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**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 Kathleen Manenica, WSU Puyallup, 253-445-4598, e-mail manenica@wsu.edu.

To access past issues, go to <https://nutrition.wsu.edu/energize-newsletter/>

Energize is a publication of the *Nutrition Education Network of Washington*, whose staff is responsible for its content.



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This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

Energize Newsletter for Nutrition Educators Celebrates Its 20th Birthday!

Way back in 1996, the 20+ members of a newly formed partnership called the Nutrition Education Network of Washington decided to start a statewide newsletter. We called it *Take 5*, because it would take five minutes to read and covered the 5 food groups, and it was designed to help nutrition educators across Washington State learn about each other's programming, as well as resources and background on nutrition topics. That was before the internet was widely used, so the newsletter was sent by fax. Sue Butkus, now retired, was at the helm, succeeded by Kathleen Manenica in 2007 as Executive Editor. Martha Marino has been the newsletter's writer all these years.

Based on our biannual survey of readers, you continue to find it valuable. We listen to your input and craft the topics around your suggestions. Thank you for reading this publication!

This 20th birthday marks a new beginning. The *Energize Newsletter* becomes part of the new Statewide Branding & Communication Initiative, sponsored by Washington's SNAP-Ed Region 3, and led by Kathleen Manenica and Scott Zinn of WSU Extension. The initiative launched this month and will develop an online communication "hub" for partners. It will also develop a new SNAP-Ed brand for Washington State, and new external channels of engagement with SNAP-Ed clients through social media and a texting program. We are excited about the new direction and glad that our readers are along for the ride.

This Month's Focus: Policy, Systems, & Environmental Change Revisited

Dear Readers:

It's been two years since Energize initiated its first monthly focus on Policy, Systems, and Environmental change (PSE), as applied to SNAP-Ed programming and collaborative networking. Since that time, a plethora of new information has emerged that can enhance our understanding and application of these public health strategies. Learning from recent evidence-based interventions, we can improve our own programs to increase access to and appeal for, healthy foods and physical activity. With this issue, we revisit PSE through the broader platform of information available to our readers at this time. SNAP-Ed providers, their partners and collaborators, more than ever, are proving to be catalysts of change, one intervention at a time. We hope this information and the links provided here, inspire your efforts forward.

— Kathleen Manenica, Executive Editor, *Energize Newsletter*

Previous issues of the *Energize Newsletter for Nutrition Educators* covering PSE are:

- Part 1: Overview of PSE, October 2014, <https://nutrition.wsu.edu/wp-content/uploads/sites/414/2015/01/Energize-Oct-2014.pdf>.
- Part 2: The Role of the Environmental Supports: Make the Healthy Choice the Easy Choice, December 2014, <https://nutrition.wsu.edu/wp-content/uploads/sites/414/2015/01/Energize-December-2014.pdf>.
- Part 3: The Roles of Policy and Systems, February 2015, <https://nutrition.wsu.edu/wp-content/uploads/sites/414/2015/01/Energize-Late-Winter-2015.pdf>.

Systems Change: Kids' Backpack Cooking Skills – For the past two years, students receiving backpacks with foods from the Marysville Food Bank have participated in cooking classes at school. Acacia Zambrana with WSU Snohomish County



Source: Acacia Zambrana

Extension says one goal of the program is for students to be able to independently and safely prepare healthy meals and snacks with food provided by the food bank. Another goal is for the food bank to be able to provide students with less processed foods (healthier alternatives) due to improving student preparation skills. The Food for Thought Cooking Class at Quil Ceda -Tulip Elementary has been a big success! Evaluations have found that kids in grades 1-5 had a greater interest in cooking and they prepare meals/snacks at home. In the second year, 90% of the children maintained these and other improvements. Two one-hour lessons for kids in grades 1-3 and in grades 4-5 are held during the school day, with students are excused from their classrooms. The students receive a bag of cooking tools and kid-friendly recipes to continue their cooking adventures at home. SNAP-Ed staff taught the classes, in partnership with the school counselor and the food bank. This past year, the program has had a capacity-building “train-the-trainer” component by offering the opportunity for other programs and food bank staff to volunteer and learn how to implement it in their own communities to encourage sustainability. Acacia believes their best chances for increasing children’s comfort

