

The 2005 Dietary Guidelines Advisory Committee Report is now publicly available and is posted online at [www.health.gov/dietaryguidelines/dga2005/report](http://www.health.gov/dietaryguidelines/dga2005/report). The documents posted are the same files that were approved by Dr. Janet King and submitted to Secretaries Thompson and Veneman on Monday, August 23, 2004. Please feel free to refer interested parties to the web site to view and download the report.

The Federal Register notice announcing the availability of the 2005 Dietary Guidelines Advisory Committee Report and the opportunity for public comment is available at [www.health.gov/DietaryGuidelines.gov/2004/04-19563.htm](http://www.health.gov/DietaryGuidelines.gov/2004/04-19563.htm). Please share this information with colleagues and others that may be interested in submitting comments to the Agencies.

## Get involved with WIC

The **Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)** – strives to improve the health of low-income pregnant women, breastfeeding and non-breastfeeding new mothers, and infants and children up to 5 years old by providing supplemental foods, nutrition education, and access to health services. Participants redeem vouchers for specific foods containing nutrients frequently lacking in the diets of low-income mothers and children.

### **Community & Faith Involvement – What you can do...**

1. Visit your local WIC office to learn more about their services and obtain information to share in other areas of the community.
2. Work with the management of the local WIC office to stress the importance of access to WIC services through lunch, evening, and weekend hours.
3. Encourage women to seek prenatal care and apply for WIC as soon as they are aware of their pregnancies.
4. Join a community breastfeeding coalition or task force to learn about and help promote successful breastfeeding.
5. Encourage designation of a breastfeeding and pumping room in your office building to create a family-friendly workplace and foster better health for both mother and child.

To learn more about USDA's Food and Nutrition Service and its nutrition assistance programs, visit [www.fns.usda.gov/fns](http://www.fns.usda.gov/fns) or contact the Mountain Plains Regional Faith-Based and Community Organizations Liaison – Bart Bushman at [Bart.Bushman@fns.usda.gov](mailto:Bart.Bushman@fns.usda.gov) or (303) 844-0310.

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## Federal Nutrition Assistance Programs

The **Food Stamp Program** is the first line of defense against hunger for millions each month. It provides monthly nutrition assistance for certified participants to purchase eligible food items at stores authorized by USDA's Food and Nutrition Service. Participant eligibility is based on household size, income, resources, and other factors. Over half of all participants are children; one of ten is a low-income older adult.

**Step 1**, a pre-screening tool available at [www.FoodStamps-Step1.usda.gov](http://www.FoodStamps-Step1.usda.gov), is a quick way to determine potential eligibility and get an estimate of monthly benefits.

### **Community & Faith Involvement – What you can do...**

1. Seek out local community, religious, and other organizations to form partnerships dedicated to improving program availability and service.
2. Build partnerships with county and state food stamp offices to establish programs of public information, outreach, and enrollment assistance.
3. Build partnerships with civic, religious, and community leaders to raise awareness and understanding of the importance of nutrition assistance programs to the health and well-being of all individuals.
4. Work with local nutrition programs and organizations to increase access to healthy foods and nutrition information, and to make physical activity readily available to low-income residents.

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## Get involved with NSLP & SBP

With schools now back in session, it is a perfect time for parents and community/faith groups to get involved with the **National School Lunch Program (NSLP)** and **School Breakfast Program (SBP)** – which provide funding and commodity foods to nonprofit food services in elementary and secondary schools, and in residential child care facilities. Also, low-income children qualify to receive free or reduced price meals in both programs.

### Community & Faith Involvement – What you can do...

1. Discuss school meals with your child to obtain insight into the choices and quality of the meals served.
2. Visit your school cafeteria and get to know the staff. Let them know you value their services and appreciate good nutrition for your child. If possible, eat lunch at school with your child.
3. Model healthy eating and active lifestyles: Serve nutritious meals at home and be physically active with your children.
4. Participate in local school board and PTA/PTO meetings and seek the commitment of the superintendent, principal, and school board to improve meal quality and provide a healthful eating environment.
5. Build partnerships between school staff, local businesses, community leaders, parents, and students to strengthen program service and nutrition education.
6. Link agriculture to the classroom through a school garden project, farmers market activity, or consumption of locally grown produce.

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## Federal Nutrition Assistance Programs

Do you run a summer program for low-income children that provides meals? Do you run a licensed child or adult day care facility or homeless shelter? Does your organization distribute food to low-income families and individuals? If you answered yes to any of these questions, then USDA's Food and Nutrition Services has programs that can assist you in providing services to your participants.

- **The Summer Food Service Program** reimburses schools and other non-profit organizations for serving nutritious, qualified meals to children during summer months when school is out.
- **The Child and Adult Care Food Program** reimburses day care programs, after-school programs and homeless shelters for serving healthy, qualified meals and snacks to children and adults receiving day care, children in after-school programs, and displaced families in homeless shelters.
- **The Emergency Food Assistance Program** provides nutritious food for distribution in emergency situations by non-profit organizations to low-income needy people, including seniors, to help supplement their diets.

These programs were created to increase food security and reduce hunger by providing children and low-income people access to food, a healthful diet, and nutrition education. Get involved in the fight to end hunger and improve nutrition and health.

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Ever felt overwhelmed by the volume and frequency of food offered during a typical seminar or conference? The healthy-ness and hefty-ness of foods offered by banquet and catering staffs is often at odds with the goals of the programs many of us oversee.

There is a great resource to help combat this problem (at least when you're in charge of the food and beverage decisions) available from The University of Minnesota, School of Public Health Website. [www.sph.umn.edu](http://www.sph.umn.edu) Visit the site and click on the graphic for 'Guidelines for Offering Healthy Foods at Meetings, Seminars and Catered Events.' This 10-page document has great tips and suggestions to help prepare you for the next meeting you have with the catering manager.

### **A Food Pyramid For Everyone!**

How does the Food Pyramid fit into your lifestyle? If you are Mexican or Thai, then choosing from the "traditional" USDA Food Pyramid may not be very helpful to you. So Food Pyramids for healthy lifestyles have been developed for several cuisines: Thai, Japanese, Arabic, Chinese, Cuban, Mexican, Native American, Russian, Portuguese, Latin American, Spanish, Italian, and Indian.

In addition, Vegetarian and a Guide for Seniors over 70 has been included.

Copy the link below for more info!

<http://www.nal.usda.gov/fnic/etext/000023.html#xtocid2381818>

This will take you to the FDA Food Pyramid Site for different cultures and age groups.

(adapted from the Health Ministries Newsletter)