



Food & Nutrition *Insight*

Fall 2009

A quarterly newsletter for
Washington State
Food and Nutrition Council

The Right to Eat: Exploring Food Policy, Access and Equity Conference September 25, 2009

By Acacia Larson MPH, RD, CD

Thank you to all who attended this year's annual conference, it was very successful, and with over 100 people, possibly our best attended conference yet. The focus this year was on food policy and justice, and our speakers did a wonderful job of covering a wide variety of topics including:

- What is food justice?
- The economic, social and human rights issues related to food policy
- Promising changes to the WIC food package that now include fresh fruits and vegetables
- Policy approaches that promote sustainability for local farms
- Connections between local food policies and access to locally grown food in our communities
- Local examples of grass roots work to create healthier communities

Our speakers included:

- Branden Born, Assistant Professor in the University of Washington department of Urban Design and Planning: <http://urbdp.caup.washington.edu/>
- Cathy Franklin, Washington State WIC Program Coordinator: <http://www.doh.wa.gov/cfh/WIC/>
- Tricia Kovacs, Washington State Farm-to-School Program Coordinator: <http://agr.wa.gov/Marketing/Farmtoschool/>
- Sarah Wilcox, Program Coordinator for Agricultural Assistance at Pierce Conservation

District: <http://www.piercecountycd.org/>

- Rosalinda Guillen, Executive Director of Community to Community: <http://foodjustice.org/wp/index.php>
- Kirsten Frandsen, Program Coordinator for Physical Activity and Nutrition at the Tacoma-Pierce County Health Department: <http://www.tpchd.org/index.php>
- Tricia Mortell, Program Manager for Nutrition and Family Wellness for the Clark County Food System Council: <http://www.co.clark.wa.us/public-health/about/foodsystemscouncil.html>
- Colleen Burrows, Agriculture Program Coordinator for WSU Whatcom County Extension: <http://whatcom.wsu.edu/>



Continued on page 5

Letter from our president



Betty Lucas, President



This WSFNC Fall Newsletter coincides with shorter days, kids back to school, and time to put most of the garden "to bed" with a cover crop or mulch. But August and September were harvest months, and this year I had an especially great crop of tomatoes, some of which ended up as canned salsa or in the freezer as roasted tomato sauce. And my sister-in-law's bumper crop of pears led to dried pears and pear butter to enjoy over the winter.

This season also means the end of my year as President of WSFNC, and I want to thank all the great women who have worked with me on the board during the 2008-2009 year. Cheers and appreciation to Kirsten Leng, Acacia Larson, Shawn Peterson, Cheryl Polasek, Shirley Broughton, Carla Levesque, Claire Leamy, Molly Rapozo, Eva Ringstrom, Anne Lund, Kristen Rezabek, Suzanne Myer, Kelly Horton, Carrie Pfab, Beth Ogata, Amy Putiri, and Shelby Wilson. They were wonderful team members who worked to accomplish our mission, activities, advocacy, and education events.

In reviewing the past year's ac-

complishments, one of the successful highlights was the recent annual conference September 26 on "The Right to Eat: Exploring Food Policy, Access and Equity". Co-sponsored with the Access to Healthy Foods Coalition, the conference drew about 100 people. Thanks to Acacia Larson, Kirsten Leng and their committee for a diverse and thought-provoking day. Read the conference summary in this newsletter.

Another major event for the year was our 40th Anniversary in April. As you may know, the WSFNC was formed after the 1969 White House Conference on Food, Nutrition and Health. Our celebration included reflections over the past 40 years, and we were lucky to have Ann LeVassuer, first WSFNC president and attendee at the White House Conference, to remind us of our early history. This event also included a film "festival" and discussion of more current food and farming issues.

