



Los Angeles County Department of Public Health

## Nutrition and Physical Activity Program Newsletter

Issue 125 | May 2024



### News and Updates

#### Map the Meal Gap

Every year, [Feeding America](#) conducts the *Map the Meal Gap* study to learn more about food insecurity at the local level. By understanding populations in need, communities can better identify strategies for reaching the people who most need food assistance.



To accurately estimate the number of people who may be food insecure in every U.S. county and congressional district, *Map the Meal Gap* uses publicly available state and local data from the U.S. Census Bureau and Bureau of Labor Statistics on factors that research has shown to contribute to food insecurity. These factors include unemployment and poverty, as well as other demographic and household characteristics. Along with estimates of food insecurity for the overall population and for children, the study also includes local food insecurity estimates for several racial and ethnic groups. In addition to food insecurity, the study estimates the cost of a meal and the amount of need among people who are food insecure, using local data from Nielsen and national survey data from the Census Bureau. Some of the key takeaways include:

- ❖ Child food insecurity also exists in every community, and rates reach nearly 50% in some counties.
- ❖ Nearly 50% of people facing hunger are unlikely to qualify for SNAP.
- ❖ Food insecurity among Black or Latino individuals is higher than white individuals in more than 9 out of 10 counties with comparable data.
- ❖ The national average cost per meal rises to \$3.99 in 2022.

Read the full 2024 report [here](#).

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## Garden to Cafeteria Toolkit

[Slow Food USA](#), in partnership with [Whole Kids Foundation](#), has developed a [toolkit](#) to help school district food services safely bring school garden produce onto the lunch line. The toolkit builds on the successes and safety protocols of four school districts across the United States to provide templates, and it details a step-by-step process to help district food services develop their own protocols. The toolkit is developed based on the successes of the following school districts garden programs:

- ❖ Austin Independent School District,
- ❖ Chicago Public Schools,
- ❖ Denver Public Schools
- ❖ San Diego Unified School District



## Eating Learning Growing Resources



The [Center for Ecoliteracy](#) released a new resource for educators: [Eating Learning Growing: A Delicious Guide to Culturally Relevant Farm to School Education](#). This resource provides a framework, activities, and reflections that help educators enhance farm to school lessons to make them more culturally relevant and celebrate fruits and vegetables. Everyone eats every day. Yet a deep understanding of how food grows, who grows it, and how it reaches people is often not experienced during the busy school day. Farm to school education is an opportunity to explore the origins of food and the connection to the people that often go unseen: the farmers and producers. Explore the new resources [here](#).

## MyPlate Partner Resources

[MyPlate](#) has released [new culturally adapted resources](#) developed in partnership with McCormick Science Institute, Hass Avocado Board, Grain Foods Foundation, and Egg Nutrition Center.

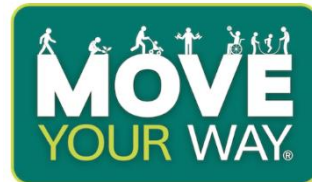
The MiPlato Toolkit includes:

- ❖ **MiPlato Your Way:** A 5-day sample menu with traditional Hispanic foods. View in [English](#) and [Spanish](#).
- ❖ **5 MiPlato Meal Tips:** A tip sheet with healthier and tasty recipes from Mexico, Central and South America, the Caribbean, and Spain. View in [English](#) and [Spanish](#).
- ❖ **Health Professional Guide:** A companion piece to evidence-based and culturally relevant consumer resources developed to help the increasingly diverse US population in building healthy eating patterns based on the Dietary Guidelines for Americans. View [English](#) and [Spanish](#).
- ❖ **MiPlato in Action:** A cookbook with ten healthier and flavorful consumer tested traditional Hispanic recipes. View in [English](#) and [Spanish](#).



## National Physical Fitness and Sports Month

May is National Physical Fitness and Sports Month! Celebrate the benefits of physical activity with the Move Your Way® campaign from the U.S. Department of Health and Human Service. The Move Your Way® campaign has various tools, fact sheets, and videos for all age groups that promote the physical activity to build healthier lives. Visit the [Move Your Way®](https://www.moveyourway.gov/) website to get started today.



