



Food & Nutrition Insight

Summer 2011

A quarterly newsletter for
Washington State
Food and Nutrition Council

Come'n Join Us! – Hit Home Runs this September 9th

By Shoko Kumagai

We are excited to announce that the WSFNC conference agenda has finally come together. This year's theme is **“Step Up to the Plate: Advocating Sustainable and Accessible Food Systems”**. The conference will feature experts in various areas of advocacy who will provide the audience with the knowledge and tools to effect positive changes in their community.

Background

The 2011-2013 biennium Washington State budget released on May 25th has dealt a blow to employment in the public sector at the federal, state and local level. Funding has been drastically reduced for public services and programs that keep our communities healthy and strong. We saw state funding for wonderful programs such as Farm-to-School and vital programs such as WIC eliminated. School Food Services, which for some children provide their only meal of the day, was cut by \$6 million. At times like this, preserving these programs require public health professionals as well as members of the community to arm themselves with strong advocacy skills.

Conference Overview

At last year's conference, people said they want a hands-on advocacy workshop. YES! WE HEARD YOU! – Check out this year's lineup: Keynote Speaker *Nancy Amidei, MSW* – A nationally-recognized writer, teacher and advocate. Nancy has been involved in social policy from

both inside and outside of government. She is a former Director of the Food Research and Action Center, Deputy Assistant Secretary in the federal department of Health, Education, and Welfare (now DHHS), and Staff member of the U.S. Senate Committee on Nutrition and Human Needs. In her recent work as Project Director of the Civic Engagement Project, she regularly provides advocacy training, resources, and workshops for public health professionals.

Grassroots Advocacy: Jennifer Hall & Carolyn Gleason – *Jennifer* works with the Washington Sustainable Food and Farming Network as the Eastern WA coordinator for the Fresh Food in Schools Project and is an outstanding advocate, educator and supporter of local and organic agriculture; and *Carolyn* is a Public Health Analyst of the Maternal and Child Health Bureau committed to healthy policy and will address patient advocacy. Select from two different break-out sessions on grassroots advocacy.

Media Advocacy: Ingrid Daffner Krasnow – Learn how to use the power of media to advance healthy public policy from *Ingrid* of Berkeley Media Studies Group.

“State of the State”: *Representative Eric Pettigrew* – Hear the “State of the State” from *Rep. Pettigrew*; and practice your new advocacy skills and join in a panel discussion with Seattle City Council President *Richard Conlin*.

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President's Letter



WSFNC President, Adrienne Dorf



Summer has finally arrived in the Northwest. What a relief!! I can't wait to eat some locally grown peaches, cherries, apricots and of course berries. Shouldn't be too much longer.....

The gloomy spring weather did not deter our amazing conference planning committee. Shoko, Mari and Joyce have put together a wonderful roster of speakers and topics that we hope will inspire you to become an advocate for a healthy and sustainable food system. I hope you will join us on Friday **September 9th** at the Lynwood Convention Center for the 2011 WSFNC Annual Conference "**Step Up to the Plate: Advocating Sustainable, Accessible**

Food Systems.

The Nominating Committee, lead by Sarah Seppa, is hard at work putting together a stellar slate of candidates for the 2011-2012 ballot. It's not too late to get involved, if you or someone you know would like to run for office please contact Korrin Fotheringham at kfotheringham@gmail.com to request additional information about becoming a member of our board. Your contributions and service make a real difference to our organization. In addition the ballot that you receive this summer will also ask you to approve some changes to the By-Laws.

This legislative session has been more challenging than most. Funding for many public health and anti-hunger programs received substantial cuts. In this issue of the newsletter Legislative Co-chairs, Breanna Oberlin and Hailey Mack have provided an informative summary of the 2011 session. The 2012 Farm Bill will be the legislative focus for WSFNC next year, so please take some time to learn more about this most important piece

of legislation.

If you have thoughts on how we can improve the organization and/or would like to help shape the future of WSFNC, please feel free to contact us at president@wsfnc.org. Members are also invited to participate in Board meetings. Please check the website www.wsfnc.org for upcoming meeting times.

I hope that you all have a happy and healthy summer!!

Adrienne Dorf
WSFNC President



Contact us:
www.wsfnc.org
pres@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.

Legislative Update



Recap of the 2011 Legislative Session and Focusing on the Farm Bill.

Breanna S. Oberlin

After a three month legislative session and a month long special session, the Washington State legislature has finalized the 2011-2013 biennium budgets on May 25th, 2011. As we expected, funds targeting public health and anti-hunger programs were cut to several programs all across Washington. This was a tough budget to balance. No matter the program or the funding received or not received, the outcome of the final budget will be felt by all Washingtonians, particularly low-income families and children. Though this is disappointing news, it is important to see the positive and be appreciative of the programs that were preserved. Your advocacy has helped to protect the lives of people all over the State of Washington.

