

# The Green Room

Fresh Information for the Arizona Nutrition Network

Volume 1, Issue 2

March 2009

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

- USDA notices
- Current nutrition education on recipes
- New AzNN site info!
- Schools & Head Start
- Equipment tagging
- Funding opportunities
- Champions 4 Change logo now available
- Evaluation Toolkit

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## Something Special is Coming – Look for It – Be a Winner!

The best contest of the year! Will you be a winner of our **Mid-year Contest**? AzNN is having a contest to see which of our Contributing Partners are the most compliant by getting all of their Monthly Reports and Invoices into their Partnership Development Specialist on time. And for doing so, we will be awarding prizes to the first three partners sending in their completed reports the earliest on or before APRIL 15, 2009.

**\*\*The winning Partner must have all invoices (through March) and all monthly reports (through March) in to AzNN by April 15<sup>th</sup>. The determining factor is the DAY AND TIME your email is RECEIVED\*\***

**PRIZES**

“Food Demonstration Training Video with Cook Book”

“Creative Pockets Teaching Tools Kit”

“Set of Children’s Fruit and Veggie Books”

(for use with children ages pre-school – second grade)

Another prize to be named later

The Winners of the contest will be announced on April 16, 12:00 noon by email. Prizes will be awarded at the April Partner’s meeting. This contest may be very challenging - many of our Partners are good at submitting their reports on a timely basis. Good luck and happy reporting!

## EAT SMART, PLAY HARD MATERIALS

Attention Regional SNAP-Ed Coordinators: FNS has announced availability of the Eat Smart Play Hard materials for SNAP-Ed providers accessible through the SNAP-Ed Connection web site. These materials include numerous items that for use to support your SNAP-Ed efforts. Materials are ordered in a similar manner to those of the “*Loving Your Family...*” campaign and accessible at: <http://snap.nal.usda.gov/fns/> (click next to the Power Panther icon, then select option for “**Order print copies of Eat Smart. Play Hard.™ materials**”).

There are order limits for each item (indicated on order page). When any hard copy supply is exhausted, icon and ordering information will be pulled from the ordering site. Materials can be downloaded as PDF’s from the official Eat Smart Play Hard web page for educators at: <http://www.fns.usda.gov/eatsmartplayhardeducators/>.

## Arizona Food Stamp (SNAP) Participation\*

- The number of people receiving food stamp benefits increased by **25.7%** from December 2007 to December 2008.
- Total coupon issuance increased by **\$22,348,982 (36.6%)** for the same time frame.
- For December 2008, the total coupon issuance was **\$83,352,327** with an average per-person allotment of **\$112.19**.
- A total of **742,936** people received food stamp benefits in December 2008 (an increase of **63,049** people since December 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

It's time again to be selecting your materials for your FY2010 application. Here are some resources that might be helpful to you in that process. Please keep in mind that you can also contact Sue Zevan at [zevans@azdhs.gov](mailto:zevans@azdhs.gov) for assistance.

The University of Missouri Extension has a new educational tool to promote physical activity and the new 2008 Physical Activity Guidelines for Americans. The *MyActivity Pyramid: Physical Activity Guidelines for Adults (18-64)* Publication number: N388 is modeled after the USDA's MyPyramid and is based on the 2008 Physical Activity Guidelines for Americans. The 8.5 by 11 inch handout was piloted with more than 140 adults. Download a free high-resolution PDF or order printed copies of *MyActivity Pyramid: Physical Activity Guidelines for Adults (N388)* at <http://extension.missouri.edu/explore/hesguide/foodnut/n00388.htm> or by calling at (800) 292-0969.

The Michigan Team Nutrition Booklist can be found at <http://www.tn.fcs.msue.msu.edu/booklist.html>. This booklist is quite comprehensive and integrates nutrition and physical activity education into core subjects

including reading/language arts, social studies, math and science.

The Illinois NET Program has a list of recommended curriculum at <http://www.kidseatwell.org/Effective%20Nutrition%20curric.doc> that may help you.

Modified pyramids for seniors are available to purchase from Tufts University at [A Modified MyPyramid for Older Adults](#) and The University of Florida at [www.isfasbooks.ufl.edu](http://www.isfasbooks.ufl.edu). You can also download *MyPyramid for Older Adults* for free at <http://enafs.ifas.ufl.edu>.

