

Nutrition and Physical Activity Program

Newsletter

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New Dietary Guidelines for Americans, 2020-2025

Nutrition in America took a major step forward last week with the publication of [Dietary Guidelines for Americans, 2020-2025](#). Jointly published by the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) every five years, the guidelines provide science-based recommendations designed to foster healthy dietary patterns for Americans of all ages – from birth through older adults. Importantly, this edition expands the guidance, for healthy dietary patterns by life stage, from birth through older adulthood, including pregnant and lactating women.



Dietary Guidelines for Americans is the nation’s trusted resource for evidence-based nutrition guidance. The guidelines are designed for use by healthcare professionals and policy makers for outreach to the general public and provide the nutritional foundation for federal nutrition programs.

As in previous editions, limited intake of these two food components is encouraged. In fact, this sentiment remains prominent throughout the policy document and complements the four overarching guidelines, which encourage Americans to “Make Every Bite Count” by:

- ❖ Following a healthy dietary pattern at every life stage.
- ❖ Customizing and enjoying nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
- ❖ Focusing on meeting food group needs with nutrient-dense foods and beverages from five food groups and staying within calorie limits.
- ❖ Limiting foods and beverages higher in added sugars, saturated fat, and sodium, and limiting alcoholic beverages.

Download the new guidelines [here](#) along with other companion pieces:

- ❖ [Executive Summary of the Dietary Guidelines for Americans, 2020-2025](#)
- ❖ [Top 10 Things you Need to Know About the Dietary Guidelines for Americans, 2020-2025](#)
- ❖ [Make Every Bite County with the Dietary Guidelines video](#)
- ❖ [The Dietary Guidelines Consumer Brochure: Start Simple with MyPlate Today](#)
- ❖ [Dietary Guidelines infographic series](#)

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MyPlate Kitchen



With the new release of the *Dietary Guidelines* comes an updated MyPlate with a collection of new digital tools and resources to help families put these recommendations into action and make every bite count!

- ❖ Discover SNAP-Ed approved recipes on [MyPlate Kitchen](#). Check out hundreds of healthy budget-friendly recipes that provide detailed nutrition and food group information to help choose recipes that fit your needs
- ❖ Explore [Healthy Eating on a Budget](#) to find tips on saving money at the store by making a shopping plan, shopping smart, and preparing healthy meals to stretch food dollars.
- ❖ Small changes matter. [Start Simple with MyPlate](#).

Inequality and COVID-19 Food Insecurity

UCLA Center for Neighborhood Knowledge



The COVID-19 pandemic has seen a surge in food insecurity. Although other studies have documented an initial increase in food insecurity during the pandemic, we found a continuing rise in food insecurity. We analyzed data from the U.S. Census Household Pulse Survey (HPS) covering the 13-week period from April 23 to July 21 to assess patterns of inequality and systematic disparities brought on by the COVID pandemic. The major findings include:

- ❖ Although food insecurity is a chronic problem in the United States, the percentage of households experiencing food insecurity has increased from 10.5 percent in October 2019 to 18 percent in late April, during the pandemic, and to 26 percent by early July.
- ❖ Food insecurity levels during the COVID-19 pandemic have become much higher than the levels experienced during the Great Recession of 2007–9, affecting more than 64 million persons by July 16, 2020.
- ❖ Food insecurity has increased across race and ethnicity, but Blacks and Latinx households are more likely to experience food insecurity. Thirty-six percent of Black and 31 percent of Latinx households reported food insecurity compared to 16 percent of non-Hispanic Whites over the entire survey period.
- ❖ Food insecurity for lower income households is extremely high. Almost half (45 percent) of households earning less than \$25,000 a year reported being food insecure, primarily due to unaffordability.
- ❖ Solutions include more coordination between federal, state, and local agencies, increasing the awareness of food programs, improved benefits through SNAP (formerly Food Stamp Program), and finding ways to bring affordable healthy food to food deserts.

Read the full report [here](#).

