What is the Program Committee?

The Program Committee is a group of individuals from the DES, the State Network staff and Local Network Staff that get together regularly to talk about plans and strategies for Network programming. It is a chance to talk about what is working well and make future plans for AzNN.

Who can attend?
Anyone who is part of the Arizona Nutrition Network is welcome to attend the Program Committee meetings.

When are the meetings?
The program meeting schedule is a bit different than most. It meets every other month on the second Tuesday at 10 am at ADHS UNLESS there is a Partner meeting that month. Then the meeting time changes and is attached to the Partner meeting. For a full list of the FY 2010 Program Committee meetings please see the September issue of the Green Room or check it out online at: www.eatwellbewell.org.

Can I participate if I don’t come to the meeting location?
If you cannot come to the meeting you are welcome to join via telephone. The agenda is sent out about a week in advance. When you see it be sure to call or email your contact info and interest in participating so we can get you in on the conference call line.

Still have questions about the Program Committee?
Contact Dana for more information: Goodlod@azdhs.gov or 602-364-0354
Hooray! MyPyramid materials are back. Look for them on the website to order after October 1. These include MyPyramid, MyPyramid for Kids, and MyPyramid for Preschoolers.

“All Our Fruits and Vegetables” by Roberta L. Duyff and Patricia C. McKissack. This is a story that introduces pre-schoolers and 1st graders to where and how a variety of colorful fruits and vegetables are grown. There are lots of pictures of fruits and vegetables for teaching parts of plants and their names. It also encourages tasting different kinds of fruits and vegetables. The pictures of children and adults are very culturally diverse. Available from Produce for Better Health Foundation for $6.95

The University of Nebraska-Lincoln Extension in Lancaster County has updated their "Meet the Grain Group" PowerPoint. You can download a copy and view a version they put on YouTube at: [http://lancaster.unl.edu/food/grains.shtml](http://lancaster.unl.edu/food/grains.shtml). While on YouTube, check out their “13 Fun Ways to Eat More Fruits and Vegetables” and Eric Herman’s “Crazy About Vegetables”.

**NOTES:**

The “Color Yourself Healthy” by the University of Nebraska-Lincoln Extension has a disparaging message and cannot be used as an AZNN material.

“Treasure Hunt with the Munch Crunch Bunch” by Jan Wolterman, Melinda Hemmelgarn, M.S., R.D. and J.W. Wolterman is another book with games that has several disparaging messages and cannot be used as an AZNN material.

**School Grant Opportunity**

We have received information on a funding opportunity for schools called the Love Your Veggies Grant Program. The grant program will seek to help schools execute innovative programs that will increase the access to, and consumption of, fresh fruits and vegetables in the lunchroom. The Deadline is November 6, 2009.

For more information on the 2009 Love Your Veggies Grant program, please see the website: [http://www.loveyourveggies.com/school_grants.php](http://www.loveyourveggies.com/school_grants.php) or email Bethany Hanna at: bhanna@schoolnutrition.org. For assistance after 5 p.m. EST, call 415-449-0122 or email dmangiantini@currentlm.com.

**Reminder about SNAP-Ed Equipment**

In reviewing our FY 2010 application the USDA has reminded State staff of the importance of keeping materials with program staff vs. at the service site. Specifically mentioned was the “glow bar”. The glow bars purchased with SNAP-Ed funds should remain with the LIA Partners and travel between service sites. They should not be purchased for or left at individual sites. This is just one great example of reasonable and necessary costs. It is neither reasonable nor necessary to have glow bars for each delivery site; they can be purchased by partners and shared among delivery sites.
Fruits & Veggies—More Matters® Month is here! Check out the new materials that have been developed specifically for this September. Please share these with other partners and organizations, even after September is over. They are great resources to use throughout the year.

As promised at the AZNN partners’ meeting in Flagstaff last month, the list of schools participating in the Fresh Fruit and Vegetable Program has been posted on our website. This list includes the schools participating during the 2009-2010 school year and which AZNN partners are providing nutrition education in the schools. Information on nutrition education resources sent to these schools and suggestions for use is also posted on the website. Both documents can be found at: http://eatwellbewell.org/partners/partner-resources/the-basics.

The Child Nutrition and WIC Reauthorization Act authorizes all federal school meal and child nutrition programs. Every five years Congress reviews the programs through reauthorization. This action provides opportunities to improve and strengthen programs in order to better meet the needs of children across the nation.