and skills with cooking healthy foods are if: 1) cooking classes are 1.5 hours long, 2) class size is limited to 12 or less, 3) a series of 3 or more classes is offered, and 4) all students who receive backpacks have the opportunity to attend the classes. She would be happy to send to *Energize* readers her reports and tools that they use. (Contact: Acacia Zambrana, MPH, RD, Regional SNAP-Ed Coordinator, WSU Snohomish County Extension, 206-459-9378, Larson2@wsu.edu).

PSE in Whatcom County – Lee Anne Riddle has words of advice to others embarking on PSE changes in their communities: Be patient and be flexible. When working with partner agencies, their limits in time and money can be big barriers. One example is school wellness policies. In her experience, districts have policies in place to meet the rule, but most don’t have the time to act on it. To overcome that obstacle in the Bellingham School District, grant funding was obtained to pay for part of the salary of a person to work on wellness policies. Lee Anne recommends offering partner agencies a menu of options that your agency can offer, and let the partners choose. With schools, for example, those options might be: Harvest of the Month with food samples, Family Night activities, or Smarter Lunchroom Design strategies. She encourages readers to have one success, then build on it. (Contact: Lee Anne Riddle, M Ed, SNAP-Ed, WSU Whatcom county, 360-778-5818, LRiddle@wsu.edu).

Key Take-Aways from the PSE Workshop at SNEB Annual Conference – The Food and Nutrition Extension Education and the Public Health Division of the Society for Nutrition Education and Behavior (SNEB) presented a one-day workshop *Using Policy, Systems, and Environmental Change (PSE) Interventions to Build Healthy Communities*. The workshop preceded the annual SNEB conference in July 2016. Karen Barale, WSU Extension Pierce County, moderated the workshop and says it focused on identifying evidence-based policy, systems, and environmental change interventions in nutrition education, determining levels of community change and assessing current interventions with implications for future implementation.

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Speakers Carol Smathers and Jenny Lobb defined PSE in nutrition education including terms and framework, evidence-based strategies, and its evolution in public health. Karen suggests these resources for *Energize* readers who wish to learn more:

PSE:

<http://www.healthpolicyohio.org/what-is-policy-system-and-environmental-change/>

<https://www.cdph.ca.gov/programs/NEOPB/Pages/Policy,SystemsandEnvironmentalChangeResourceGuide.aspx>

http://centertrt.org/?p=training_webinars

Evidence-Based Practice:

<http://www.healthpolicyohio.org/guide-to-evidence-based-prevention/>

The RE-AIM Framework:

<http://www.re-aim.hnfe.vt.edu/>

<http://www.cdph.ca.gov/programs/cpns/Pages/PSEEvaluationRE-AIM.aspx>

National speakers shared case studies of their programs using PSE. Speaker materials and case studies are available for download at: <https://www.sneb.org/2016-conference-material/>. Look for July 30, *FNEE Pre-Conference Session*. (Contact: Karen Barale, MS, RD, CD, FADA, Associate Professor, State EFNEP Leader, WSU Extension Pierce County, 253-798-3262, KBarale@wsu.edu). For Karen's two-page summary of the session and speakers, contact Martha Marino, Writer, *Energize Newsletter*, martha_marino@yahoo.com).

TOOLS OF THE TRADE

SNAP-Ed Strategies and Interventions: Obesity Prevention Tools Kits for States – Through the collaborative effort of the USDA, Center TRT, and NCCOR, this 50-page document provides a great overview of evidence-based strategies in the settings where people live, learn, work, shop, eat and play. You will find the current version on the SNAP-Ed Connection site at <https://snaped.fns.usda.gov/materials/snap-ed-strategies-interventions-obesity-prevention-toolkit-states>.

