

# SNAC NEWSLETTER SEPTEMBER 2023



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## Budget Bites E-Cookbook

Connect with the  
Network

With school back in session, make mealtime a snap with these nutrient dense and easy recipes your family will love. Filled with simple, delicious recipes to help you make it through the week and keep your family thriving, the new Budget Bites e-cookbook from Purdue Extension Nutrition Education Program is here to help Hoosiers make the healthy choice the easy choice.

[Download the free e-cookbook here!](#)

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)

## Available Positions

### SNAP-Ed Community Partnerships Coordinator

The Indiana Department of Health's Division of Nutrition and Physical Activity is looking for a Supplemental Nutrition Assistance Program - Education (SNAP-Ed) Community Partnerships Coordinator. This position will serve as the lead coordinator for SNAC, and will act as one of two agency liaisons for the Indiana SNAP-Ed program, which aims to implement strategies to advance direct education and policy, systems, and environmental change initiatives to address obesity prevention for limited resource Hoosiers.

[Learn more about the position and apply here!](#)

## New Resources

### Policy Process Evaluation for Equity Guide

ChangeLab Solutions recently released the Policy Process Evaluation for Equity, new resources that include an interactive web tool and guide. Measuring the effects of the policy process is an important part of community-focused policymaking. These resources offer a menu of evaluation options and metrics for policymakers, community groups, and public health practitioners who want to measure the effectiveness of community engagement efforts undertaken through policy partnerships. They provide examples and resources from commercial tobacco prevention in the retail environment (point-of-sale), and the principles can be applied to many policy options.

[Access the guide here.](#)

### New PLACES Data: Local Data for Better Health

PLACES is a collaboration between CDC, the Robert Wood Johnson Foundation, and the CDC Foundation. PLACES provides health data for small areas across the country. This allows local health departments and jurisdictions to better understand the burden and geographic distribution of health measures in their areas and assist them in planning public health interventions. New years of data across 36 health-related measures is now available to view including 29 based on Behavioral Risk Factor Surveillance System 2021 data.

[View the data source here.](#)

## Resources

[Community Compass](#)

[Educator Wellness Toolkit](#)

[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!](#)**





# Funding & Opportunities



## Healthy Food Financing Initiative

**Due: Nov. 3, 2023**

New funding is available from the Reinvestment Fund to expand America's Healthy Food Financing Initiative (HFFI). The funding opportunity, HFFI Local and Regional Healthy Food Financing Partnerships Program (HFFI Partnerships Program), aims to invest in local capacity and capital to establish and grow local, regional, or state food financing programs and improve access to fresh, healthy food in underserved communities. Learn more about this opportunity [here](#). A webinar will be held on Sept. 7, 2023, at 3 p.m. EDT. Register [here](#). Applications are due Nov. 3.

## Creating Space Scholarship

**Accepted on a rolling basis**

The U.S. Breastfeeding Committee (USBC) announced the Creating Space Scholarship. This award will allow the USBC to award 100 organizations with complimentary membership for 2023. The scholarship is open to organizations that are a new USBC membership applicant, led by and serving BIPOC (Black, Indigenous, and People of Color) or other priority populations, and have an operating budget of less than \$250,000. Applications will be accepted on a rolling basis.

[Learn more here.](#)

# New Resources

## Public Health: Changing the Narrative



Big Cities Health Coalition has published the new messaging guide titled [Public Health: Changing the Narrative](#). Between March and May 2023, the Big Cities Health Coalition polled key audiences in its [member jurisdictions \(35 big cities\)](#) with the goal of better understanding how individuals who are skeptical of public health interventions could be moved to better support the important role governmental public health departments and leaders play in their communities. The new resource includes top-level findings and messaging recommendations.

[Access the guide.](#)

## Belonging Design Principles: A Resource Guide for Building Belonging

This framework includes a set of 10 principles and practices that can help root out structural inequality. Across our planet, people are looking for effective ways to build just, equitable, and inclusive institutions that serve and support everyone. Beyond a call for inclusion into pre-existing structures built to serve only some of us, belonging asks each of us to commit to co-creating new structures built for everyone.

