



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* shares brief information about programs and materials that support healthful and enjoyable eating.

Tell Us What's New...

What's new with your organization? To submit news to *Energize*, call Martha Marino 206-817-1466, e-mail martha_marino@yahoo.com.

Deadline for submission is the last day of each month.

Subscription Information

Energize can be sent to you electronically each month. There is no charge.

To order or unsubscribe contact: Christa Albice, WSU Puyallup, 253-445-4541. Fax 253-445-4569, e-mail albice@wsu.edu.

Energize is a publication of the *Nutrition Education Network of Washington*. Content of newsletter is up to the discretion of *Nutrition Education Network of Washington* staff.

For more information about the *Nutrition Education Network of Washington* or to access past issues of this newsletter, see <http://nutrition.wsu.edu>.



ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE

Information provided by Washington State University Extension's NEN of WA. This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). 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 your local DSHS Community Service Office.

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Please complete our survey! Per our funder's request, all recipients of the *Energize Newsletter for Nutrition Educators* are required to complete the survey at this URL: <http://nutrition.wsu.edu/survey/EnergizenewsletterSurveyFFY2011.htm> Only those completing the electronic survey will continue to receive subsequent issues of the newsletter. Thanks for your cooperation.

This Month's Focus: NGOs and Food Assistance

Non-governmental organizations (NGOs) play a key role in providing food assistance to hungry Washingtonians and around the globe. NGOs operate independently from any government and typically emphasize humanitarian issues, such as feeding low income individuals and families. NGOs are generally funded through donations by individuals and corporations, with the view that humanitarian needs cannot be met through governmental programs alone, and that citizens have a responsibility to help their neighbors. This issue of the *Energize Newsletter for Nutrition Educators* describes programs of some NGOs providing food assistance to low-income people in our state.

Key Players in Direct Service to Food Banks – In Washington State, several non-profit organizations collect and distribute food to food banks and other centers that provide food to hungry families and individuals. Although the organizations aim to provide direct service, most of them also advocate for anti-hunger efforts, hold fundraising events, and place an increasing emphasis on nutrition.

>*Northwest Harvest* – Distributes food statewide, www.northwestharvest.org.

>*Food Lifeline* – Serves Western Washington, www.foodlifeline.org.

>*Second Harvest Inland Northwest* – Serves Eastern Washington and North Idaho, affiliated with the national program Second Harvest, www.2-harvest.org.

>*Emergency Food Network* – Serves Tacoma and Pierce County, www.efoodnet.org.

>*Washington Food Coalition* – Functions as a coalition for more than 300 emergency food providers such as food banks, distributors, meal programs, faith-based organizations, service organizations, and others who offer services to meet the needs of hungry people in Washington, www.wafoodcoalition.org.



Marymoor Community Garden. Photo courtesy of Scott Milne, Hopelink.

Hopelink's Seeds of Change – Hopelink and the non-profit Marymoor Community Garden Association (MCGA) in Redmond put together partnership program in which Hopelink provided seeds and gardeners planted them to grow vegetables for the food bank. Scott Milne, Hopelink's Center Manager / Food Program Manager said that they used funding from the Emergency Food Assistance Program (EFAP) to buy seeds and compost as part of EFAP's efforts to provide highly nutritious foods through sustainable systems in communities. MCGA planted eight plots to grow produce that it gave to Redmond Food Bank. In addition, individual gardeners who use 300+ plots were invited to "grow a row" for the food bank, and were offered free seeds from Hopelink. Hopelink serves homeless and low income families, children, seniors, and people with disabilities. It receives funding from diverse sources including public and private foundations, United Way, government support, as well as donations from individuals, organization, and local corporations. (Contact: Scott Milne, 425-869-6000 or scottm@hope-link.org, website www.hope-link.org).



Photo courtesy of David Bobanick, Rotary First Harvest.

Fixing a Weak Link – Rotary First Harvest works behind the scenes to fix one of the weak links in providing nutritious foods for hungry Washingtonians: connecting produce growers who have excess food with food bank distribution organizations. According to David Bobanick, Executive Director, First Harvest serves as a non-profit produce broker funded by Rotarians, providing truckloads of about 40,000 pounds at a time. Whether it's a truck full of an oversupply of potatoes, or apples that are nutritious but not the right red color for retail sale, First Harvest arranges for shipping of the products to Northwest Harvest, Food Lifeline, Second Harvest Inland Northwest, or the Emergency Food Network in Tacoma. In a new program, "Harvest Against Hunger," Americorps VISTA

volunteers work with local food banks, farmers, and volunteers to develop gleaning and outreach programs. Bobanick says this year there are 10 volunteers, and it's enjoyable to see the energy and enthusiasm of young people involved in this program. Rotary First Harvest started in 1982 and has provided 150 million pounds of produce over the life of the program. (Contact: David Bobanick, Rotary First Harvest, 206-236-0408, david@firstharvest.org, www.firstharvest.org)

TOOLS OF THE TRADE

Commodity Foods Recipes and Fact Sheets – What meals can you prepare with canned pork? What's the nutritional composition of farina cereal? To find out the nutrients in commodity foods and recipes for their use, go to www.fns.usda.gov/fdd/programs/csfp/cfs_csfp.htm and click on the particular commodity you're interested in. Fact sheets are in full color and can be used as reproducible handouts. For more recipes using commodity foods such as canned spinach, canned cherries, and dried plums, see "Creative Recipes for Less Familiar USDA Commodities Used by Household Programs" at www.fns.usda.gov/fdd/recipes/hhp/HHP-CreativeRecipes-rev2.pdf



Photo courtesy of USDA.

