

# SNAC NEWSLETTER APRIL 2023



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## SNAC 2023 Webinar Series



### Engaging Leaders and Policymakers by Anchoring Community Voices

April 20 from 10-11 a.m. EDT via Microsoft Teams

Join us to learn more about how decision-making  
that impacts health can be anchored  
in community experience and voice.

[Learn more and register.](#)

### Supporting Federal and State Policy from the Local Level

In this presentation, Ambre Marr and Jason Tomcsi, with  
the Indiana AARP, spoke about how local communities can  
come together to engage with decision makers to impact  
change.

[View the recording and shared resources.](#)

**Connect with the  
Network**

If you would like to  
submit something to  
be featured in the  
SNAC Monthly  
Newsletter, send it to  
[info@indianasnac.com](mailto:info@indianasnac.com).

## The Congressional District Health Dashboard

The Congressional District Health Dashboard, developed by the Department of Population Health at NYU Grossman School of Medicine in partnership with the Robert Wood Johnson Foundation, is now live! The Dashboard will equip users with first-of-its-kind data on health and the conditions that affect health in every congressional district across the country. This new Dashboard site builds on the experience creating and managing the [City Health Dashboard](#) and provides important data on health and equity, but now calculated to the congressional district level.

[Access the resource](#)

## How to Plan a Student-Centered Farmer Visit to Your School: A guide for schools to plan and host student-centered visits from local farmers

Learn how to build relationships with local farmers and deepen students' learning experience with hands-on activities in this new guide from the Center for Ecoliteracy. Through the Fresh from California campaign, the Center for Ecoliteracy facilitated 11 farmer visits to public schools in California in 2022. They learned a lot from school and farmer partners. This guide was developed to share those insights and help schools plan and host successful visits from local fruit and vegetable farmers.

[Access the guide.](#)

## New Income Eligibility Guidelines for Child Nutrition Programs

On February 9th, the USDA announced annual adjustments to the Income Eligibility Guidelines to be used in determining eligibility for free and reduced price meals and free milk for the period from July 1, 2023 through June 30, 2024. The Department's guidelines for free meals and milk and reduced price meals were obtained by multiplying the year 2023 Federal income poverty guidelines by 1.30 and 1.85, respectively, and by rounding the result upward to the next whole dollar. As an example, a family of four in the contiguous US making below \$30,000 is considered to be "in poverty." Under this new USDA guidance, families of four making below \$39,000 will receive free lunches and families making less than \$55,500 per year will receive reduced price lunches.

[Access the full announcement.](#)

## [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

## SNAP State Fact Sheets



These updated fact sheets provide a visual representation of basic program information, including demographic characteristics of who the program serves, participation rates, and average value of SNAP benefits for participants in each State. The sheets use statistics from the annual SNAP Characteristics Report, as well as USDA Economic Research Service (ERS) data on food insecurity.

[View the fact sheets](#)

## Reaching Those in Need: Estimates of USDA's State Supplemental Nutrition Assistance Program Participation Rates

This report presents estimates of the percentage of eligible persons, by state, who participated in SNAP during an average month in FY 2019 and in the two previous fiscal years. SNAP eligibility criteria include maximum income and resource thresholds, as well as certain nonfinancial criteria, such as age and disability status.

[Access the summary page](#)

[Access the full report](#)



## Lessons That Matter: Strategies to Translate Pandemic-Era School Meal Innovations to Common Practice



This report from No Kid Hungry identifies lessons learned by child nutrition program staff operating school meal programs during the pandemic. This report translates those lessons learned into practice and policy recommendations for stakeholders at the national, state, and local level to understand what school meal program staff learned during the COVID-19 crisis.

[Download the resource](#)

## Job Postings

### AmeriCorps Vista Positions Available

Indy Hunger Network partners with AmeriCorps and receives support grant funds. AmeriCorps VISTA members build capacity within the Indianapolis hunger relief system and work to alleviate poverty. AmeriCorps VISTA members receive a living allowance, end-of-service stipend or education award, and other benefits. Indy Hunger Network is currently recruiting for the positions at the link below.