## Department of Health Services Furloughs

Have you heard the news? The Department of Health Services employees all must furlough 10 days between February 9<sup>th</sup> and June 30<sup>th</sup>. A furlough is a day off with no pay. This works out to be about one day per pay period until the end of the State Fiscal Year. This might mean that we are a little bit harder to get a hold of and that our timelines need to be stretched out a little bit more. We hope that you do not feel the effects of our furloughs but wanted to be sure to share the information, just in case.

## Off-Campus Site SNAP-Ed Educators

The USDA has mentioned a few things to keep in mind when adding an off-campus Local Share site into your program:

“Do the educators at this site adhere to a specific curriculum or script, and what type of training will they receive prior to providing education to their qualified participants?”

It may be a good idea to schedule a meeting with the person that will be delivering the SNAP-Ed and provide a curriculum you would like them to teach; or review what they have been teaching so that it complies with AZNN’s program. You can review this information with your Partnership Development Specialist (PDS), or you can call and talk with Sue Zevan our nutritionist (602-364-3323).

## Food Demonstration Training

It’s that time of year again! Food Demonstration training will be taking place in May and June. If you are interested in attending and food demonstrations are part of your LIA program, please see the link below to access the registration form and additional information about the training. <http://www.eatwellbewell.org/partners/partner-resources/meetings> Any questions? Contact Laura Astbury at [astburl@azdhs.gov](mailto:astburl@azdhs.gov) or 602-364-3818.

## AZNN Recipe Analysis Update

During FY10, all recipes posted on [eatwellbewell.org](http://eatwellbewell.org) will be updated to include the most recent nutrition information listed in the Policy and Procedure manual. During FY09, **folate**, **iron**, and **trans fat** were added to the list of required nutrients in recipe analysis. In FY10, **total sugars** will be included in this list.

## Recipe Corner

St. Patrick’s Day is March 17<sup>th</sup>. Celebrate with these green and healthy recipes!

Green Machine Milkshake:

<http://eatwellbewell.org/recipes/view/id/293>

Broccoli Salad: <http://eatwellbewell.org/recipes/view/id/80>

We’re looking for partners to test new recipes with their participants. This would especially work if you are doing a food demonstration or taste testing. If you are able to do this please contact Sue Zevan at [zevans@azdhs.gov](mailto:zevans@azdhs.gov). The recipes will be sent to you along with a recipe scorecard for each taster to complete. We will compile the data of the scorecards and use them for the selection of recipes for the Fun Food News.

## New on AZNN website

Two flyers on cost savings: Stretch Your Food Dollars and Small Savings Add Up are available for you to download at [www.eatwellbewell.org/partners/partner-resources/education-materials](http://www.eatwellbewell.org/partners/partner-resources/education-materials) under “Others”.

Reminder: If you are teaching the Fruits & Veggies - More Matters® curriculum you need to budget for the educational reinforcement items for FY 2010 in your application as we no longer have state funds from the Community Nutrition Program to pay for them.

When planning for FY 2010 materials, remember that USDA no longer allows any 5 a Day materials. You must use Fruits & Veggies-More Matters®.

Log onto:

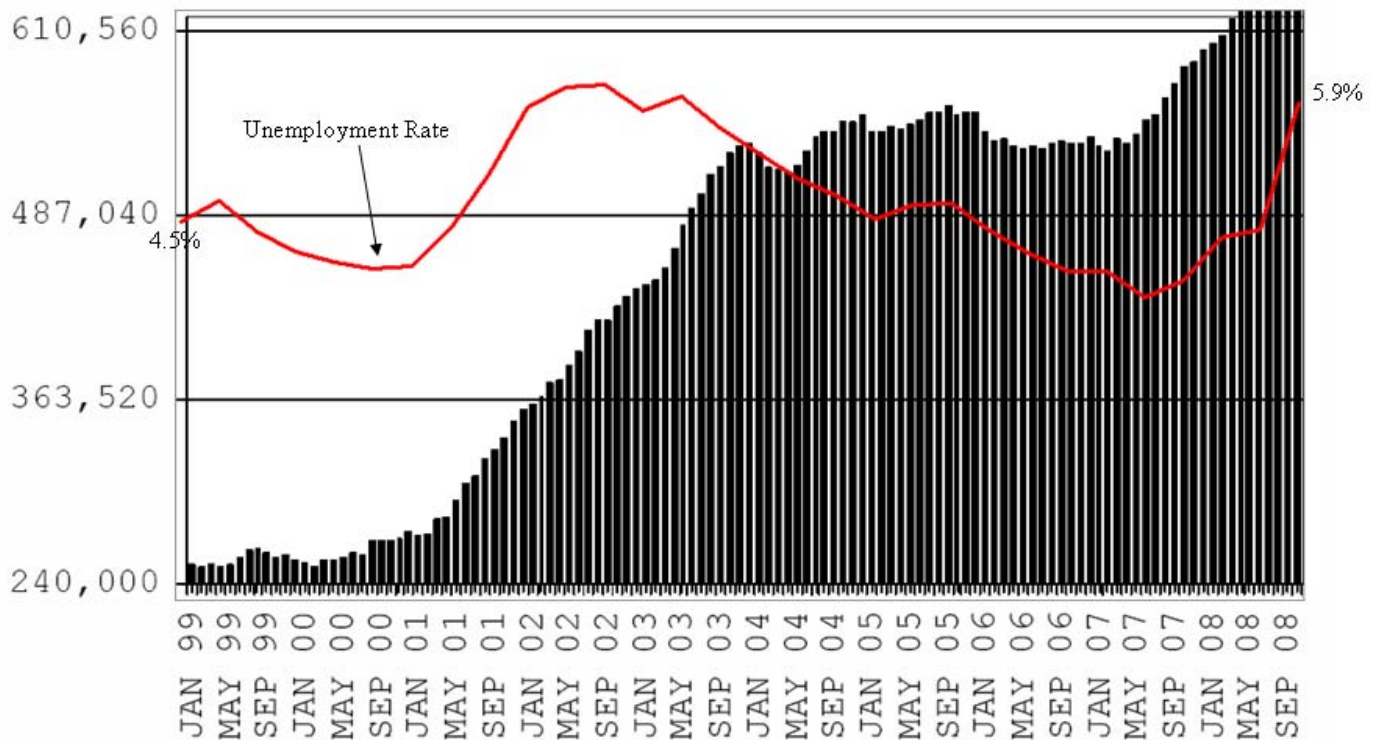
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) or

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

or email Sue Zevan at

**FOOD SAFETY**  
TIP: “Just remember  
the FIFO rule: first  
in, first out”.

## Comparison of the Number of Food Stamp Recipients and Unemployment Rate for Arizona January 1999 to September 2008



Source: Arizona Department of Commerce, [www.azworkforce.gov](http://www.azworkforce.gov) and Arizona Department of Economic Security, November 2008 Report [https://egov.azdes.gov/CMS400Min/InternetFiles/Reports/pdf/dbme\\_statistical\\_bulletin\\_11\\_2008.pdf](https://egov.azdes.gov/CMS400Min/InternetFiles/Reports/pdf/dbme_statistical_bulletin_11_2008.pdf)

## Recording Teacher Time Using Average Salaries

USDA released a memo allowing the use of average teacher salaries to calculate local share accumulated. Previously, States were required to use *actual* teacher salaries when calculating reimbursement amounts (Local and Federal). Food and Nutrition Service (FNS) now allows the use of *average* teacher salaries in order to reduce the reporting burden for SNAP-Ed.

The following parameters must be followed:

- Timesheets must be used to document actual hours worked for all staff working less than 100% of their time on SNAP-Ed
- Average teacher salaries must be calculated at the school or district level. They cannot be averaged Countywide or Statewide.

- The calculated average must only include the salaries of staff that actually provide SNAP-Ed activities. No other teacher or staff salaries can be incorporated into the average.
- A weighted average must be calculated to ensure it reflects all of the individual staff involved in SNAP-Ed rather than capturing only the upper and lower bounds of a range of teacher salaries:
  - \* Example: 100 teachers are paid \$15.00/hr. and 10 are paid \$24.00/hr. Average weighted salary =  $[(100 \times \$15.00) + (10 \times \$24.00) / 110] = \$15.82$
- Weighted averages must be updated annually
- No other SNAP-Ed costs can be averaged; only teacher salaries.

