

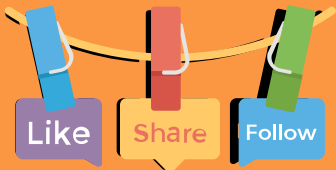
SNAC NEWSLETTER MARCH 2024



In This Issue

March is National Nutrition
Month

- Employee Spotlight
- Resources
- Professional Development
- Funding & Opportunities
- Events
- SNAP-Ed Recipe:
Sesame Noodles with Broccoli
and Chicken



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

March is National Nutrition Month

March is designated as National Nutrition Month to encourage people to make informed food choices and establish healthy eating and physical activity habits. Fruits and vegetables are rich in essential nutrients that can help prevent diseases like heart disease and cancer, including fiber, potassium, folate, as well as vitamins A and C.

Unfortunately, food insecurity is a significant issue for some communities, as they don't have access to nutritious foods. In Indianapolis, for instance, one out of nine older adults aged 50 and above are food insecure, and in Central Indiana, affordable and quality food is a challenge for some due to lack of transportation and funds. Although Marion County has seen over 20 new healthy food retailers since 2022, other counties in the region have experienced an increase in the number of people living in food deserts. To learn more about this, please click on the link provided.

[Learn More about food insecurity in older adults here](#)

Ann Marie Neeley **International Board Certified Lactation Consultant** **(IBCLC)**



As the Statewide Breastfeeding Initiatives Manager for the Indiana Department of Health (IDOH) in the Division of Nutrition and Physical Activity, Ann Marie Neeley, IBCLC, is responsible for the development and implementation of the Indiana Breastfeeding Plan, advocating for equitable health outcomes across the state. This five-year strategic plan is focused on increasing access to quality lactation support to ensure that all families have the opportunity to breastfeed for as long as they choose.

In Indiana, there are disparities in breastfeeding rates that disproportionately impact communities of color and contribute to similarly disparate infant and maternal mortality rates within the same communities. Reducing these mortality rates among Hoosier moms and babies remains IDOH's most urgent priority. The [Indiana Breastfeeding Plan](#) was created to address disparities and barriers in infant feeding and to provide more families the opportunity to reach their breastfeeding goals. The American Academy of Pediatrics (AAP) recommends that infants are exclusively breastfed for about six months, followed by continued breastfeeding with complementary foods for at least two years and beyond as mutually desired. According to the 2022 CDC Breastfeeding Report Card, which reflects data from infants born in 2019, 85.9% of Indiana infants were ever breastfed, 52.9% were breastfeeding at six months, and 30.3% were breastfeeding at 12 months. When we look at exclusive breastfeeding rates, we see that 46.2% of Indiana infants were exclusively breastfed through three months and 21.5% were exclusively breastfed at six months. Although breastfeeding rates in the United States have increased during the past decade, racial/ethnic disparities persist. In Indiana, 74.1% of Black infants were ever breastfed, compared to 85.4% of Hispanic infants and 84.1% of white infants.

Many families do not reach their breastfeeding goals due to a variety of factors, such as the economic need to return to work shortly after giving birth and limited clinical lactation support. The Indiana Breastfeeding Plan aims to increase the option of breastfeeding for more families, especially for those in communities of color.

The Plan prioritizes improving access to diverse lactation support and services; access to timely, affordable, and quality lactation services; community-based breastfeeding support; and building collaborative partnerships to improve coordination of breastfeeding services and programs. IDOH will continue to build and strengthen partnerships and ensure community involvement to work toward accomplishing these strategic priorities.

Email Ann Marie aneeley1@health.in.gov for more information or to contribute to the implementation of the Indiana Breastfeeding Plan.

Resources

SNAP-Ed Behavior Outcome Measurement Toolkit

The toolkit integrates suggestions on how to apply an equity approach to behavior outcome measurements. Indicators and outcome measures allow agencies to track progress toward State goals and objectives. Measuring behavior outcomes is an important step in improving the understanding of how SNAP-Ed direct education interventions achieve the program's overarching goal of encouraging healthy food choices and physically active lifestyles among people eligible for SNAP.

