



SNAC NEWSLETTER FEBRUARY 2024



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February is Black History Month



In recognition of the significant contributions that people of African descent have made to our country, American historian Carter G. Woodson established Black History Week in 1926. It was later expanded to Black History Month in 1976, during the bicentennial celebration of the United States.

Every February, the U.S. President officially designates it as National African American History Month. This is an opportunity to learn more about ways to improve health and address serious conditions that affect African Americans.

[Learn More](#)

Stay up to date with SNAC and follow us on social media!



If you would like to submit something to be featured in the State Nutrition Action Committee (SNAC) Monthly Newsletter, send it to info@indianasnac.com



MEET IDOH'S NEW FARM TO SCHOOL VALUE CHAIN PROFESSIONAL: ANNA HOLLOWAY

Anna is the new farm to school value chain professional at the Indiana Department of Health. Read below to learn more about Anna as she begins her new role!

Tell us a bit about yourself.

I was a founding member and teacher of the very first farm to school program at my school in Montana. I truly understand what it means to “start from scratch.” I have spent the last 20 years as a kitchen manager and farm to school coordinator within a rural school district just outside of Yellowstone National Park. My roots and love for Indiana grow deep and I have since returned to live and work on a small old family farm that I inherited last year.

What are you most excited about in this new role?

I am excited to be able to assist in creating a thriving and sustainable farm to school program in Indiana. I am dedicated to making school environments healthy for both students and staff by connecting local farmers and school food service directors in my new position with the Indiana Department of Health.

What do you enjoy doing in your free time?

In my free time, I love to play in the mountains and rivers, harvest, admire wild things, and spend time with my three dogs. Things are a little different out here in Indiana though, so I am looking for new outdoor opportunities!

**Indiana Grown for Schools Network
Farm to School Office Hours**

The Indiana Grown for Schools Network invites you to join us for February Farm to School Office Hours on Wednesday, Feb. 21, 3:30-4:30 p.m. EST.

- **What:** Join farm to school coordinators from the Indiana Grown for Schools Network and other farm to school stakeholders each month to discuss and find answers to your questions related to local foods and how to make Farm to School and farm to early childhood education (ECE) successful in your community.
- **Who:** Anyone with questions related to farm to school and Farm to ECE. All are welcome: farmers, school nutrition professionals, early-care providers, parents, teachers, distributors, gardeners, local public health professionals, farm to school and farm to ECE advocates will attend.
- **When:** We will host farm to school office hours on the third Wednesday of each month from 3:30-4:30 p.m. ET. If these times don't work for you, submit questions [here](#).

Register: [Join us](#) online via Microsoft Teams or you can request a monthly calendar hold by emailing Brianna Goode at bgoode@health.in.gov

UPCOMING PROFESSIONAL DEVELOPMENT EVENTS

MARCH ABCD (ASSET BASED COMMUNITY DEVELOPMENT)

MAY UNLOCK THE SECRETS TO BUILDING STRONGER COALITIONS

MAY DATA-DRIVEN PSE STRATEGIES IN OREGON

JUNE GRANT WRITING 101: TWO-PART SERIES



Resources

Dietary Guidelines for Americans 2020 -2025

This edition of the guidelines offers recommendations for every stage of life, from birth to older adulthood. Each stage has unique needs that affect health and disease risk. Early food preferences influence later choices. A healthy dietary pattern is crucial for good health, and it's never too late to start. The new edition includes specific recommendations for infants, toddlers, and pregnant and lactating women.

[Access the guide here](#)

USDA Household Food Security in the United States in 2022 Report

The USDA, ERS food security reports utilize data from an annual U.S. Department of Commerce, Bureau of the Census survey. The survey, known as the Food Security Supplement, includes a representative sample of the U.S. civilian population of approximately 133 million households and asks about experiences and behaviors indicating food insecurity.

[Access survey here](#)

Policy, Systems, and Environmental Strategies Generated by Participants to Support Family Food Security in Rural Communities Report

Rural communities in the United States face high food insecurity rates due to limited economic mobility, healthcare, housing, employment, and access to healthy food. The Gretchen Swanson Center for Nutrition and Share Our Strength developed a list of PSE strategies to support families' food security in rural areas.

[Access Report here](#)

Strategies to Help Latinx Immigrant Families Access Federal Nutrition and Food Programs

This report sheds light on why many immigrant families are forgoing vital assistance from federal nutrition and food programs and lifts up recommendations aimed at ensuring that all families and individuals, regardless of immigration status, are nourished and healthy.

[Access the report here](#)

SNAC Tools

[Community Compass](#)

[Educator Wellness Toolkit](#)

[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](#)

[Advancing Health Equity: A Guide to Language, Narrative, and Concepts](#)

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





Rural Innovation Stronger Economy (RISE) Grants

Deadline: April 1

The U.S. Department of Agriculture (USDA) today announced that the department is accepting grant applications for community-driven programs that will help create high-wage jobs and new businesses in underserved rural communities. For fiscal year 2024, the program is making approximately \$2 million available to partnerships of local governments, investors, industry, institutions of higher education, and other public and private entities in rural areas. The funding may be used to support innovation centers and job accelerator programs that improve the ability of distressed rural communities to create high-wage jobs, form new businesses, and identify and maximize local assets.