## Recipe of the Month

### Shakshuka

**Serves:** 8      **Total Time:** 40 minutes

#### Ingredients:

- ❖ 3 tablespoons olive oil or vegetable oil
- ❖ 1 medium onion chopped
- ❖ 1 red bell pepper washed, cored, and chopped
- ❖ ¼ teaspoon crushed red pepper
- ❖ ¼ teaspoon black pepper
- ❖ 1 teaspoon cumin
- ❖ 1 teaspoon paprika
- ❖ 2 cloves garlic minced (or 1/2 teaspoon garlic powder)
- ❖ 2 tablespoons tomato paste
- ❖ 1 28-ounce can diced tomatoes
- ❖ 8 eggs
- ❖ ⅓ cup feta cheese or another crumbly cheese if you like
- ❖ 1 bunch cilantro washed and chopped



#### Instructions:

1. Preheat oven to 400°F.
2. In an ovenproof skillet, heat oil on a stove over medium heat.
3. Sauté onion, red pepper, garlic, chili powder, cumin, paprika, and pepper for about 5 minutes or until vegetables start to soften and spices begin to smell nice.
4. Stir in tomato paste and tomatoes; bring to simmer.
5. Reduce heat to low on cook, stirring occasionally, for about 15 minutes or until sauce has thickened.
6. Make 6 to 8 wells in the sauce with spoon; crack egg into each well.
7. Transfer pan to oven. Cook for 5 to 8 minutes or until eggs are cooked.
8. Top with cheese and cilantro.

**Nutrition Facts Per Serving:** 150 calories, 242 mg of sodium, 6 g carbohydrates, 1 g fiber, 7 g protein, 11 g total fat.

Find [this recipe](#) and other healthy recipes at [Eat Smart Idaho](#).



## Webinars

### **Choosing the Right Tools to Empower your Food Recovery Organization**

May 22/10:00 am

Join Food Rescue Hero to learn more about choosing the **best tools for food recovery** nonprofit organizations. Register [here](#).

### **Nourishing Minds: Exploring Child Nutrition Policy in School Food Systems**

May 22/11:00 am

Delve into the landscape of child nutrition policy in school food systems with Emily Broad-Leib from Harvard Law School, Food & Policy Clinic. This webinar hosted by Chef Ann Foundation will examine the impact of current policies, related challenges, and strategies to enhance child nutrition in schools. Register [here](#).

### **2024 ParkScore® Index Release: How Parks Are Vital to Strengthening Community**

May 22/ 12:00 pm

Join Trust for Public Land for the release of our 2024 ParkScore® index. Speakers will unveil this year's top rankings and take an in-depth look at why cities with better parks systems are stronger, more connected places to live. They will also share practical ways you can improve social connections and parks in your own community. Register [here](#).

### **Teaching Multilingual Learners in the Garden**

May 23/4:00 pm

Join KidsGardening for a webinar to help empower educators to effectively teach multilingual learners. In today's diverse classrooms, it is essential to equip teachers with the knowledge and tools necessary to support students who are acquiring English as a second language while maintaining their native languages. Presenters will delve into promising practices, pedagogical approaches, and innovative strategies. Register [here](#).

### **Where Should Healthcare Invest in Food Security Interventions? Lessons From Recent Research**

June 5/9:00 am

Evidence is mounting about the impacts of interventions such as medically tailored meals and produce prescriptions on diet-related health conditions, fueling interest in these interventions among healthcare organizations and payers. Join SIREN to hear experts discuss the latest research in this area. Register [here](#).



## From Waste to Plate: Strategies for Reducing Food Waste in School Food Programs

July 8/10:00 am

Explore innovative strategies and best practices for minimizing food waste in school food programs, from procurement to meal service and beyond. This webinar hosted by Chef Ann Foundation will discuss the environmental, economic, and social impacts of food waste in schools and share actionable solutions for waste reduction. Register [here](#).



## Funding Opportunities

### Food Justice for Kids Prize by Newman's Own Foundation

Close Date: June 11, 2024

Is your organization working towards food justice for kids in the United States? If so, this is your chance to receive up to \$100,000 in grant funding over the next 2 years and deepen your impact. The Newman's Own Foundation is seeking applications from organizations working in two priority program areas: (1) Indigenous Food Justice and (2) Nutrition Education and School Food. Learn more [here](#).

### 2024 Prizes for Innovation

Close Date: June 14, 2024

The H2HC Prizes for Innovation identify and highlight innovative food and nutrition work that offers promising, upstream models and replicable, scalable solutions that significantly advance health equity in communities throughout the U.S. H2HC awards two \$100,000 prizes annually, and prize winners are introduced at the H2HC Fall Summit. Learn more [here](#).

### LA2050

Close Date: June 28, 2024

LA2050 is a community-guided initiative, operated by the Goldhirsh Foundation, driving and tracking progress toward a shared vision for the future of LA. They are looking for organizations with innovative ideas to address the top 10 issues selected by Angelenos to award a total of \$1 million. The 10 issues fall under five goal categories: connect, learn, live, play, and create. Learn more [here](#).

