

The Green Room

Fresh Information for the Arizona Nutrition Network

Volume 1, Issue 1

February 2009

You don't want to miss this:

- Application Training Feb 17-19
- Time & Contact Reporting
- Working with DES & WIC
- New Resources

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Time Documentation

There seems to still be some confusion about which activities are considered “direct”. Incorrectly reporting hours will affect the administrative rates associated with your program and AzNN as a whole. Below are the definitions found in policy 1.0 of the Financial and Reporting Section of the FY09 Policy & Procedure Manual.

Management time is defined as time spent on tasks related to the administration of the SNAP-Ed Program. These activities include: personnel supervision, payroll, traveling to and attending meetings, preparing reports and proposals, traveling to and providing staff training, and professional development activities.

Direct time is defined as time spent

on providing nutrition education to SNAP-eligible participants including: preparing lesson plans, travel to and from sites where direct delivery services are provided, teaching allowable nutrition education activities to SNAP-eligible persons, administering surveys or evaluation questionnaires, summarizing results of nutrition education activities, ordering nutrition education materials, conducting physical activity demonstrations and promotions that include a nutrition message, making referrals to SNAP and WIC programs, and setting up for direct delivery nutrition education activities.

Please contact your Partnership Development Specialist with any questions.

Partner Recognition

Congratulations to:

Mohave County Department of Public Health for “Diversity within the Program, Variety and Types of Settings and Excellence in Reporting”

Yuma County Public Health Services District for “Overall Program Excellence”

St. Elizabeth’s Health Center for “Excellence in Reporting and Program Implementation”

Arizona Food Stamp (SNAP) Participation*

- The number of people receiving food stamp benefits has increased by **21%** from October 2007 to October 2008.
- Total coupon issuance increased by **\$18,573,939** for the same time frame.
- For October 2008, the total coupon issuance was **\$79,405,894** with an average per-person allotment of **\$112.38**.
- A total of **706,577** people received food stamp benefits in October 2008.
- The number of people receiving food stamp benefits has increased by **22.4%** from November 2007 to November 2008.
- Total coupon issuance increased by **\$20,205,916** for the same time frame.
- For November 2008, the total coupon issuance was **\$80,841,365** with an average per-person allotment of **\$112.07**.
- A total of **721,318** people received food stamp benefits in November 2008 (an increase of **132,059** people since November 2007).

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

Posters: MyPyramid Posters for Moms and Breastfeeding are available from Purdue Extension [here](#).

MyPyramid posters and tablets of mini posters for Preschoolers are available from the American Dietetic Association [here](#). **Note:** Order them through your Registered Dietitian because they are discounted for ADA members.

Visit www.eatwellbewell.org
often for updated Nutrition
Education Resources

Brochures: Healthy Eating During Pregnancy was developed by the International Food Information Council and the American Academy of Physician Assistants. The brochure covers eating a variety of foods, healthy weight gain during pregnancy, and food safety concerns specific to pregnant women. Downloaded a PDF for free [here](#).

Websites: Check out the new Nutrient Rich Foods Coalition website [here](#). It is based on getting the most nutrition for your calories. There are a lot of ideas for nutrition education.

Arizona Unemployment

As of February 2008, the unemployment rate for Arizona was 4.5% compared to 4.8% for the United States overall, increasing to 6.3% for Arizona and 6.7% for the United States by November 2008. Yuma County had the highest rate of unemployment compared to the other counties, with 19.8% compared to 6.3% for the state.

Eat Smart Live Strong

The Eat Smart, Live Strong materials developed for seniors were released on the Food Stamp Connection website last spring.

However, these materials have been put on hold and should **not** be used until further notice.

Time & Contact Reporting

Reporting time and data for your LIA program can come from two sources:

- Local Share Match - from qualified agencies that teach nutrition education to their qualified low-income SNAP eligibles, or,
- Your approved LIA staff that provides SNAP-Ed to qualified audiences

As you record time and data, make sure that the staff you are using for time and contacts are part of your program and are listed on the Agency Information page of your budget. If each source cannot be identified in this manner, the work they do and the contacts they reach should not be counted or listed within your LIA program.

Example Scenario:

As an LIA Contributing Partner your Agency Information page consists of 65 teachers and 5 nurses from two school districts and one dietitian and dietitian assistant.

Your agency employs four full-time dietitians, of which one is paid by a federal grant program. All provide nutrition education to the classroom students. For your Local Share records, you are log-

ging SNAP-Ed time and contacts from teachers and nurses that provide SNAP-Ed. For your Federal Share, you are logging time from one dietitian and dietitian assistant and their contacts. On your monthly reports, you are reporting contacts from all four dietitians because they all teach SNAP-Ed and are employed by your agency.

What is wrong with this scenario?

All four staff dietitians are reporting their contacts which are being entered on the Monthly Report. This is incorrect because:

- Only positions that are listed on our Agency Information page within your approved LIA program can be accounted for, or participate in, our program. Recording time or contacts from your staff that are not part of our LIA program inflates and misrepresents your performance numbers.
- The dietitian that is 100% funded by another federal grant program can not be accounted for in any way by SNAP-Ed (LIA is a federal reimbursement program) - this is unallowable.

Contact your Partnership Development Specialist with any questions.

Adding a DES or WIC Office

As a reminder—when you add a DES or WIC office to your existing site location plan, you do not need an approval from USDA. A DES office is Certified Eligible at 100% participation and WIC offices are Likely Eligible (130% FPL) at 100% participation. Only Potentially Eligible sites (min 50% participation at 185% FPL) require an Exclusivity Waiver approval from USDA.

