

SNAC NEWSLETTER APRIL 2024

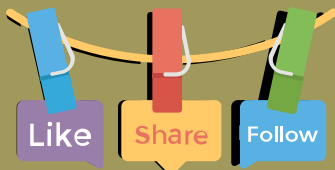


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Scones



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

April is National Stress Awareness Month

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.

According to Scott et al (2012), stress can increase weight gain and fat deposition through changes in behaviors. Chronic stress can alter the pattern of food intake, dietary preference, and the rewarding properties of foods.

Learn more about National Stress Month [here](#)



Kayliegh Holsapple **Early Care and Education Coordinator**



Kayliegh Holsapple serves as the Early Care and Education Coordinator at the Indiana Department of Health's Division of Nutrition and Physical Activity (DNPA). Bringing over 15 years of experience in early childhood education, she was previously an infant teacher at Early Learning Indiana. Kayliegh earned her bachelor's degree in early childhood education from IUPUI in May 2023.

Kayliegh is enthusiastic about advocating for families and strongly believes that every child should have access to high-quality care and education. In her role within DNPA, she will assist child care providers in enhancing their understanding of the significance of nutrition and physical activity in early childhood development. According to Kayliegh, "The first five years of a child's life are crucial for their growth. This period is when they start shaping their identity and acquiring essential life skills that will shape their future." Encouraging proper nutrition and physical activity not only promotes children's well-being but also impacts their future decision-making. Young children are highly impressionable and absorb information from their surroundings. It is vital for adults to demonstrate positive habits like staying hydrated, consuming nutritious foods, and staying active. By instilling positive behaviors early on, we can increase the likelihood of children maintaining these habits into adulthood, creating a continuous cycle of health.



Resources

2024 Heartland Stroke Statistics Infographic

The American Heart Association (AHA) 2024 Statistical Update is a major source for monitoring cardiovascular health, risk factors, and disease in the U.S. and globally.

[Access the infographic here](#)

WIC Fruit and Vegetable Study

This study explores how the policy changes in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) cash value benefit (CVB), or fruit and vegetable money, impacted the WIC program and child access to fruits and vegetables during the pandemic.

[Access the study here](#)

National Association of Chronic Disease Directors, Social Justice Framework to Guide Public Health Practice

The National Association of Chronic Disease Directors (NACDD) released a new, groundbreaking Social Justice Framework, which was created to provide public health practitioners with a blueprint for embedding social justice into the work of chronic disease programs. In collaboration with partners, NACDD developed the Framework to guide the work of the Association alongside State and Territorial Health Departments and Members who seek to advance equity and social justice in public health.

[Access the resource here](#)

Farm to ECE Visioning Tool

The Association for State Public Health Nutritionists (ASPHN) developed a Farm to ECE Envisioning Tool to make Farm to ECE planning easier. The tool, available for states and localities, uses the Spectrum of Opportunities framework and includes other factors such as partnerships and equity. Whether you are new to or are more seasoned in Farm to ECE, this tool can help you with your activities.

For more information about this tool, email Emia Oppenheim at emia@asphn.org

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!](#)

Resources

H.R.7346 - Climate and Health Protection Act

This bill, introduced by Representative Lauren Underwood [D-IL] would amend the Public Health Service Act to permanently authorize the Centers for Disease Control and Prevention's (CDC) Climate and Health Program as carried out by the National Center for Environmental Health. This program provides state, local, and tribal communities with data on climate change science as well as resources that support health departments and communities in their plans to address the public health impacts of the climate crisis. The bill was referred to the House Committee on Energy and Commerce.

[Read bill here](#)

New Journal on Trauma-Informed Community Health, Nutrition, and Physical Activity (J-TICH) Launched

J-TICH is an open-access, peer-reviewed publication committed to advancing the field of trauma-informed nutrition security by highlighting the profound impact of community and collaboration and its potential to enhance the health and well-being of SNAP-Ed participants and low-income individuals. J-TICH looks to facilitate learning and growth by curating, enhancing and disseminating rigorous, reproducible, and impactful information and providing a platform for voices not traditionally heard in scholarly work to share information and tell stories. J-TICH is accepting submissions for the upcoming issue by May 17.

