

SNAC NEWSLETTER MAY 2023



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SNAC 2023 Webinar Series



Social Determinants of Health Screenings in Indiana Hospital Systems

May 17, 2-3:30 p.m. EDT via Microsoft Teams

Join us to learn about social determinants of health screenings that are implemented in hospital systems to provide whole-person care.

[Learn more and register](#)

Engaging Leaders and Policymakers by Anchoring Community Experience and Voice

In this presentation, Annie Eakin and Liz Grenat from Monroe County discussed how decision making that impacts health can be anchored in community voice and experience.

[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.

Leveraging Farm to Early Care and Education to Achieve SNAP-Ed Goals

This brief offers background information about SNAP-Ed and Farm to Early Care and Education (ECE), how Farm to ECE programs can support SNAP-Ed to achieve its goals with examples from three states, and steps to take to include Farm to ECE in SNAP-Ed programming for your state.

[Read the brief](#)

Making Food and Nutrition Security and SNAP-Recommendations for the 2023 Farm Bill

The Bipartisan Policy Center's Food and Nutrition Security Task Force (FNSTF) makes five key policy recommendations and more than 25 sub-recommendations for strengthening SNAP and other federal nutrition assistance programs authorized in the farm bill. In addition to the diverse expertise of the FNSTF, the recommendations were informed by a stakeholder roundtable, focus groups with former and current SNAP participants, and a nationally representative poll on perspectives on SNAP and potential policy changes.

[Download the full report](#)

New Version of Indiana Community Compass

The new version of Community Compass launched on March 30. The mobile app (Apple and Android) and website (www.communitycompass.app) will continue to share information about food pantries, meal sites, stores that accept SNAP & WIC, WIC clinics, food-related events, and eligibility for federal nutrition programs, but with increased functionality and improved features.

[Access social media graphics and flyers about the launch](#)

Facilitating Nutrition and Physical Activity-Focused Policy, Systems, and Environmental Change in Rural Areas: A Methodological Approach Using Community Wellness Coalitions and Cooperative Extension

This article shares the project methodology, which capitalized on using Cooperative Extension, to build capacity to improve the nutrition and physical activity environment in rural, unserved communities. Sustainability of this work, along with lessons learned, is also discussed.

[Access the article](#)

[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 Internships](#)

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



New Resources

Toolkit: Public Policy and the Grocery Store - Improving Access to Healthy Food



The Center for Science in the Public Interest (CSPI) is excited to share their latest resource, one of several policy-specific toolkits that they have developed to support their partners. The toolkit is designed as a roadmap to guide a healthy retail campaign, with case studies, model policies, messaging guidance, and other resources. This toolkit is specifically structured to support your efforts to improve the food environment in your community through policy interventions at the state and local level.

[Access the toolkit](#)

Food System Resilience: A Planning Guide for Local Governments

This planning guide is composed of six modules that provide background information on important concepts, as well as a set of tools for developing food system resilience strategies. The strategies can be used to create a stand-alone food system resilience plan or components to embed into other local government plans, policies, or programs.

[Learn more and download the guide](#)



Job Postings

Nutrition Education Program Advisors & Community Wellness Coordinators

The Purdue Extension Nutrition Education Program (NEP) is hiring nutrition education program advisors and community wellness coordinators in various locations throughout Indiana.

[See if Purdue NEP is hiring in your area and apply.](#)



Healthy Food Retail Posting

The Marion County Public Health Department (MCPHD) is excited to share an employment opportunity with our Chronic Disease team. This contracted position will focus on increasing nutritious food access through increasing affordable and healthy food options and access at participating retail sites. The MCPHD Chronic Disease team is looking for someone who has experience in food retail and is particularly skilled at networking and communication. If you know of someone who you think would be a good fit, connect them with Shelley Vaughn (Svaughn@marionhealth.org) or send the attached job description to them for consideration.

