

# SNAC NEWSLETTER JULY 2023



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## SNAC 2023 Webinar Series



### Supporting Community Well-being through Art and Placemaking

Join us to learn more about how art and placemaking  
impact community well-being and engagement.

July 20, 1-2:30 p.m. EDT via Microsoft Teams

[Learn more and register](#)

**Connect with the  
Network**

### Food Councils 101

Learn more about the function and structure  
of food councils and how to get involved.

[View the recording](#)

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).

### **Designing Culturally Responsive Health & Nutrition Programs – Toolkit**

The Asian and Pacific Islander Health Forum's new, free guide, 'Designing Culturally Responsive Health & Nutrition Programs' is a fantastic resource to support cultural humility and anti-bias practice. There are some particularly useful resources for working with Asian Americans, Native Hawaiians, and Pacific Islanders - but this resource could be used to serve everyone. This toolkit was designed to address a broad spectrum of nutrition concerns at the individual and community levels.

[Read more about and download the resource](#)

### **Gus Schumacher Nutrition Incentive Program (GusNIP) – Year 3 Impact Findings**

This report presents outcomes and impacts from projects that used GusNIP and/or GusCRR (Gus Schumacher Nutrition Incentive Program COVID Relief and Response) funding in year 3.

[Download the report](#)

### **Supporting Food and Nutrition Security Through Healthcare: A Resource for Healthcare Systems and their Public Health and Community Partners**

This resource summarizes the ways in which healthcare systems, public health practitioners, and public health allies can partner to support food and nutrition security in their communities through programs, policies, and practices. It is written with a lens towards supporting partners to work together to address diet-related health disparities, including healthcare systems and payers, state health agencies, local health departments, and other public health allies such as universities, community-based organizations, and Centers for Disease Control and Prevention (CDC) grantees.

[View the toolkit](#)

### **Updated SNAP-Ed Toolkit Resource**

The new "Literature Review" tab allows you to explore a database of peer-reviewed literature on outcome evaluation results from SNAP-Ed funded projects. The searchable database includes categories, such as target behavior, setting, and outcome level, to enable a more focused list of published papers for review. Each paper included in the online database includes an abstract and DOI link.

[Explore the toolkit](#)

[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

### Market Solutions for Scaling Food Is Medicine Prescriptions



This resource summarizes the research and key findings of a Milken Institute Financial Innovations Lab®, which brought together 40 health plans, policy experts, government representatives, FoodRx technology companies, food retailers, consultants, and community-based organizations, including members of the Feeding Change Food Is Medicine Task Force to determine areas of technology solutions, funding priority, and investment vehicles to help finance these efforts.

[Access the resource](#)

### Procuring Food Justice: Grassroots Solutions for Reclaiming our Public Supply Chains

Over the last decade, Food Chain Workers Alliance and HEAL Food Alliance have worked with grassroots leaders to challenge the corporate control of institutional procurement markets and replace it with a different model: values-based food purchasing. The mechanism for carrying out this strategy is the Good Food Purchasing Program. When public institutions purchase food according to community values, our taxpayer dollars contribute to a more democratic and equitable food system.

[Access the toolkit](#)



## Job Postings

### Community Food Systems Manager

The SNAP-Ed team within the Indiana Department of Health Division of Nutrition and Physical Activity is seeking a community food systems manager. This position will facilitate the collaboration of food system partners to develop, support, and sustain projects and programs that further the goals for an equitable, vibrant, and resilient statewide food system. Submit resume and cover letter directly to Naima Gardner-Rice (NGardner1@health.in.gov).

[View the job description](#)



Division of  
**Nutrition &  
Physical Activity**



## SNAP Employment and Training National Partnership Grants 2023

**Due: July 10**

The Supplemental Nutrition Assistance Program Employment and Training (SNAP E&T) helps connect SNAP participants who can work with the skills, training and work experience needed to obtain and maintain regular employment. The SNAP E&T National Partnerships Grants Program is designed to expand the capacity of the E&T program by bringing on new, highly qualified providers. This year, FNS is offering a total of approximately \$3 million to national non-profit organizations with large member or affiliate networks of workforce development direct service providers. These organizations will then provide training and technical assistance to their members or affiliates so they can become SNAP E&T providers. Eligible applicants: national not-for-profit organizations with members or affiliates that provide workforce development services.