[Learn more and apply here](#)

Participation in WIC & Prevalence of Health Risks Associated with Maternal Mortality

Deadline: Feb. 14

The goal of this RFA is to initiate and support a rigorous academic research program that will build evidence of The Special Supplemental Nutrition Program for Women, Infants, and Children's (WIC) impact on maternal health outcomes associated with morbidity and mortality.

[Learn more here](#)

Recognizing and Addressing Maternal Warning Signs for Morbidity and Mortality During Pregnancy and the Postpartum Period: RFA

Deadline: Feb. 14

The goal of this RFA is to initiate and administer a competitive sub grant program for WIC State and local agencies focused on evaluating the implementation of evidence-based interventions to recognize and address early warning signs of maternal distress.

[Learn more here](#)

Resilient Food Systems Infrastructure (RFSI) Grant Program

Deadline: March 8

The purpose of this program is to improve food supply resilience in the middle of the food chain through increasing distribution, aggregation, storage capacity, market expansion and facility updates/expansions. Following federal guidance, the project performance period will be from June 2024 to May 25, 2027. Applicants must demonstrate how this project will improve resilience in the middle of the food chain and ensure the project will be completed by May 2027.

This program is being administered by the Indiana State Department of Agriculture (ISDA)

[Learn more here](#)



The U.S. Breastfeeding Committee (USBC): Creating Space Scholarship

Deadline: rolling basis

The 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](#)

RAISE Discretionary Grants

Deadline: Feb. 28

The U.S. Department of Transportation (USDOT) has published a Notice of Funding Opportunity (NOFO) for \$1.5 billion in grant funding through the Rebuilding American Infrastructure with Sustainability and Equity (RAISE) discretionary grant program for 2024. The program invests in multimodal and multijurisdictional road, rail, transit and port projects that are typically harder to support through traditional U.S. Department of Transportation (USDOT) programs. The last RAISE grant cycle featured increased investment in trail and active transportation infrastructure.

[Learn more and apply here](#)



Strengthening Public Health Systems and Services through National Partnerships to Improve and Protect the Nation's Health

Deadline: March 25

The purpose of this notice of funding opportunity (NOFO) is to announce a capacity-building assistance (CBA) program to increase the knowledge, skill, and ability to deliver essential public health services, improve organizational and systems capacity and capability to address prioritized, equity-based public health priorities, and strengthen the nation's public health infrastructure and performance. The estimated application post date is Jan. 22 with an estimated deadline of March 25.

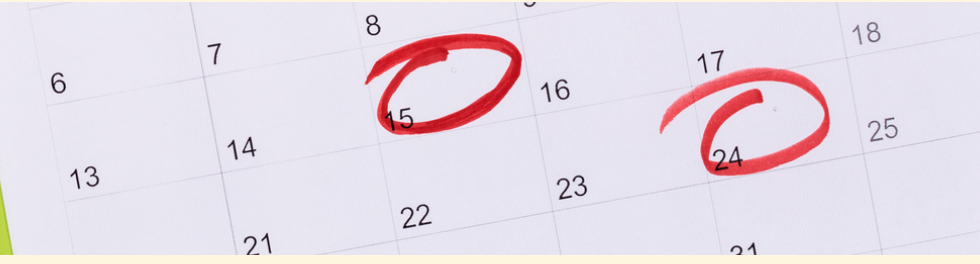
[Learn more here](#)

The Rural Health and Safety Education Competitive Grants Program (RHSE)

Deadline: March 14

RHSE program proposals are community-based outreach education programs conducted through Human Science extension outreach. They provide individuals and families with information about good health, rural environmental health issues, and access to health promotion activities. These programs also train volunteers and health service providers to offer better health promotion and healthcare services in cooperation with state, local, and community partners.

[Learn more here](#)




March
19-21

Society for Public Health Education's (SOPHE) 2024 Annual Conference, Gateway to Health Equity St. Louis, MO

SOPHE's 75th Annual Conference is an inclusive opportunity for anyone who plays a role in the health education profession. The annual conference offers various learning experiences and opportunities to connect with colleagues and friends.

[Register Now](#)



July
23-26

2024 NACCHO 360 Detroit, MI

Annually, NACCHO360 is the largest convening of local health department leaders and public health professionals in the United States, offering the opportunity to learn, network, and share experiences and best practices across local health departments. In 2024, the public health community will gather in Detroit on July 23-26, to explore our conference theme, "Heard it Through the Grapevine: Public Health Partnerships, Collaboration, and Innovation."

[Register Now](#)



March 5

Indiana Rural Health Association: Virtual Spring Rural Summit

With a diverse range of speakers, this event is designed to bring together professionals that will cover topics ranging from leadership to quality and more with a focus on critical access hospitals, rural hospitals, and rural health clinics.

