



ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE

This newsletter is produced by the *Nutrition Education Network of Washington* to enhance communication and coordination among those who educate Washington families about nutrition and food. *Energize Newsletter for Nutrition Educators* shares brief information about programs and materials that support healthful and enjoyable eating.

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SUBSCRIPTION INFORMATION

Energize Newsletter for Nutrition Educators can be sent to you electronically each month. There is no charge. To subscribe or unsubscribe, contact Christa Albice, WSU Puyallup, 253-445-4541, e-mail albice@wsu.edu.

To access past issues, go to <http://nutrition.wsu.edu/take5/index.html>.

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We value your opinions - please fill out our short questionnaire!

Please take a few minutes to provide your input. We conduct a survey of our readers biennially to assure the *Energize Newsletter* is meeting both your needs and ours.

All information is confidential.

Please click on the following link to complete this short survey:

<http://surveygoldcloud.com/s/B1E6BC6A5BAA4BEC/41.htm>

This Month's Focus- *Community Gardens*

When people work together in a community garden, they not only have fun physical activity outdoors and enjoy growing plants, they also create greater access to healthful fruits and vegetables. In this issue of the *Energize Newsletter for Nutrition Educators* we will explore community garden programs throughout our state, and the foods they provide for the growers and for food banks.

Tribal Community Garden – In Pend Oreille County, a successful community garden on the Kalispel Tribe of Indians reservation is a result of a partnership between Food \$ense, the Federally Recognized Tribal Extension Program (FRTEP), and the Kalispel Reservation People's Place. With six garden beds in its beginning stages, FRTEP teaches how to plan, maintain, and harvest. Once the produce is harvested, it is used in Food \$ense nutrition education classes or given to Kalispel community members. According to Wendy Leach Drum, Food \$ense Coordinator, participation in the garden-enhanced nutrition education program is high. Because the growing season is short in this area of the state, people are eager to learn what they can grow, but also how to use it in their kitchens to feed their families. Wendy says that the Kalispel Reservation is nearly 20 miles from the nearest supermarket that sells fresh fruits and vegetables, so this program markedly increases access to fresh produce. (Contact: Wendy Leach Drum, Food \$ense Program Coordinator, WSU Pend Oreille County Extension, 509-447-6479, WLeach@wsu.edu.)

Growing Their Own Produce – and Learning, Too – At Catalyst Park in Shelton, individuals and families grow their own produce and learn about the nutrients they get from garden foods. Over half of the community gardeners are on SNAP, leasing a 4 x 8' garden bed for just \$15 per growing season. Jeanne Rehwaldt, of WSU Extension Food \$ense and the Master Gardener Program says participants attend monthly workshops which include *Gardening for a Healthier You* lessons taught by a nutrition educator, and they receive seeds and starts. Participants also help in the food bank garden for four hours during



Photo courtesy of WSU Mason County Extension.

the season. Two of the 24 beds, called “enabling beds,” are reserved for people with disabilities. One community gardener told Jeanne that she provides fresh produce for herself as well as her friends and neighbors, it has reduced her grocery budget, and she is eating more vegetables daily than before she had her garden bed. Jeanne also says that the gardeners really have fun being in the garden, and they’re amazed at how much food they can grow. The Catalyst Park community garden was created through a collaborative partnership program of community groups including Food \$ense, 4-H, Master Gardeners, AmeriCorps, and the City of Shelton. (Contact: Jeanne Rehwaldt, Extension Coordinator Supervisor, WSU Mason County Extension, Food \$ense and Master Gardener Programs, 360-427-9670 x 688, rehwaldt@wsu.edu.)



Photo courtesy of WSU Clark County Extension.

Community Gardens and Community Service for Youth Offenders– Instead of relegating juvenile offenders to picking up trash wearing yellow jumpsuits to “do time” fulfilling their community service requirement, WSU Clark County Extension uses a different approach. Called Restorative Community Services, this approach offers youth offenders, ages 11 to 18, work alongside community members who serve as positive role models and integrate the youth into the community. It gives offenders the opportunity to fulfill their obligation to make amends for their crimes by contributing to the health and well-being of their community. Jodee Nickel, Special Programs Coordinator for Food \$ense, 4-H, and Farm-to-Fork, works with youth who have been mandated to do community service by Clark County Juvenile Court. In the Food Bank garden, they learn life skills while planting, watering, weeding, and harvesting food for local food pantries and women’s shelters. During the four-hour program with Jodee each Saturday, they use tools and materials new to them,

developing independence, mastery, and generosity. She says the offenders enjoy it, saying “I took responsibility for how things turned out” and “I was treated with respect in the garden.” A special bonus: a Master Gardener donated a grill so they can cook in the garden. Info at www.clark.wa.gov/juvenile/programs/restorative.html. (Contact: Jodee Nickel, Food \$ense, 4-H, Farm-to-Fork Special Programs Coordinator, WSU Clark County Extension, 360-397-6060 x 5713, Jodee.Nickel@clark.wa.gov.)

