

Human Sciences Extension and Outreach

REGIONS 11-12-20

JUNE NEWSLETTER 2023

Wellness and Independence through Nutrition

Being unable to purchase adequate food (food insecurity) is correlated with poor health outcomes. Participation in the SNAP Outreach Program can help lowans who are mid-life and older and "at-risk" for malnutrition and/or food insecurity, overcome the financial barriers of purchasing nutrient-rich foods that are needed to help them improve and/or maintain their health. However, about 60% of adults ages 65 years and older are eligible for SNAP but are not enrolled (USDA Food and Nutrition Service).

"Wellness and Independence through Nutrition" (WIN) is an outreach program funded through the United States Department of Agriculture's (USDA's) SNAP program. It is designed to:

- Promote SNAP outreach efforts toward lowans ages 50 years and older.
- Increase awareness of SNAP and how it can help maintain good health and independence for mid-life and adults ages 50 years and older.
- Increase the number of eligible lowans ages 50 years and older applying for SNAP.

Indirect outreach includes distribution of the WIN Guide, WIN prescription pads, and WIN bookmarks. Also available is a WIN video and display set. Direct outreach features a virtual presentation as well as three face-to-face presentations: WIN Bingo, Gardening: How to Grow Your Wallet, and What's in Your Grocery Cart? A WIN discussion points guide is available to use with one-on-one interactions.

In 2023-2024 WIN outreach will be delivered in Jackson, Clinton, Scott, Dubuque, and Linn counties in Regions 11, 12, and 20. Please contact Amber Matthiesen, Vera Stokes, or Phyllis Zalenski, local WIN managers, for more information.

QUESTIONS?

Have a home and family question?

Call AnswerLine at (800)-262-3804 or email answer@iastate.edu

Have a question on a different topic?

Submit to [Ask an Expert](#). We'll send it to someone in Extension to answer it. A response will be sent to your email address. Be sure to include any relevant details in your question.

PROMOTE PROGRAMS

Make promotion easy using the ready-made pieces in the [Human Sciences Marketing Materials](#) folder.

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Your Human Sciences Specialist Team

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Food and Health: Kelsey Salow ksalow@iastate.edu

Learn about upcoming events and programs on the [Human Sciences Website](#).

Human Sciences Events

ServSafe® Certified Food Protection Manager

Cedar Rapids- June 6

Manchester- June 19

Bettendorf- June 20

Dubuque- June 27

Powerful Tools for Caregivers

Virtual Master Training- June 6

Question. Persuade. Refer.

Virtual- June 8

The Science of Parenting: Positive Discipline

Virtual- June 22

Our Bookshelf

Virtual- June 1, 8, 15, 22

Virtual- June 6, 13, 20, 27

Your Money, Your Goals Quarterly Webinar

Virtual- June 14

Your Money, Your Goals

Virtual- June 29

Child Care Provider Training

Food Safety Escape Challenge

Cedar Rapids- June 13

Dubuque- June 14

Passport to Early Childhood Education for Program Administrators

Online- June 7 to 21

Environmental Rating Scale

Early Childhood: Virtual- June 7, 14

Growing Up Wild

Toddville- June 10

Small Change: Building Financial Security for Educators

Virtual- June 28 and online through July 26

Mental Health First Aid

Iowa City, June 7



Partnership Tree
Cedar, Clinton, and Muscatine counties
HSEO PD Day, May 2023

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