



SNAP-Ed Connection

<http://snap.nal.usda.gov>

BULLETIN

Volume 5, Issue 1

Spring 2011

Inside this issue:

How to Get Food Help 1

New 2010 Dietary Guidelines 1

Recipe Finder: Upload Your Recipe Photos! 3

Resource Finder Database Update 3

Upcoming Conferences 3

Recipe Highlight: Pink Party Salad 4

How to Get Food Help

A new brochure on food assistance from Food and Nutrition Service (FNS) is now available for consumers. **How To Get Food Help** is a low literacy, clear language brochure targeted at consumers who may be new to navigating social services and assistance applications. This brochure clearly explains all FNS programs that consumers may apply to directly, and it gives them basic information to identify which programs might be right for them. It also outlines the next steps to get them



started in the application process, as well as links and toll-free numbers for more information. **How To Get Food Help** will be a useful tool to add to your outreach strategy.

How To Get Food Help is organized and color coded by consumer groups, such as seniors (60+), school-age children, and pregnant and nursing women. This allows consumers to self-identify which programs they may be eligible for. The brochure also covers common questions about whether or not con-

sumers may receive benefits from multiple FNS programs or if they automatically qualify for a program if they already receive benefits from another program.

Here are some tips on how to use **How To Get Food Help** in your outreach activities:

- Hand out copies at any outreach or information events you have.
- Include copies in bags of food that are distributed.
- Talk through the brochure and help clients identify which group they best fit in.

(Continued on Page 2)

New 2010 Dietary Guidelines

USDA and HHS Announce New Dietary Guidelines to Help Americans Make Healthier Food Choices and Confront Obesity Epidemic
Adapted from FNS News Release No. 0040.11

Agriculture Secretary Tom Vilsack and Secretary of the Department of Health and Human Services (HHS) Kathleen Sebelius announced the release of the *2010 Dietary Guidelines for Americans*, the federal government's evidence-based nutritional guidance to promote health, reduce the

risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.

Because more than one-third of children and more than two-thirds of adults in the United States are overweight or obese, the 7th edition of *Dietary Guidelines for Americans* places stronger emphasis on reducing calorie consumption and increasing physical activity.

"The *2010 Dietary Guidelines* are being released at a time when

Dietary Guidelines for Americans 2010

U.S. Department of Agriculture
U.S. Department of Health and Human Services
www.dietaryguidelines.gov

the majority of adults and one in three children is overweight or obese and this is a crisis that we can no longer ignore," said Secretary Vilsack. "These new and improved dietary recommendations give individuals the information to make

(Continued on Page 2)

How to Get Food Help (continued from Page 1)

- Use the brochure as a template to present FNS programs in your outreach presentations.
- Use the brochure and PPT presentation to train your employees and outreach volunteers about FNS programs.
- Use the brochure to discuss outreach partnership and funding opportunities with your supporters.
- Create your own outreach strategies using the brochure, and let us know how they work by submitting a promising practice here.

Click below to download the **How To Get Food Help** brochure, Power Point presentation or both. To order printed copies of **How To Get Food Help** for free, visit: <http://snap.ntis.gov/>.

View/download files:

Brochure: <http://www.fns.usda.gov/cga/Publications/ConsumerBrochure.pdf>

Power Point Presentation: http://www.fns.usda.gov/cga/Publications/food_help.ppt

SNAP-Ed Connection Team

Gina Hundley Gomez, RD
Rachel Tobin, MS, RD
Nicole Ferring Holovach, MS, RD
Snap-ed@nal.usda.gov

Food and Nutrition Service Partners

Alice Lockett, MS, RD, LD
Usha Kalro, MS, RD, LD
Gerry Howell, MS, RD

New 2010 Dietary Guidelines (continued from Page 1)

thoughtful choices of healthier foods in the right portions and to complement those choices with physical activity. The bottom line is that most Americans need to trim our waistlines to reduce the risk of developing diet-related chronic disease. Improving our eating habits is not only good for every individual and family, but also for our country."

The new 2010 *Dietary Guidelines for Americans* focus on balancing calories with physical activity, and encourage Americans to consume more healthy foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products, and seafood, and to consume less sodium, saturated and *trans* fats, added sugars, and refined grains.

