

# SNAC NEWSLETTER NOVEMBER 2022



## In This Issue

- December SNAC Dialogue Session: Nutrition Incentive Programming
- State of Obesity 2022: Better Policies for a Healthier America Report
- New USDA Webpage on Nutrition Programs for Eligible Non-Citizens
- Obesity Prevention and ECE Programs Report
- Bloomberg Initiative for Cycling Infrastructure
- Farm to School Grant FY2023
- 2022 National School Lunch Program Equipment Grant
- USDA Cooperative Agreement for the Development and Implementation of Healthy Meals Incentives School Food System Transformation Challenge Sub-Grants
- Mother-Daughter Purdue Nutrition Education Program Advisors: Tammy Martin and Jessica Fleck
- State of Obesity 2022 Webinar: Better Policies for a Healthier America
- Conversations on Food Justice: Food as Fuel for the Movement
- Small Town, Big Impact: Exploring Safe Routes Project in Rural Communities
- Implementing Breakfast After the Bell in the New Year
- November SNAP-Ed Recipe: Turkey Cranberry Quesadilla



## December SNAC Dialogue Session: Nutrition Incentive Programming

In this session there will be a short, grounding presentation about current nutrition incentive programs in Indiana and the related Indiana Nutrition Incentive Network (ININ). This short presentation will be followed by breakout sessions where participants will discuss successes, challenges, resources, and next steps related to building and sustaining community-level nutrition incentive programs. We will then all come together to review how we can leverage shared strengths and resources to nutrition incentive programming at the local and state level.

[Register for the session here!](#)

## New Resources

### State of Obesity 2022: Better Policies for a Healthier America

Trust for America's Health's (TFAH) 19th annual report on the nation's obesity crisis found that 19 states have obesity rates over 35 percent, up from 16 states in 2021, and that social and economic factors are key drivers of increasing obesity rates. The report includes data by race, age, and state of residence and recommendations for policy action.

[Access the report here!](#)

### New USDA Webpage on Nutrition Programs for Eligible Non-Citizens

The USDA launched a new webpage on nutrition programs for eligible non-citizens and their families. This is a helpful one-stop-shop that anti-hunger stakeholders and families can use for key program and eligibility information, as well as how participation in federal nutrition programs has no bearing in a public charge determination.

[Access the resource here!](#)

### Obesity Prevention and ECE Programs Report

The National Resource Center for Health and Safety in Child Care and Early Education released a report titled "[Achieving a State of Healthy Weight, 2021](#)." The publication examines the level of support, nationally, for 47 high-impact obesity prevention standards (HIOPS) in new childcare licensing regulations in 2021 and identifies opportunities for early childhood education (ECE) regulations to improve support of obesity prevention in young children. The report includes a discussion section on how states can use childcare licensing regulations to better support breastfeeding parents and their young children in early care and education.

[Access the report 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!](#)





### **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!](#)

### **2022 National School Lunch Program Equipment Grant**

**Due: November 30, 2022**

The Indiana Department of Education has been awarded an Equipment Grant for 2022. Eligibility is open to any School Food Authority (SFA) eligible to receive a grant award. (Public school districts, private schools, and Residential Child Care Institutions (RCCI) are eligible to apply if they participate in the NSLP). Schools with the highest demonstrated needs based on free and reduced percentages and schools who have not previously received a Federal Equipment Grant will be given the highest priority.

[Learn more about application requirements and apply here!](#)

### **Farm to School Grant FY2023**

**Due: January 6, 2023**

The USDA Food and Nutrition Service, Farm to School Program announced its Farm to School Grant Program Request for Applications (RFA). USDA will award up to \$12 million in competitive grants. Each grant helps implement farm to school programs that increase access to local food and connect children with agriculture for better health.

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

### Mother-Daughter Purdue Nutrition Education Program

#### Advisors: Tammy Martin and Jessica Fleck

A year ago, Jessica Fleck followed in the footsteps of her mother, Tammy Martin and joined NEP. For five years, Jessica observed her mother's impact on the children of Tippecanoe County. In 2018, Tammy was featured in [a video about the CATCH program](#).

"My mom's career path 100% influenced me!" Jessica said. "I saw how passionate she was about her job and was amazed by the work she was doing/impact she was making in our community. When she first started, I knew that I would have loved to become a NEPA like her if the opportunity ever presented itself, and I am so thankful it did!"

Now, it is Tammy's turn to be proud.

"I am so excited to be able to share my love for NEP with my daughter, Jessica," Tammy said. "Being a NEPA allows us to share two of our passions, teaching and nutrition, with others. The special bonus for me is that when Jessica is teaching lessons, I get to spend time with Everly, 2, and Brooks, 4 months old, (Jessica's children-my grands!)."