Other activities of the past year include:

- Support for Governor Gregoire to declare March National Nutrition Month
- Walk for Rice in June to support the Asian Counseling and Referral Services
- WSFNC table at the Community Alliance for Global Justice conference
- Meeting with staff of Washington's senators and congressmen regarding food, nutrition and agricultural policies and legislation
- Sharing information about legislation, advocacy, and educational events via WSFNC newsletters and timely messages

Continuing unemployment, lack of health care, and inadequate housing remain challenges for

many of our citizens. Therefore the efforts, advocacy and activities of WSFNC will continue to be needed in the months and years ahead to ensure each person has equal access to healthy, high quality, fresh food. But we can also celebrate the successes and accomplishments of all the work we do to realize the mission of WSFNC, "advocating for food, agriculture, and nutrition programs, services, and education."

Now as of October 1, we have begun a new year, and we will enjoy the able leadership of Co-Presidents Acacia Larson and Kirsten Leng. They will help us as an organization to determine the most effective way for WSFNC to function in collaboration with similar groups as we begin the next 40 years.

And we will count on your participation and support for a great year!

Contact us:
www.wsfnc.org



pres@wsfnc.org or
editor@wsfnc.org

The Washington State Food and Nutrition Council is an organization which advocates for food, agriculture, and nutrition programs, services, and education. The Council enhances its members' and the general public's ability to discern nutrition issues and related public policy issues which impact the lives of Washington state residents.

New WIC Changes



By Cathy Franklin

The WIC New Food Choices implementation has begun! After six years from start to finish, finally there are new food choices for the women and children on the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

The new food choices will:

- Offer WIC clients a greater variety of foods
- Provide choices that meet national recommendations for healthy foods
- Better support and promote breastfeeding

Some important additions to the

WIC foods will be:

- Fresh fruits and vegetables
- Baby foods, including fruits, vegetables and meat
- Whole wheat bread, corn tortillas, brown rice, bulgur and oatmeal
- Tofu and soy beverage as an option instead of milk

Other changes in the WIC food list will include:

- Less milk and infant formula
- Fewer eggs
- Less juice, and no juice for infants
- Only low fat milk for clients age 2 and older
- The removal of organic milk and baby cereal due to cost, and the addition of organic fresh fruits and vegetables, rice, oatmeal, bread, bulgur, soy beverage tofu, and dried peas and

beans

Overall, the new WIC food choices are lower in saturated fats and cholesterol and higher in whole grains and fiber. To see the complete list of new WIC food choices visit the Washington State WIC web site. <http://www.doh.wa.gov/cfh/WIC/newwicfoods.htm>

Besides the healthier foods for WIC clients, there are several other potential impacts on communities.

Food banks may see increased donations of jarred baby food. The amount of baby food allowed by the federal rule is more than some babies will eat. WIC staff will reduce the amount listed on the checks if needed, and staff will encourage parents to only
(Continued on page 4)

This is an updated table that appeared in the July newsletter. We realized there were some changes to the Washington WIC food packages after the newsletter went to print. With the launch of the new foods choices on October 1, 2009, all standard food packages will contain cheese and Post-Partum women will not receive whole grain choices.

	Exclusively Breastfeeding Women	Pregnant & Partially Breastfeeding Women	Post-Partum Women	Children ages 1-5
Milk	X	X	X	X
Cheese	X	X	X	X
Eggs	X	X	X	X
Juice	X	X	X	X
Peanut Butter and/or Dried Beans	both	both	choose one	Choose one
Cereal	X	X	X	X
Whole Grain products	X	X		X
Fresh Fruits & Vegetables	\$10/month	\$8/month	\$8/month	\$6/month
Canned salmon or tuna	X			



Madres Kitchen

By Betty Lucas

At our September 26 annual conference, the food was catered by Madres Kitchen of Seattle, and it was delicious. The company was started by entrepreneurial moms Heather Chitty, Marci West and Kristen Cole who are dedicated to delicious foods prepared fresh daily and a fun approach to catering. Madres uses organic, locally-produced ingredients from the bounty of fresh food in the Pacific Northwest, and a network of farmers and sustainable businesses. Wanting to

Their dream-come-true has been in creating a workplace where they can spend time with their kids and provide an environment that lets their employees share in that balance of both worlds and the world around them.