[Access the guide.](#)



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## Getting Students Active with Purpose Professional Development Trainings

Join PL3Y, Inc. and the Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) for free "Get Students Active with Purpose," professional development trainings for K-12 Indiana physical education teachers, health educators, and youth-serving organization program coordinators to engage students in active movement throughout before, during, and afterschool settings and enhance your understanding of physical literacy. See below for training locations:

### **Ft. Wayne**

Wednesday, Sept. 13, 8:30 a.m. - 3 p.m. EDT  
The Boys and Girls Club of Northeast Indiana  
[Register here](#)

### **South Bend**

Thursday, Sept. 14, 8:30 a.m. - 3 p.m. EDT  
The Beacon Resource Center  
[Register here](#)

### **Indianapolis**

Tuesday, Sept. 19, 8:30 a.m. - 3 p.m. EDT  
Broad Ripple High School  
[Register here](#)

### **Terre Haute**

Thursday, Sept. 21, 8:30 a.m. - 3 p.m. EDT  
Indiana State University; Health and Human Services Building  
[Register here](#)

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## Indiana Great Apple Crunch

### [Register](#)

Each October, to align with national Farm to School Month, the Indiana Department of Education and Purdue Extension partner to celebrate local apples by providing lessons, recipes, and activities to showcase local apple varieties. A part of this initiative is the Great Apple Crunch, which encourages everyone to select a day of celebration to bite into an apple together for a great CRUNCH! The goal is to encourage healthy eating and support farm to school and other local food purchasing initiatives throughout the state. Those who sign up at the link above will receive access to FREE downloadable materials, including the 2023 Indiana Great Apple Crunch Toolkit, which has worksheets, coloring pages, recipes, links to materials and inspiration to help you develop lessons, tips for planning and promoting your Crunch around the community, guidance on how to find and procure local apples ... and more! The Indiana Great Apple Crunch is a fun opportunity to connect nutrition to curricula for all ages, from science to math, reading to health and wellness. It is an ideal project to introduce more local apples into your cafeteria's menu, broaden students' healthy eating choices, and expand your food-procurement purchases from area farms.

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## **Equity in Roadway Safety Workshop: Strategies for Meaningful Public Involvement in Roadway Safety Planning**

Wednesday, Sept. 20, @ 1 p.m. EDT

[Register](#)

Join the U.S. Department of Transportation (USDOT) as they host a webinar to share innovative strategies and tools to elicit meaningful public involvement with members of underserved communities throughout the safety planning cycle. This session will include a presentation on USDOT's Promising Practices for Meaningful Public Involvement in Transportation Decision-making, a workshop on innovative practices to integrate meaningful public involvement into the Statewide Strategic Highway Safety Plan and VRU Safety Assessment, and a workshop on innovative practices to integrate meaningful public involvement into regional and local Comprehensive Safety Action Plans.

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## **A Safer System for Student Travel: Enhancing Safe Routes to School Through Vision Zero**

Wednesday, Sept. 20, 2 p.m. EDT

[Register](#)

Vision Zero is an international movement to eliminate all traffic fatalities and serious injuries. We still have a long way to go, but new approaches to Vision Zero are offering more opportunities for Safe Routes to School integration. Learn how the Vision Zero Safe System approach can be applied to school settings and explore tips for partnering with Vision Zero staff. Achieving Vision Zero will take cooperation from everyone, so let's find ways to work better together!

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11

## **Being Who We Say We Are - Negotiating Power and Building Relationships in Food Systems Research**

Monday, Sept. 11, 1 p.m. EDT

[Register](#)

When conducting research, a relationship with the community in which we work is vital to success. In this webinar, panelists from Durham, North Carolina will discuss the challenges and successes experienced in re-envisioning relationships between institutions and communities, local issues impacting Durham's food systems, opportunities for changing health and other disparities, and more.