#### In what areas/counties do you serve?

Tammy's focus is Tippecanoe. Jessica works in Tippecanoe, Benton, Fountain, and Warren counties.

#### What age groups do you most often work with?

**Tammy:** During the school year, I share the CATCH curriculum with third grade students. However, summer programming includes students in grades third- eighth from local apartment complexes, Boys & Girls clubs, and community centers."

**Jessica:** I mostly have been working with elementary school students and teens.

#### What is your favorite part about being a NEPA?

**Tammy:** Every time I enter a classroom, the excitement of the students makes my day. The students are eager to learn ways to make healthier food and exercise choices, as well as share stories about how they are making healthy food choices and exercise habits- not only for themselves but with their families as well. We are making an impact with each lesson we share!

**Jessica:** My favorite part of being a NEPA is that I have the opportunity every single week to have a positive impact on lives! I love that I get to teach people how to live healthy, strong lives and, due to teaching weekly, I get to hear how my lessons motivate my audience to make positive differences in their lives.

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

**Tammy:** Each week I check in with the students to see who attempted the "healthy challenge" I gave them the week prior. After the CATCH lesson on beverages there are two challenges: Challenge #1: check the labels on any juice bottles at home OR school to see if they say 100%.



If the juice label says 100%, thank someone at home for choosing the best juice and show them where to look on the nutrition facts label for this information. If the label says anything less than 100%, teach them what you have learned in CATCH about where to look...

A student actually brought in the empty juice container to share with the class. She told them that juice was only 45% juice, and the container said fruit FLAVORED drink. She and her mom took a marker and had circled the information on the nutrition facts label. Later they went to the grocery store together and checked several juice labels to make sure her mom bought 100% orange juice! Another student saved her juice container from the school breakfast to show me and the rest of her class that the label said 100% apple juice. The rest of the students were excited to check it out themselves. Wow - I was IMPRESSED!

**Jessica:** Our goal was to "eat the rainbow" and include different colored fruits and vegetables during snack times. For that lesson, I offered a fruit tasting which included lots of different fruits/colors. The fruits included a mango slice, kiwi, raspberries, blackberries, and strawberries. Many of the girls were excited because they had never tried mango, blackberries, and kiwi before.

I told them know many people tend to not buy fruits such as pineapples or mangoes because they are intimidating to cut. I recommended watching a video on how to cut them if they ever wanted to try them at home. When I checked in with the girls about their goals, several girls said they asked their parents/guardians to buy them specific fruits that they had tried during our snack the previous week. This made me so extremely happy!

One specific girl said she bought a mango and she used my tips on how to pick a ripe one and how to cut it, and it's her new favorite snack. I was so thrilled to hear so many of the girls enjoyed my lesson so much and the lesson had such an impact on them already!

#### What are some of your personal interests?

**Tammy:** I love spending time with my family. My husband and I have six wonderful children and three grandchildren. I also enjoy cooking, walking/running/hiking, and traveling.

**Jessica:** In my free time, I love spending time with my family! I have a daughter, Everly, who just turned 2 and a son, Brooks, who is 4 months old. We love going on walks, playing at the park, and really doing just about anything outside. Lately, my kids and I have been spending lots of time going on combine rides with my husband, Drake.

Nov  
30

### **State of Obesity 2022: Better Policies for a Healthier America** **3:30 p.m. EST, Nov. 30**

Join Trust for America's Health (TFAH) for a virtual congressional briefing and national webinar, State of Obesity 2022: Better Policies for a Healthier America. The briefing will explore findings from [TFAH's recent report](#), which found obesity rates continue to climb nationwide and within population groups. 19 states had adult obesity rates at 35 percent or higher, up from 16 states the year before. These persistent increases underscore that obesity is caused by a combination of factors including societal, biological, genetic, and environmental, which are beyond personal choice. Addressing the obesity crisis will require attending to the economic and structural factors of where and how people live. Explore the rates of obesity over 5 years in each individual state with these [50 state-by-state fact sheets](#). Speakers will cover the latest data on obesity and its impacts, highlight promising approaches to ensure healthier communities, and offer policy recommendations that can help all Americans lead healthier lives.

