



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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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.

This Month's Focus: *Food Security - Global to Local*

For more than a century, Washington State has become a microcosm of the global community. Beginning with immigrants from northern and southern Europe at the turn of the 20th century, global communities have settled in our state which now includes people and communities from all continents. They bring with them their cultural foods and traditions that add depth and breadth to our Northwest region. As immigrants arrive and begin a new life in this country, many struggle with low incomes, unfamiliar foods, and limited resources to meet their nutritional needs. In this issue of the *Energize Newsletter for Nutrition Educators*, we will focus on food insecurity both globally and locally, and share some of the efforts being made to understand and better serve this segment of our population.

Languages Spoken in Washington State – If we could listen in the homes around our state, we'd hear languages from around the globe. More than 17% of Washingtonians over the age of five speak languages other than English. Nearly half are Spanish-speaking but there's a wide variety: Tagalog, Russian, Somali, and Amharic, to name a few. What languages are spoken in our schools? According to Terrie Beckman, Secretary Supervisor for the Migrant and Bilingual Education Program, Office of the Superintendent of Public Instruction, a total of 219 languages were represented in Washington schools in the 2013-2014 school year. Terrie says that English Language Learners represented 110,579 students statewide who were identified for service. For information about languages in Washington Schools, see the Annual Report by the Migrant and Bilingual Education Program to the state legislature, www.k12.wa.us/MigrantBilingual/BilingualProgram/AnnualReports.aspx. More information about world languages in Washington state schools can be found at www.k12.wa.us/WorldLanguages/WLinWashington.aspx). Language breakdown in Washington by the Modern Language Association: [click here to follow link](http://www.mla.org/map_data&dcwindow=new). Interactive map: www.mla.org/map_data&dcwindow=new.) (Contacts: Wendy Barkley, RD, Supervisor, School Nutrition Programs, OSPA, Child Nutrition Services, 360-725-6220, Wendy.Barkley@k12.wa.us and Terrie Beckman, Migrant and Bilingual Program, OSPI, 360-725-6147, Terrie.Beckman@k12.wa.us.)

World Food Day Is October 16 – A topic to consider in educational or awareness programming next month is World Food Day, now in its 70th year. The 2015 theme is "Social protection and rural agriculture: Breaking the cycle

of poverty.” Some encouraging news is that through policy and systems changes, 150 million people were lifted from extreme poverty in 2013, helping to break the intertwined cycle of hunger and poverty. To read about successful social protection programs, see www.fao.org/3/a-i4882e.pdf. For charming, inspiring entries in a children’s poster contest along with briefing notes for teachers, see <http://www.fao.org/world-food-day/contest/2015/en>.



Double Pyramid by Barilla Center for Food and Nutrition

Barilla Double Pyramid – The Barilla Center for Food and Nutrition coordinated the development of a fascinating Double Pyramid: one showing the relative amounts of foods to eat for a healthful diet, and the other as an inverted pyramid depicting the environmental impact of those foods. Although it was developed in Italy, it references diets in the United States and Europe. To read this compelling report, *Double Pyramid 2015: Recommendations for a Sustainable Diet*, go to www.barillacfn.com/position-paper/pp-double-pyramid-2015-recommendations-for-a-sustainable-diet/?lang=en. A technical report and database are accessible at that site as well.

Food and Nutrition at the World’s Fair – As host for the 2015 International EXPO in Milan, the Italians chose the theme, “Feeding the Planet, Energy for Life.” More than 150 countries built pavilions showcasing their innovations in providing food for hungry people and agricultural sustainability. The USA pavilion has an unusual vertical garden with kale, chard, parsley, and other greens on tall panels covering the entire side of the building, demonstrating how produce can be grown in urban areas with no soil. At each pavilion, festival-goers can sample typical foods from that country. For people with interests in sustainability and nutrition, this year’s world fair is truly a destination. EXPO concludes October 31. For more, see www.expo2015.org/en and www.usapavilion2015.net.