[Access the guide here](#)

Leveraging CACFP For Farm to Early Care and Education

This report released in January by the Food Research & Action Center (FRAC), with support from the W.K. Kellogg Foundation, outlines a pivotal cross-sector approach to improving children's equitable access to fresh, nutritious foods to reduce hunger. The report provides recommendations and policy changes that support child care providers to access the federal Child and Adult Food Care Program (CACFP) and utilize it for eligible Farm to Early Care and Education (Farm to ECE) activities.

[Access the guide here](#)

Whole Measures for Community Food Systems Toolkit

This toolkit is a "values-based, community-oriented tool for evaluation, planning, and dialogue geared toward organizational and community change." It is designed to give organizations and communities a collaborative process and set of tools for defining and expressing their complex stories and the multiple outcomes that emerge from their work.

[Access the toolkit](#)

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!](#)**

2024 Summer Eligibility Map is Available

No Kid Hungry has updated their Summer Food Service Program (SFSP) area eligibility map and rural eligibility map for 2024. The updated maps are now available for viewing. No Kid Hungry's area eligibility map builds upon USDA's SFSP area eligibility map by applying the rules in USDA's memo about establishing area eligibility to identify all areas that are area-eligible for SFSP. Area eligibility can be established using Census data available at the Census block group level, where a block group can be eligible either alone or in combination with up to two other adjacent block groups.

[Access the guide here](#)

2023 Elevating Voices: Insights Report

Feeding America conducted its second annual survey to understand the experiences and insights of over 1,000 people who have received food assistance or faced food insecurity in the past two years. The resulting report will inform policy recommendations to end hunger.

[Read report here](#)

Child Nutrition Programs Interactive Web-based Tool

The Food Buying Guide for Child Nutrition Programs (FBG) Interactive Web-based Tool has new features: an interactive yield flow chart and an Ounce to Pound Calculator. New foods are also available, including USDA foods frozen mixed vegetables, tuna, chicken, mutton, catfish, and canned pork. Stay tuned for more yield data releases.

[Access the tool here](#)

ABCD WORKSHOP

March 7th, 12-1pm ET

Asset Mapping is a strategy to identify assets that are available from within the community. It's a process for connecting and engaging the community to unlock the talents of people to help form opportunities, reduces challenges, and build a better community.

Please join us for an ABCD (Asset Based Community Development) workshop.



JOIN NOW



RURAL ENGAGEMENT



Lake Michigan School Food System Innovation Hub

Deadline: March 30

The Lake Michigan School Food System Innovation Hub fosters collaborations that nourish students, connect schools with local farms and businesses, and celebrate the region's cultures and communities. On Feb. 1, 2024, they are opening applications for two new funding opportunities. They hope to hear from local food system leaders across Illinois, Michigan, Wisconsin, and Indiana — especially in areas that don't have equitable access to resources:

- **Spark Awards: fund projects that need a short-term infusion of funds for school food system and marketplace improvements, such as capacity-building, planning, and product testing projects.**
 - \$10,000 - \$75,000 award range; one-year grant cycle, with optional 4-month extension period.
- **Innovation Collaborative Awards: fund projects that promote systems-level change in the school food system and marketplace, such as scaling up of programs, regional partnerships, or new program or product development and integration.**
 - \$250,000 award; 2.5-years grant cycle.

[Learn more about both grant opportunities here](#)

Request for Applications: Supporting the Use of Traditional Indigenous Foods in the Child Nutrition Programs

Deadline: March 18

In Fiscal Year (FY) 2024, USDA FNS will award \$2 million in total grant funding to up to four (4) organizations to provide regionally focused training and technical assistance (TA) to school nutrition professionals on procurement, preparation, and crediting of traditional Indigenous foods, including the use of cooperator and FNS-developed resources and tools. The cooperators, with FNS guidance and approval, will also develop culturally relevant nutrition education materials for students to accompany the traditional Indigenous foods that are served, and the cooperators will train school nutrition professionals and other school staff on providing nutrition education to students. Learn more and apply for the grant here.