Farm in the City – WSU Clark County Extension has an ideal location for many gardening projects since its office is located on an 80-acre farm in Vancouver. Ten acres are used by the local food bank to grow produce. Another section includes 60 garden plots for individuals and families to grow their own produce. A Partners in Careers garden for veterans teaches horticultural and gardening skills for future careers. Sandy Brown, WSU faculty in Food Safety and Nutrition, says that Food \$ense started a summer program for fifth-graders called Farm to Fork Kids Field Day. The events are formed through a partnership including 4-H, Parks and Recreation, a private summer program, and Boys and Girls Club. Students have fun learning about worms, bugs, transplanting, food systems, why weeding is important (Sandy says the kids really like this!), and more. When crops are ready, students harvest the food to donate to local food pantries. (Contact: Sandy Brown, WSU Clark County Extension Faculty, Food Safety and Nutrition, 360-397-6060 x 5700, BrownS@wsu.edu.)



Photo courtesy of WSU Clark County Extension.

Seed Money in Wahkiakum County – In 2010, a USDA grant provided initial funds to turn part of Kathlamet’s city park into a community garden. An aim of the grant was to increase fruit and vegetable consumption among WIC clients and others in the community. The local health department partnered with other agencies to construct and maintain the garden, and now, five years later, the garden is growing strong. A third of the garden produces fruits and vegetables for a local food pantry, and the rest is divided into 23 plots for individual gardeners. Master Gardener volunteer Winnie Lowsma says the arrangement is a good deal: there’s no charge to lease the land, and water, tools, and fertilizer are free, too. (Contact for garden: Winnie Lowsma, 360-849-4108, theredfernfarm@gmail.com; Contact for grant background: Cathy Franklin, Nutrition Coordinator, Washington State WIC Nutrition Program, 360-236-3648, Cathy.Franklin@doh.wa.gov.)

TOOLS OF THE TRADE

Nutrition Trends for 2015 – The face of nutrition education is changing as technology changes. That’s one of the top 10 nutrition trends this year, according to the Dairy Council of California. With the increased use of mobile devices, consumers increasingly look for apps, videos, web sites, and social media for their nutrition information. As a result, nutrition messages need to be more creative, tailored to individuals, motivational, feasible, and accessible where they are. Another is that partnering with community venues is instrumental to

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disease prevention, particularly for low-income individuals and specific ethnic groups. Consumers define healthy eating beyond nutrition to include environmental issues such as use of water, pesticides, genetically modified organisms (GMOs), hormones, antibiotics, and sustainability. "Top 10 Nutrition Trends for 2015" was released Spring 2015 by the Dairy Council of California's Nutrition Trends Task Force which includes 12 staff members who review trends in nutrition research, policy, and communications. Tips for health professionals are included with each trend. Access the document at www.healthyeating.org/Portals/0/Documents/Health%20Wellness/Trends/Spring%202015%20-%20HP.pdf.

WASHINGTON GROWN

Fresh This Month – Farmers markets have been opening around the state, with a whopping 117 agriculturally based markets this year. The Washington State Farmers Market Association offers an online tool to find nearby markets at <http://www.wafarmersmarkets.com/washingtonfarmersmarketdirectory.php>. Just zoom in and click on a carrot for location and hours. Also listed are the 16 Seattle-area farmers markets and five farm stands that participate in SNAP's Fresh Bucks Program. The program matches SNAP dollar-for-dollar up to \$10 per card-holder per market per day. The project is a collaborative effort by the City of Seattle's Office of Sustainability and Environment, Washington State Farmers Market Association, and Seattle farmers markets to expand access to healthy food for low-income shoppers. It's not just in Seattle; other markets across the state participate in similar programs. For info, go to www.wafarmersmarkets.com/foodaccess/freshbucks.html and www.freshbucks.org.

DID YOU KNOW?

Chives and green onions add flavor to salads and main dishes with almost no calories, and they're easy to grow in Washington State. Locally they are at their peak in the late spring and summer, and can already be found at farmers markets. Names used in recipes can be confusing, so here's the scoop. Scallions, green onions, and spring onions are considered immature onions. Spring onions and green onions are the same vegetable; scallions technically are one particular type of immature onion and are somewhat milder in flavor. Young leeks and tops of shallots are also considered immature onions. All of them can be used interchangeably in recipes. In each case, the vegetable has a white base that has not fully developed into a bulb and long, green straight leaves. Chives are related to green onions and are considered an herb rather than a vegetable.



EAT TOGETHER EAT BETTER – Family Meals Focus

Because our readers have told us that Family Meals is a hot topic, in the May 2011 issue we began a small section on recent news relating to this topic and our long-standing signature program, Eat Together, Eat Better.

Kids' Gardening Experiences Translate into More Fruits and Vegetables at Home – Researchers found that during the course of a garden-based fruit and vegetable program for grade school children, the home food environment became more supportive of consumption of these foods. As children shared their gardening experiences at home, parents and care-givers responded by providing more fruits and vegetables. They also encouraged their children to eat them. Kids' interests were piqued, too: they asked for fruits and vegetables more often.

(Source: S Heim et al, "Can a community-based intervention improved the home food environment? Parental perspectives of the influence of the Delicious and Nutritious Garden." *Journal of Nutrition Education and Behavior* 43(2):130-134, March-April 2011.)

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