[Read more about last year's grantees](#)

[Learn more and apply](#)

## Community Connectors Grant Program

**Due: July 15**

With support from the Robert Wood Johnson Foundation, Smart Growth America in collaboration with Equitable Cities, the New Urban Mobility Alliance, and America Walks have created the Community Connectors program to help advance locally driven projects that will reconnect communities separated or harmed by transportation infrastructure and tap available federal and state funds to support them. 15 teams from small to mid-sized cities (between approximately 50,000 and 500,000 in population) will be selected to receive a capacity-building grant to advance these projects. Public entities and nonprofit organizations may apply together as small teams to receive grants of up to \$130,000 each for capacity building to advance these projects.

[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. 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](#)

## Organic Market Development Grants

**Due: Aug. 8**

USDA's Agricultural Marketing Service has approximately \$75 million available for FY 2023 for the Organic Market Development Grants program. This grant aims to boost the consumption of domestic organic agricultural commodities by developing new and expanded organic markets. Eligible applicants, including business entities, non-profit organizations, and government entities, can receive funding ranging from \$10,000 to \$3 million for projects focused on production, processing, distribution, and consumer market development

[Learn more](#)

[Apply for the grant opportunity](#)



### ***Marcia Sweet, Marketing and Communications Specialist, Purdue Extension Nutrition Education Program (NEP)***

The Purdue Extension Nutrition Education Program is the largest implementing agency for the Indiana SNAP-Ed program. Nutrition Education Program Advisors (NEPAs) provide nutrition education in SNAP-eligible communities and Community Wellness Coordinators (CWCs) support healthy living initiatives in counties across Indiana.

Marcia Sweet (sweet10@purdue.edu) came across her position at Purdue Extension through a winding road of opportunities. With degrees in journalism, English, and human services, Marcia worked as a reporter for many years before becoming a stay-at-home-mom. Once her kids entered school, Marcia worked as a librarian and then a local credit union representative. The credit union position was the worst job she ever had, but it revealed her passion for providing education and presenting information.

#### **Describe your organization and role.**

I joined Purdue Extension in 2016 as a NEPA. I taught nutrition education to kids and adults in northwest Indiana. In 2021, I was blessed with this position, which leverages all of my skills and experiences. I use these skills to tell my team's story.

I am the marketing and communications specialist with Purdue Extension Nutrition Education Program. I consider myself the megaphone for my team. I tell stories about how Purdue Extension works in a variety of communities. I do this by creating content for all of our social media accounts, writing weekly newsletters, and submitting success stories to whoever will read them! I also put a lot of energy into sharing our stories within our own agency. Since we serve all 92 counties, our team members might not know what other team members across the state are doing.

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

There is not one specific partnership that I can point to because we are involved in so many communities across the state. It is like trying to identify which is the most important artery in the body - they are all needed! The goal of NEP is to improve health, spark curiosity, share knowledge, and develop vision within communities. Communities then embrace the ideas they identified and take ownership of the initiative. For example, I visited a community garden in Tippecanoe County that has been sustained by the neighborhood years after the CWC who started the initiative relocated. It was then that I discovered the long-term impact of our program. They realized the value of that garden and nurtured it. Ultimately, we don't want it to be about NEP. We want it to be about those communities.

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

I love going into communities and talking to our participants. My position is very theoretical. I create marketing materials, imagining how our program will impact lives. But, when I go into communities, I see our program's impact for myself. For example, I interviewed a woman who participated in our maternal health food prescription program. She has two teenagers who were not engaged with their health. But once the woman signed up for the program, their whole household shifted! The teens started waiting by the door for the produce boxes, cooking, and following along with the educational videos. Those talks better inform my view of the impact of this program.

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

I do what I do for healthier kids and families. When I was a NEPA, I had a student at an East Chicago school who was more reserved. He took home the family tip sheets I passed out and read them with his family. He and his dad started following those sheets. They joined a gym and started working out together. Over the next six weeks, I saw this young boy grow! His endurance improved, he lost weight, he got better at sports, and he tried new and more nutritious foods. After the program, he was a different kid! The dad lost 20 pounds! If nutrition and physical activity education can change someone's life like that, then our lessons are worth teaching to every person in Indiana.

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

We are willing to speak to any organization about our programming. We have been doing this for almost 30 years and I am constantly amazed at how many people don't know about us. We joke that Purdue Extension NEP is the best kept secret in Indiana. But, I don't find that joke funny at all. We change lives!

We offer cooking demonstrations and partnerships for public health initiatives and programming. We are happy to share literature as well. We want people to know that a healthier community is within reach and we can help when needed! I hope SNAC members continue to share and engage as well. We love learning more about what is being done across the state.

