

# The Green Room

Fresh Information for the Arizona Nutrition Network

Volume 1, Issue 3

April 2009

**You don't want to miss this:**

- Post-test results
- Champions for Change information
- Spring recipes
- Montana State University pilot program
- Tufts report: SNAP study

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## Local Share Sources – Private Cash



We have asked USDA for clarification of allowable “Private Cash Donations” as Local Share Sources. More specifically, can we count the money parents are paying for their child to attend an after school program? USDA responded that this would be allowable if: (1) the parents were paying for the program as a whole (no restrictions) and (2) the organization retains documentation-tracking sources of income and corresponding expenditures. However, it is still unallowable to pay for SNAP-Ed activities directly (e.g. charging a fee for a nutrition class). This clarification opens the door to additional local share sources. Contact your Partnership Development Specialist with any questions.



“The goal of the Supplemental Nutrition Assistance Program Nutrition Education (SNAP-Ed) is to improve the likelihood that SNAP participants and eligibles will make healthy choices within a limited budget and choose active lifestyles consistent with the current Dietary Guidelines for Americans and MyPyramid.”

## Adopt an Office Opportunity

A map of DES offices by adoption status has been created and is now posted on the web! The map and contact list are located at <http://www.eatwellbewell.org/partner/s/partner-resources/adopt-an-office>. You can easily see which offices are

within your geographic area, and if they are available for adoption. If you find a DES office that you would like to adopt, please contact Dolores Sawka at 602-542-0581 to obtain the contact information for the site of interest.

## Arizona Food Stamp (SNAP) Participation\*

- The number of people receiving food stamp benefits increased by **27.3%** from January 2008 to January 2009.
- Total coupon issuance increased by **\$23,869,528 (39.1%)** for the same time frame.
- For January 2009, the total coupon issuance was **\$84,931,899** with an average per-person allotment of **\$112.20**.
- A total of **756,960** people received food stamp benefits in January 2009 (an increase of **154,953** people since January 2008).

This is an eye-opening look at the status of our economy and how important what we do is, now more than ever!

\* Statistics provided by AzNN and DES

### Nutrition Education Resources

USDA core nutrition messages were presented at our last partners' meeting and will be incorporated into our Fun Food News. Partners are encouraged to use the messages also. Messages focus on mothers of preschoolers, mothers of elementary school-aged children, and 8-10 year old children. They can be found at [www.fns.usda.gov/fns/corenutritionmessages/default.htm](http://www.fns.usda.gov/fns/corenutritionmessages/default.htm).

Lesson plans for young children to go with children's literature about foods are available to download from Texas Department of State Health Services at [www.dshs.state.tx.us/kids/lessonplans](http://www.dshs.state.tx.us/kids/lessonplans).

### Arizona Unemployment

In February 2008, the unemployment rate for Arizona was 4.5% compared to 4.8% for the United States overall, increasing to 7.4% for Arizona and 8.1% for the United States by February 2009. Yuma County had the highest rate of unemployment compared to the other counties, with 22.5% compared to 7.4% for the state.

### 2008 Fruits and Veggies Campaign Post-Test Results

The FY08 Fruits and Veggies – More Matters campaign wrapped up in December, and we've posted the full post-campaign report in the social marketing section. About 800 Arizonans in our target group were surveyed, and the results were very positive. Below are just a few highlights. Read the [executive summary](#) or [full report](#) for more.

- Nearly one-half of the respondents recalled the fruits and veggies campaign.
- More than 9 in 10 indicated that they liked the ads.
- Nearly all respondents found it easy to understand.

### Food Demo Training Reminder

Don't forget! If you are planning to attend a food demonstration training, please send in your registration. Registration forms are available at: <http://eatwellbewell.org/partners/partner-resources/meetings>. The first training will take place in Phoenix on May 13<sup>th</sup>. Only 10 spaces are available for each session, so be sure to register early.

Approximately 65% of adults in America and 16% of children and adolescents are overweight<sup>2</sup>—putting them at risk for serious health problems including heart disease, hypertension, diabetes and some cancers.

## Easy Tips for Acquiring Logos and Graphics

With the launch of the new **Champions for Change** Campaign, there are many new logos and graphics available to partners. Here are some simple reminders for acquiring logos and graphics.

You may download these logos and graphics by right-clicking on the image then selecting 'Save Picture As.' Or, if you need the logos or graphics in a higher resolution, please contact Veronica Vaughn, Arizona Nutrition Network Social Marketing Manager at (602) 364-1443 or email: [vaughnv@adhs.gov](mailto:vaughnv@adhs.gov).

Important Tip: Be sure to read the Logo Guidelines Manual from the link at the top of the page before using these logos.



## Recipe Corner

Welcome Spring and Earth Day!

Celebrate the earth, eat environmentally-friendly! What better way to honor spring and Earth Day than to prepare a dish that's easy on the environment? Eating local supports your economy and involves fewer miles traveled with fewer pollutants emitted. Look for local grown produce at your nearest farmer's market or grocery store to make the recipes below.

Try these recipes from the [www.eatwellbewell.org](http://www.eatwellbewell.org) website.

### Carrot Dip

Talking points:

- Carrots are an excellent source of vitamin A which keeps eyes and skin healthy and helps protect against infections.
- Carrots are a good source of vitamin C which helps heal cuts and wounds and keeps teeth and gums healthy.
- Keep carrots in the refrigerator and use within one month.
- The dip is great with fresh vegetables or as a spread on whole wheat crackers.

### Crispy Apple Coleslaw

Talking points:

- Cabbage is high in vitamin C which helps heal cuts and wounds and keeps teeth and gums healthy.
- Cabbage is a good source of fiber. Diets rich in fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.
- Keep cabbage in the refrigerator and use within three weeks.

### Steamed Collard Greens

Talking points:

- Collard greens are plentiful in the spring and are a great source of vitamin A which keeps eyes and skin healthy and helps protect against infections.
- Collard greens can be an excellent source of folate which may reduce a woman's risk of having a child with a brain or spinal cord defect.
- Choose greens that are fresh, young, and tender.
- Avoid greens with limp, dried, or yellowed leaves, and greens with coarse stems.
- Keep greens in the refrigerator and use within two days

# FYI- Recess Before Lunch

Montana Team Nutrition Program has developed a guide for successfully implementing a Recess Before Lunch (RBL) program. It can be downloaded at the following web site: <http://www.opi.mt.gov/schoolfood/recessBL.html>

They have completed a pilot project and surveyed school principals concerning the recess before lunch schedule. Montana Team Nutrition, located at Montana State University in Bozeman, also coordinated training and technical assistance for school staff on food service management topics as well as school wellness issues. The survey can be accessed in the PDF file below.



2008 RBL survey  
summary report final.

For more information, contact Katie Bark, RD, LN at [kbark@mt.gov](mailto:kbark@mt.gov).

## Tufts study analyzes the health benefits of food stamps

A new study led by Park Wilde, a food economist at Tufts, found that families who receive food stamps are more likely to buy food at grocery stores and thus have healthier eating habits.

The study found that even when not using food stamps, families who were part of the Supplemental Nutrition Assistance Program (SNAP) were less likely to eat meals at restaurants or purchase prepared meals than families of similar incomes who were not part of the program.

<http://www.tuftsdaily.com/1.1600758-1.1600758>

## April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 Partners' Meeting		