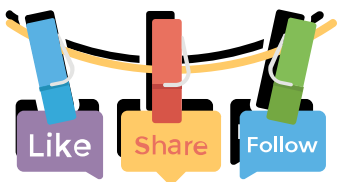




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SNAC Celebrates National Minority Mental Health Awareness Month

Mental health affects us all and everyone should have the right to be heard and healed without shame or judgment. Bebe Moore Campbell was committed to creating safe spaces for people in communities of color to connect with others who share similar experiences and cultural backgrounds. These safe spaces served as a gateway to vital mental health resources and support networks.

This July — and beyond — we’re not only honoring Bebe Moore Campbell’s legacy, but continuing it by empowering, uplifting and elevating historically underrepresented communities in their mental health journeys, while eradicating stigma and elevating communities.

#ShadesofMentalHealth recognizes and celebrates the rich diversity and uniqueness within the mental health community. It encourages inclusivity, empathy and understanding while striving for more equitable and culturally competent approaches to mental health support and care.

Use #ShadesofMentalHealth on your favorite social channels to help us shift the culture through the power of courageous conversations and amplify the message that there is strength in vulnerability.

Learn more [Here](#)

If you wish to submit content for the State Nutrition Action Committee (SNAC) monthly newsletter, please send it to info@indianasnac.com

SNAC Resources

Double Up Indiana

Double Up Indiana is a SNAP matching nutrition incentive program. When you shop with your SNAP/EBT card (known as Hoosier Works in Indiana), earning fresh fruits, vegetables, herbs, and edible plants starts at participating farmers markets, farm stands, and grocery stores throughout Indiana. You can earn between \$10 - \$20 per day; benefits vary by location and site. No sign up is required, bring your Hoosier Works card with you to participating locations to get started.

[Find a location near you](#)

[Access Double Up Indiana Fact Sheet here](#)

Risk Factors for Poor Health Among U.S. Older Adults in Rural and Urban Areas: Injury, Food Insecurity, and Lack of Social and Emotional Support

Research on rural-urban health disparities among older adults often focuses on clinical outcomes, providing a limited understanding of overall differences in older adult social, emotional, and physical well-being, and safety by rurality. This brief examines three risk factors for poor health outcomes: injury, food insecurity, and lack of social and emotional support among older adults by rural-urban residence.

[Read more here](#)



FNS Program Participation Dashboard

The Food and Nutrition Service (FNS) Program Participation Dashboard is a tool that provides new, in-depth insight into publicly available data, specifically program participation and meals served across 10 FNS nutrition programs. This dashboard is available to the public and uses the most recent data available. It allows users to explore and display data in a number of ways and across different geographic locations.

[Access here](#)

Resources

Food Insecurity Increased for the Second Straight Year in 2023

The Urban Institute released a new brief regarding the U.S. households who have experienced food insecurity in 2023.

[Access brief here](#)

Health Equity Data Definitions, Standards, and Stratification Resource

The Centers for Medicare & Medicaid Services Office of Minority Health (CMS OMH) has released a new resource of health equity-related data definitions, standards, and stratification practices. This resource offers a table of suggested definitions, standards, and stratification practices for nine health equity-related data elements as well as several frequently asked questions on the purpose and usage of the document. It also clarifies differences in results that may arise when different data standards and definitions are used. Providers, states, community organizations, researchers, and others collecting and/or stratifying their health equity-related data can make use of this resource to align with CMS.

[Access resource here](#)

Map the Gap 2024: Food Insecurity Report Brief

Every year, Feeding America conducts the Map the Meal Gap study to learn more about food insecurity at the local level. By understanding populations in need, communities can better identify strategies for reaching the people who most need food assistance.

[Access report here](#)

Food Systems Resilience Planning and the Climate Crisis – Defining Concepts and Terminology

This resource addresses the need for equity-centered food systems resilience as an essential component of climate crisis response in the short and long term, with a focus on healthy food access.

