



## Catalyzing Communities

A ChildObesity180 Initiative

Hello Everyone,

Welcome to the Catalyzing Communities Learning Collaborative December 2022 newsletter!

This month, we're highlighting the work of Dr. Alison Tovar, with a focus on food insecurity and early childhood health. Thanks to everyone who attended and spread the word about Dr. Tovar's Keynote in November! We were glad to see so many of you and your colleagues in attendance. If you missed it, or want to hear it again, we've provided a link below.

We've also included several events, toolkits, and funding opportunities that may be of interest to you. We hope these resources will be helpful to you and your community partners!

If you have information to share with others about an event or resource, or want to share your reflections about any part of the Learning Collaborative, please email anyone on the team.

Thank you for your partnership. Happy holidays and wishing you a bright and joyful new year!

The Catalyzing Communities Team

### **Resources and articles of interest**

- READ: Healthy Eating Research developed [Evidence-Based Recommendations and Best Practices for Promoting Healthy Eating Behaviors in Children 2 to 8 Years](#) which provides guidelines for researchers and practitioners on how to promote food acceptance and healthy appetites and growth among 2- to 8-year-olds, summarizes the supporting evidence, and identifies implementation considerations.

- EXPLORE: [The Early Childhood \(EC\) Work Group](#) within [NOPREN](#) (The Nutrition and Obesity Policy Research and Evaluation Network) convenes a multi-disciplinary network of practitioners, researchers, and advocates focused on policy, systems, and environmental approaches to improve nutrition and promote healthy development in the places where young children live, learn, and play. Dr. Alison Tovar serves as Chair of the ECE-COVID Sub-Group whose goal is to better understand the impact that COVID-19 has had on young children's access to food, in particular those children that attend early childcare settings. Click [here](#) to sign up for the listserve and receive emails about work group updates.
- READ: [Participation in the CACFP Ensures Availability but not Intake of Nutritious Foods at Lunch in Preschool Children in Child-Care Centers](#). (2020). This paper – co-authored by Dr. Alison Tovar – investigates whether selected The US Department of Agriculture Child and Adult Care Food program (CACFP)-funded child-care centers met the updated requirements regarding foods served for lunch and whether children attending these child-care centers were meeting age- and sex-specific DGA recommendations regarding foods consumed.
- LISTEN/WATCH: [Healthy Kids. Healthy Future: Advancing Equity in Early Childhood – Research Webinar](#) from the Duke Global Health Institute (June, 2022). This “lightning talks” webinar includes Dr. Alison Tovar along with other experts in the field as they present key findings from research on healthy eating and physical activity in early care and education settings, highlight upcoming research, identify remaining research gaps and explore novel approaches to obesity prevention in early care and education.
- WATCH: If you missed it, or want to watch again, [here is the link](#) to Dr. Alison Tovar's Learning Collaborative Keynote presentation— *“Centering Equity in Early Childhood to Improve Nutrition and Food Security among Young Children*.
- EXPLORE: [Equitable Food Oriented Development \(EFOD\)](#) is a community-anchored development strategy centering Black, Indigenous, and People of Color food and agriculture projects and enterprises as vehicles for shared power, cultural expression, and community asset-building. Check out some of their reports, case studies and other resources [here](#).

## **Tools and Guides**

- Feeding America and Humana developed a [Food Insecurity Screening Toolkit](#) intended to support both healthcare and non-healthcare providers as they identify

individuals who are food insecure and to make connections with community resources to improve access to healthy food, diet quality, and ultimately health.

## **Events**

- [The December NOPREN State of the Science event](#) on **Monday, December 12, 2022 - 12:00pm to 1:00 pm ET** will host Dr. Dariush Mozaffarian, Tufts University, who will lead a discussion around the Biden-Harris Administration's National Strategy on Hunger, Nutrition, and Health and how NOPREN can play a role in achieving its ambitious goals. [Click here to join via Zoom](#) Passcode: 610909 Meeting ID: 910 5393 6229
- [Stanford School of Public Policy](#) released an inspiring podcast series with farmers, hunger relief organizations, school districts, states, anti-hunger advocates and more. Learn how the COVID-19 pandemic has impacted the food system in the [latest podcast episode](#).
- [The Friedman School Speaker Series](#) includes (hybrid) presentations from professionals across a wide range of topics in the field of nutrition. Our speakers include both researchers and practitioners of nutrition science and policy from academia, government, industry, and the non-profit sector. "Live" on **Wednesday afternoons from 12:15-1:15 pm (ET)** on the academic year schedule.

## **Funding sources/opportunities**

- NIFA requests applications for the [Food and Agriculture Service-Learning Program \(FASLP\)](#) for fiscal year 2023 to increase knowledge of agriculture and improve the nutritional health of children. The program's goal is to increase the capacity for food, garden, and nutrition education within host organizations or entities, such as school cafeterias and classrooms, while fostering higher levels of community engagement between farms and school systems by bringing together stakeholders from distinct parts of the food system. The initiative is part of a broader effort to not only increase access to school meals for low-income children, but also to dramatically improve their quality. Application deadline: **December 8, 2022**. Apply [here](#)!
- [The Walmart Foundation](#) is awarding local community grants through an open application process and provides funding directly from Walmart and

Sam's Club facilities to local organizations in the U.S. Application deadline:  
**December 31, 2022.** Apply [here!](#)

For more information about Catalyzing Communities, visit:  
<https://catalyzingcommunities.org>