[View open positions](#)

[Learn more about the AmeriCorps program](#)





## USDA Local Agriculture Market Program Grant Application

**Due: May 2**

The Local Agriculture Market Program (LAMP) supports the development, coordination, and expansion of direct producer-to-consumer marketing; local and regional food markets and enterprises; and value-added agricultural products. Applications are now open for the following programs:

- The [Regional Food System Partnerships \(RFSP\)](#) grant program supports public-private partnerships that focus on increasing the availability of locally and regionally produced agricultural products and alleviating unnecessary administrative and technical barriers.
- The [Farmers Market Promotion Program \(FMPP\)](#) supports producer-to-consumer markets such as farmers markets, roadside stands, agritourism activities, community-supported agriculture programs (CSA), and online sales.
- The [Local Food Promotion Program \(LFPP\) grants](#) support local and regional food business enterprises that engage as intermediaries in indirect producer to consumer marketing.

[Learn more](#)

## Beginning Farmer and Rancher Development Program

**Due: April 27**

USDA's National Institute of Food and Agriculture is making available up to \$28 million (awards range from \$49,000 - \$750,000) for its Beginning Farmer and Rancher Development Program for the fiscal year (FY) 2023 funding cycle. This grant supports delivery of education, mentoring, and technical assistance for beginning farmers and ranchers in the United States and its territories that are entering, establishing, building, and managing successful farm and ranch enterprises.

[Learn more](#)

[Access the Request for Applications](#)

## USDA Seek Applications to Expand Conservation Assistance to Underserved Producers

**Due: April 27**

The U.S. Department of Agriculture (USDA) is seeking applications for projects that will improve outreach to underserved producers and communities about conservation programs and services and opportunities for students to pursue careers in agriculture, natural resources and related sciences. USDA's Natural Resources Conservation Service (NRCS) is offering up to \$70 million in cooperative agreements with entities for two-year projects that encourage participation in NRCS programs, especially in underserved communities and among urban and small-scale producers.

[Learn more](#)

[Apply here](#)

## Trailblazer Planning Grant

**Due: Aug. 1**

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.

[Apply for the grant.](#)



## Trailblazer Award

**Due: June 1**

The Indiana CTSI Community Health Partnerships (CHeP) Trailblazer Award supports collaborative, community-engaged research projects focused on topics that have potential to improve health equity in Indiana. Examples of work we are interested in funding include substance use/misuse, tobacco use, obesity prevention, infant mortality, cardiovascular disease and diabetes, as well as disparities in rural areas. This RFA encourages and prioritizes projects that have outlined a sustainability plan using existing Indiana CTSI infrastructure (i.e., Connections IN Health, Monon Collaborative) and/or connections to statewide health initiatives. Awards will be up to \$25,000.

- These projects are to pursue one or both of the following: 1) to implement research that has the potential to identify or reduce health inequities or 2) to evaluate an existing health-related program that has the potential to improve health equity. Applicants are encouraged to demonstrate how the proposed project incorporates core elements of community-engaged research.
- There must be both 1) a university lead and 2) a community lead for the project, and both partners must currently work in an Indiana-based institution or organization.

[Learn more](#)



**TRAILBLAZER AWARD**

## The Gus Schumacher Nutrition Incentive Program (GusNIP) Competitive Grant Program

**Due: May 4**

The GusNIP Nutrition Incentive Program presents the opportunity to bring together stakeholders from various parts of the food and healthcare systems to foster understanding of how they might improve the health and nutrition status of participating households. The National Institute of Food and Agriculture (NIFA) requests applications for the GusNIP Nutrition Incentive Program to support and evaluate projects intended to increase the purchase of fruits and vegetables by providing incentives at the point of purchase among income eligible consumers participating in the USDA Supplemental Nutrition Assistance Program (SNAP).