### Sprouting School Gardens Grant

Close Date: June 30, 2024

To help more schools create or expand their school garden-based programs, Sprouts Foundation announced their new Sprouting School Gardens Grants. Grants range in size from \$5,000 to \$10,000 and support school garden program operations, program supplies, and educator stipends that help school gardens thrive. Eligible applicants include schools or 501(c)(3) nonprofits running programs on school campuses in communities where Sprouts Farmers Market has stores. Learn more [here](#).

## **Growing Healthy Kids Grant**

Close Date: June 30, 2024

The Growing Healthy Kids Grant supports programs that teach children, and their families, how to grow, cook, and eat healthy foods. Grants range in size from \$5,000 to \$10,000 and support healthy lifestyle and nutrition education programs outside of the school day and community programs for children and their families. Applicants must be 501(c)(3) nonprofits operating in communities where Sprouts Farmers Market has stores. Learn more [here](#).

## **Wellness Across the Lifespan Grant**

Close Date: June 30, 2024

Wellness Across the Lifespan Grants from support programs that help young adults and vulnerable populations achieve and maintain healthy lifestyle behaviors and nutritious eating. Grants range in size from \$5,000 to \$10,000 and support health and nutrition education through hands-on cooking, community gardening programs, and healthy lifestyle programs. Applicants must be 501(c)(3) nonprofits operating in communities where Sprouts Farmers Market has stores. Learn more [here](#).

## **Lots of Compassion**

Close Date: June 30, 2024

Mrs. Meyers Clean Day and KidsGardening designed the Lots of Compassion Grant program to support local leaders looking to transform vacant lots into gardens to help grow compassion in their community. Grantees will receive \$20,000 each to transform a vacant lot into a garden. A total of \$200,000 will be awarded in 2024. Learn more [here](#).



## **What We're Reading**

### **Food Insecurity Increased for the Second Straight Year in 2023**

Urban Institute

A new report from Urban Institute finds that food hardship continued to rise in 2023, with a 27 percent of adults reporting food insecurity, up from 24.9 percent in 2022. Read brief [here](#).

### **Biden-Harris Administration Announces New School Meal Standards to Strengthen Child Nutrition**

USDA Food and Nutrition Service

U.S. Department of Agriculture Secretary Tom Vilsack announced major steps to promote the health of America's children through school meals. Nutrition standards for school meals will be gradually updated to include less sugar and flexibility with menu planning between Fall 2025 and Fall 2027. Read full press release [here](#).

## **Opinion: Why the Food Industry Should Welcome Front-Of-Pack Nutrition Labeling**

Agri-Pulse

Nancy Brown, CEO of the American Heart Association, shares the benefits to front-of pack labeling and why this system has shown to be a powerful tool to purchasing healthier products. Read [here](#).

## **The Calif. Food Bank Getting Paid to Deliver Food**

Food Bank News

Food is Medicine payments from health insurers to food banks are starting to flow, with Alameda County Community Food Bank receiving its first (\$90) in February for the delivery of two bags of medically tailored groceries. Read [here](#).

## **Food is Medicine Gets a Boost with New Standard**

Food Bank News

The Food is Medicine Coalition just released a standard for medically tailored meals that is exclusively for nonprofit organizations. Read [here](#).

## **Implementation of Food is Medicine Programs in Healthcare Settings: A Narrative Review**

Journal of General Internal Medicine

A narrative review of thirty-one sources to describe the evidence base on barriers and facilitators to Food Is Medicine program integration in US healthcare settings following the Exploration, Preparation, Implementation, and Sustainment (EPIS) Framework. Read [here](#).

## **California's Nutrition Safety Net**

Public policy Institute of California

Millions of Californians participate in more than 15 programs designed to help them access nutritious food; these programs also reduce poverty. CalFresh, the largest nutrition program, provides low-income families with monthly food-buying resources. Other large programs serve pregnant Californians, young children, and K-12 students. Read [here](#).



## CalFresh Healthy Living Trainings

Training	Date/Time	Format	Registration
Trauma-Informed Care in Community Gardens	June 12; June 26/10:00 am	Self-Paced + Live Zoom Sessions	<a href="#">Register here</a>
Food Smarts Facilitator Training	June 18; July 02; July 09/10:00 am	Self-Paced + Live Zoom Sessions	<a href="#">Register here</a>

Visit the [CalFresh Healthy Living Training page](#) (hosted by Leah's Pantry) for the latest training-related information and calendar of all scheduled trainings and events. Please seek approval from your Project Manager and Contract Manager prior to travel.

If you would like to submit content or have any questions or comments about the Nutrition and Physical Activity Program newsletter, please contact Tania Marquez at [tmarquez@ph.lacounty.gov](mailto:tmarquez@ph.lacounty.gov).