[View the job description](#)





Healthy Meals Incentives Grants for Small and/or Rural School Food Authorities (SFA)

Due: May 26

As part of a cooperative agreement to develop and implement the USDA Food and Nutrition Service's Healthy Meals Incentives Initiative, Action for Healthy Kids is offering competitive grants (up to \$150,000 per SFA) for small and/or rural school food authorities to support efforts to improve the nutritional quality of their school meals.

[See if you are eligible and apply.](#)

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](#)

The Gus Schumacher Nutrition Incentive Program Competitive Grants 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. 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.](#)

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 fund activities to help develop partnerships between organizations that have potential to later engage in joint research projects to address health, health equity or social determinants of health. 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.](#)



Antonia Sawyer, lead for the Hoosier Health and Wellness Alliance

Antonia Sawyer (afsawyer@iu.edu) leads the Hoosier Health and Wellness Alliance (HHWA). The HHWA is one of four health initiatives within the [Connections IN Health](#) project. Connections IN Health sits within the [Indiana Clinical Translational Sciences Institute](#) at the IU School of Medicine.

Describe your organization and role.

I lead the Hoosier Health and Wellness Alliance, which is a statewide health coalition in Indiana focused on reducing obesity across the state. While I represent a singular health coalition for the Connections IN Health project, I am part of a larger effort to address social determinants of health and other chronic diseases. I also work alongside three other initiatives that sit under the Connections IN Health project: [the Cardiovascular and Diabetes Coalition of Indiana](#), [the Indiana Joint Asthma Coalition](#), and the Equity, Engagement and Prevention initiative which includes strategic partnerships with the IU Simon Comprehensive Cancer Center, Purdue University I-HOPE, Purdue Extension and IU Health and DIP-IN through the [iHEART project](#). The HHWA, previously known as the Indiana Healthy Weight Initiative, was established in 2008. When I started in 2018, we rebranded and renamed the coalition and expanded our focus beyond active minutes and food consumption. Our work currently addresses the policy, systems, and environments (PSE) that impact physical activity opportunities and access to nutritious foods.

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

I value every step, partner, and project within the coalition. No project is bigger than the next because each activity represents what we could best accomplish at that time. But, if I had to choose the most impactful projects and partnerships, they would be the parks board development and the coalition relationship building efforts.

[Parks board development](#)- Helping communities to develop park boards to increase recreation and physical activity opportunities is one of the most innovative ideas the group has generated. This project complements the tactical urbanism work done at the [Indiana Department of Health](#), the [Indiana Department of Natural Resources](#) efforts, [Health by Design's initiatives](#), and [Purdue Extension's local PSE work](#). Rather than duplicating current efforts, the parks board development initiative supports the work and builds some of the infrastructure needed to have other projects implemented at the county level. For example, developing a park board makes communities eligible for land and water conservation funding. So, communities are able to implement strategies they develop within their master plans.

[Relationship building](#)- The relationships that have been built and the growth that we have seen since 2018 has been tremendous. We have some of the most experienced coalition members who are doing great work in Indiana. The group's collaboration, dedication, and willingness to try new ideas has allowed us to address weaknesses and accomplish larger strategies and goals. The cross-communication between state agencies and grassroots organizations has been impactful too, as everyone is working at the same level to support Hoosier communities.

What is the most interesting part of your role?

This role can feel like a Broadway production. There is a lot happening behind the curtain and in the background while a show is being put on. What I mean is there are both internal and external projects happening at the same time. I work to maintain the functioning and effectiveness of the coalition while engaging externally with communities. It is a dance to keep the network members engaged despite the slower pace of county and state level processes while also implementing best practices and innovative strategies in communities. So, the most intriguing part of the role is simultaneously building trust with partners, coordinating goals and activities, tracking outcomes, and supporting local initiatives to work toward the larger goal of shifting obesity in Indiana.

What is the "why" behind what you do?

My "why" is personal and relates to what I have experienced in my own life. My family was not always able to have their needs met, so I work to support equitable access to services, resources, and environments for people to have a high quality of life. Regardless of circumstances, physical ability, demographics, or geographic location, everyone should have the access to what they need to live well. Specifically with the Alliance, I help to provide equitable access to physical activity opportunities and food access. If I am able to leave a legacy for my kids and Indiana is in a better position because of the work I have been able to do with the help of amazing stakeholders, then I am going to do it. In short, my why is equity, that's it.