The Child Nutrition and WIC Reauthorization Act of 2004 is set to expire on September 30, 2009. Some programs such as National School Lunch Program, School Breakfast Program, and Special Milk Program are permanently authorized and will continue regardless of whether or not Congressional action is taken. Without Congressional action all other programs could expire on September 30, 2009. *Special note: The Food Stamp/SNAP program is part of the Farm Bill and therefore not part of this reauthorization act*

In 2008, twenty listening sessions were held to help USDA understand the needs and concerns of partners and participants of the nutrition programs in this act. Comments made by a wide variety of individuals and organizations were focused on the following topics: increased funding for nutrition programs, a focus on nutrition in effort to combat childhood obesity, the need to strengthen program management, and increasing access of programs for eligible people.

To learn more about the progress being made in this reauthorization go to: www.frac.org/Legislative/action_center.
FY2010 Network Meeting Schedule (revised 9/8/09)

10/6-8 Policy and Procedure training (6th Tucson, 7th Phoenix, 8th Flagstaff-sites TBD)
10-13 Committee meeting (ADHS 10 AM)
12-8 Committee meeting (ADHS 10 AM)
1/27/10 Committee meeting (ADHS 4 PM)
1/28/10 Partner meeting (TBD)
2/9/10 Committee meeting-Cancelled
2/9-11/10 Application Training (TBD)
4/28/10 Committee meeting (ADHS 4 PM)
4/29/10 Partner meeting (TBD)
6/8/10 Committee meeting (ADHS 10 AM)
8/25/10 Partner meeting (Flagstaff 1 PM Start)
8/25/10 Committee Meeting (Flagstaff post Partner meeting)
8/26/10 Partner meeting continued (Flagstaff 8:30AM-Noon)

New Nutrition Education Topic for FY10

Effective October 1, 2009 (FY10) partners have a newly approved nutrition education topic... Hydration!

Hydration was submitted as a separate goal in FY10 and therefore will have to be tracked and reported separately. Hydration will now appear in your monthly reports as “Q-Other-Hydration”. Please use this selection when messages about hydration are included in your nutrition education activities. You may be asking “why am I just hearing about this now?” That’s because we needed to have USDA approval and only just received it. Note: This may require a modification to the forms you use to collect your monthly report data (i.e. teacher time form). Please adjust accordingly. Contact your Partnership Development Specialist with any questions of concerns.
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<td>Policy &amp; Procedure Training (10/6 → 10/8)</td>
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<td>Desert Mission – PDS TA</td>
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<td>U of A_Pinal – Lesson Observation (include P&amp;R)</td>
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PDS= Partnership Development Specialist  TA= Technical Assistance
September is a month of many events to celebrate: Labor Day, Grandparent’s Day, Native American Day and Food Safety Education Month. Try these recipes to help you celebrate your favorite day!

**Spinach Corn Casserole**  
Talking Points:

- Spinach is considered a dark leafy green vegetable full of nutrients to keep skin and eyes healthy. It has a mild taste when eaten raw, delicious when mixed into green salads. Spinach can be cooked in stir fry dishes, chopped on pizza, or cooked as a hot vegetable at mealtime. Frozen spinach, as in this recipe, allows this vegetable to be available all year round. Watch for spinach in your produce section of your local grocery store and at your local Farmers Market in Arizona’s peak growing season which is October through May.
- Spinach provides calcium, iron, potassium, riboflavin, vitamins A and C and fiber. Iron is one nutrient important for women during child-bearing years.
- Corn is used in many products that consumers eat every day, such as in corn tortillas, as a vegetable, for dry cereals and in corn bread. Corn’s growing season in Arizona is May through November.

**Apple Filled Squash**  
Talking Points:

- This recipe provides a variety of tastes and nutrients. Apples provide texture and flavor to this recipe. Apples contain small amounts of potassium, and several B vitamins. Fiber content is higher when apples are eaten unpeeled.
- There are two categories for squash, summer and winter. The acorn squash in this recipe is classified as a winter squash. Its skin is tough and requires longer cooking time than those from the summer squash family of plants. Winter squash contains high amounts of vitamin A, potassium and fiber.

***Testers needed: We will be developing some new recipes soon and could use some partners to test them. Please email Sue Zevan at zevans@azdhs.gov if you are willing to test recipes.***