[Learn more and apply.](#)

## The Gus Schumacher Nutrition Incentive Program (GusNIP) - Produce Prescription Program

**Due: May 16**

The primary goal and objective of the GusNIP Produce Prescription Program is to demonstrate and evaluate the impact of projects on (1) the improvement of dietary health through increased consumption of fruits and vegetables; (2) the reduction of individual and household food insecurity; and (3) the reduction in healthcare use and associated costs.

[Learn more and apply.](#)



## Caleb Kulinski, Indy Hunger Network (IHN)

Caleb Kulinski (caleb@indyhunger.org) is the director of advocacy and partner engagement at [Indy Hunger Network](https://www.indyhunger.org).

### Describe your organization and role.

Indy Hunger Network (IHN) is a collective impact organization that works with the leading anti-hunger organizations and corporations in the greater Indianapolis area. We work on a variety of projects with the aim of fostering collaboration amongst partners and stakeholders, filling the gaps in our hunger relief system, and advocating for policies that alleviate hunger and address its root causes. In my role as Director of Advocacy and Partner Engagement, I oversee both our advocacy efforts and our long-standing AmeriCorps VISTA program that builds capacity for hunger relief projects in and around Marion County.

### What are two projects and/or partnerships that have been impactful in the work you do?

Cooking Matters Program: This a national cooking and nutrition education program established through Share our Strength that allows participants to learn how to prepare and eat healthy foods on a budget. This is the first project that I was introduced to when I started working with IHN as an AmeriCorps VISTA. Food is one thing that brings everyone together, so to be able to share a meal with participants and empower them to establish healthy eating habits has made a huge impact on me. It is what drove me to continue working with IHN to address food insecurity in Indiana.

Federal Nutrition Programs Toolkit: This recently released toolkit was developed in partnership with the Indiana Department of Health, Indiana Department of Education, the Indiana Family and Social Services Administration (FSSA) and Feeding Indiana's Hungry. This is a tool that was designed to help people find information on nutrition programs available through the federal government and administered by the state of Indiana. This tool also includes information on local food resources like food banks, food pantries, and Community Compass. The goal of this tool is to make nutrition programs more accessible by sharing information on the benefits and eligibility requirements so Hoosiers can get the support that they may need.

### What is the most interesting part of your role?

The most interesting part of my role is engaging with legislators on all levels of government to address hunger and its root causes. Since hunger is such a multifaceted issue, we're not only engaging on issues related to nutrition programs like SNAP, WIC, and TANF but also transportation, housing, and issues surrounding other basic needs. It is great to be able to work with other organizations who are doing their part to make sure the systems are as efficient as they can be to best serve local communities.

### What is the "why" behind what you do?

When I first served as AmeriCorps VISTA back in 2018, I did not know much about food insecurity or the barriers people face when they are trying to access nutritious food. My involvement with the Cooking Matters program allowed me to grow alongside our participants. This experience inspired me to further focus my career on food insecurity. Since that first introduction, it has become a deep passion of mine to ensure that our food systems are equitable and sustainable so that no one has to experience hunger. This includes making sure that barriers are confronted and broken down to fully address the root causes of hunger. As I have become more oriented to this space, my passion for this work has just continued to grow!

### Is there anything else SNAC members should know?

While we focus our work on the greater Indianapolis area, the scope of our work and partnerships extends across the state. The Federal Nutrition Programs Toolkit and Community Compass are examples of statewide resources that we offer.

Community Compass is a great tool that connects people to food resources within their local communities. The Federal Nutrition Programs Toolkit goes one step beyond that by outlining the federal nutrition programs and related eligibility requirements. We can't do this work alone, however, so we are always open to working with other organizations or stakeholders to address issues concerning food and nutrition security within the state. It really is going to take everyone to address these issues!