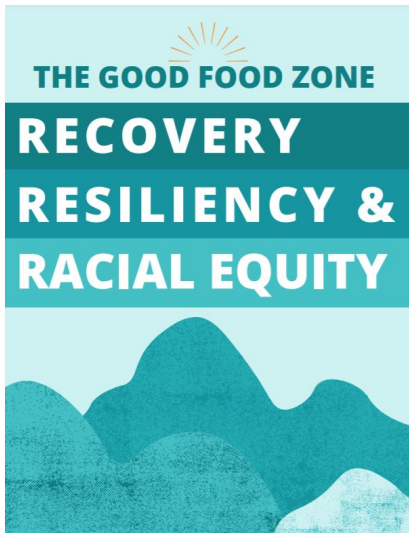
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This material was funded by USDA's Supplemental Nutrition Assistance-Program Education. This institution is an equal opportunity provider. Visit [CalFreshHealthyLiving.org](#) for healthy tips.

The Good Food Zone Recovery Resiliency & Racial Equity

A Good Food Economy is one that provides healthy food, jobs and economic opportunity inclusive of historically impacted communities. New business models are needed to ensure all people have access to nutritious food and economic opportunities within the food system (From LAFPC's Good Food For All Agenda).



The Los Angeles Food Policy Council (LAFPC) hosts a Working Group on the Good Food Economy to foster cross-sector collaboration, supply-chain partnerships and serve as a “brain and heart trust” for strategic planning for the larger Los Angeles region. LAFPC supports solutions related to jobs and workforce development, entrepreneurship and infrastructure for food industry innovation with a priority focus on equitable outcomes for communities of color and low-income communities.

The work on this Good Food Zone Policy and suggestions for implementation has been led by Los Angeles Food Policy Council Policy Manager Ronnell Hampton, Co Chairs Samantha Salmon (LISC LA), Todd Cunningham (LA-CAN), Lyric Kelkar (Inclusive Action), and their amazing dedicated and resilient working group members. This publication is dedicated to the Good Food businesses the LAFPC lost since they started this campaign. Read the publication [here](#).

Water Access in Schools Training Modules

The Centers for Disease Control and Prevention (CDC) has developed a series of professional development microlearning modules focused on increasing access to drinking water in schools. These short training modules guide schools on steps to take to help students drink more water during the day.



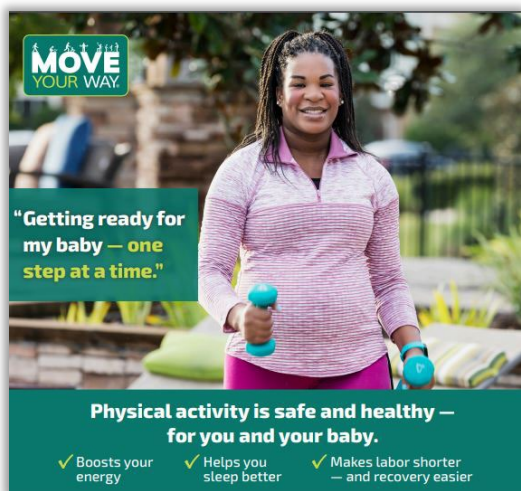
School staff, wellness coordinators, school health committees will learn what can be done to help schools:

- ❖ Ensure water is safe.
- ❖ Make clean, free drinking water easily available in multiple places at school.
- ❖ Meet free drinking water requirements in the National School Lunch Program and the School Breakfast Program.
- ❖ Promote water as an ideal beverage choice.

Access the microlearning modules [here](#) and visit the [CDC Healthy Schools website](#) for more resources.

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New Move your Way Materials



The Office of Disease Prevention and Health Promotion (ODPHP) in a collaboration with the Office of Women's Health (OWH) released new Move Your Way resources to support women during pregnancy and the postpartum period.

Improving maternal health is a major priority for the U.S. Department of Health and Human Services (HHS). Greater physical activity contributes to healthy pregnancies and births, as outlined in HHS's recent publication, [Healthy Women, Healthy Pregnancies, Healthy Futures: Action Plan to Improve Maternal Health in America](#).