Can-Do Attitude – Maybe it's the economic climate, maybe it's the interest in farmers' markets and the desire to preserve their food to enjoy year-round, but home canning is making a comeback. According to the National Center for Home Food Preservation, established 10 years ago with US Department of Agriculture funding, interest in canning has risen dramatically over the past 18 months. Other reasons that new canners give for taking up the hobby include saving money, preserving home-grown food, and re-establishing traditions. The Center offers useful information about canning, freezing, drying, and other methods of food preservation, as well as seasonal recipes. On the site now are techniques for preserving pumpkins and making reduced-sugar apple butter. Information from land-grant universities in the Cooperative Extension Program is compiled at the University of Georgia's site at www.uga.edu/nchfp

Bulgur Recipes – Bulgur is a delicious whole grain, but its preparation is unfamiliar to many people. Now that bulgur is available to WIC clients in Washington State, this grain food is gaining greater visibility. For tips and low-cost recipes using bulgur wheat, see the Washington State Dairy Council's downloadable handout called "Enjoy Bulgur Wheat" at www.eatsmart.org, click on Free Resources or go directly to www.eatsmart.org/client_images/bulgur%20handout%20final%202010-08-18.pdf

Research on Kids and Foods Eaten Away from Home – It appears to be true: when kids eat away from home, they consume more calories and have a less nutritious diet than when they eat at home. A study published this month found that among teens aged 13 to 18 years, each meal consumed away from home meal added 108 calories to their daily intake. The study looked at food eaten at school (not only those offered as part of USDA reimbursable meals but also foods available for purchase), and caloric sweetened beverages which the researchers found were one of the top "foods" consumed away from home. The authors concluded that increased consumption of food away from home is a contributing factor in the current epidemic of childhood obesity. (Source: L Mancino, JE Todd, J Guthrie and B Lin, "How Food Away from Home Affects Children's Diet Quality," Economic Research Service, USDA, October 2010, available at www.ers.usda.gov/Publications/ERR104/ERR104.pdf)

LOCAL EVENTS AND PROGRAMS

Washington State Wins Award for Basic Food Efforts – Last month, Agriculture Secretary Tom Vilsack announced that USDA would award \$18 million in bonuses to states for "outstanding and timely customer service" in the 2009 fiscal year for benefits in the Supplemental Nutrition Assistance Program (also called Basic Food in Washington State, formerly Food Stamp Program). At the top of the list for the state with the most improved program access was Washington (\$3,026,355). (Source: <http://tinyurl.com/33676zm>)



Marymoor Community Garden. Photo courtesy of Scott Milne, Hopelink.

WASHINGTON GROWN

Fresh This Month – We've about reached the end of the growing season and many farmers' markets around our state will be closing soon. Before they do, grab some of these vegetables, particularly root vegetables, squash, and winter greens: beets (purple and golden) and beet greens, chard (red, yellow, rainbow), Brussels sprouts (very fun to purchase them on their long stem), carrots, corn, cucumbers, eggplant, leeks, onions, peppers, potatoes, radishes, shallots, a wide array of winter squash, turnips, and zucchini. For fruit, apples and pears are harvested now, and some melons are still available.

OUR MISSION: *The Nutrition Education Network* coordinates nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating among low-income families. *Energize* is one way that *the Network* shares information and resources to accomplish this mission.

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Federal Boost for Local Farms – Washington State’s specialty crop farmers will get a shot in the arm with \$3.7 million in federal funding. Our state will receive the third largest grant in the country and will help producers sell more of their products at home and abroad. Specialty crops include fruits, vegetables, tree nuts, dried fruits, horticulture and nursery crops. Washington is the nation’s third leading producer of these crops, and the level of funding for each state was allocated by the size of this industry. For a list of projects that were funded, go to the link found in this release: <http://agr.wa.gov/News/2010/10-25.pdf>

DID YOU KNOW?

A little-known fact is that more than 20% of Washington farms are operated by women, according to the Washington State Department of Agriculture and King County Agriculture Program. Another fact is that Washington ranks first in the nation for production of 10 crops, including apples, sweet cherries, pears, red raspberries, and hops. To obtain a pdf handout listing 13 “Fun Facts about Washington Agriculture,” contact Mike Louisell, Public Information Officer, Washington State Department of Agriculture, 360-902-1813, mlouisell@agr.wa.gov

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