

# The Green Room

Fresh Information for the Arizona Nutrition Network

Volume 1, Issue 4

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## Electronic Signatures

The Association of State Nutrition Network Administrators (ASNNA) recently submitted a formal request to the USDA to allow the use of electronic signatures for time and effort reporting. That request has been granted! Learn all the details by clicking the link below to take you to the formal policy memo:

<http://www.nal.usda.gov/fsn/ElectronicSignaturesMemo.pdf> (PDF | 102KB).

This is outstanding news and offers many new options for our LIA contractors. If you are interested in utilizing this new option please talk with your Partnership Development Specialist to be sure that all the requirements are being met and that we are compliant with the rules as outlined in the memo.

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## Local Share at DES Offices?

At our Partner's meeting on April 30<sup>th</sup> it was discovered or rediscovered that the staff in the DES offices are partially state funded. This of course prompted questions about counting their hours as part of Local Share. I talked with Carolyn McMahon and Nancy Rossano, from DES, about that and sadly the answer is no.

DES staff do not provide any Nutrition Education. There is no plan to ask them to begin to do so. They have several items on their plates with each client, including SNAP benefits, Health Care Benefits, Cash Assistance and other topics. There is no time to add nutrition education to their busy schedules.

It was a great question and worth asking but at this time it is not a viable Local Share option.

### TIP:

Make your messages on foods positive instead of disparaging. Talk about "anytime foods" and "sometimes foods" instead of "good foods" and "bad foods".

## Arizona Food Stamp (SNAP) Participation\*

The number of people receiving food stamp benefits increased by **29.2%** from February 2008 to February 2009.

Total coupon issuance increased by \$15,463,635 (**41.8%**) for the same time frame.

**For February 2009, the total coupon issuance was \$86,458,148 with an average per-person allotment of \$111.92.**

A total of 772,534 people received food stamp benefits in February 2009 (an increase of 165,971 people since February 2008).

## Nutrition Education Resources

### May is designated as Older Americans Month by the Administration On Aging

When Older Americans Month was established in 1963 by the Administration on Aging (AoA), only 17 million living Americans had reached their 65th birthdays. Today, the fastest growing segment of our population is 85 years and older. This year's theme "*Living Today for a Better Tomorrow*" reflects AoA's continued focus on prevention efforts and programs throughout the country that are helping older adults have better health as they age and avoid the risks of chronic disease, disability and injury.

The University of Florida Cooperative Extension Service has developed Elder Nutrition and Food Safety (ENAFS)—a curriculum designed to reduce nutritional and health risks of older adults through participation in interactive educational experiences.

The first module with 5 lessons is based on their MyPyramid for Older Adults with background information for educators, outline and lesson plan, interactive discussion, hands-on activities, references, evaluation form, consumer handouts, and PowerPoint masters.

[Module 1: Unique Nutritional Needs of Older Adults](#) on CD for \$15.00

[ENAFS MyPyramid for Older Adults BINGO game](#) on CD for \$15.00

## Food Demonstration Training

It's that time of year again! Food Demonstration training will be taking place in 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.

## Arizona Unemployment

In March 2008, the unemployment rate for Arizona was 4.7% compared to 5.1% for the United States overall, increasing to 7.8% for Arizona and 8.5% for the United States by February 2009. Yuma County had the highest rate of unemployment compared to the other counties, with 22.2% compared to 7.8% for the state.

## Evaluation Tools

If you are interested in utilizing the Food Behavior Checklist for evaluation of your program, you can use our printer to avoid the set-up fees of going to a new printer. We've made arrangements with Standard Register to allow our Partners to use the same set-up that the Network used for printing the state-wide evaluations. Please contact Michael Lopez at 1-877-849-1996 or [michael.lopez@standardregister.com](mailto:michael.lopez@standardregister.com) if you are interested in printing these surveys. Make sure to mention that you are an Arizona Nutrition Network Partner.

## Recipe Corner

Celebrate Memorial Day with these refreshing recipes

### [Strawberry Yogurt Shake](#)

Talking points:

Low-fat yogurt is a good source of calcium and vitamin D which work together in the body to keep bones and teeth healthy and strong.

The frozen strawberries are a great choice even though they are not fresh. Most frozen and canned foods are processed within hours of harvest, so their flavor and nutritional value are preserved.

Juice without added sugar, like the pineapple juice in this recipe, is a healthy choice.

### [Five Fruit Salad](#)

Talking points:

Besides being high in vitamin C, oranges are also a great source of dietary fiber. Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.

Bananas are a good source of potassium. Diets rich in potassium may help to maintain a healthy blood pressure.

Grapes are about 80 percent water, making them a low-calorie snack or dessert; a cup of green or red seedless grapes contains only about 60 calories. Grapes also add fiber to the diet. Raisins, or dried grapes, contain only about 15 percent water. For this reason, nutrients and calories are more concentrated in raisins-one cup contains 464 calories!

Get the kids to help! They can peel the banana and orange and pull grapes off the stem.

# May 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 Memorial Day	26	27	28	29	30
31						

## Reminders

If you participate in the state evaluation of the Fruits and Veggies More Matters classes or the Building Better Bones Program, please send in your surveys as soon as they are completed. All surveys must be sent in by July 1<sup>st</sup> to be included in the FY 2009 report.

Your feedback is important to us! We are currently conducting the annual Partner Satisfaction Survey. If you have not already done so, please complete the Partner Satisfaction Survey by June 15<sup>th</sup>, 2009. You can access the survey by clicking [here](#).

## Fuel Up to Play

This is a comprehensive school wellness program brought to schools FREE OF CHARGE by the National Dairy Council®, Dairy Council of Arizona® and the National Football League. It will inspire students to “get up and play” for 60 minutes a day and to “fuel up” with the foods kids don’t get enough of – low-fat and fat-free dairy foods, fruits, vegetables, and whole grains.

The School Wellness Activation Kit includes wellness activities, colorful display materials – customized with local NFL team insignia and school wellness eNewsletters for all school personnel who enroll. Enroll today at [www.SchoolWellnessKit.org](http://www.SchoolWellnessKit.org). Kits will be shipped in early October 2009. Only one kit per school while supplies last.