State Budget Summary:

WSDA Farm To School: funds eliminated

The final budget eliminated all general funds for the Washington State Department of Agriculture's Domestic Marketing Program which included Farm to School. We are disappointed with this news; as this is an important program that serves to support improved nutrition and health goals for students by increasing access to fresh, nutritious, locally grown foods in school meals and provides education about food and farming. The WSDA is working on exploring other sources of funding

to support this program. WSFNC would like to encourage all members and nutrition professionals to continue to support and advocate for the Farm to School program.

WIC: State support eliminated

The Washington State Women Infants and Children program has received a funding cut of \$800,000. Though all state support for WIC has been eliminated, federal funds will still be received. This cut will likely put strain on WIC programs.

School Food Services: Cut by \$6 million- State funding eliminated

Funding cuts to school food service will reduce the ability of Washington's schools to provide healthier options. As disappointing as this is, the proviso language does ensure that funds will be available to cover breakfast, and kindergarten-3rd grade lunch co-pays as well as summer and breakfast grants and reimbursement.

WIC Farmers Market Nutrition Program: Preserved

This program provides benefits for low-income women and children to purchase healthy food from local farmers at farmers markets. We asked lawmakers to transfer funds from the first year of the biennium to the second year to ensure Federal match funds. This request was granted and the WIC FMNP has been saved from elimination. That being said, the program has been cut by \$420,000 and will operate at reduced capacity. The most important piece is that this program was saved and has room for expansion in the years to come.

Maternity Support Services:

Funds cut by 25%

The Governor's original proposed budget reduced funding for this program by 50%. Through all of your hard work and advocacy the final budget only cut MSS funding by 25%. MSS is a program that works closely with WIC and cuts to both will no doubt put added stress to these programs. Your continued support and advocacy is encouraged for WIC and MSS.

State Food Assistance: Cut by \$30 million.

State Food Assistance provides SNAP benefits to legally-residing immigrant families in the State of Washington. After resounding disappointment in the Governor's proposed elimination of this program by voters in Washington, lawmakers worked to preserve this program, restoring funding to 50%. That being said, SFA is the subject of an ongoing lawsuit; until the court makes a final ruling on the case, DSHS is prohibited from making any changes to the program so benefit cuts are not likely at the start of the new biennium. Your voices were heard and this program has been saved from elimination.

Emergency Food Assistance Programs- TEFAP and EFAP: No change.

With full funding, these programs will continue to operate and serve those in need!

I would like to express thanks to all of the lawmakers that worked hard to support the programs that are important to WSFNC and the State of Washington. Additionally, a special thanks to all of you for all of your hard work, advocating for low-income children, families and individuals in the State of Washington.

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THE WASHINGTON STATE FOOD & NUTRITION COUNCIL
PRESENTS THEIR 2011 CONFERENCE

Step up to the plate



ADVOCATING SUSTAINABLE AND
ACCESSIBLE FOOD SYSTEMS

September 9, 2011

LYNNWOOD CONVENTION CENTER

8:00 AM - 4:30 PM

HOME PLATE: ADVOCACY 101

- Presented by Keynote Speaker, Nancy Amidei

1ST BASE: GRASSROOTS ADVOCACY

- Select from two different break-out sessions: grassroots advocacy with Jennifer Hall, Spokane Community Food Builder, or patient advocacy with Carolyn Gleason of the Maternal and Child Health Bureau

2ND BASE: WORKING WITH MEDIA

- Learn how to use the power of media to advance healthy public policy from Ingrid Daffner Krasnow of Berkeley Media Studies Group

3RD BASE: TALKING TO LEGISLATORS

- Hear the "State of the State" from Representative Eric Pettigrew
- Practice your new advocacy skills and join in a panel discussion with Seattle City Council President Richard Conlin

HOME RUN: INFLUENCING POLICY CHANGE

- Be an effective advocate for your community, patients and profession



TO REGISTER, VISIT WWW.WSFPNC.ORG

KEYNOTE SPEAKER

NANCY AMIDEI, MSW

A nationally-recognized writer, teacher and advocate, Nancy has been involved in social policy from both inside and outside government. She is a former Director of the Food Research and Action Center, Deputy Assistant Secretary in the federal department of Health, Education, and Welfare (now DHHS), and Staff member of the U.S. Senate Committee on Nutrition and Human Needs. In her recent work as Project Director of the Civic Engagement Project, she regularly provides advocacy training, resources, and workshops for public health professionals.

