EST, Jan. 17 @ the Indiana Statehouse

Join Bicycle Indiana at the Indiana Statehouse on January 17 (11 to 1 p.m.) to advocate for cyclists and other vulnerable road users. Hear from other advocates and talk with your elected representatives about the need for a Vulnerable Road User law and increased funding for multimodal transportation infrastructure. Come and work together to make Indiana a safer place for all! The event will be in the Indiana Statehouse, on the 3rd floor, south end. Lunch will be provided.

[Register for the webinar here!](#)

JAN
24

First Annual Food Systems Leadership Network Convergence

1-6 p.m. EST, Jan. 24 - Virtual

Founded in 2018, the [Food Systems Leadership Network](#) is a peer learning network of community leaders committed to food systems change in the United States. It is a space for food systems leaders to learn from each other, co-create solutions, and access tools, resources, and skills for creating equitable and resilient food and farming systems. Register for the first annual (and free) FSLN Virtual Convergence to learn more about the network, meet fellow systems leaders, and share skills for transforming our food system.

[Register here!](#)

JAN
26

Public Health Day at the Statehouse

11 a.m. - 1 p.m. EST, Jan. 26 @ the Indiana Statehouse North Atrium

Join advocates from across Indiana at the Statehouse on Jan. 26 to voice your support for public health! You are invited to join Gov. Eric Holcomb and members of the Governor's Public Health Commission at this event. Speakers will share why public health matters and discuss the efforts underway to ensure that every Hoosier has access to the same core public health services, regardless of where they live or work. To show support for improving public health, attendees are asked to wear blue and gold to the event. Let's back the Statehouse!

[Learn more about the Governor's Public Health Commission and priorities HERE.](#)

JAN
12

Relating to the Family Unit and their Social Determinants of Health in Lactation Support

1 p.m. EST, Jan. 24

Join NACCHO for the fifth webinar of the 8-part Every Step of the Way through the 1,000 Days series entitled "Connect before Content: Relating to the Family Unit and their Social Determinants of Health in Lactation Support." This session will focus on Recommendation 6 of the [Continuity of Care in Breastfeeding Support Blueprint](#) which states to "provide family-centered lactation care that is responsive to the intersectionality of families' multiple identities, their social determinants of health, and other factors impacting their infant feeding journey." To view all of the previous webinars in the series and receive continuing education credits, [visit NACCHO's website](#).

[Register for the webinar here](#)

REC.

Implementation Science & Childhood Obesity - Sparking Conversations and Actions to Advance Equity

The National Collaborative on Childhood Obesity (NCCOR) hosted a public workshop titled, "Implementation Science & Childhood Obesity: Sparking Conversations and Actions to Advance Equity." The workshop introduced implementation science for researchers working in childhood obesity, nutrition, and physical activity. Speakers discussed:

- Approaches to advance equity across the phases of pre-implementation, implementation, and sustainability for childhood obesity, nutrition, and physical activity interventions.
- The application of implementation science to enhance equitable approaches for the implementation of evidence-based interventions for childhood obesity.

[View the recording here!](#)

REC.

Serving up Solutions - Building the Evidence on Produce Rx Programs

The Rockefeller Foundation and Kaiser Permanente as they share the newest and largest collection of findings to date on the effectiveness of produce prescription programs and their positive impacts on participants and communities. Outcomes include individual-level changes on diet and health; program cost data and cost-effectiveness; as well as in-depth inquiry into the experiences of participants, clinical providers, and community groups. Each study stands on its own – yet there are many overlapping themes and lessons learned across this collaborative research cohort.

[Access the recording here!](#)

REC.

Food Insecurity and Health - Strategies to Address Community Needs

Listen to NIHCM's food insecurity webinar to hear leading experts discuss factors that reduce access to nutritious and affordable food and explore solutions such as community-based food system partnerships targeting vulnerable populations. Speakers discussed:

- How access to nutritious food impacts overall health and the disproportionate burden of food insecurity on some communities across the nation.
- The importance of addressing the social determinants of health through partnerships with health care and community partners.