Is there anything else SNAC members should know?

We have an open membership, and we are always wanting to bring another seat to the table. If anyone reading this has not heard of the Hoosier Health and Wellness Alliance and would like to sit down and learn more, we would love to share more in-depth. We love innovative ideas. If you are in the nutrition, physical activity, and food environment space and you have an idea, let me know and we can see if it fits into what we are doing or fills an existing gap or blind spot. It often just takes one small idea or question to get a larger initiative moving!

JUNE
21

Hoosier Health and Wellness Alliance Virtual Summit: “Find your fit! Growing your role and cultivating partnerships in the food system”

Attendees will gain knowledge in state and local food resilience efforts, and engage with resources to further develop infrastructure and capacity as they expand on new and existing food system efforts in their communities.

To keep the momentum going, and while supplies last, The Hoosier Health and Wellness Alliance will provide summit attendees with complimentary educational materials to further their success. You do not want to miss this event! Be sure to register, and then share event details with your networks.

[Register here](#)

JUNE &
JULY

Culinary Skills for A+ School Meals

Culinary Skills for A+ School Meals is a five-day, hands-on culinary skills workshop designed for school nutrition professionals and will be offered this summer in six locations across Indiana.

- Noblesville - Monday, June 5, through Friday, June 9
- Indianapolis - Monday, June 12, through Friday, June 16
- Bloomington - Monday, June 26, through Friday, June 30
- Merrillville - Monday, July 10, through Friday, July 14
- Mishawaka - Monday July 17, through Friday, July 21
- Fort Wayne - Monday, July 24, through Friday, July 28

Classes meet from 8 a.m. to 3 p.m. Monday through Friday each week. Please plan on attending all five days of training.

[Register here](#)

Unable to join in person? Join Chef Cathy Powers for virtual Culinary Skills for A+ Meals training from the comfort of your own kitchen! Throughout 2023, Cathy and team will lead school nutrition professionals through specific skills for the topic of the week. The virtual training will take place from 1-2:15 p.m. EDT. Training will feature live chef demonstrations, efficiency techniques, and important nutritional insights. Choose from 20 topics to enhance culinary skills and learn tips and tricks from the pros. Each class earns 1.25 training hours and includes giveaways and plenty of time to ask questions. Contact [Cathy Powers](#) with questions.

For more information and to register, [click here](#)

MAY
10

USDA Child Nutrition Program Rule Proposals - What are They and Why Should You Take Action?

Deadline: Extended to May 10

On Feb. 7, the US Department of Agriculture (USDA) announced proposed rule changes to its child nutrition program standards. This will have a huge impact on school, after-school, and early child care meal programs. Before implementing these proposed changes, USDA is asking individuals and organizations to share feedback on how these changes would affect people and what to keep in mind when implementing. [Read this new blog post by NFSN](#) to learn what these proposed changes mean and how you can take action to make sure your voice is heard in determining the future of school meals.

JULY

Introduction to School Nutrition Leadership (ISNL)

IDOE is excited to offer regional in-person INSL training opportunities this year. INSL is intended for new and aspiring school nutrition program directors. The training is 30.5 hours in length, and the course content is divided over five days. Lessons provide an overview of school nutrition programs, define the role and responsibilities of a director, and review the relationship between local policies and state/federal regulations. Interested participants should only register for one session.

- **Southern - Jasper**
 - Monday, July 10, through Friday, July 14
 - [Register here.](#)
- **Northern - Warsaw Community Schools**
 - Monday July 17, through Friday, July 21
 - [Register here.](#)

Webinars

MAY &
JUNE

Racial Equity in Food Systems Trainings

- Level 1 (Introductory Racial Equity Training) - May 9, 9:30 a.m, EDT and May 10, 3:30 p.m. EDT
- Level 2 (Building Community of Practice) - June 6, 9:30 a.m. EDT and June 7, 2 p.m. EDT

Join the Center for Environmental Farming Systems' (CEFS) Committee on Racial Equity (CORE) for their free series of trainings on racial equity in food systems. The trainings are open to all participants, although food systems practitioners in North Carolina are prioritized. Session leaders will offer a shared language, a shared framework, and a shared history for understanding how racism and systemic barriers inhibit equity in the food system. Their focus will be on food security and food access related issues. Each workshop is a two-day commitment.