This new policy is effective immediately. Please contact your Partnership Development Specialist with any questions.

## School Looking for a Partner

Teachers of Echo Mountain School in Paradise Valley have expressed interest in receiving SNAP-Ed services at their school. Currently, we have no partners servicing this district. According to the October 2008 NSLP report, there are 14 eligible schools in Paradise Valley Unified District.

If you are interested in partnering with this School District, please contact your Partnership Development Specialist.

School	Free/Reduced %
Roadrunner School	71.59%
Arrowhead Elementary School	94.42%
Campo Bello Elementary School	78.22%
Cactus View Elementary School	53.70%
Indian Bend Elementary School	70.78%
Echo Mountain Intermediate School	76.54%
Larkspur Elementary School	62.79%
Echo Mountain Primary School	90.19%
Palomino Primary School	97.86%
Palomino Intermediate School	99.53%
Aire Libre Elementary School	66.46%
Village Vista Elementary School	53.25%
Greenway Middle School	77.30%
Polaris High School	51.93%

## Head Start Agency Looking for a Partner

The Nutrition Manager for Southwest Human Development Head Start is interested in bringing the LIA program to her 21 Head Start sites. Unfortunately, this organization is not eligible to become a Contributing Partner. However, all (100%) of these sites are qualified as supporting partners for our program and will fall in the "Likely Eligible" section. This particular Head Start Agency services North/Central Phoenix.

If you are interested in partnering with this Head Start Agency or some of their sites, please contact your Partnership Development Specialist.



*"Eat a variety of colors  
everyday"*

## National Nutrition Month®

National Nutrition Month® is a nutrition education and information campaign created annually in March by the American Dietetic Association. The theme for March 2009 is "Eat Right". The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

A Teacher's Guide for National Nutrition Month can be found at [http://www.eatright.org/ada/files/Teachers\\_Guide\\_2009.doc](http://www.eatright.org/ada/files/Teachers_Guide_2009.doc).

You might want to use some of the lessons or give the link to any of the teachers working with your agency.

## USDA Updated Statements

With the name change from Food Stamp to SNAP and SNAP-Ed, USDA has given us the updated statements that need to be included on all materials given out through your program.

### USDA Credit Line:

*Spanish:* “Este material se desarrolló con fondos proporcionados por el Supplemental Nutrition Assistance Program (SNAP en inglés) del Departamento de Agricultura de los EE.UU. (USDA siglas en inglés).”

*English:* “This material was funded by USDA's Supplemental Nutrition Assistance Program.”

### Outreach Message:

*Spanish:* “El Supplemental Nutrition Assistance Program (SNAP en inglés) ofrece asistencia relacionada con la nutrición para gente con recursos limitados. Estos **beneficios** le pueden ayudar a comprar comida nutritiva para una mejor dieta. Para obtener más información, comuníquese con la oficina de servicios sociales de su condado.”

*English:* “The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact [enter your local office or toll-free number, or other useful information to help identify how to get services].”

## Equipment Tagging and Care of LIA Federally Funded Equipment Update

There have been some questions brought up regarding the tagging of LIA Federal Share funded purchased items/equipment. The following is the latest update on this topic:

- All items over \$5000 must be tagged.
- All items considered as high-theft possibilities must be tagged regardless of size (Lap top computers, cameras, etc).
- Furniture does not need to be tagged (this includes desks, chairs, shelving, etc).
- All items that your agency purchases with LIA Federal Share funds that are not extinguishable, must be recorded and tracked on an equipment log.
- All items are the property of the ADHS and must be returned if no longer needed or used. The agency that purchases these items is responsible for their location at all times. If an item is loaned to another department, it must be noted on your log so that if you are requested to produce the item, you will be able to do so. All items remain the property of ADHS and can not be dissembled and used for their parts. They must be returned in one piece.
- No purchased items can be discarded or sold. When an item has outlived its use, it must be returned to ADHS. Arrangements can be made for pickup of these items by calling Arizona State Tagging, Tom Morgan at 602-220-6154 or Jim Howard at 602-629-7353.