We are also currently recruiting for our AmeriCorps VISTA cohort. We have 11 positions offered through our partner organizations that serve in a variety of public health-related fields. This can involve projects related to development, communications, nutrition programs for seniors, or other general projects that are aimed at improving food security. We are always willing to share more information with anyone who might be interested! [You can learn more about the program and open positions on our website.](https://www.indyhunger.org)

APRIL  
5 & 20

## The Food Research & Action Center (FRAC): Equitable Access in Child Nutrition Programs

School Meals (Breakfast and Lunch): Wednesday, April 5 from 2-3:30 p.m. EDT

Out-of-School Time Meals (Summer Food and Afterschool Meals): Thursday, April 20 from 3-4:30 p.m. EDT

- The Food Research & Action Center (FRAC) will be hosting listening sessions in April 2023 to learn more about barriers to equitable access in the child nutrition programs and strategies to overcome these barriers as part of a cooperative agreement with the U.S. Department of Agriculture's Food and Nutrition Service. Information gleaned in these sessions will inform future research and funding opportunities; your feedback and participation in the listening sessions is invaluable.

If you are interested in participating in one of these sessions, please complete [this short form](#) to share information on your current involvement with the programs and your availability.

- FRAC will follow up with more information if you have been selected to participate. This listening session opportunity is open to school nutrition operators; summer and afterschool meal sponsors; Child and Adult Care Food Program (CACFP) Sponsors; childcare home and center providers operating CACFP; and anti-hunger advocates.

APRIL  
20

## Indiana WIC & Senior Farmers' Market Nutrition Programs (S/FMNP) Invite You To: Sign Up Day

April 20, 9 a.m. - 6 p.m. EDT

225 S. East St., Indianapolis

- Farmers and Farmer Markets representatives are encouraged to attend to fill out paperwork and receive equipment to be able to accept SNAP and S/FMNP electronically at markets in Indiana.

Farmers: Come complete your paperwork to be able to accept electronic S/FMNP.

Farmers & Markets: Can apply to accept the Supplemental Nutrition Assistance Program (SNAP/EBT) & get the free equipment grant at this event! FNS representatives will attend for same-day approvals.

[Learn more](#)

APRIL  
3-23

## 21-Day Racial Equity Habit-Building Challenge

Food Solutions New England will host the 9th version of its food system-oriented 21-Day Racial Equity Habit-Building Challenge from April 3-23. Each year, thousands of individuals and hundreds of officially participating organizations join in a shared journey of learning and charting a course of action to dismantle racism in our food system and our world.

The 21-Day Racial Equity Habit Building Challenge is simple! You commit to deepening your understanding of, and willingness to confront, racism for twenty-one consecutive days in April of each year and the Racial Equity Challenge will:

- Raise your awareness, change your understanding and shift the way you behave.
- Go beyond individual or interpersonal racism by helping to demystify structural and institutional racism and white supremacist patterns that are sometimes invisible to people.
- Inspire you to act, on your own or with others in your organization, business, or group, to dismantle these systems, to make changes in your work and the world that can build true equity and justice for all.

[Learn more](#) and [register here](#)



REC.

## **Child Nutrition Programs Proposed Rule: Revisions to the CACFP & SFSP Meal Patterns**

This webinar is with USDA's Food and Nutrition Service (FNS) in collaboration with national partners. USDA provided an overview of the proposed rule Child Nutrition Programs: Revisions to Meal Patterns to be Consistent with the 2020 Dietary Guidelines for Americans and its impact to operators of the Child and Adult Care Food Program (CACFP) and Summer Food Service Program (SFSP).

[Register to watch this recording on demand](#)

APR  
20

## **How Can Cities Improve Health Outcomes Using Congressional-District Level Data?**

**April 20 at 2 p.m. EDT**

The Congressional District Health Dashboard (the Dashboard) is a new, free website that gives policymakers and advocates a one-stop resource of unbiased, nonpartisan data at the congressional-district level to inform the development of policies that give everyone the opportunity for good health and wellbeing. Developed by the Department of Population Health at NYU Grossman School of Medicine, in partnership with the Robert Wood Johnson Foundation, the Dashboard equips users with first-of-its-kind data on health and conditions that affect health, including diabetes rates, rent burden, uninsurance, and broadband access, in every congressional district across the country. Join the webinar where they will introduce participants to the tool, share how policymakers can prioritize health policy topics most relevant to their constituents by viewing customized health snapshots and interactive maps, and advocates can utilize the Dashboard to show lawmakers how their districts compare to others on key measures, and dig into key findings and geographic trends across congressional districts.