A health plan foundation's commitment to advancing health equity and ensuring nutritious food access, including through Food As Medicine programs.

[Access for the webinar here](#)

Winter 2022/2023 SNAP-Ed Recipe: Chicken and Dumpling Casserole

There is something about cooler temps that beg for heart-warming meals. Call your family to the table with our take on a country classic. If you have leftover turkey from Thanksgiving in the freezer, this is a great way to use it.

Makes: 8 servings

Ingredients:

- 3 tablespoons oil
- 1 cup chopped onion (about 1 medium)
- 1 cup chopped carrots (about 2 small)
- 1 cup chopped celery (about 2 stalks)
- 3 cups low sodium chicken broth
- 3 tablespoons flour
- 2 cups cooked chicken, bite sized
- 1 cup frozen peas
- Salt and pepper (try 1/4 to 1/2 teaspoon)
- 1 cup flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg
- 1/3 cup nonfat or 1% milk



Directions:

Filling:

1. Heat oil in a large skillet over medium-high heat (350 degrees in an electric skillet) and saute onions, carrots and celery until soft.
2. Add a small amount of unheated broth to the flour and stir until smooth. Slowly mix in remaining broth and add to skillet. Stir over medium heat as the mixture thickens.
3. Add the chicken, peas, salt and pepper. Heat on low while making dumplings.

Dumplings:

1. Sift the flour, baking powder and salt together into a mixing bowl.
2. Add the egg to the milk and beat until well blended. Stir into the flour until well combined.
3. Pour the chicken mixture into a lightly oiled or sprayed casserole dish. Drop dumpling dough by spoonfuls onto chicken mixture. (makes about 8 dumplings)
4. Bake uncovered at 400 degrees for 15 minutes or until the dumplings are golden brown.
5. Refrigerate leftovers within 2 hours.



Extension - Nutrition
Education Program

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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 invierno: Cazuela de pollo y bola de masa hervida

Hay algo acerca de las temperaturas más frías que piden comidas reconfortantes. Llama a tu familia a la mesa con nuestra versión de un clásico del país. Si tiene sobras de pavo del Día de Acción de Gracias en el congelador, esta es una excelente manera de usarlo.

Rinde: 8 porciones

Ingredientes:

- 1 3 cucharadas de aceite
- 1 taza de cebolla picada (alrededor de 1 mediana)
- 1 taza de zanahorias picadas (alrededor de 2 pequeñas)
- 1 taza de apio picado (alrededor de 2 tallos)
- 3 tazas de caldo de pollo bajo en sodio (ver notas)
- 3 cucharadas de harina
- 2 tazas de pollo cocido, del tamaño de un bocado
- 1 taza de guisantes congelados
- Sal y pimienta (pruebe con 1/4 a 1/2 cucharadita)
- 1 taza de harina
- 2 cucharaditas de polvo de hornear
- 1/4 de cucharadita de sal
- 1 huevo
- 1/3 taza de leche sin grasa o al 1%



Direcciones:

Relleno:

1. Caliente el aceite en una sartén grande a fuego medio-alto (350 grados en una sartén eléctrica) y saltee las cebollas, las zanahorias y el apio hasta que estén suaves.
2. Agregue una pequeña cantidad de caldo sin calentar a la harina y revuelva hasta que quede suave. Mezcle lentamente el caldo restante y agréguelo a la sartén. Revuelva a fuego medio mientras la mezcla se espesa.
3. Agregue el pollo, los guisantes, la sal y la pimienta. Caliente a fuego lento mientras hace albóndigas.

Albóndigas:

1. Tamice la harina, el polvo de hornear y la sal en un tazón para mezclar.
2. Agregue el huevo a la leche y bata hasta que esté bien mezclado. Revuelva en la harina hasta que esté bien combinado.
3. Vierta la mezcla de pollo en una cacerola ligeramente engrasada o rociada. Vierta la masa de bola de masa a cucharadas sobre la mezcla de pollo. (hace alrededor de 8 albóndigas)
4. Hornee sin tapar a 400 grados durante 15 minutos o hasta que las albóndigas estén doradas.
5. Refrigere las sobras dentro de 2 horas.



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