



Los Angeles County Department of Public Health

Nutrition and Physical Activity Program Newsletter

Issue 121 | January 2024



News and Updates

The State of Food Waste in America

A recent national study conducted by [MITRE](#) and [Gallup](#) surveyed more than 9,000 American households to measure knowledge, attitudes, and behaviors surrounding food waste in American households. The study showed the average American household wastes about 6.2 cups of edible food each week, or about 322 cups per year.

Other key survey findings include:

- ❖ The price of food is the primary food related concern among American households, with concern expressed by 81% of households.
- ❖ 45% of households believe throwing away food harms the environment.
- ❖ 86% of households—irrespective of household size, number of children at home, education level, or income level—think Americans should do more to reduce the amount of food we waste.
- ❖ Households with children tend to waste more food per week (8.5 cups) than those without children (5.1), and rate food cost as their highest food-related concern, making food-saving tips tailored to families impactful.
- ❖ 59% of households report date labels often or always influence their decision to purchase food items, and 31% often or always throw away food that has passed its date label, despite the fact that date labels generally indicate freshness, not safety.
- ❖ Households with higher levels of education, higher levels of income, and lower age tend to waste more food.

Read the [full study here](#) and learn how you can measure household food waste at home.

Contents

News and Updates	1
The State of Food Waste in America	1
America's Healthiest Schools ...	2
What's in Season.....	2
Move Your Body, Calm Your Mind	3
Recipe of the Month.....	3
Webinars	4
Funding Opportunities.....	5
What We're Reading.....	5
CalFresh Healthy Living Trainings	6

America's Healthiest Schools



[Healthier Generation's](#) signature award program honors schools for the key role they play in advancing the health and well-being of students, staff, and families. [America's Healthiest Schools](#) celebrates schools for implementing evidence-based practices to support the physical, mental, and social-emotional health needs of their learning community.

Schools function best when students and educators are happy and healthy. Alliance for a Healthier Generation's annual recognition program honors schools for the key role they play in advancing the health and well-being of students, staff, and families.

Awardees verify implementation of prioritized criteria from the [Thriving Schools Integrated Assessment](#), a self-assessment tool that helps school communities identify strengths and opportunities for improving policies and practices in the ways that matter most to them.

Is your school one of America's Healthiest Schools? Join the upcoming informational webinar on Wednesday, January 31 to hear from past awardees and get your questions answered. Register [here](#).

What's in Season

Winter can seem like a bad time for produce but there's a wide variety of fruits and vegetables that are in season during these cold months.

Here are some of our favorites this season!

- ❖ [Kiwis](#): Look for kiwis that are heavy, and not mushy. Kiwis are a good source of fiber and potassium and high in Vitamin C.
- ❖ [Brussels Sprouts](#): You can find brussels sprouts on and off the stalk. Select sprouts that are bright green and have compact heads. Brussels sprouts are high in Vitamin C and Vitamin K, and a good source of folate and Vitamin B6.
- ❖ [Kumquats](#): In season from November to March, kumquats are a small citrus fruit with an edible sweet rind. They make a great snack and a nice addition to a salad.



Check out these useful guides to learn more about seasonal produce.

- ❖ [Seasonal Food Guide](#): A comprehensive national database of seasonal food that uses a geo-location feature to find local and seasonal produce.
- ❖ [Seasonal Produce Guide](#): This USDA guide has useful links to recipes, learning and teaching tools, and nutrition information.

Move Your Body, Calm Your Mind

[Move Your Body, Calm Your Mind](https://MoveYourBodyCalmYourMind.org) is a campaign launched by the Governor's Advisory Council on Physical Fitness and Mental Well-being that provides simple, diverse, and accessible ways for Californians of all ages to increase their physical activity and mental well-being. The benefits of a healthy body and mind can lead to a lifetime of optimal health and a thriving California.



Visit MoveYourBodyCalmYourMind.org today to:

- ❖ Learn more about the benefits of physical fitness and mental well-being
- ❖ Find simple ways to Move Your Body and Calm Your Mind
- ❖ Share quick tips and social posts to help us spread the word
- ❖ Discover ways to get involved



Recipe of the Month

Vegetable Noodle Bowl

Serves: 8 **Serving Size:** 2 cups **Ready In:** 20 minutes

Ingredients:

- ❖ 1 pound Whole Wheat Spaghetti (or any Asian noodles, like soba)
- ❖ 3 tablespoons Soy Sauce low-sodium
- ❖ 4 teaspoons Toasted Sesame Oil
- ❖ 1 teaspoon Chili Sauce to taste
- ❖ 2 cloves Garlic finely minced or grated
- ❖ 1 bunch Scallions chopped (about 1 cup)
- ❖ 1 Cucumber cut in half lengthwise and thinly chopped (about 1 cup)
- ❖ 2 Carrots coarsely grated (about 1 cup)
- ❖ 1/2 head Cabbage shredded (about 1 cup)
- ❖ Salt to taste
- ❖ Black Pepper to taste
- ❖ 1 cup Firm Tofu diced (optional)



Instructions:

1. Prepare the noodles according to the package instructions. Rinse them under cold water and put them in a colander to drain.
2. In a large bowl, mix the soy sauce, sesame oil, chili sauce, scallions, garlic, cucumber, carrot, and cabbage.