[Learn more and apply here](#)

Supportive and Equitable Policies and Programs Enabling All U.S. Children and Adolescents to Thrive: Focus on Diet Quality, Access to Affordable Nutritious Foods, and Nutrition Security.

Deadline: April 3

Healthy Eating Research (HER) is accepting applications for the funding opportunity Supportive and Equitable Policies and Programs Enabling All U.S. Children and Adolescents to Thrive: Focus on Diet Quality, Access to Affordable Nutritious Foods, and Nutrition Security. This call for proposals aims to fund research on supportive family policies and programs that have strong potential to impact equitable access to nutritious food in communities, nutrition security, diet quality, and improved nutrition and health outcomes.

[Apply and learn more here](#)



Beginning Farmer and Rancher Development Program (USDA NIFA)

Deadline: April 4

The Beginning Farmer and Rancher Development Program (BFRDP) supports projects that provide education, outreach, and technical assistance for beginning farmers and ranchers in the United States and its territories to enter and/or improve their success in farming, ranching, and management of nonindustrial private forest lands; and provide beginning farmers and ranchers the knowledge, skills, and tools needed to make informed decisions for their operations and enhance their sustainability. Applications for FY 2024 are now open; \$49,000 - \$750,000 award range.

[Apply and learn more here](#)

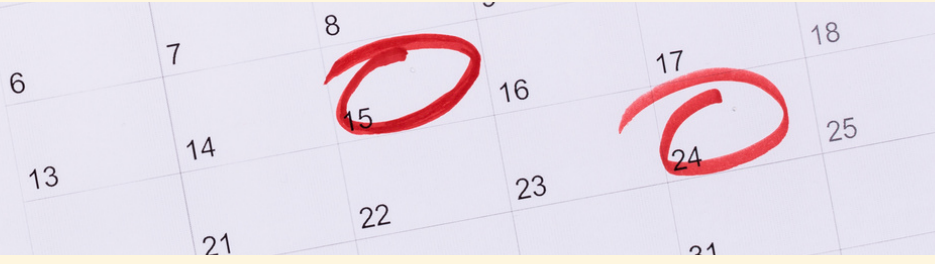
Strengthening Public Health Systems and Services through National Partnerships to Improve and Protect the Nation's Health

Deadline: April 1

This cooperative agreement will support organizations that work with governmental public health and other sectors, over five years, to provide capacity-building assistance within the public health system 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. Applications are due April 1st, 2024.

[Apply and learn more here](#)





Webinar

An Introduction to the New USDA Regional Food Centers

The USDA has funded 12 Regional Food Business Centers to support a more resilient, diverse, and competitive food system. These centers will provide localized assistance to access local and regional supply chains, as well as technical assistance needed to access new markets, federal, state, and local resources. The centers will also help small- and mid-sized producers in overcoming barriers to market access, with a focus on underserved farmers, ranchers, and food businesses.

[View Recording](#)



Webinar

Southern Indiana Farm to Health – Experiments in Community-designed and -driven Food Is Medicine

Thursday, April 18, Noon – 1 p.m. EDT

The Feb. 15 webinar has been rescheduled to April 18. Join this webinar to hear from Dr. Julia Valliant, a scientist with the Program in Food and Agrarian Systems at Indiana University speak about southern Indiana’s experiments in community-designed and -driven Food Is Medicine. Scientist with the Program in Food and Agrarian Systems at Indiana University speak about southern Indiana’s experiments in community-designed and -driven Food Is Medicine.

