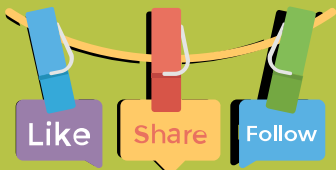




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If you wish to submit content for the State Nutrition Action Committee (SNAC) monthly newsletter, please send it to info@indianasnac.com

SNAC Celebrates Healthy Aging Month

Every September, we recognize Healthy Aging Month to promote ways people can stay healthy as they age. Healthy living is healthy aging. Developing and maintaining healthy aging practices throughout the lifespan contributes to greater resilience and opportunities to thrive as we age, from infancy through older adulthood.

The Decade of Healthy Aging (2021-2030) is an opportunity to bring together governments, civil society, international agencies, professionals, academia, the media, and the private sector for ten years of concerted, catalytic, and collaborative actions to improve the lives of older people, their families, and the communities in which they live. Pan American Health Organization (PAHO) plays a key role in the development of the Decade of Healthy Aging for the Americas by ensuring the development of successful proposals, actions, interventions, and partnerships with critical and leading partners and stakeholders from the region.

Learn more [here](#).

THE 4 ACTION AREAS OF THE DECADE



1. Change how we think, feel and act towards age and aging.



2. Ensure that communities foster the abilities of older people.



3. Deliver person-centered integrated care and primary health services responsive to older people.



4. Provide access to long-term care for older people who need it.

USDA ACTIONS ON NUTRITION SECURITY

WHAT IS NUTRITION SECURITY?

Consistent and equitable access to healthy, safe, and affordable foods that promote optimal health and well-being.



HOW DOES NUTRITION SECURITY INTERSECT WITH HEALTH EQUITY?

Structural racism increases food insecurity and the risk of diet-related chronic diseases for historically underserved populations. Efforts to improve nutrition security also promote health equity.

WHY DOES NUTRITION SECURITY MATTER?



Poor nutrition is a leading cause of illness in the United States.

600,000
Americans die each year due to diet-related diseases



Diet-related chronic diseases disproportionately impact historically underserved populations and hit hardest in communities with high food insecurity.

—3x—

Black households experience food insecurity at more than triple the rate of white households.



Beyond health, this has negative impacts on other things.

—85%—
of health care spending is related to diet-related chronic disease



HOW WILL WE ACHIEVE NUTRITION SECURITY?



Provide nutrition support throughout all stages of life.



Connect all Americans to healthy, safe, affordable food sources.



Develop, translate, and enact nutrition science through partnership.



Prioritize equity every step of the way.

WHAT IS USDA DOING TO PROMOTE NUTRITION SECURITY?

USDA's approach to nutrition security recognizes that structural barriers and inequities make it hard for many Americans to maintain an active, healthy life. Therefore, our efforts emphasize equity to ensure all Americans have access to the nutrition they need. Some of our key initiatives underway include:

ADJUSTING SNAP BENEFITS

USDA re-evaluated the **Thrifty Food Plan**, the basis for calculating SNAP benefit amounts, to make sure SNAP participants can afford a healthy, and practical diet.

UPDATING SCHOOL NUTRITION STANDARDS

Working closely with school meal stakeholders, USDA is developing practical, long-term **school nutrition standards** that build on the success of the school meal programs.

REVISING THE WIC FOOD PACKAGES

USDA is updating the WIC food packages to align with recommendations from the National Academies of Sciences, Engineering, and Medicine and the latest Dietary Guidelines for Americans (DGA).

PROMOTING NUTRITION EDUCATION

USDA supports a variety of nutrition education efforts, such as **SNAP-Ed**, **MyPlate**, and **WIC breastfeeding support**. The department will continue to invest in data-driven strategies that acknowledge diversity and help people put the DGA into action.

Learn more about USDA's actions to promote nutrition security at www.usda.gov/nutrition-security.

News & Resources

ALL-NETWORK MEETING: FARM TO SCHOOL LISTENING SESSION

Shape the future of Farm to School in Indiana! Join the Indiana Grown for Schools Network's Listening Session on SEPT. 26, 3-4:30 P.M. EDT to discuss successes, challenges, and priorities for increasing local foods, fostering school gardens, and integrating nutrition and agriculture education in classrooms in your community and statewide.

[Register Here](#)

A Qualitative Exploration of Barriers, Facilitators, and Best Practices for Implementing Environmental Sustainability Standards and Reducing Food Waste in Veterans Affairs Hospitals

Bethany D. Williams and other members for the Food Service Guidelines Workgroup from the Nutrition and Obesity Policy Research and Evaluation Network (NOPREN) were authors of this publication. The purpose was to explore barriers, facilitators, and best practices for implementing environmental sustainability standards and reducing food waste in hospitals operated by the U.S. Department of Veterans Affairs. The study found that food service directors had solutions for overcoming challenges and identified many best practices that can be tested in future studies.