## September 2023 SNAP-Ed Recipe: Stuffed Peppers with Turkey & Vegetables

Depending on your garden, you may still be seeing tomatoes, peppers, and zucchini. But even if you are not, this is a wonderful addition to your recipe collection:

- If you top it with cheese, it covers all the MyPlate food groups
- It's filling
- It travels well so it will make a great lunch

Stuffed Peppers with Turkey & Vegetables is the perfect dish as we move from summer to fall!

**Makes: 6 servings**

### Ingredients:

- 1 cup cooked rice (white or brown)
- 3 bell peppers (green, red, or yellow)
- 10 ounces ground turkey (half 20 ounce package)
- 1 teaspoon Italian Seasoning (or basil and oregano leaves)
- 1 teaspoon garlic powder or 4 cloves garlic, minced
- 1/4 teaspoon each salt and pepper
- 1/2 onion (about 1/2 cup)
- 1 cup sliced mushrooms
- 1 chopped zucchini (about 1 cup)
- 1 can (14.5 ounce) diced tomatoes with liquid



### Directions:

1. Cook the rice or prepare instant rice according to package directions. Preheat oven to 350 degrees.
2. Cut the peppers in half from top to bottom. Remove the stem and seeds.
3. In a large skillet over medium heat (300 degrees in an electric skillet), cook the turkey until no longer pink. Add seasonings during last few minutes.
4. Add onion, mushrooms, and zucchini to the skillet. Add a small amount of oil if needed. Saute until tender.
5. Mix in the tomatoes and rice. Remove from heat.
6. Fill the pepper halves with the skillet mixture.
7. Cover the baking dish with foil. Bake at 350 degrees for 40-50 minutes or until peppers are tender when poked with a fork.
8. 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).



## Septiembre de 2023 Receta SNAP-Ed: pimientos rellenos con pavo y verduras

Dependiendo de su jardín, es posible que todavía vea tomates, pimientos y calabacines. Pero incluso si no es así, esta es una maravillosa adición a tu colección de recetas:

- Si le pones queso encima, cubre todos los grupos de alimentos de MiPlato.
- esta llenando
- Viaja bien, por lo que será un excelente almuerzo.

¡Los pimientos rellenos con pavo y verduras son el plato perfecto a medida que pasamos del verano al otoño!

### Rinde: 6 porciones

Ingredientes:

- 1 taza de arroz cocido (blanco o integral)
- 3 pimientos morrones (verde, rojo o amarillo)
- 10 onzas de pavo molido (medio paquete de 20 onzas)
- 1 cucharadita de condimento italiano (u hojas de albahaca y orégano)
- 1 cucharadita de ajo en polvo o 4 dientes de ajo picados
- 1/4 cucharadita de sal y pimienta
- 1/2 cebolla (aproximadamente 1/2 taza)
- 1 taza de champiñones rebanados
- 1 calabacín picado (aproximadamente 1 taza)
- 1 lata (14,5 onzas) de tomates cortados en cubitos con líquido



### Direcciones:

1. Cocine el arroz o prepare arroz instantáneo según las instrucciones del paquete. Precalentar el horno a 350 grados.
2. Corta los pimientos por la mitad de arriba a abajo. Retire el tallo y las semillas. En una sartén grande a fuego medio (300 grados en una sartén eléctrica), cocine el pavo hasta que ya no esté rosado. Agregue los condimentos durante los últimos minutos.
3. Agrega la cebolla, los champiñones y el calabacín a la sartén. Agregue una pequeña cantidad de aceite si es necesario. Saltee hasta que estén tiernos.
4. Incorpora los tomates y el arroz. Alejar del calor.
5. Rellena las mitades de pimiento con la mezcla de la sartén.
6. Cubre la fuente para hornear con papel de aluminio. Hornee a 350 grados durante 40 a 50 minutos o hasta que los pimientos estén tiernos al pincharlos con un tenedor.
7. Refrigere las sobras dentro de 2 horas.