Certified and Likely eligible sites can be added at any time during the fiscal year. AzNN requires that you fill out an Exclusivity Waiver form providing

the name and address of each facility to be added, along with the data that qualifies them. Upon AzNN approval of your added sites, we will add the new sites to your report forms.

You are encouraged to adopt a DES Office or add a WIC office to your FY09 plan. USDA, at this point, does not require that you work with one of these agencies, but they encourage AzNN to work with our Partners to do so.

Recipe Corner*

*Additional recipes can be found at www.eatwellbewell.org

Each issue we will be featuring AzNN recipes and talking points that go with themes for that month. For instance, February is the time for celebrating American Heart Month and Valentine's Day. Celebrate with the following heart-healthy recipes!

Easy Chocolate Pudding

Ingredients

1/3 cup sugar
1/4 cup unsweetened cocoa powder
2 tablespoons cornstarch
1 1/2 cup fat free milk
1/2 teaspoon vanilla

Directions

1. Wash hands with warm water and soap.
2. Mix sugar, cocoa, and cornstarch in a large glass bowl. Add milk gradually, stirring until well-blended.
3. Microwave on HIGH 1 1/2 minutes and stir well. Microwave at HIGH another 1 1/2 minutes and stir again. Microwave on MEDIUM another 1 1/2 minutes or until thick.
4. Add vanilla. Stir well.
5. Serve warm or refrigerate until cold.

Makes 3 serving

Nutrition information per serving: calories, 162; carbohydrate, 36.5 gm; protein, 5 gm; fat, 1 gm; saturated fat, 0 gm; trans fat, 0 gm; cholesterol, 2 mg; fiber, 2 gm; sodium, 53 mg; calcium, 162 mg; percent calories from fat, 5%.

Talking Points

- Low fat or fat free dairy products give us all the nutrients of whole milk without the fat.
- Calcium and vitamin D in low fat dairy products are needed for strong bones and teeth.
- This recipe gives us both calcium and Vitamin D from the fat free milk.
- There is much less fat in this recipe compared to regular chocolate pudding because of using fat free milk and cocoa powder.
- There is much less sugar in this recipe because of using less sugar and unsweetened cocoa powder

Taste Testers Wanted

We're looking for partners to taste test our recipes for the Fruits and Veggies Social Marketing Campaign. If you are doing a food demonstration or taste testing with your participants and would like to use a new recipe, please contact Sue Zevan at zevans@azdhs.gov today! The recipe will be sent to you along with a recipe scorecard for each taster to complete. The results are used to select the recipes.

Whole Grain/Strawberry Pancakes

Ingredients

- 1 1/2 cups whole wheat flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3 eggs
- 1 container (6 ounces) vanilla low-fat yogurt
- 3/4 cup water
- 3 tablespoons canola oil
- 1 3/4 cups sliced fresh strawberries
- 1 container (6 ounces) strawberry low-fat yogurt

Directions

1. Wash hands with warm water and soap.
2. Heat griddle to 375° F or heat 12-inch skillet over medium heat.
3. Spray with nonstick cooking spray before heating.
4. In a large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside.
5. In a medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended.
6. Pour egg mixture all at once into flour mixture; stir until moistened.
7. For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle in the shape of a heart.
8. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges.
9. Turn; cook for another 1 to 2 minutes or until golden brown.
10. Top each serving with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.
11. Serve warm.

Makes 7 servings, 2 pancakes each

Nutrition information per serving: calories, 241; carbohydrate, 32.6 gm; protein, 8.7 gm; fat, 8.9 gm; saturated fat, 1.5 gm; trans fat, 0 gm; cholesterol, 80.4 mg; fiber, 4.1 gm; sodium, 400.6 mg; calcium, 116.8 mg; folate, 31.6 mcg; iron, 1.6 mg; percent calories from fat, 32.7%.

Adapted from: *Betty Crocker Whole Grains Easy Everyday Recipes*

Talking Points

- Low fat or fat free dairy products give us all the nutrients of whole milk without the fat.
- Calcium and vitamin D in low fat dairy products are needed for strong bones and teeth.
- This recipe gives us both calcium and Vitamin D from the low-fat yogurt.
- These pancakes are rich in fiber from the whole wheat flour, making them heart healthy.
- There is much less sugar in this recipe because of using strawberry yogurt instead of syrup for a topping.
- Strawberries are a good source of Vitamin C.

State Goals for FY2010 Application

With input from the Program Committee, goals 1, 4, 5, and 8 have been changed for Fiscal Year 2010. The changes made the goals measurable or added categories that were previously listed as “others”.

Goal 1 - Increase the number of learning opportunities for SNAP recipients and eligibles that would promote a healthy lifestyle, resulting in a healthy weight (previously stated “who are at a healthy weight”).

Goal 4 - Increase the number of learning opportunities for SNAP recipients and eligibles that

would promote cost-saving strategies while encouraging healthy food choices (previously stated “increase food security”).

Goal 5 - Increase the proportion of SNAP recipients and eligibles aged two years and older who consume half of their grains as whole grains.

Goal 8 - Reduce the prevalence of food-borne illness in SNAP recipients and eligibles in Arizona.

Additional resources on Whole Grains and Food Safety will be available on the AzNN website to help partners implement the new goals.

Hand washing is the single most effective way to prevent the spread of communicable diseases when done correctly.

Buddy Bear

The ADHS warehouse currently has 15 Buddy Bear kits available.

The kits include a book on hand washing and a teddy bear to help model correct hand washing techniques.

Contact Sue Zevan at zevans@azdhs.gov to order your kit today!

February 2009

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