"Helping Americans incorporate these guidelines into their everyday lives is important to improving the overall health of the American people," said HHS Secretary Sebelius. "The new *Dietary Guidelines* provide concrete action steps to help people live healthier, more physically active and longer lives."

The 2010 *Dietary Guidelines for Americans* include 23 Key Recommendations for the general population and six additional Key Recommendations for specific population groups, such as women who are pregnant. Key Recommendations are the most important messages within the *Guidelines* in terms of their implications for improving public health. The recommendations are intended as an integrated set of advice to achieve an overall healthy eating pattern. To get the full benefit, all Americans should carry out the *Dietary Guidelines* recommendations in their entirety. More consumer-friendly advice and tools, including a next generation Food Pyramid, will be released by USDA and HHS in the coming months. Below is a preview of some of the tips that will be provided to help consumers translate the *Dietary Guidelines* into their everyday lives:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

This edition of the *Dietary Guidelines* comes at a critical point in time for America's health and prosperity. By adopting the recommendations in the *Dietary Guidelines*, Americans can live healthier lives and contribute to a lowering of health-care costs, helping to strengthen America's long-term economic competitiveness and overall productivity.

USDA and HHS have conducted this latest review of the scientific literature, and have developed and issued the 7th edition of the *Dietary Guidelines for Americans* in a joint effort that is mandated by Congress. The *Guidelines* form the basis of nutrition education programs, Federal nutrition assistance programs such as school meals programs and Meals on Wheels programs for seniors, and dietary advice provided by health professionals.

The *Dietary Guidelines*, based on the most sound scientific information, provide authoritative advice for people 2 years and older about how proper dietary habits can promote health and reduce risk for major chronic diseases.

The *Dietary Guidelines* aid policymakers in designing and implementing nutrition-related programs. They also provide education and health professionals, such as nutritionists, dietitians, and health educators with a compilation of the latest science-based recommendations. A table with key consumer behaviors and potential strategies for professionals to use in implementing the *Dietary Guidelines* is included in the appendix.

The 2010 *Dietary Guidelines* is available at www.dietaryguidelines.gov. For more information on dietary guidelines, see www.health.gov/dietaryguidelines and www.healthfinder.gov/prevention

Recipe Finder: Upload Your Recipe Photos!

The SNAP-Ed Connection is proud to announce a fun new feature to our popular Recipe Finder Database. Now, in addition to providing feedback on our recipes, users of our Recipe Finder will also have the ability to submit a photo of the recipe they've prepared. Those browsing recipes will be able to view the photos submitted by others, giving them a preview what the final product may look like.

We encourage you to test out this new interactive feature of the Recipe Finder. To submit a photograph of a prepared recipe, click on the "Rate a Recipe" link, either from the main Recipe Finder search page or from any of the individual recipe pages. Halfway down the page, you will be given the opportunity to upload a photo from your computer. Photos must be in jpg or gif format and less than 1 MB in size.

The ability to post a photo makes our Recipe Finder tool even more useful for SNAP-Ed providers. As you may know, the Recipe Finder includes over 600 low cost, easy to prepare recipes contributed by community nutrition educators

from around the country. Each recipe comes with a nutrition facts label, a cost estimate, and all are available in English and Spanish.

We hope you will enjoy sharing your recipe photographs and viewing those submitted by others. In our continuous effort to support you and keep up with advancing technology, we are constantly looking for new interactive tools and features like this which we can add to our Web site to support the work you do. If you have any feedback on this new feature or suggestions for future innovative elements, let us know at snap-ed@ars.usda.gov.



*Photo of Corn and Green Chili Salad
Recipe Finder*

Resource Finder Database Update

Spring is a wonderful time to get renewed and refreshed. As you may be taking some time to clean out your closets, your basement, or your office, we've been doing some "spring cleaning" of the Resource Finder, our online database of nutrition education and training materials. And we could use your help!

Since January we've been going through the Resource Finder with a fine tooth comb, updating resource entries with new publisher or ordering information and correcting broken or incorrect links. We're trying to eliminate incomplete or incorrect information in entries to help you find the best resources for your purposes quickly and easily. With the release of the new 2010 Dietary Guidelines for Americans, our goal is to make sure all resources are still accurate and compatible with current research

recommendations.

Cleaning up the Resource Finder database may result in reducing the size of the database as we purge entries that are no longer available or no longer meet our review criteria. We're counting on you to help us keep it well stocked with up-to-date nutrition education resources!