[Access Resource Here](#)

Action Planning Guide for Physically Active Communities

CDC's Physical Activity and Health Branch completed an equity review of the The Action Planning Guide, part of the Active Communities Tool to identify additional opportunities where health equity principles and strategies to address upstream barriers to safe physical activity could be included. The updated content in the guide includes more information on addressing community safety concerns as a barrier to physical activity, increasing community voice and engagement throughout the project, and adding additional potential data sources such as housing and injury data for users to further assess inequities.

[Access Resource Here](#)

SNAC Resources

[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!](#)

Events

Challenging the Status Quo: Shifting Power in Research Partnerships Oct. 2, 10-11 A.M. EDT

This upcoming Robert Wood Johnson Foundation's (RWJF)'s 'For Action' panel will feature unique research collaborations. Investigators from Evidence for Action (E4A), Policies for Action (P4A), and Systems for Action (S4A) share their insight and findings, discussing key cross-sector collaborations to address "to address structural inequities and disparate health outcomes in their local communities in their local communities.

[Register Here](#)

United in Purpose: Faith-Based Organizations Partnering with Academia for Social Impact Sept. 25, Noon-1 P.M. EDT

Join System for Action's webinar discussing how faith-based organizations can partner with academia for social impact.

[Register Here](#)

Taking the BS out of AI: AI for Health Equity in Community-Based Payer Organizations Sept. 19, Noon-1 P.M. EDT

Join TRCC and Siftwell AI for this educational webinar. There's a lot of noise in healthcare around AI, and along with that, a lot of skepticism. You will hear the real-world starts and stops of leveraging predictive and causal AI technology and how plan leaders are mitigating bias and addressing health disparities to improve outcomes for underserved, complex populations.

[Register Here](#)

A Pathway to Public Health Through Trauma-Informed Approaches to Establish a Healthy Environment Sept. 17, Noon-1:30 P.M. EDT

Join the Association for Child and Adolescent Mental Health for a webinar on schools as a pathway to public health. This webinar will discuss how adversity alters brain and body systems, which can translate into behaviors that challenge society. It will also identify the ways in which schools can create psychological safety and support the recovery from adversity.

[Register Here](#)

September SNAP-Ed Recipe: One-Pan Chicken Alfredo

September is National Family Meals Month and a great time to start a new tradition: dining together. Family meals provide many benefits. According to the Family Dinner Project, benefits for children include:

- Higher self-esteem
- Greater sense of resilience
- Lower risk of substance abuse, teen pregnancy, and depression
- Lower likelihood of developing eating disorders.

There are advantages for adults, too:

- Better nutrition with more fruits and vegetables and less fast food
- Lower risk of depression.

Makes: 7 cups

Ingredients

- 1 large chicken breast, cubed (about one cup)
- 2 tablespoons oil
- 2 tablespoons flour
- 1 3/4 cups chicken broth
- 1 3/4 cups nonfat or 1% milk
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried basil
- 3 cups dry penne pasta
- 2 cups broccoli, chopped (fresh or frozen)
- 1 cup grated parmesan cheese

Directions

1. In a skillet over medium-high heat, brown chicken in oil.
2. Add flour, broth, milk, spices and pasta to skillet and stir well.
3. Bring to a boil; cover; reduce heat; simmer until pasta is almost tender, stirring occasionally.
4. Add broccoli, cover, and cook until broccoli is tender.
5. Remove from heat and stir in cheese.

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).



Receta SNAP-Ed de septiembre: Pollo Alfredo en una sartén

Septiembre es el Mes Nacional de las Comidas en Familia y un gran momento para comenzar una nueva tradición: cenar juntos. Las comidas en familia brindan muchos beneficios. Según el Proyecto de Cenas en Familia, los beneficios para los niños incluyen:

- Mayor autoestima
- Mayor sentido de resiliencia
- Menor riesgo de abuso de sustancias, embarazo adolescente y depresión
- Menor probabilidad de desarrollar trastornos alimentarios.

También hay ventajas para los adultos:

- Mejor nutrición con más frutas y verduras y menos comida rápida
- Menor riesgo de depresión.

Rinde: 7 tazas

Ingredientes

- 1 pechuga de pollo grande, cortada en cubos (aproximadamente una taza)
- 2 cucharadas de aceite
- 2 cucharadas de harina
- 1 3/4 tazas de caldo de pollo
- 1 3/4 tazas de leche descremada o al 1%
- 1 cucharadita de ajo en polvo
- 1/2 cucharadita de cebolla en polvo
- 1/2 cucharadita de albahaca seca
- 3 tazas de pasta penne seca
- 2 tazas de brócoli picado (fresco o congelado)
- 1 taza de queso parmesano rallado

Direcciones

1. En una sartén a fuego medio-alto, dore el pollo en aceite.
2. Agregue la harina, el caldo, la leche, las especias y la pasta a la sartén y revuelva bien.
3. Ponga a hervir; cubra; reduzca el fuego; cocine a fuego lento hasta que la pasta esté casi tierna, revolviendo ocasionalmente.
4. Agregue el brócoli, cubra y cocine hasta que el brócoli esté tierno.
5. Retire del fuego y agregue el queso.

Refrigere las sobras dentro de las 2 horas.



Pollo Alfredo en una sartén

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