Conference article continued from page 1

Yey! HOME RUN! – You will be an effective advocate for your community, clients and profession. The Conference Planning Committee has already learned a great deal about advocacy just by working with the speakers, and is thrilled to bring this conference to WSNFC members.

Home Base: Keynote “Advocacy 101”

Nancy Amidei of the Civic Engagement Project will be our keynote speaker for this year’s conference. She is Senior Lecturer Emeritus at the University of Washington School of Social Work and is a writer in advocacy, social policy and how the government works. Some members may be familiar with her work as she provides 100-200 advocacy trainings per year to the professional community and to the public. Her vast legislative knowledge and incredible charisma can train beginners into confident advocates in just a few hours. **Don’t miss out on her Advocacy 101 workshop** – she’ll provide the “how-to” on engaging in legislative and grassroots advocacy. She will also talk about how government agency employees can take part in advocacy work.

1st Base: Grassroots Advocacy (Breakout Session A)

Jennifer Hall is an outstanding member of her community in Spokane, WA. She is a community food builder who helped launch the Main Market Cooperative, a retail food co-op and a non-profit organization that supports local and organic producers. The Cooperative also includes a nutrition center that educates the community about local and organic agriculture. She has served as a board member for the USDA National Organic Standards Board, director of marketing and community investment for Greenstone Homes and Neighborhoods, as well as the executive director for Chefs Collaborative.

Patient Advocacy (Breakout Session B)

Carolyn Gleason is a Public Health Analyst and has worked for the Department of Health and Human Services Maternal and Child Health Bureau for over 20 years. She earned her Master

of Science in Nutritional Sciences from the University of Washington, is trained as a Registered Dietitian, and committed to health policy. During this breakout session, Ms. Gleason will explain how public health is related to clinicians’ work and why it’s important for patient advocacy.

2nd Base: Media Advocacy

Ingrid Daffner Krasnow is the Strategic Communications Specialist at Berkeley Media Studies Group (BMSG), an organization in California that provides media advocacy expertise to public health advocates. BMSG researches how news, entertainment, and advertising present health and social issues and uses this information to advise clients on when and how to engage the media. Ingrid has a master’s degree in public health from UCLA and a BA in Political Sciences from UC Berkeley. She has trained individuals in media advocacy throughout California. We are honored that Ms. Krasnow has accepted our invitation and will show us how to use the media to make our voices heard in a powerful public forum.

3rd Base: “State of the State”

In this general session, Representative Eric Pettigrew will discuss the “State of the State” following the May 25th budget release and what it will mean to food and nutrition professionals. Representative Pettigrew has been representing the 37th district since 2003. He works tirelessly to create and preserve public services and strives to reduce inequality in our community. This will be the perfect opportunity for members to directly ask a legislator what they can do to have their issues heard.

HOME RUN!: Impact the “State of the State”: Putting your New Skills & Knowledge to Work” (panel discussion)

In this interactive session, we will practice the skills and knowledge you have gained throughout the day and engage with a panel of advocacy and policy experts in discussion about action and next steps using case studies. Richard Conlin, the president of Seattle City Council will be joining us as one of the panelists. Mr. Conlin is currently serving as the

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Summer Calendar

Events of Local Interest

September 9, 2011

Washington State Food and Nutrition Council Annual Conference
Lynnwood Convention Center
8:00-4:30 PM

Step Up to the Plate: Advocating Sustainable and Accessible Food Systems

www.wsfnc.org

September 23, 2011

Seminar: The Cancer Fighting Kitchen

Bastyr University
9:00 a.m. - 3:30 p.m.
Contact Information:

Healing Journeys
800-423-9882

info@healingjourneys.com
www.healingjourneys.org

September 24-27, 2011

ADA's Food and Nutrition Conference and Expo (FNCE)
San Diego

www.eatright.org

(Legislative Update continued from page 3)

Though these programs didn't receive all the support and funding we had pushed for, your efforts have helped to educate our lawmakers on the importance of public health and anti-hunger programs. Please take just a moment to send a note to your legislator, letting them know you appreciate their hard work and you will continue to keep them informed on issues of hunger in Washington. Follow this link to locate your legislators and their contact information: <http://apps.leg.wa.gov/DistrictFinder/>

Legislative Focus: 2012 Farm Bill

Now that the 2011-2013 budgets are passed we have refocused our legislative priorities on the 2012 Farm Bill. The Farm Bill is a comprehensive piece of legislation that encompasses nutrition programs and policies, farm, agriculture, conservation and food and agricultural research. This bill was started in 1933 by President Franklin D. Roosevelt with the purpose of providing aid to struggling farmers during the Great Depression and protect farms from price volatilities and weather fluctuations. The largest percentage of spending, 76% or about \$314 billion, in the Farm Bill goes to nutrition programs, such as food assistance programs which are why many have dubbed this bill the "Food Bill." Agricultural subsidies or commodities account for \$60 billion or 10% of total spending. Ten percent of spending goes to conservation and the remaining 8% goes towards all other programs including rural development, agricultural research and investment in organic agriculture.