[Access the journal here](#)

U.S. DOT Transportation Data and Equity Hub

U.S. DOT's new Transportation Data and Equity Hub provides tools, metrics, and data to analyze communities' access to the transportation they need and the challenges they face. Users can explore the data as well as maps and other visualizations of the data on a range of equity-related topics. Learn more about how to use the hub. For help accessing other federal data and mapping tools to help develop transformative transportation projects and write compelling grant applications, visit the DOT Navigator Data and Mapping tools.

[Access hub here](#)

OVERVIEW OF THE GRANT PROPOSAL PROCESS

Participants of this interactive virtual workshop will increase their awareness of the grant process and the key steps to submitting a proposal.

This session is geared towards SNAC member agency staff and volunteers who are new or relatively new to grant writing.

June 5, 2024

12:00 pm - 1:30 pm ET // 11:00 am - 12:30 pm CT

[Register to Receive the Zoom Link](#)



THE BASIC ELEMENTS OF A GRANT PROPOSAL

Participants of this virtual workshop will gain a deeper understanding of the main building blocks of a grant proposal.

The session will include writing tips and best practices for communicating a project idea to a funder. It is geared towards SNAC member agency staff and volunteers who are new or relatively new to grant writing.

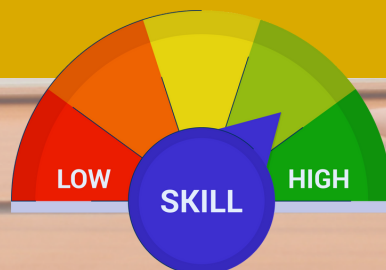
June 12, 2024

12:00 pm - 1:30 pm ET // 11:00 am - 12:30 pm CT

[Register to Receive the Zoom Link](#)



LEARNING





Safe Streets and Roads for All (SS4A) Fiscal Year (FY) 2024 Notice of Funding Opportunity

Deadline: Rolling

The USDOT's Safe Streets and Roads for All (SS4A) Fiscal Year (FY) 2024 Notice of Funding Opportunity is now open for applications. The SS4A program funds regional, local, and Tribal initiatives through grants to prevent deaths and serious injuries on our nation's roadways. The FY24 SS4A NOFO has multiple application deadlines depending on the grant type. Planning and Demonstration Grant applicants have three deadlines:

- Thursday, April 4, 5 p.m. (EST)
- Thursday, May 16, 5 p.m. (EST)
- Thursday, Aug. 29, 5 p.m. (EST)

Planning and Demonstration Grant applicants may apply during any of the three application rounds. Applications not received by the first or second deadline will be rolled over to the next application round. All applications must be received by Aug. 29, at 5 p.m. ET. Implementation Grant applications must be submitted by 5 p.m. (ET) on Thursday, May 16. Unsuccessful Implementation Grant applicants may apply for a Planning and Demonstration Grant application in the final application round on Aug. 29, by 5 p.m. ET. For more information, please visit the Safe Streets and Roads for All (SS4A) website or register to attend one of the upcoming webinars detailed below.

[Learn more and apply here](#)

Community Level Innovations for Improving Health Outcomes

Deadline: May 15

The HHS Office of Minority Health (OMH) announces the anticipated availability of funds for Fiscal Year (FY) 2024 under the authority of 42 U.S.C. § 300u-6 (Section 1707 of the Public Health Service Act).

OMH is soliciting applications for projects to demonstrate that community-level innovations that reduce barriers related to social determinants of health (SDOH) can increase use of preventive health services and make progress toward Leading Health Indicator (LHI) targets. LHIs are a subset of high priority Healthy People 2030 (HP2030) objectives selected to drive action toward improving health and well-being. SDOH are described in HP2030 as conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

[Learn more and apply here](#)



WIC Online Shopping Sub-grant Projects

Deadline: May 9

To facilitate the modernization of the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), the Gretchen Swanson Center for Nutrition, through a cooperative agreement with the United States Department of Agriculture Food and Nutrition Service, released the WIC Online Shopping Sub-grant Project funding opportunity. This opportunity is seeking proposals from WIC State agencies, including WIC Indian Tribal Organizations (ITOs) and territories, to implement WIC online shopping projects.

[Apply and learn more here](#)

GusNIP Nutrition Incentive Program

Deadline: May 14

NIFA requests applications for the GusNIP Nutrition Incentive Program to support and evaluate projects intended to increase the purchase of fruits and vegetables. GusNIP provides incentives at the point of purchase among income eligible consumers participating in the USDA Supplemental Nutrition Assistance Program (SNAP) in all 50 States, the District of Columbia, Guam, and the United States Virgin Islands. GusNIP also provides incentives to income-eligible consumers participating in the USDA Nutrition Assistance Program (NAP) in Puerto Rico, American Samoa, and the Commonwealth of the Northern Marianas Islands.