[Access resource here](#)

SNAC Tools

[Community Compass](#)

[Educator Wellness Toolkit](#)

[Toolkit for Food Banks](#)

[Indiana Grown for Schools](#)

[Indiana Active Living Guidebook](#)

[Indiana Healthy Worksites Toolkit](#)

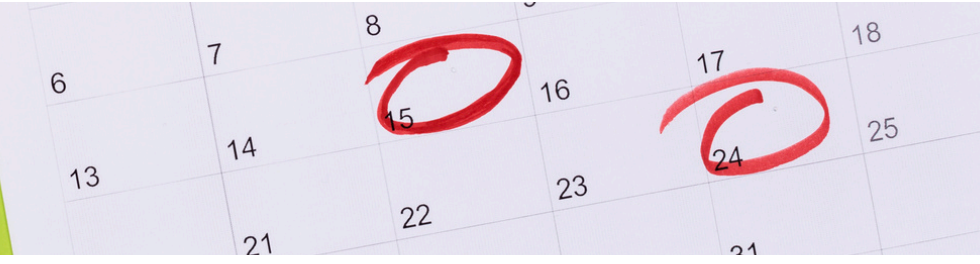
[Indiana Safe Routes to School Guidebook](#)

[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!](#)



2024 Indiana Health Equity Summit
August 28 -29, 10 a.m.-2 p.m. EDT, Virtual conference

The summit discusses how addressing health equity benefits all community members, demonstrates examples of health equity in action from around the state, and highlights opportunities for cross-sector collaboration to advance equity.

[Learn more here](#)



2024 Society for Nutrition Education and Behavior (SNEB) International Conference
July 29 - August 1, Knoxville TN and virtual

The Society for Nutrition Education and Behavior's (SNEB) international conference provides nutrition professionals the opportunity to explore the latest in nutrition education and behavior change research, practice and policy.

[Register for the conference here](#)

Grant Writing

July 30
Noon-1:30 p.m. EDT

❖ The Basic Elements of Grant Proposal

[Register Here](#)

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.



Extension - Community
Development



July SNAP-Ed Recipe: Frozen Strawberry Yogurt

As the heat ramps up, how about a treat to cool down? Our Frozen Strawberry Yogurt has proven to be a crowd favorite in our classes. Sweet, creamy, quick and easy to make - what's not to love? It is a great way to introduce fruit to picky eaters, add dairy to your day, and enjoy a yummy, all-natural treat that won't weigh you down.

Makes: 4 servings

Ingredients

- 4 cups frozen strawberries (unsweetened)
- 1 cup nonfat plain yogurt
- 3 tablespoons sugar

Directions

1. Combine frozen strawberries, yogurt and sugar in a blender or food processor. Blend until creamy, about 2 to 4 minutes.
2. Serve immediately or freeze in an air-tight container or frozen treat molds for up to 1 month. Frozen leftovers will be very firm. Scrape into serving bowls with a spoon.



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: Yogur helado de fresa

A medida que el calor aumenta, ¿qué tal un capricho para refrescarse? Nuestro yogur helado de fresa ha demostrado ser el favorito del público en nuestras clases. Dulce, cremoso, rápido y fácil de preparar: ¿qué es lo que no te encanta? Es una excelente manera de presentar la fruta a los más quisquillosos con la comida, agregar lácteos a su día y disfrutar de una delicia deliciosa y totalmente natural que no lo abrumará.

Rinde: 4 porciones

Ingredientes

- 4 tazas de fresas congeladas (sin azúcar)
- 1 taza de yogur natural sin grasa
- 3 cucharadas de azúcar

Direcciones

1. Combine las fresas congeladas, el yogur y el azúcar en una licuadora o procesador de alimentos. Licue hasta que esté cremoso, aproximadamente de 2 a 4 minutos.
2. Sirva inmediatamente o congélelo en un recipiente hermético o en moldes para golosinas congeladas por hasta 1 mes. Las sobras congeladas quedarán muy firmes. Vierta en tazones para servir con una cuchara.



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