[Register for the webinar](#)

APR  
11

## **Strength-Based Approach and Centering Community Agency in Grant Writing**

**April 11 from 2-4 p.m. EDT**

Please join the Association of State Public Health Nutritionists (ASPHN) for a webinar with Dr. Anne Phibbs, Founder and President of Strategic Diversity Initiatives. Even with the best of intentions to impact positive change, public health professionals often fail to recognize the ways in which our biases prevent us from acting as allies to the communities we serve. If we only see the problems and deficiencies within communities, we perpetuate constructs like saviorism, classism, and racism, while hindering our ability to partner and promote health and wellbeing. In addition to assessing and meeting needs, health equity requires us to highlight and value the skills, knowledge, and stories of the community. In this workshop, we address the shortcomings of a 'deficit approach', explore allyship through strength-based communications and how to center community agency in grant writing.

[Learn more and access the webinar](#)

REC.

## **Findings and Recommendations from the 2021 National Farm to ECE Survey**

In this webinar, speakers from National Farm to School Network (NFSN) and Michigan State University Center for Regional Food Systems (MSU CRFS) explore the National Farm to ECE survey series and the 2021 survey's methodology, findings, and recommendations. Approaches to using survey findings and a case study from Michigan is also discussed.

[Access the recording](#)



## April 2023 SNAP-Ed Recipe: Mediterranean Tuna Salad

Many consider spring a time of re-birth and renewal. What better time to reflect on your nutrition and dietary habits? This heart-friendly salad is bright and tangy and incorporates elements from the Mediterranean diet, like fish and veggies. For the full Mediterranean effect, add loved ones and physical activity. Your heart will spring to life with joy!

**Makes: 5 Cups**

### Ingredients:

- 3 cans (5 oz. each) tuna in water, drained
- 1 cup carrot, peeled and coarsely grated (about 2 medium carrots)
- 2 cups diced cucumber
- 1-1/2 cups peas, canned and drained or thawed from frozen
- 3/4 cup low-fat Italian salad dressing



### Directions:

1. Place drained tuna in a medium bowl. Use a fork to break apart chunks of tuna.
2. Add carrot, cucumber, peas, and salad dressing. Mix well.
3. Serve immediately or make ahead, cover, and refrigerate until ready to serve.

Refrigerate leftovers within two hours.



Extension - Nutrition  
Education Program



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 abril de 2023: Ensalada de atún mediterráneo

Muchos consideran la primavera como un tiempo de renacimiento y renovación. ¿Qué mejor momento para repensar tu dieta? Esta ensalada amigable para el corazón es brillante y picante e incorpora elementos de la dieta mediterránea como pescado y verduras. Para el efecto mediterráneo completo, agregue seres queridos y actividad física. ¡Tu corazón cobrará vida con alegría!

**Rinde: 5 tazas**

### Ingredientes:

- 3 latas (5 oz cada una) de atún en agua, escurrido
- 1 taza de zanahoria, pelada y rallada gruesa (aproximadamente 2 zanahorias medianas)
- 2 tazas de pepino cortado en cubitos
- 1-1/2 tazas de guisantes, enlatados y escurridos o descongelados de congelados
- 3/4 taza de aderezo para ensaladas italianas bajas en grasa



### Direcciones:

1. Coloque el atún escurrido en un tazón mediano. Use un tenedor para separar trozos de atún.
2. Agregue la zanahoria, el pepino, los guisantes y el aderezo para ensaladas. Mezclar bien.
3. Sirva inmediatamente o haga con anticipación, cubra y refrigere hasta que esté listo para servir.

Refrigere las sobras dentro de las dos horas.