3. Add the noodles toss everything together with a fork or tongs. Gently stir in tofu, if using. Taste and add salt and pepper as needed. Let the noodles sit in the fridge for about an hour if you can. The flavors will mingle and become more intense.

Nutrition Facts Per Serving: 237 calories, 238 mg of sodium, 45 g carbohydrates, 6 g fiber, 9 g protein, 4 g of fat.

Find [this recipe](#) and other healthy recipes at [EatFresh.org](#).



Webinars

Exploring the Health Equity Benefits of Sugary Drink Excise Taxes

January 25/10:00 am

Join the CHOICES Community of Practice to explore the health equity benefits of sugary drink excise taxes, highlighting recent findings of the potential benefits of a statewide sugary drink excise tax in California. Register [here](#).

Including Fathers in Pregnancy and Early Childhood Health Promotion

January 25/10:00 am

Fathers are involved in and influence the health and well-being of their families but are often not included in health promotion activities focused on pregnancy or the transition to parenthood. This webinar hosted by Michael & Susan Dell Center for Healthy Living will provide an overview of the current research and health promotion efforts, such as the Father's Playbook App, that focus on promoting positive father involvement during pregnancy and the transition to parenthood. Register [here](#).

Food as Medicine: A National Strategy on Hunger, Nutrition, and Health

January 27/8:00 am

The Biden-Harris Administration National Strategy on Hunger, Nutrition, and Health was released following the September 2022 White House Conference. Attend this webinar to learn more about the National Strategy and explore your professional role in expanding access to Food is Medicine programs. Register [here](#).

Giving Children a Stronger Start in Life: A Transformational Behavior Change Campaign

January 31/10:00 am

Join First 5 California Executive Director Jackie Thu-Huong Wong and Rescue Agency to show how to effectively educate parents and caregivers about the benefits of addressing adverse childhood experiences early and how to take essential steps to buffer against the impacts of the toxic stress response. Register [here](#).



Funding Opportunities

GroMoreGood Grassroots Grant

Close Date: February 9, 2024

The Scotts Miracle-Gro Foundation and KidsGardening are excited to announce the launch of the 2024 GroMoreGood Grassroots Grant! This grant will award a total of 170 programs \$500 in funding to start or improve their youth gardens or greenspaces. Any nonprofit organization, school district, university, government entity, or tax-exempt organization, such as religious organizations and Tribal governments, in the United States and US Territories serving at least 15 youth is eligible to apply. Learn more [here](#).

GUSNIP Produce Prescription Program

Close Date: February 28, 2024

The primary goal and objective of the GusNIP Produce Prescription Program is to demonstrate and evaluate the impact of projects on (1) the improvement of dietary health through increased consumption of fruits and vegetables; (2) the reduction of individual and household food insecurity; and (3) the reduction in healthcare use and associated costs. Estimated total funding for FY24 is \$5,280,800 for grants up to \$500,000. Learn more [here](#).



What We're Reading

One in Six Adults in Immigrant Families with Children Avoided Public Programs in 2022 Because of Green Card Concerns

Urban Institute

This fact sheet draws on data from the Urban Institute's December 2022 Well-Being and Basic Needs Survey to provide an update on the share of adults in immigrant families living with children under age 19 who avoided noncash government benefits in the past year because of concerns that receiving benefits would affect their or a family member's ability to obtain a green card. Read [here](#).

Op-ed: Solutions to Address Food Insecurity Facing Black Seniors

Civil Eats

Food insecurity for Black elders is an escalating crisis with untold costs to individuals and society at large. It's time to demand a more dignified path for this often invisible group. Read [here](#).

Evaluation of a Distribution Model to Increase Access to Affordable Fruits and Vegetables

Preventing Chronic Disease

This study examines the impact on fruit and vegetable intake of Good Food for All, a community-based program to distribute no-cost produce boxes to participants with low incomes. Read [here](#).

Evaluation of Changes in Prices and Purchases Following Implementation of Sugar-Sweetened Beverage Taxes Across the US

JAMA Health Forum

A recent study finds SSB taxes in Boulder, Colorado; Philadelphia, Pennsylvania; Oakland, California; San Francisco, California; and Seattle, Washington, were associated with a 33.1% increase in SSB prices and a 33% reduction in purchase volume, without increasing cross-border purchases. Read [here](#).

A TED Talk Put Ron Finley on the Map. 10 Years Later, the 'Gangsta Gardener' Is Going Strong

Civil Eats

Finley has grown comfortable with his role as spokesperson for gardening as a solution to food apartheid. Read [here](#).



CalFresh Healthy Living Trainings

Training	Date/Time	Format	Registration
Trauma Informed Principles for School Garden Education	Feb. 13; Feb. 27/10:00 am	Virtual	Register here
Building Nourishing Pantries	Feb. 15; Feb. 22/10:00 am	Virtual	Register here
Food Smarts Facilitator Training	Feb. 20; Mar. 05/12:00 pm	Virtual	Register here
Trauma-Informed Customer Service for PEARS Demographic Data Collection	Feb. 21/10:00 am	Virtual	Register here
Food Smarts: Waste Reduction Training	Feb. 27/10:00 am	Virtual	Register here
CFHL Creating Nutrition Messages with a Trauma Informed Approach	Feb. 29; Mar. 14/10:00 am	Virtual	Register here

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.



This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program--SNAP. This institution is an equal opportunity provider.