Move Your Way is a multichannel communication campaign developed to promote the recommendations from the second edition of the Physical Activity Guidelines for Americans. The campaign's free resources (available in English and Spanish) focus on recommendations for kids and teens, adults, parents, and older adults. The addition of these materials specific to the health needs of

women who are pregnant and postpartum further expands the audience for the Move Your Way campaign.

New resources include posters, fact sheets, videos, social media graphics, and interactive tool content specifically for women during pregnancy or the postpartum period. Click [here](#) for more information.

Immigrant Health Community Packet

[California Protecting Immigrant Families](#) (CA-PIF) and a group of committed advocates and experts developed the Immigrant Health Community Packet in API languages including [Chinese](#), [Korean](#), [Tagalog](#), & [Vietnamese](#).

Immigrant and undocumented people are eligible to use public services, such as Medi-Cal and CalFresh, but need guidance and comfort to access them. This resource will help understand program eligibility for immigrants, public charge considerations, and why it's so important immigrants access the services they're eligible for.

You can also:

- ❖ Lead or request a training on immigrant health. Click [here](#) to get started.
- ❖ Share resources via social media. Click [here](#) to view sample tweets, posts, documents and more.





Funding Opportunities

New Additions in Green

PeopleForBikes Community Grant Program

Close Date for Online Letter of Interest: January 22, 2021

The PeopleForBikes Community Grant Program provides funding for important and influential projects that leverage federal funding and build momentum for bicycling in communities across the U.S. These projects include bike paths and rail trails, as well as mountain bike trails, bike parks, BMX facilities, and large-scale bicycle advocacy initiatives. Amount of award: Up to \$10,000. Grant funding must not amount to 50% or more of the project budget. Click [here](#) to apply.

Equity-Focused Policy Research: Building Cross-Cutting Evidence on Supports for Families with Young Children

Close Date: February 16, 2021

The Equity-Focused Policy Research (EFPR) grant program seeks to fund a body of research that illuminates strategies and policies that enhance families' equitable access to key resources for supporting their children's healthy development. EFPR grants are guided by a research agenda that focuses on: (1) understanding the sources of inequities in families' access to and use of key resources; (2) identifying and testing innovations to advance equity; and (3) strategies for scaling up policies and approaches that are effective in advancing equity. Click [here](#) to apply.

FY 2021 Farm to School Grants

Close Date: January 08, 2021

The Food and Nutrition Service, Office of Community Food Systems (OCFS) has announced the request for applications (RFA) for the 2021 Farm to School Grant Program. OCFS encourages those seeking grant funding to review the materials available on this website, including prior grant awards, requests for applications, and technical assistance documents, as resources when planning grant applications for 2021 and beyond. Click [here](#) to apply.

GENYOUth COVID-19 Emergency School Meal Delivery Fund

Close Date: Proposals accepted on a rolling admission

GENYOUth is providing grants of up to \$3,000 per school to supply much-needed resources for meal distribution and delivery efforts to get food to students during COVID-19. From soft-sided coolers, bags and containers for individual servings, to protective gear for food service sanitation and safety, this equipment will help ensure our children continue to receive the nutritious meals they need. Click [here](#) to apply.

Smart & Final Charitable Foundation

Close Date: Proposals accepted throughout the year

The Smart & Final Charitable Foundation supports nonprofit organizations that work to improve the quality of life in the communities the company serves in Arizona, California, and Nevada. The Foundation's areas of interest include health and wellness, education, hunger relief, disaster relief, and team sports and youth development. Counties interested in applying must partner with a 501 (c)3 organization to qualify. Click [here](#) to apply.

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Emergency Meal Distribution Equipment Grants

Close Date: Rolling deadline until all funds are awarded

School nutrition professionals across the county have stepped up to get food to kids during school closures. Districts and schools have shared the need for additional equipment to create grab-and-go curbside meal pickups at schools and other locations within the community, additional hot and cold food storage containers, grab-and-go packaging materials, and mobile distribution to families in outlying or rural communities. Working with the equipment vendor, [Hubert](#), Action for Healthy Kids will provide selected school districts with equipment credits for \$1,000-\$2,000 per site to purchase equipment. Click [here](#) to apply.