[Apply and learn more here](#)





Summit

Advancing Equity Summit May 7

Indiana Youth Institute's 2024 Advancing Equity Summit explores the persisting physical, mental, and social health inequities for Indiana's kids with a focus on how youth workers and youth-serving organizations act as protective factors to address the barriers and challenges our youth face based on race, place, household income, differing abilities, sexual orientation, gender identity, immigration status, systemic and historical marginalization, and traumatic experiences.

[Register here](#)



Event

Join The Milk Bank for a talk and book signing with Professor Andrea Freeman April 25, 2 p.m. EDT

Her book, "Skimmed", tells the story of the Fultz quadruplets and looks at how historical beliefs about breastfeeding, along with laws and policies, caused inequities in feeding babies. Freeman's work introduces a new idea called food oppression. Dr. Freeman's pioneering work positions breastfeeding as the first food desert along with highlighting the impacts of social determinants of health.

This live stream event will be at Maven Space on April 25. It's free thanks to sponsors Indiana Hospital Association, Mercy, Aeroflow Breast Pumps and Amundsen Davis Law.

[Get your free tickets here](#)

April SNAP-Ed Recipe: Buttermilk Scones

Tired of the same old thing for breakfast? Allow Purdue Extension to introduce you to our buttermilk scones. You can enjoy them as a side with eggs or a smoothie, or as the centerpiece of breakfast with a cup of yogurt and a piece of fruit. They pair especially well with coffee, tea, or milk. Not a fan of raisins? Not a problem! The recipe works with any dried fruit.

Light and buttery with a bit of sweetness, this pastry makes any morning special. Try them today!

Makes: 9 scones

Ingredients

- 1 cup whole-wheat flour
- 3/4 cup all-purpose flour
- 1/3 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup raisins
- 1/4 cup butter, melted
- 2/3 cup buttermilk



Directions

1. Preheat oven to 400 degrees F.
2. Combine the flours, sugar, baking powder, baking soda and salt in a medium bowl. Mix well.
3. Add raisins and mix lightly.
4. In a small bowl, combine melted butter and buttermilk. Add liquid ingredients to flour mixture; mix gently.
5. Spoon dough into 9 equal mounds on a greased baking sheet.
6. Bake until well browned, 18-20 minutes.

Serve hot or at room temperature. Best eaten the same day you bake them.
Refrigerate leftovers within 2 hours.



Bollos de suero de leche

¿Estás cansado de desayunar lo mismo de siempre? Permítame que Purdue Extension le presente nuestros bollos de suero de leche. Puedes disfrutarlos como acompañamiento de huevos o un batido, o como plato central del desayuno con una taza de yogur y una pieza de fruta. Combinan especialmente bien con café, té o leche. ¿No eres fanático de las pasas? ¡No es un problema! La receta funciona con cualquier fruto seco.

Ligero, mantecoso y con un poco de dulzura, este pastelito hace que cualquier mañana sea especial. ¡Pruébalos hoy!

Rinde: 9 bollos

Ingredientes

- 1 taza de harina integral
- 3/4 taza de harina para todo uso
- 1/3 taza de azúcar
- 1 cucharadita de polvo para hornear
- 1/2 cucharadita de bicarbonato de sodio
- 1/4 cucharadita de sal
- 1 taza de pasas
- 1/4 taza de mantequilla, derretida
- 2/3 taza de suero de leche



Direcciones

1. Precaliente el horno a 400 grados F.
2. Combine las harinas, el azúcar, el polvo para hornear, el bicarbonato de sodio y la sal en un tazón mediano. Mezclar bien.
3. Agregue las pasas y mezcle ligeramente.
4. En un tazón pequeño, combine la mantequilla derretida y el suero de leche. Agregue los ingredientes líquidos a la mezcla de harina; mezclar suavemente.
5. Coloque la masa en 9 montículos iguales sobre una bandeja para hornear engrasada.
6. Hornee hasta que esté bien dorado, de 18 a 20 minutos.

Servir caliente oa temperatura ambiente. Es mejor comerlos el mismo día que los horneas.
Refrigere las sobras dentro de 2 horas.