Last year, Madres was given an opportunity to begin working with the Bellevue School District (BSD) to introduce locally sourced options to three schools in the shape of a breakfast burrito. The trial run ran into some difficulties due to the shifting economy, but the Madres learned a lot from this first attempt and are continuing to see how we can work with the BSD to bring local produce into the



keep the Pacific Northwest beautiful, they also choose to use biodegradable plates, cups, containers, utensils and provide compostable trash bags to events whenever possible.

breakfasts and lunches of local school children.

www.madresevents.com
www.madreskitchen.com

(WIC New Food Choices continued from page 3)

buy the amount of baby food they think their baby will eat.

Even so, some parents may have extra baby food they cannot use. Federal rules do not allow clients to sell or give away their WIC foods. However, they can take extra baby food to their WIC clinic, and clinic staff may donate it to the food bank.

Food banks may see an increased demand for formula. At six months of age, formula fed infants will receive less formula than in the past. WIC is not designed to meet all the nutrition needs of our clients, and we are encouraging parents to plan ahead so they will be able to purchase the formula their growing baby needs.

Women and children over age one will receive fresh fruits and vegetables from WIC year round. WIC will be providing over \$12 million worth of fresh fruits and vegetables to over 200,000 Washington mothers and children each year. Fresh produce can be costly and is often low in the diets of families with a limited food budget. We are hoping that there will be more small neighborhood grocery stores carrying an increased variety of fresh fruits and vegetables.

We are excited about the positive changes in WIC food choices and know they will benefit the families we both serve. If you have any questions about WIC or the new WIC foods please contact me at cathy.franklin@doh.wa.gov.

(Conference Summary continued from page 1)

- Mark Winne, Food Policy Council Project Director for the Community Food Security Coalition: <http://www.foodsecurity.org/>

Evaluation results from conference goers were very positive. All speakers were rated between 3 and 4 on a 4 point scale, and general comments reflected that the topic of food justice is timely, and that folks would like to see more on this topic in the future. Comments included: "I now have a broader perspective of our food system", "Great quality of speakers, appreciate focus on policy and food justice", and "I will look at farm workers differently, and get more involved in school lunch legislation".

Thanks to our conference sponsors:

- Access to Healthy Foods Coalition
- PCC Natural Markets
- The Washington State Dairy Council.

Thanks also to our many raffle donors, for helping us keep things lively with great raffle prizes throughout the day!

For folks who were unable to attend the conference, you can listen to podcasts and view power point presentations from our website: www.wsfnc.org

A big thank you to Ricardo Rabago of PCC for podcasting the conference!

New Nutrition Education and Physical Activity Curriculum for Youngsters

By Jenny Steinhaus M.S., L.N.

During my eight years as an educator for North Dakota Food Stamp Nutrition Education Program I saw a need for a nutrition education curriculum to inspire students to be active, move more, and eat healthier. While pilot testing these lessons I saw an amazing recall of the lesson objectives from the students. Students remembered the music and physical activity and related them back to the lesson objectives. I knew I was onto something beneficial for children.

Music & Movement: Nutrition in Action is designed for preK-2nd grade students and meets Department of Public Instruction and CDC Content and Achievement Standards. All eight interactive lessons have been peer reviewed and pilot tested and include family newsletters with recipes and evaluations for students and teachers!

Visit our website www.nutritioninaction.org

Why is this Curriculum so Effective? Simply put, this is the only curriculum that incorporates music, movement, and nutrition education in an easy to execute format which is fun, active, and innovative for children. It partners physical activity and good food, which always means good fun!