## AZ Nutrition Network Championing Change! - New Champions for Change Campaign



At the January Partner Meeting, many of you had the opportunity to preview the new **Champions for Change** logo. This fresh look will serve as the overarching theme for all of the 2009-10 nutrition campaigns. The new network logo, Champions for Change, will be used in tandem with all of the following campaigns:

- January 2009**                      *Champions for Change* (overarching theme for campaigns listed below)
- April 2009**                      *Go Low Campaign* (encourages drinking 1% or fat free milk)
- September 2009**              *Fruit & Veggies More Matters® Campaign* (Eating more fruits and vegetables (Fruits and Veggies-More Matters)
- January 2010**                  *Grow A Healthy Child* (benefits of physical activity and eating healthy meals together as a family)

We encourage our Arizona Nutrition Network Partners to begin replacing the old network logo with the new Champions for Change logo. Feel free to visit the Partner’s page on the [eatwellbewell.org](http://eatwellbewell.org) website to obtain various formats of the new logo for use on all of your program materials. *Thanks for being a Champion for Change!*

## Recording SNAP Status (Non-School Sites)

When working with non-school sites (or school sites with adult populations) you must collect and record the number of participants receiving SNAP on the Unduplicated Tabs of your Monthly Reports.

**Remember:** demographic data must be self reported for all adult participants. This information should be recorded in the *SNAP Participants – Other Sites* column (Column **H**). This column will tell us how many of your participants reported they were receiving SNAP benefits. The *Other Participants* column (Column **I**) automatically calculates. This column will tell us how many participants reported they were not receiving SNAP benefits. It calculates by taking the number of unduplicated persons and subtracting the number of people reported to be receive-ing SNAP benefits. Use the screen shot below for reference:

Participant SNAP Status		
SNAP Participants		Other Participants
School Sites	Other Sites	
0	0	0

Please contact your Partnership Development Specialist if you have any questions.

## Arizona Unemployment

In December 2007, the unemployment rate for Arizona was 4.2% compared to 4.9% for the United States overall, increasing to 6.9% for Arizona and 7.2% for the United States by December 2008. Yuma County had the highest rate of unemployment compared to the other counties, with 19.7% compared to 6.9% for the state.

## Evaluation Toolkit Update

As part of the Evaluation Toolkit, three evaluation tools are now available on the web!

1. The Fruits and Veggies More Matters Consumption Survey was designed for use with 3<sup>rd</sup> grade students and collects data on consumption of milk, grains, vegetables, fruit, sweetened drinks as well as eating behaviors.
2. The Building Better Bones Survey was designed for use with 5<sup>th</sup> grade students and collects data on consumption of milk-group products, physical activity and knowledge of activities and behaviors related to osteoporosis

prevention.

3. The Food Behavior Checklist was designed for use with adult participants and collects data on a variety of nutrition related behaviors (such as fruit and vegetable consumption). It also collects demographic data including self-reported height and weight, AzNN logo awareness, and food security.
4. For more information about these evaluation tools, please visit our website at <http://www.eatwellbewell.org/partners/partner-resources/data-and-statistics>.

Reminder: Please send copies of the evaluation tools you use to [kukliss@azdhs.gov](mailto:kukliss@azdhs.gov) for possible inclusion in the toolkit.

March 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8 Daylight Savings	9	10	11	12	13	14
15	16	17 St. Patrick's	18	19	20	21
22	23	24	25	26	27	28
29	30 Applications Due	31	Reporting Contest deadline: APRIL 15 <sup>th</sup>			

## Funding Opportunities



**Robert Wood Johnson Foundation (RWJF): Local Funding Partnerships 2009-2010 Application – Deadline: July 7, 2009** Contact: Curtis Holloman at [cholloman@localfundingpartnerships.org](mailto:cholloman@localfundingpartnerships.org) or (609) 275-4128 <http://www.rwjf.org/applications/solicited/cfp.jsp?ID=20605>

**Jenny Jones: Jenny's Heroes – Deadline: ongoing** <http://www.jennysheroes.com/index.shtml>

**Arizona Early Childhood Development and Health Board, First Things First: Notice of Intent to Issue Multiple Requests for Grant Applications** Contact: [grants@azftf.gov](mailto:grants@azftf.gov)

<http://www.azftf.gov/WhatWeDo/Funding/Pages/default.aspx>

These RFGAs are available on each Regional Partnership Council page at <http://www.azftf.gov/Pages/YourLocalCouncil.aspx>