Please submit curricula, videos, interactive tools, games, and other resources you've developed that may help other SNAP-Ed providers across the country. In addition, if you've made changes to existing resources, we'd like to know about them too. To submit a resource or update a previous submission visit: http://www.nal.usda.gov/fsn/resource_finder_basic_search.php.

In the midst of our cleaning, here's a sampling of some resources we've recently

added to the database:

Your Guide to Diet and Diabetes

(University of Illinois Extension)
Web site resource on healthy eating in relation to diabetes

La Quinceañera de Elisa (Kansas State University Family Nutrition Program) *Online telenovela (Spanish style soap opera) encouraging healthy lifestyle behaviors*

Kids...Get Cookin'! Fast and Fun Recipes (Network for a Healthy California) *Cookbook featuring kid-friendly recipes*

Power Up in 10: Strength Training for Families (Network for a Healthy California) *Booklet of strength training exercises*

Be sure to check out these and the rest of our Resource Finder resources today!

Upcoming Conference Calendar

Be sure to save the date for these upcoming events!



AAFCS 102nd Annual Conference & Expo
Linking Cultures, Enriching Lives
American Association of Family & Consumer Sciences
June 23-25, 2011
Phoenix, AZ

SNE 44th Annual Conference
Empowering the Nutrition Gatekeepers: From Parents to Products to Policy
Society of Nutrition Education
July 23-26, 2011
Kansas City, MO



SNAP-Ed Connection
 USDA/ARS National Agricultural Library
 10301 Baltimore Ave., Room 105
 Beltsville, MD 20705-2351

Phone: 301-504-5414
 Fax: 301-504-6409
 TTY: 301-504-6856
 E-mail: SNAP-Ed@nal.usda.gov

Connecting SNAP-Ed providers with information and education resources.

The SNAP-Ed Connection is a dynamic online resource center for State and local SNAP-Ed providers. SNAP-Ed Connection is funded by USDA's Food and Nutrition Service (FNS) and maintained at the National Agricultural Library's Food and Nutrition Information Center in collaboration with the University of Maryland.

The SNAP-Ed Connection, previously titled the Food Stamp Nutrition Connection, was established in 2001, by the United States Department of Agriculture's (USDA) Food and Nutrition Service with the goal of helping SNAP-Ed providers find the tools and information they need to provide quality nutrition education for low-income audiences.

Visit us on the Web!

<http://snap.nal.usda.gov>

USDA is an Equal Opportunity Employer
and Provider



Recipe Highlight: Pink Party Salad

After a long, cold winter, it's finally time to celebrate spring's arrival and the rebirth of nature. This deliciously sweet and perfectly pink salad features eggs, peas, potatoes and beets.

Serving Size: 1/6 recipe
 Yield: 6 servings

Ingredients:

- 4 potatoes - washed and cut in half
- 3 cups beets, cooked - peeled and diced
- 1 cup peas, green, fresh or frozen
- 3 eggs, hard boiled
- 1 apple
- 1 teaspoon lemon juice
- 2 Tablespoons olive-oil
- 3 Tablespoons vinegar
- 1 Tablespoon sugar

Instructions:

1. Boil the potatoes in 2 cups of water in a deep kettle. Cover and cook over moderate heat for about 20 minutes, until the potatoes are tender.
2. When thoroughly cool, dice potatoes and place in a big bowl.
3. Add diced beets and mix with the potatoes.

4. Set aside 1/4 cup of peas for garnishing and add the rest to the bowl.

5. Save 1 egg to use as a garnish. Chop the rest and add to the bowl.

6. Peel the skin off the apple and remove the core. Cut the apple into small pieces, place in a small bowl and sprinkle with lemon juice. Add apple to the salad.

7. Add the vinegar, olive oil and sugar.

8. Mix thoroughly. Chill and serve.

Cost: Per Recipe: \$ 4.72

Per Serving: \$ 0.79

Adapted for the SNAP-Ed Connection Recipe Finder from:

From the Farm to the Table, p.8

Hispanic Health Council

University of Connecticut Cooperative Extension

Nutrition Facts	
Serving Size 1/6 of recipe (246g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Sugars 14g	
Protein 5g	
Vitamin A 10%	Vitamin C 40%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	