This eight-lesson curriculum is packed full of fun activities and is a brilliant introduction of music, movement, and nutrition education. It is tailored to excite and stimulate children's move-

ment through music and incorporate healthy eating and physical activity into their daily lives.

Each lesson incorporates a story, physical activity, music, and a seated activity into the nutrition education session. Snack suggestions, additional learning activities, and a parent handout with recipes are included with each lesson. See sample music and curriculum sample pages nutritioninaction.org/lessonsandSamples.aspx

The basic curriculum includes the complete eight lesson curriculum and two full length music cd's. The curriculum kit includes the complete curriculum, two music cd's, and all eight story books featured in the lessons. There are discounts on bulk orders - as much as 25% also available.

Email jenny@nutritioninaction.org

or

call Jenny at 206-888-5895 for bulk order discount rates.

Corrections to the Summer Newsletter:

In the front page article about the food stamp challenge it reads like Anne Lund is an employee of TPCHD, which she is not. She did the challenge on her own.

Betty's letter mentioned the electronic ballot had gone out, which it had not prior to publication.

Walk for Rice caption - Lynne Smith also contributed to the Walk for Rice.

Fall calendar

Events of Local Interest

October 17 –20, 2009

ADA's Food & Nutrition Conference & Expo
Denver
www.eatright.org

October 22, 2009

Take Action for Healthy Kids and Healthy Schools: From Policy to the Practical Webinar
Action for Healthy Kids and the American Association of School Administrators
<http://www.aasa.org/childrensprogram.aspx>

October 24, 2009

Nutrition & Childhood Obesity Symposium
Children's Hospital, Seattle
www.seattlechildrens.org/healthcare-professionals/education/cme/calendar/

October 29, 2009

Health Professionals Webinar: Safeguarding the Health of America's Children: The Important Role of Nutrient-Rich Foods
National Dairy Council
<http://www.eventsvc.com/NDC-Child%20Nutrition/>

November 18, 2009

ADA Teleseminar: The Promise of Nutritional Genomics: Implications for Research, Practice and Policy
www.eatright.org

December 10, 2009

ADA Teleseminar: What Really Works? Evidence-based Diabetes Counseling
www.eatright.org

2009-2010 WSNFC Board Election Results

The nominating committee is pleased to announce the results of the summer elections for the 2009-2010 Board:

President-elect: Adrienne Dorf

Treasurer: Cheryl Polasek

At-Large: Chau Brodnan
Anne Lund

Nominating Committee:

Claire Leamy – **Chair**

Gretchen Hawley

Jenn Tucci

Congratulations to the incoming board members – we look forward to an exciting and productive year working together!

Carla Levesque
2008-2009 Nominating Chair



for Thanksgiving

Take the pledge on
www.pugetsoundfresh.org to eat
at least one local food this Thanksgiving!

News From the Farm

By Kristen Rezabek

Bruce Dunlop of [Lopez Island Farm](#) raises pasture grazed sheep and pigs. He started his business about 10 years ago with 5 sheep to help manage his pasture land. Now he maintains a breeding stock of 50 sheep which gives him 75 lambs in the Spring and raises 30-40 pigs a year. He practices rotational grazing to improve the fertility of the soil. His goal is for the land to be in better shape than the year before—that's his definition of sustainability.

It's important to Bruce that his animals are living life outside in the fresh air. His sheep are all pasture grazed. There are no hormones or antibiotics added to these animals diets. Bruce states that "once you have tasted pork from pigs raised on pasture where they can graze and root you will never settle for anything less again. Our pigs are healthy because they get exercise and vitamins and minerals from grazing green plants and rooting in the ground."

Part of what made Lopez Island Farm thrive was participating in the Island Grown Farmers Cooperative. This Cooperative was formed to help small, local livestock producers get their animals to market. They created a USDA Inspected Mobile Slaughter Unit for small scale producers in San Juan, Whatcom, Skagit, Island and Snohomish counties. Before then processing was not very practical. Bruce's lamb is available through Tacoma and Bainbridge buying clubs in June and July. Pork is available from August and into Winter.