Tips for Safe, Tasty Turkey – If you're planning ahead to educate clients about cooking a Thanksgiving meal, WSU Extension Spokane County has a handout that can help. It includes methods for safe thawing and roasting, and food safety tips for using leftovers. Recipes for easy, low-cost side dishes are also included, complete with nutrition information. For a pdf of "Turkey Tips & Easy Cooking Guide from WSU Food Sense," contact *Energize* writer Martha Marino, martha_marino@yahoo.com.



Huge Database of Branded Foods – Nutrition educators looking for the nutrient content of branded foods now have a vast resource: the Branded Food Products Database. This online tool of the USDA Agricultural Research Service and many partners developed the database and user-friendly interface to make information available to parents, healthcare professionals, scientists, food industry, and businesses. More than 80,000 name-brand prepared and packaged food from supermarkets and restaurants can be found. This augments the already-existing USDA National Nutrient Database. Searchable database at <https://ndb.nal.usda.gov/ndb>. (Source: <https://www.ars.usda.gov/northeast-area/beltsville-md/beltsville-human-nutrition-research-center/nutrient-data-laboratory/docs/usda-branded-food-products-database>).

Workshop on Child Hunger in Seattle – The American Academy of Pediatrics published a recommendation last year encouraging pediatricians to take action on childhood food insecurity. To educate physicians, health professionals, and others who care for kids, Seattle Children's is offering a day-long workshop on Saturday, December 3. "Tackling Hunger in Pediatric Practice: Implementing AAP's Policy Promoting Food Security for All" will review medical, behavioral, and mental impacts of hunger, and ways that health care professionals can screen kids and refer to services around Washington State.

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National and state experts will also address access, equity, nutrition, food quality, legislation, and advocacy issues. Agenda and registration at <http://www.seattlechildrens.org/healthcare-professionals/education/cme/calendar>.

WASHINGTON GROWN

Fresh This Month – Pumpkins and other winter squash are more than fall decorations! Most are rich sources of fiber, vitamin A and other key nutrients. How do you know which ones to eat? For a pictures and descriptions of 12 common varieties, see <http://www.epicurious.com/archive/seasonalcooking/farmtotable/visual-guide-winter-squash>. Most squash varieties have a very hard shell, which is a reason they store well for weeks. But that same hard shell is a challenge when the recipes says, “Cut squash in half.” For tips on how to do this safely with spaghetti squash, see dietitians’ advice at <http://teaspoonofspice.com/2014/10/easily-cut-spaghetti-squash-spaghetti-squash-lasagna>.



Source: Martha Marino

How to make pumpkin seeds – After carving pumpkins for Halloween, the seeds can be transformed into a nutritious snack. Here’s how to roast pumpkin seeds: <http://food.unl.edu/drying-and-roasting-pumpkin-seeds>. For nutritional content of the seeds, see <https://extension.umaine.edu/food-health/recipes/roastedpumpkin-seeds>.

DID YOU KNOW?

How did the Jack O’Lantern get its name? In America, we have been carving pumpkins at Halloween for centuries. This practice originated with an Irish folktale about a man nicknamed “Stingy Jack,” whose deal with the Devil went awry. According to legend, he was left with only a coal to put in a carved-out turnip and wanders the earth to this day. In Ireland, people carved potatoes, turnips, and beets, putting a candle inside. When immigrating to the US, they found that the American pumpkin was perfect for their “Jack of the Lantern,” shortened to Jack O’Lantern. As nutrition educators, we know that all those vegetables are good to eat – as well as carve. (Source: www.history.com/topics/halloween/jack-olantern-history).



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.

Family Meals among Teens Continue to Decline – We have written in the *Energize Newsletter* about the many nutrition and psychosocial advantages of family meals, but more and more teens are missing out on those health benefits. A study that spanned a 12-year period using a large, nationwide sample of 14- and 15-year-olds found that,

over time, teens are eating less with their families. From 1996 to 2008 (the most recent year data was available), the number of family dinners per week among males decreased from 5.3 to 4.6. Among females, the frequency decreased from 5.0 to 4.4 dinners.

(Source: K Walton et al, “Secular trends in family dinner frequency among adolescents,” *BioMed Central*, January 2016. <https://bmcresnotes.biomedcentral.com/articles/10.1186/s13104-016-1856-2>).

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