Washington Schools Reflect World Cultures – Families from around the globe have immigrated to our state, some as refugees, others to find a better life and a variety of other reasons. As parents transition to a new country and jobs here, one of the ways their children can be nourished is through participation in the Free and Reduced Price Meal Programs at schools. School nutrition directors have tried offering menu items reflecting the cultural roots of the students. At Kent School District, Director of Nutrition Services Tom Ogg says that, at last count 137 languages are spoken by his students. He is experimenting with hummus and vegetables, as they have a high percentage of Middle Eastern families. Director of Nutrition Services Lisa Johnson says that Highline School District offers menu items that reflect some of the local cultures but that other students enjoy, too, such as Somali spaghetti, chicken tortilla soup, coconut rice, and a wide variety of legumes, fruits, and vegetables. (Contacts: Tom Ogg, Director of Nutrition Services, Kent School District, 253-373-7084 and Lisa Johnson, RDN, Director of Nutrition Services, Highline Public Schools, 206-631-3221.)

Cultural Sensitivity in Recipe Adaptation – Jen Hey and *Food Sense* staff in King County Extension and Jasmine Silva of Yakima County EFNEP, have shared adaptations in local Eating Smart – Being Active (ESBA) recipes to improve cultural sensitivity for immigrant groups. These include:

- Recipe modifications to retain familiar flavors while suggesting small changes to make them healthier. For example, Jasmine has added fresh jalapenos or serrano chilis and lime juice to quinoa salad to improve acceptability to the Hispanic audience.
- Input from class participants to choose recipes most comfortable to them. She says that this increases the likelihood that participants will make the recipe at home.
- Researching recipes and dishes common to different populations to choose recipes with similar ingredients and flavors, even if not exactly the same.
- Class discussion of a recipe and how it relates back to dishes in their culture. Jasmine shared that using open-ended questions that have Hispanic groups reflect on foods of their childhood, helps them remember that the fried or high-fat foods commonly found in Mexican American culture were not eaten on a daily basis in their homeland, but only for special celebrations during the year. They often conclude that their food experiences growing up in their country-of-origin were broader, and healthier over all.
- Suggestions from participants about adding spices and other ingredients.

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- Adding whole grains, such as substituting brown rice or using whole grain tortillas.
- Reducing the amount of oil in recipes while still preserving familiar cooking processes.
- In cultures that cook with lard or animal fats, switching to plant-based oils.
- Substituting lower fat ingredients with added health benefits, such as yogurt in recipes that call for sour cream or mayonnaise.
- Adding vegetables to recipes that contain ingredients that nutrition educators generally suggest limiting. Jen shares an example, “A mom from Ecuador was sharing her concerns that her kids loved to eat her homemade tortillas and she had heard that tortillas and bread products were ‘bad for you.’ After reassuring her that her homemade whole grain corn tortillas were a healthier choice already, we suggested that she add more vegetables and possibly beans to them so that they were a smaller portion of the overall meal and that it included more of the nutrient dense foods.”

Jen says that one of their partners is Lutheran Community Services Northwest, which serves recent immigrants, nearly all of whom have refugee status. Their class First Foods, introduces mothers to learning to feed their children in American culture. Jen is working with them to offer an ESBA series to follow up on this class. (Contacts: Jen Hey, *Food Sense* Program Manager, WSU King County, 206-263-1914, Jen.Hey@wsu.edu and Jasmine Silva, EFNEP Educator, Yakima County, 509-574-1600, jasmine.silva@wsu.edu.)

IN THE MEDIA

Committing to Reduce Food Waste by 50% - American consumers throw away about one-third of their food, a practice that wastes money and contributes to climate change. Agriculture Secretary Tom Vilsack and Environmental Protection Agency Administrator Gina McCarthy made news last week announcing the United States’ first-ever national food waste reduction goal, calling for a 50% reduction by the year 2030. The USDA and EPA were joined by food retailers, agricultural organizations, and charitable organizations who support the goal. A whopping 133 billion pounds of food is wasted each year on American soil. Some of this can be rescued and donated to feeding programs for struggling Americans, bridging a gap between manufacturers, farmers, grocery stores, schools and institutions, and food insecure people. When households throw away food, most of it goes to landfills where it produces methane, a potent greenhouse gas that fuels climate change. According to the USDA, consumer food waste is the greatest contributor to municipal landfills. What can nutrition educators do? Teach consumers how to shop and cook to decrease food loss. (Source: www.usda.gov/wps/portal/usda/usdahome?contentid=2015/09/0258.xml&contentidonly=true.)