What is Chinook Book?



Chinook Book is a one-of-a-kind resource — a coupon book, a directory, a source of ideas and inspiration. It's your guide to living well and having fun in the Seattle metro region. Save hundreds of dollars while exploring the community and supporting local, sustainable businesses. All the products and services appearing in *Chinook Book* meet specific environmental and community criteria. Over 300 valuable coupons make this the largest book yet. Businesses with coupons include grocery, dining, entertainment, travel, garden and home adding up to savings of over \$3,000. (For more detailed information about the coupons go to www.ecometro.com/seattle/Chinook-Book) The book more than pays for itself – you will make your money back with use of the first few coupons.

The Washington State Food and Nutrition Council are selling Chinook books for only \$20! We will receive \$10 for every book sold. Help WSFNC and have fun at the same time! Chinook Books make great gifts for family, friends, and co-workers.

Contact Shawn Peterson for information on purchasing this great resource at: girlpeter-son@comcast.net

Photo: Bruce Dunlop www.lopezislandfarm.com

2008-2009 WSFNC Board

Co-Presidents

Acacia Larsen
Kirsten Leng

Membership Recruitment Chair

Open

Past President

Betty Lucas

At Large

Anne Lund

President Elect

Adrienne Dorf

Newsletter

Kristen Rezabek

Treasurer

Cheryl Polasek

At Large

Chau Nguyen Brodnan

Nominating Committee Chair

Claire Leamy

Webmasters

Amy Putiri (and Beth Ogata)

Secretary

Shirley Broughton

Legislative Co-Chair (MCH)

Carrie Pfab

Nominating Committee member

Gretchen Hawley

Legislative Co-Chair (Agriculture)

Jenna Umbriac

Membership Directory Chair

Lynne Smith

Fund-Raising (Chinook Books)

Shawn Peterson

Nominating Committee member

Jen Tucci

Join WSFNC/Renew Your WSFNC Membership Now

Stay involved in nutrition policy issues in Washington State.

Members receive WSFNC newsletters, announcements of events, legislative updates and enjoy opportunities to plan and participate in the annual conference and other events. Renew by November 15th and you will be included in our 2009-2010 Membership Directory that will be sent to all members in December.

Annual dues are \$25 for individuals and \$10 for students. WSFNC also offers special rates for organizational group members. Download a membership form at our website:

www.wsfnc.org.

For more information, contact Lynne Smith at:

smithlt@comcast.net.



Seasonal Recipe: Pork Stuffed Winter Squash

*Ingredients grown or produced locally, Recipe by Kristen Rezabek

Ingredients:

1 Tablespoon olive oil
1/2 pound ground pork*
1/2 onion—finely chopped*
2 celery—finely chopped
2 carrots—finely chopped*
2 garlic cloves—minced
1/4 cup bell pepper—finely chopped
1 teaspoon fresh sage—minced*
1/2 teaspoon fresh oregano —minced*
1/2 teaspoon fresh parsley—minced*
1/2 teaspoon fresh thyme—minced*
1/2 teaspoon rosemary—minced*
1/2 cup chicken broth
1/2 cup bread crumbs
1/4 cup parmesan cheese

Winter squash— cut in half, seeds and pulp removed*

Directions: Preheat oven to 400F. Place squash halves on baking sheet covered in tin foil. In sauce pan cook pork in olive oil over medium heat until brown. Add onions, celery, carrots, and garlic and cook 3-5 minutes. Add bell pepper and herbs and cook 2-3 minutes. Deglaze pan with chicken broth for 2-3 minutes. Remove from heat and add bread crumbs. Spoon pork filling into winter squash. Seal with layer of tin foil. Bake in oven for 45 minutes. Open tin foil and top with parmesan cheese. Let bake until golden brown for additional 5-10 minutes. Serves 2-4