**JULY  
12 & 13**

## **Multigenerational Nutrition Influences on Health and Disease**

July 12-13

10 a.m. – 4:30 p.m. EDT

[Register for the webinar](#)

The overarching goal of this event is to address research opportunities and challenges related to nutrition- and diet-related exposures and outcomes that travel within, across, and between families and generations. This workshop will bring together experts in nutrition and diet with experts in family and generational health to identify research opportunities and challenges. Participants will have the opportunity to listen and learn from experts in the various fields as well as discuss and engage with colleagues in this exciting area of nutrition research.

**REC.**

## **So You Want to Start a Garden: Approachable Strategies to Gardening in Child Care**

Go NAPSACC's webinar "So You Want to Start a Garden: Approachable strategies to gardening in child care" is available to view. In this webinar, presenters from the National Kidney Foundation of Michigan and BCL Consulting discussed gardening in early childhood education (ECE), Go NAPSACC's gardening best practices, and suggestions for addressing common barriers. Presenters shared some of their favorite resources for getting started with gardening in ECE.

[View the recording](#)

**REC.**

## **Advancing Food Security for Military Families Self-Paced Course**

Free self-paced learning opportunity

Advancing Food Security for Military Families is a self-paced course developed by national food security expert Dr. Angela Odoms-Young. Use this professional development opportunity to expand your capacity to support food security among the military families you serve.

- Learn about existing initiatives that address food insecurity in military families.
- Examine the multilevel factors that contribute to food insecurity in the military population.
- Explore innovative approaches that will help you assist military families in accessing USDA food and nutrition assistance and education programs.

[Learn more and enroll in the class](#)

**AUG 2-  
4**

## **Conference for Farmers & Teachers**

Aug. 2-4, South Bend

Are you interested in adding a farm component to your school program or an educational component to your small farm enterprise? Do you need some practical experience with a developed and tested curriculum? Join Food, Farming & Sustainability for a three-day conference. This conference invites teachers and small farmers interested in developing farm-to-school, or school-to-farm partnerships to explore topics on sustainability, environmental stewardship, and restorative farming with a variety of experts from the field.

[Learn more and register for the conference](#)

## July SNAP-Ed Recipe: Ranch Dressing

Summer veggies beg to be eaten raw. That crisp snap and clean flavor is like none other. For many people, the automatic response to fresh vegetables is ranch dressing. Adults and kids alike reach for this creamy, tangy condiment.

But if you are looking for less sodium, fat, and ingredients you can't pronounce, we have a better option. Our flavorful ranch dressing is made with cottage cheese and yogurt, allowing the true flavor of the vegetable to shine through. It's an addition you can feel proud to serve. Enjoy!

**Makes: 2 cups**

### Ingredients:

- 1 cup low-fat cottage cheese
- 1 cup low-fat plain yogurt, depending on thickness desired
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder or 2 cloves garlic, minced
- 1/2 teaspoon onion powder
- 2 sprigs of parsley, chopped or 1 teaspoon dried parsley flakes



### Directions:

1. For a chunky dip, mix cottage cheese, yogurt and seasonings of your choice in a bowl.
2. For a smoother dip, mash cottage cheese with a fork before adding yogurt and seasonings. For a smooth dip, blend all ingredients in a blender.

Refrigerate leftovers within 2 hours.



Extension - Nutrition  
Education Program

[eatgathergo.org](http://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 julio de 2023: aderezo ranch

Las verduras de verano piden ser consumidas crudas. Ese chasquido crujiente y sabor limpio es como ningún otro. Para muchas personas, la respuesta automática a las verduras frescas es el aderezo ranchero. Tanto los adultos como los niños buscan este condimento cremoso y ácido.

Pero si buscas menos sodio, grasas e ingredientes que no puedes pronunciar, tenemos una mejor opción. Nuestro sabroso aderezo ranch está hecho con requesón y yogur, lo que permite que brille el verdadero sabor de la verdura. Es una adición de la que puede sentirse orgulloso de servir. ¡Disfrutar!

### Hace dos tazas

#### Ingredientes:

- 1 taza de requesón bajo en grasa
- 1 taza de yogur natural bajo en grasa, dependiendo del espesor deseado
- 1/2 cucharadita de sal
- 1/4 cucharadita de pimienta
- 1/2 cucharadita de ajo en polvo o 2 dientes de ajo picados
- 1/2 cucharadita de cebolla en polvo
- 2 ramitas de perejil picado o 1 cucharadita de hojuelas de perejil seco



#### Direcciones:

1. Para una salsa gruesa, mezcle requesón, yogur y condimentos de su elección en un tazón.
2. Para una salsa más suave, triture el requesón con un tenedor antes de agregar el yogur y los condimentos. Para una salsa suave, mezcle todos los ingredientes en una licuadora.

Refrigere las sobras dentro de las 2 horas.