[View all CORE events and register](#)

MAY
18

Economic Impact Assessment of Public Incentives to Support Farm to School Food Purchases

May 18, 1-2 p.m. EDT

In 2018, New York State announced the 30% NY Initiative that substantially increases school lunch reimbursements if school food authorities purchase at least 30% of their lunch ingredients as NY food products. With detailed food purchasing data from Buffalo Public Schools, the second-largest school district in the state, and the largest school food authority to qualify for enhanced reimbursement, they estimate the gross and net economic impacts of the policy through a customized input-output model.

Join the webinar to hear results from the study, which was led by Professor Todd Schmit, Cornell Dyson School of Applied Economics and Management, and supported by Shayna Krasnoff, M.S., '22, and Cheryl Bilinski, Cornell Cooperative Extension Harvest NY.

[Register for the webinar](#)

May 2023 SNAP-Ed Recipe: Brussels Sprouts, Cranberry, and Bulgur Salad

May is National Salad Month. To celebrate, try this salad. It defies expectations! When high schoolers attending one of our Teen Cuisine classes made this salad, they were partly curious, partly doubtful. The dish was better than they imagined; they came back for seconds and thirds! If you don't have bulgur, use brown rice.

Makes: 5 cups

Ingredients:

- 1/3 cup dried bulgur
- 1 cup boiling water
- 1/2 pound (2 cups) Brussels sprouts
- 1/2 cup dried cranberries
- 1/4 cup nuts, chopped
- 1/4 cup orange juice
- 4 1/2 teaspoons oil
- 2 tablespoons vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



Directions:

1. Cover bulgur with boiling water and let stand until soft, about 30 minutes. Pour off any excess water.
2. Rinse and trim Brussels sprouts. Cut in half lengthwise then slice crosswise into thin strips.
3. In a large bowl combine bulgur, Brussels sprout strips, cranberries and nuts.
4. In a small bowl or jar with a lid, combine orange juice, oil, vinegar, salt and pepper. Mix or shake well. Pour dressing over salad and serve.

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 mayo de 2023: coles de Bruselas, ensalada de arándanos y bulgur

Mayo es el Mes Nacional de la Ensalada. Para celebrarlo, prueba esta ensalada. ¡Desafía las expectativas! Cuando los estudiantes de secundaria que asistían a una de nuestras clases de cocina para adolescentes hicieron esta ensalada, en parte tenían curiosidad, en parte dudaban. El plato era mejor de lo que imaginaban; ¡Regresaron por segundos y tercios! Si no tiene bulgur, use arroz integral.

Rinde: 5 tazas

Ingredientes:

- 1/3 taza de bulgur seco
- 1 taza de agua hirviendo
- 1/2 libra (2 tazas) de coles de Bruselas
- 1/2 taza de arándanos secos
- 1/4 taza de nueces, picadas
- 1/4 taza de jugo de naranja
- 4 1/2 cucharaditas de aceite
- 2 cucharadas de vinagre
- 1/4 cucharadita de sal
- 1/4 cucharadita de pimienta



Direcciones:

1. Cubra el bulgur con agua hirviendo y deje reposar hasta que esté suave, unos 30 minutos. Vierta cualquier exceso de agua.
2. Enjuague y recorte las coles de Bruselas. Corte por la mitad a lo largo y luego corte transversalmente en tiras finas.
3. En un tazón grande combine bulgur, tiras de brotes de Bruselas, arándanos y nueces.
4. En un tazón pequeño o frasco con tapa, combine el jugo de naranja, el aceite, el vinagre, la sal y la pimienta. Mezclar o agitar bien. Vierta el aderezo sobre la ensalada y sirva.

Refrigere las sobras dentro de las 2 horas.



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