[Register Now](#)



February
29

Indiana Grown for Schools Network Presents: Harvest of the Month 101

Harvest of the Month is a great opportunity to celebrate local abundance, experiment with new foods and recipes, and gain positive recognition for your school district and/or school. The program's goal is to encourage healthy food choices by increasing students' exposure to seasonal foods while also supporting local farmers and building excitement around school meals. [Register Here](#)

February 2024 SNAP-Ed Recipe: Chicken and Dumplings Casserole

As winter settles in, comfort food calls. This twist on a traditional cold-weather dish is the perfect answer. Nurturing vegetables and chunks of moist chicken are smothered in a low-sodium, flavor-packed gravy. Add those pillow soft dumplings, and your chilly days won't feel as cold anymore.

Not up to much chopping? You can use frozen veggies instead. They pack the same nutritional benefits while being more convenient and often less expensive than fresh. Just thaw before using.

Makes: 8 cups

Ingredients:

- 3 tablespoons oil
- 1 cup chopped onion (about 1 medium)
- 1 cup chopped carrots (about 2 small)
- 1 cup chopped celery (about 2 stalks)
- 3 cups low sodium chicken broth (see notes)
- 3 tablespoons flour
- 2 cups cooked chicken, bite sized
- 1 cup frozen peas
- Salt and pepper (try 1/4 to 1/2 teaspoon)
- 1 cup flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg
- 1/3 cup nonfat or 1% milk



Directions:

Filling:

1. Heat oil in a large skillet over medium-high heat (350 degrees in an electric skillet) and saute onions, carrots and celery until soft.
2. Add a small amount of unheated broth to the flour and stir until smooth. Slowly mix in remaining broth and add to skillet. Stir over medium heat as the mixture thickens.
3. Add the chicken, peas, salt and pepper. Heat on low while making dumplings.

Dumplings:

1. Sift the flour, baking powder and salt together into a mixing bowl.
2. Add the egg to the milk and beat until well blended. Stir into the flour until well combined.
3. Pour the chicken mixture into a lightly oiled or sprayed casserole dish. Drop dumpling dough by spoonfuls onto chicken mixture. (Makes about 8 dumplings)
4. Bake uncovered at 400 degrees for 15 minutes or until the dumplings are golden brown.

Refrigerate leftovers within 2 hours.

Purdue University is an equal access/equal opportunity institution. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).



Febrero de 2024 Receta SNAP-Ed: cazuela de pollo y albóndigas

A medida que llega el invierno, llega la comida reconfortante. Esta versión de un plato tradicional de clima frío es la respuesta perfecta. Las verduras nutritivas y los trozos de pollo húmedo se bañan en una salsa llena de sabor y baja en sodio. Agregue esas albóndigas suaves como almohada y sus días fríos ya no se sentirán tan fríos.

Rinde: 8 tazas Ingredientes:

- 3 cucharadas de aceite
- 1 taza de cebolla picada (aproximadamente 1 mediana)
- 1 taza de zanahorias picadas (unas 2 pequeñas)
- 1 taza de apio picado (aproximadamente 2 tallos)
- 3 tazas de caldo de pollo bajo en sodio (ver notas)
- 3 cucharadas de harina
- 2 tazas de pollo cocido, tamaño bocado
- 1 taza de guisantes congelados
- Sal y pimienta (pruebe con 1/4 a 1/2 cucharadita)
- 1 taza de harina
- 2 cucharaditas de polvo de hornear
- 1/4 cucharadita de sal
- 1 huevo
- 1/3 taza de leche descremada o al 1%



Direcciones:

Relleno:

1. Caliente el aceite en una sartén grande a fuego medio-alto (350 grados en una sartén eléctrica) y saltee las cebollas, las zanahorias y el apio hasta que estén suaves.
2. Agregue una pequeña cantidad de caldo sin calentar a la harina y revuelva hasta que quede suave. Mezcle lentamente el caldo restante y agréguelo a la sartén. Revuelva a fuego medio a medida que la mezcla se espese.
3. Agregue el pollo, los guisantes, la sal y la pimienta. Calienta a fuego lento mientras haces las albóndigas.

Albóndigas:

1. Tamizar la harina, el polvo para hornear y la sal en un bol.
2. Agregue el huevo a la leche y bate hasta que esté bien mezclado. Agregue la harina hasta que esté bien combinado.
3. Vierta la mezcla de pollo en una cacerola ligeramente engrasada o rociada. Coloque la masa de bola de masa a cucharadas sobre la mezcla de pollo. (Rinde unas 8 bolas de masa)
4. Hornee descubierto a 400 grados durante 15 minutos o hasta que las bolas de masa estén doradas.

Refrigere las sobras dentro de 2 horas.

La Universidad Purdue es una institución que ofrece igualdad de acceso y oportunidades. Este material fue financiado por el Programa de Asistencia Nutricional Suplementaria (SNAP) del USDA.