The WSFNC, with your help, will be working over the next year to help build a Farm Bill that is a Food Bill by protecting low income people, encouraging investment in healthier school lunches, fighting obesity, encouraging restructuring of the commodities program to favor a variety of fruits and vegetables and restructuring of taxation and utilization of funds.

The WSFNC is still in the beginning stages of setting priorities for the Food Bill and would like to encourage your input and suggestions. If you have questions or comments on the Food Bill please contact the legislative Co-Chairs Breanna and Hailey at Breanna.Oberlin@gmail.com or HaileyMack@gmail.com. By making your voice heard you can help to improve the lives of all Americans.

News From the Farm

By Kristen Rezabek

[Terry's Berries](#) is an organic berry and produce farm located close to the urban area of Tacoma in the Puyallup valley. Terry and Dick Carkner began farming their 20 acres over 25 years ago. They decided to become certified organic 20 years ago with concerns about what the pesticides might be doing to their young children and farm animals. Terry recalls Dick one day watching a pheasant crossing a field of raspberries he was spraying and then finding that same bird dead later that day. With encouragement from Cascadian Farms they went organic in 1989 and never looked back.



The Farm and seasonally operated store

eggs, and bread from the Essential Baking Company. The farm also offers farm tours for groups in the Fall.

Terry's Berries takes pride in helping their customers eat seasonally and providing them with healthy, nourishing food. Terry explains "buying more food locally is beneficial because produce is fresh and often contains more nutrients than food shipped from far away. And buying locally helps keep local farmers in business and helps preserve local farmland." She states that it has been gratifying over the years to see the shift in people's appreciation for organically grown items for health and environmental reasons and how much it means to them to have the option to buy these products.

Contact Terry's Berries at:

4520 River Road
Tacoma WA 98443

Call (253) 922-1604 or send an email to

info@terrysberries.com



An example of what you get in your CSA basket

Terry and Dick operate their farm as a year round organic CSA. Given their close proximity to the city enables customers to drive out to the farm to pick up their share. In addition CSA members receive a 10% discount at the farm store. Terry's Berries grows an assortment of greens, snap peas, carrots, assorted berries, tomatoes, cucumbers, apples and pumpkins just to name a few items. In addition they sell at neighboring farmer's markets in the Pierce County area. In the seasonally operated farm store they sell their produce and organic products from other farms, along with farm fresh

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chair for the Regional Development and Sustainability Committee. His accomplishments include launching Zero Waste Strategy, which diverts food waste from the landfill and turns it into compost, and the Local Food Action Initiative, which supports sustainable, local food systems and increases public access to nutritious foods. We are certain that with his extensive experience working for the public, he'll share how to put ideas into action.

We hope this year's conference theme and list of speakers have ignited WSFNC members' excitement and anticipation for our annual conference. It is our goal for each member to leave the conference feeling confident as advocates and empowered to effect positive change in their communities.

Exhibitors & Raffle:

We welcome back our favorite exhibitors, READERS to EATERS, PCC and others. Generous Raffle Prizes are gathering, but we are still accepting raffle donations!! Please contact Heidi Feston ASAP at Heidi.Feston@DOH.WA.GOV if you have donations. Lastly, don't forget to bring cash – we'll be selling the raffle tickets & Chinook Book at the conference.

Seasonal Recipe: Strawberry Balsamic Jam

Recipe by Kristen Rezabek *Locally grown or produced ingredients
Adapted from [The Art of Preserving](#)

8 cups Strawberries*, hulled
2 lbs cherries*, pitted
2 1/2 cups sugar
1/2 cup lemon juice
1/4 cup balsamic vinegar

Directions:

In nonreactive saucepan combine strawberries and cherries and lightly mash with potato masher. Mix in sugar, cover and let stand at room temperature for 1-2 hours. Add lemon juice and bring mixture to boil over medium-high heat. Reduce heat to medium and cook

uncovered, stirring frequently, for about 10 minutes or until jam has thickened slightly. Add vinegar last 3-4 minutes of cooking. Ladle hot jam in hot, sterilized jars. Leave 1/4 inch headspace. Wipe rims clean and seal tightly with lids. Process jars in boiling water bath for 10 minutes. Sealed jars may be kept for up to a year.

If any jars fail to seal, jam can be refrigerated for up to a month.

Makes 6– half pint jars