Food waste is a global issue as well. The Milan Protocol, which gathered food, nutrition, and environmental experts from around the world earlier this year, addressed food waste, excerpted here: www.youtube.com/watch?v=pfU_imFGPvkb.

TOOLS OF THE TRADE

“The Right to Food”: Stories For Youth – Young people can discover food- and nutrition-related issues around the globe by reading a cartoon storybook written and illustrated by youth called “The Right to Food: A Window on the World”. Each story focuses on a need in a particular country for access to nutritionally adequate and safe food. Children ages 8 to 16 can learn about the right to food and ways they can take action about hunger in their communities. The story book is available in seven languages in PDF form at <http://www.fao.org/docrep/010/a1300e/a1300e00.htm> and the resource and activity guide for teachers and youth leaders can be found at www.fao.org/docrep/009/a1301e/a1301e00.HTM. Also available: “Feeding Minds, Fighting Hunger” lesson plans about the issues of hunger, malnutrition, and food security, for use by schools and youth groups at primary, intermediate, and secondary levels at www.fao.org/nutrition/education/healthy-eating-resources/en.

Dietary Guidance in 60+ Countries – Americans have MyPlate, and other countries also have food-based guidance that works with the dietary needs as well as agricultural, health, and nutrition policies in those particular countries. At the Food and Agriculture Organization’s website, you can click on a country name and flag and then explore the guidance for that population, and their graphic, such as a pyramid or rainbow. This could spark a fun school research project for students! www.fao.org/nutrition/nutrition-education/food-dietary-guidelines/en.



Photo courtesy of © Food and Agriculture Organization of the United Nations

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Global Challenges in Nutrition Education – If you have an interest in learning about what nutrition educators are doing around the world, take a look at “Challenges and issues in nutrition education” by Juliann McNulty, which served as a background paper for the International Conference on Nutrition in 2014. The paper explores how nutrition education can be defined, how it has (and hasn’t) been effective, the complexity of doing adequate planning and evaluation, and more. The paper has valuable implications for nutrition education stateside, too. Available for free download at www.fao.org/docrep/017/i3234e/i3234e.pdf. Another paper, “Promoting healthy diets through nutrition education and changes in the food environment: an international review of actions and their effectiveness” by Corinna Hawkes carries themes in the Policy-Systems-Environmental Change model, particularly Environmental Change, www.fao.org/3/a-i3235e.pdf.

September is Food Literacy Month – Washington State Governor Jay Inslee declared September 2015 as Food Literacy Month to promote food education, inspire food choices that are good for people and good for the planet, encourage parental involvement, and motivate communitywide support. To read the proclamation, go to www.whatcomfarmtoschool.org/wp-content/uploads/2015/08/Proclamation-Food-Literacy-Month-2015.pdf.

Food: Don’t Waste It – A vintage poster from World War I includes six consumer food tips to reduce waste that ring as true now as a hundred years ago. It suggests “buy it with thought, cook it with care, serve just enough, save what will keep.” The *Food: Don’t Waste It* poster has been recently reprinted and is also available as a small magnet. Both can serve as reminders of simple things to do at home. Available from the Washington State Dairy Council, www.eatsmart.org/product/food-dont-waste-it-poster.

Food Practices Around the World – The *Journal of the Academy of Nutrition and Dietetics* had a three-part series of articles for continuing education credit called “Global Food Practices, Cultural Competency, and Dietetics” beginning in the March 2015 issue. Countries are listed alphabetically, covering current food practices, traditional dishes, meal patterns, and food-related health beliefs.

DID YOU KNOW?

The most prevalent micronutrient deficiencies around the world are vitamin A, iodine, iron, and zinc. (Source: Second International Conference on Nutrition, Conference Outcome Document: Rome Declaration on Nutrition, World Health Organization and FAO, November 2014.)



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.

A Billion Family Dinners – On September 1, a social media campaign launched with the goal of tracking a billion family dinners for the health and well-being of family members and ultimately for society. What’s a family dinner in their view? Two or more people sharing a family-style meal, being fully present for 30 minutes. Info: @dinnercall and www.billiondinners.org. The campaign’s DinnerCall app

helps people track their family dinners and share dinnertime photos, and also offers conversation starters.

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