Pioneering Ideas: Exploring the Future to Build a Culture of Health

Close Date: Proposals accepted on a rolling admission

Pioneering Ideas: Exploring the Future to Build a Culture of Health seeks proposals that are primed to influence health equity in the future. RWJ Foundation is interested in ideas that address any of these four areas of focus: Future of Evidence; Future of Social Interaction; Future of Food; Future of Work. Additionally, RWJ welcomes ideas that might fall outside of these four focus areas, but which offer unique approaches to advancing health equity and our progress toward a Culture of Health. Click [here](#) to apply.



Reading Opportunities

A Safety Net Unraveling: Feeding Young Children During COVID-19

The emergence of COVID-19 in the United States led most states to close or severely limit the capacity of their early child-care and education programs. This loss affected millions of young children, including many of the 4.6 million low-income children who are provided free meals and snacks by their early care and education programs through support from the federal Child and Adult Care Food Program (CACFP). While Congress authorized waivers that would allow CACFP-participating programs to continue distributing food to children, early evidence suggests that most did not have the capacity to do so, leaving a fragmented system to fill the gaps. This editorial, published in the American Journal of Public Health, offers steps to repair the ECE system in the United States, including greater investment in CACFP to ensure the nutrition, health, and development of young children. Read the full editorial [here](#).

Unhealthy Food Marketing on Commercial Educational Websites: Remote Learning and Gaps in Regulation

The coronavirus pandemic closed schools nationwide, and educational websites have become an important component of the remote learning experience. Educational websites are also useful for parents in search of quality digital media to occupy their children while social distancing at home. However, many popular educational websites are supported by advertisements. A review of 551 educational children's websites showed that approximately 60% have ads or unclear policies around advertising, specifically advertisements for food and beverages. Authors of this review call on the food, beverage, and restaurant industries to commit to no food marketing on any educational platform as part of their self-regulatory pledges. Read full article [here](#).

New Stimulus Package Makes It Easier to Qualify for Food Stamps

The latest COVID-19 relief package expands food benefits, giving further aid to millions of Americans who are facing financial difficulty because of the coronavirus pandemic. The \$900 billion stimulus bill signed by President Donald Trump allocates \$13 billion for the Supplemental Nutrition Assistance Program, or SNAP. Starting on Jan. 1, benefits will be boosted by 15% a month for all recipients. Read more [here](#).

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CalFresh Healthy Living Training Resources

Title	Date / Time	Format	Info	Registration
Best Practices for Virtual Engagement	Thurs, 1/21 9:00 am	Live Online Training	Flyer	Register here
ToP Secrets of Implementation - <i>Pandemic Edition</i>	Mon, 1/25 9:00 am	Live Online Training	Flyer	Register here
Tools & Tricks for Online Education & Collaboration	Tues, 2/2 9:00 am	Live Online Training	Flyer	Link coming soon!
Virtual Training Bootcamp	Wed, 2/10 9:00 am	Live Online Training	Flyer	Link coming soon!
Virtual Training Bootcamp	Wed, 2/17 1:00 pm	Live Online Training	Flyer	Link coming soon!
Tools & Tricks for Online Education & Collaboration	Wed, 2/24 9:00 am	Live Online Training	Flyer	Link coming soon!
Tools & Tricks for Online Education & Collaboration	Wed, 3/17 9:00 am	Live Online Training	Flyer	Link coming soon!
Hosting 2021 Virtual Days of Action and more! – Save the Date	Thurs, 3/18 10:30 am	Webinar	----	----

Visit the CDPH Trainings and Resources page for the latest training related information and [calendar](#) of all scheduled trainings and events. Please seek approval from Project Officer and Contract Manager prior to travel.

If you would like to submit content or have any questions or comments about the CalFresh Healthy Living newsletter, please contact Tania Marquez at tmarquez@ph.lacounty.gov