[Join Here](#)



Webinar

Beyond Baby’s Highchair: Improving Infant & Toddler Nutrition Security

Wednesday, March 20, 1 – 2:30 p.m. EDT

NACCHO collaborates with local communities to improve infant and toddler nutrition with funding from CDC. They've developed culturally responsive nutrition education materials based on U.S Dietary Guidelines for 10 communities. The session will showcase newly released resources for African, Black, and Caribbean families, and Spanish-speaking families, and discuss upcoming resources for Arabic, Kurdish, Pashto, Dari, Indian, and Punjabi-speaking families. The speakers will also provide an overview of recently published resources related to the first 1,000 days of nutrition.

[Register Here](#)

March SNAP-Ed Recipe: Sesame Noodles with Broccoli and Chicken

Frozen foods offer convenience and nutrition, preserving peak ripeness without additives. They are cost-effective, rich in fiber, vitamins, and minerals, with a longer shelf life compared to fresh produce, reducing waste and saving money. An example recipe includes Sesame Noodles with Broccoli and Chicken using frozen broccoli for a quick Asian-inspired meal.

Makes: 8 cups

Ingredients

- 8 ounces whole wheat spaghetti noodles
- 2 tablespoons sugar
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons rice vinegar
- 1/4 cup vegetable oil
- 3 cloves minced garlic or 3/4 teaspoon garlic powder
- 1 1/2 cups fresh or frozen broccoli
- 1 1/2 cups cooked, diced chicken breast
- 1 tablespoon sesame seeds

Directions

1. Cook pasta according to package directions. Set aside.
2. While pasta is cooking, toast sesame seeds in a 1 quart saucepan over medium heat. Stir constantly and cook until light brown.
3. Mix together sugar, soy sauce, and vinegar in small bowl. Set aside.
4. Heat oil in large skillet over medium heat (300 degrees in an electric skillet). Add garlic and broccoli, and cook on medium until soft.
5. Add chicken and cook until heated through.
6. Add drained pasta and soy sauce mixture and mix well. Sprinkle sesame seeds on top.

Refrigerate leftovers within 2 hours.



Receta SNAP-Ed de marzo: Fideos de sésamo con brócoli y pollo

Los alimentos congelados ofrecen comodidad y nutrición, preservando el punto máximo de madurez sin aditivos. Son rentables, ricos en fibra, vitaminas y minerales, con una vida útil más larga en comparación con los productos frescos, lo que reduce el desperdicio y ahorra dinero. Una receta de ejemplo incluye fideos de sésamo con brócoli y pollo usando brócoli congelado para una comida rápida de inspiración asiática.

Rinde: 8 tazas Ingredientes

· 8 onzas de espaguetis integrales · 2 cucharadas de azúcar · 3 cucharadas de salsa de soya baja en sodio · 2 cucharadas de vinagre de arroz · 1/4 taza de aceite vegetal · 3 dientes de ajo picado o 3/4 cucharadita de ajo en polvo · 1 1/2 tazas fresco o brócoli congelado · 1 1/2 tazas de pechuga de pollo cocida y cortada en cubitos · 1 cucharada de semillas de sésamo

Direcciones

1. Cocine la pasta según las instrucciones del paquete. Dejar de lado.
2. Mientras se cocina la pasta, tuesta las semillas de sésamo en una cacerola de 1 cuarto de galón a fuego medio. Revuelva constantemente y cocine hasta que se dore ligeramente.
3. Mezcle el azúcar, la salsa de soya y el vinagre en un tazón pequeño. Dejar de lado.
4. Caliente el aceite en una sartén grande a fuego medio (300 grados en una sartén eléctrica). Agregue el ajo y el brócoli y cocine a fuego medio hasta que estén tiernos.
5. Agregue el pollo y cocine hasta que esté completamente caliente.
6. Agregue la mezcla de pasta escurrida y salsa de soya y mezcle bien. Espolvorea semillas de sésamo encima.

Refrigere las sobras dentro de 2 horas.