[Register for the webinar here](#)

Nov  
18

### **Conversations on Food Justice: Food as Fuel for the Movement** **1 p.m. EST, Nov. 18**

For communities at the margins, food has long served as a tool for self-expression, empowerment, and solidarity, and connectedness—and it has been a crucial part of movements for justice and equality. In our first in-person event of the Conversations on Food Justice series, we'll explore the role that food has played in the social movements that have shaped our nation's history. Moderated by Award-winning journalist and historian Cynthia Greenlee, and featuring historian Monica M. White and community activist and historic Ben's Chili Bowl owner Virginia Ali, this panel will share stories about the evolution of food and social movements, and share reflections on how we can continue to use food in the fight for justice.

[Register for the webinar here](#)

Nov  
30

### **Small Town, Big Impact: Exploring Safe Routes Project in Rural Communities** **1p.m. EST, Nov. 30**

Safe Routes to School is not just a big city or suburb thing. Small towns and rural communities can successfully implement Safe Routes to School infrastructure and non-infrastructure projects too. Join Safe Routes Partnership and the Colorado Department of Transportation to learn how a small, rural town got its active transportation projects funded through persistence, partnership, and a whole lot of patience!

[Register for the webinar here!](#)

Dec  
1

### **Implementing Breakfast After the Bell in the New Year** **3p.m. EST, Dec. 1**

As we wrap up 2022 and look ahead to 2023, Breakfast After the Bell can be a great strategy to improve school breakfast participation in the new year. Join FRAC as we discuss the transformative power of moving breakfast out of the cafeteria for school nutrition operations, including under community eligibility, with our panel of experts.

[Register for the webinar here](#)

### November SNAP-Ed Recipe: Turkey Cranberry Quesadilla

Although turkey can be enjoyed year-round, it's especially popular around Thanksgiving. Unfortunately, in many households, it wears out its welcome all too soon. If you are looking for an innovative way to serve your leftovers, consider this recipe. Enjoy it hot as a quesadilla or cold as a wrap.

**Makes: 1 serving**

**Ingredients:**

- 1 8-inch whole wheat tortilla
- 2 tablespoons shredded mozzarella cheese
- 2 tablespoons cranberry sauce or dried cranberries
- 2 tablespoons cooked turkey, chopped or shredded
- 1/3 cup spinach

**Directions:**

1. Sprinkle shredded cheese evenly over one half of the tortilla. Add cranberry sauce or dried cranberries, turkey and spinach, then fold the tortilla in half over the filling.
  2. Heat a medium skillet over medium heat (300 degrees in an electric skillet). Lightly spray with cooking spray, then place tortilla in the skillet.
  3. Cover and cook for 2 to 3 minutes on each side, or until the outside is golden brown and contents are heated through.
- Refrigerate leftovers within 2 hours.



**Quick Tips**

- For extra flavor: add a dash of cayenne pepper or chili powder before folding the quesadilla in half.
- Substitute beans, tofu, or other cooked meat for the turkey



### Receta SNAP-Ed de noviembre: Quesadilla de pavo y arándanos

Aunque el pavo se puede disfrutar durante todo el año, es especialmente popular durante el Día de Acción de Gracias. Desafortunadamente, en muchos hogares, se desgasta demasiado pronto. Si está buscando una forma innovadora de servir sus sobras, considere esta receta. Disfrútalo caliente como una quesadilla o frío como un wrap.

#### Hace: 1 porción

#### Ingredientes:

- 1 tortilla de trigo integral de 8 pulgadas
- 2 cucharadas de queso mozzarella rallado
- 2 cucharadas de salsa de arándanos o arándanos secos
- 2 cucharadas de pavo cocido, picado o desmenuzado
- 1/3 taza de espinacas

#### Direcciones:

1. Espolvoree queso rallado uniformemente sobre la mitad de la tortilla. Agregue salsa de arándanos o arándanos secos, pavo y espinacas, luego doble la tortilla por la mitad sobre el relleno.
  2. Caliente una sartén mediana a fuego medio (300 grados en una sartén eléctrica). Rocíe ligeramente con aceite en aerosol, luego coloque la tortilla en la sartén.
  3. Cubra y cocine durante 2 a 3 minutos por cada lado, o hasta que el exterior esté dorado y el contenido esté completamente caliente.
- Refrigere las sobras dentro de 2 horas.



#### Consejos rápidos

- Para un sabor extra: agregue una pizca de pimienta de cayena o chile en polvo antes de doblar la quesadilla por la mitad.
- Sustituya el pavo por frijoles, tofu u otra carne cocida.



Extension - Nutrition  
Education Program

[eatgathergo.org](http://eatgathergo.org)



Purdue University es una institución de igualdad de acceso/igualdad de oportunidades. Este material fue financiado por el Programa de Asistencia Nutricional Suplementaria (SNAP) del USDA.