NOVEMBER 2024

ASSOCIATION OF STATE PUBLIC HEALTH NUTRITIONISTS

MONTHLY NEWSLETTER

THIS MONTH'S HIGHLIGHTS

Making the Leap to Solid Foods the Afghani Way

Toddlers get to make the leap from feeding on milk alone to incorporating a variety of solid foods. Help them make the transition in ways that celebrate their ancestry with the new Transitional Feeding Mini Brief for Children of Afghan Families.

Nutritionists, especially those working with the WIC Program, can gain insight into foods, flavors, and meal patterns appropriate for feeding toddlers in alignment with the cultural preferences of people with Afghani heritage.

Get More
ASPHN is continuing to grow its collection of culturally tailored nutrition tools.

Get more transitional feeding guidance for Ukrainian, Native American, and East African heritage. Visit **ASPHN's Transition Feeding Brief webpage**.

Feeding Guides, Please!

Plus, get recipes with heritage flavors for adults and kids. Visit the **Vegetable and Fruits Snack Menu for Child and Adult Care Food Programs**.

Apply Now: Developmental Monitoring in WIC

Apply by December 16th, to join the Developmental Monitoring Project in WIC Learning Collaborative and/or to receive materials and technical assistance!

With funding from CDC, the Association of State Public Health Nutritionists (ASPHN) will expand the number of states it works with to promote developmental monitoring within the WIC program using "Learn the Signs. Act Early." (LTSAE).

As a member of the learning collaborative, you will:

- Learn more about options and resources for promoting developmental monitoring,
- Receive technical assistance from ASPHN and CDC about LTSAE in WIC, and
- Connect with 26 other states that are doing similar work.
- Join monthly training/networking calls (meetings are recorded and posted online).

Complete the short application and info sheet.

States/Agencies selected to receive

I'm Hungry!

materials and technical assistance will receive all the benefits of the learning collaborative, plus:

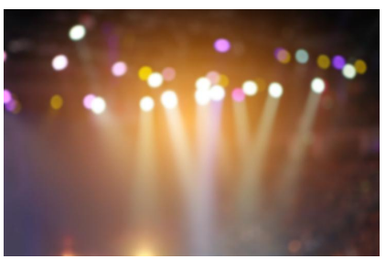
- Receive LTSAE materials and assistance to implement developmental monitoring in at least 2 WIC clinics,
- Receive individualized technical assistance from ASPHN and CDC and states already implementing LTSAE.

Complete the short application today.

Want to hear from WIC clinics who have already implemented the milestone checklists? Join us for an information session and Q&A on November 20th at 11 am ET. Register here.

Contact Amber Brown at amberbrown@asphn.org for more information.

ENHANCE YOUR PRACTICE



Webinar: Spotlight on Impactful Extension Nutrition Education Programs

Join ASPHN's Healthy Food, Active Communities Council to gain inspiration and insight from Cooperative Extension programs.

University of Georgia Cooperative Extension's Impact on Health and Wellness
11 am ET December 9th
Register now!

Presenters

- Brad Averill MA; Public Service Associate- University of Georgia Cooperative Extension
- Ashleigh Geurin, Public Service Assistant-University of Georgia Cooperative Extension

Brad will share about #30for30 Walk-a-Weigh: An Extension Collaboration. It is an evidence-based, multi-state social media program designed to create a community of encouragement for increased physical activity while also improving health and well-being.

Ashleigh will share about Eat Well Evans, a community nutrition education initiative in rural Evans County, Georgia. Partnering with the local grocer, Eat Well Evans has established an in-store educational experience to communicate with shoppers through "shelf-talkers" to help make the healthy choice the easy choice.

GET ACTIVE WITH ASPHN

Jump into Opportunity: Become a Liaison!

Have a passion for breastfeeding? ASPHN is seeking a

member to serve as one of four Liaisons (member-representatives) to the US **US Breastfeeding Committee (USBC)**.

Liaisons are responsible for reporting on ASPHN's organizational activities related to breastfeeding. They also have the opportunity to participate in biannual USBC meetings and USBC Constellations, where organizations come together in action-focused work teams.

This person will participate alongside the current representatives, Robin Stanton, Nicole Newman, and Kelli Stader.

If you have questions or think this might be a good fit for you, please contact Shana Patterson Holland by November 25th at **shana@asphn.org**.

LEARN MORE ABOUT LIAISONS

THIS MONTH'S MEMBERSHIP TIP

Thanksgiving: Update State Membership Listing

APPLY FOR MEMBERSHIP TODAY!

It’s Thanksgiving time! And it’s a perfect time for ASPHN State Representatives to update the state ASPHN membership listing.

Count and give thanks for each new hire, bringing a wealth of ideas and experiences that foster community well-being and move our profession forward!

State representatives are urged to update their ASPHN state roster by deleting former, and adding new, hires from the past year so that our membership directory is accurate. Remember, too, the $400 annual state dues pay for an unlimited number of members.

If you have questions, such as whether or not your state has already paid dues, please contact Allison McGuigan at **allison@asphn.org**.

WELCOME TO OUR NEW MEMBERS

ASPHN members are committed to taking collective action that brings about greater health equity through nutrition in policy, systems, and environments.

We warmly welcome the 16 new members who joined in October. Your fresh perspective is just what we need to imagine and bring forward innovative approaches to achieving full access to healthy living for all people. Thank you for joining us and sharing your strength!

General Members

- Jayme Anderson, MPH, RD in the Minnesota Department of Education
- Elise Bolster, RD, LD in the New Hampshire Department of Health
- Amber Martin and Karen Wellman, RD, LD in the Kansas Department of Health
- Simonne Hrinkova, Juliet Jones, Naomi Kremen, MPH, CHESin the New Jersey Department of Health
- Marisol Meyer in the New Jersey Department of Health

Associate Members

- Mitzi Champion, MPH, MPA at Liberty University (VA)
- Angela Roltgen, MPH, RDN, CD with Nutrition Matters, Inc. (WI)
- Michaela Skloven, student at University of Washington
- Ashton Stewart with Genesee Intermediate School District (MI)

DISCOVER MORE BENEFITS WITH ASPHN

ASPHN Membership

Your active participation in ASPHN can accelerate your career development and keep your state on the leading edge of public health innovation.
Not a member yet? Apply today!

Follow ASPHN On Social Media

Did you know that ASPHN posts to its social media channels regularly? Be sure to follow us on the channels below to keep apprised on current public health nutrition events, resources and much more!

Facebook • **LinkedIn** • **Twitter** • **Instagram**

Association of State and Public Health Nutritionists
PO Box 37094
Tucson, AZ 85740-7094
tel: **814-225-2829**
email: **asphn@asphn.org**

ASPHN
Advancing Health Through Leadership

ASPHN is a 501(c)3 non-profit membership organization. We provide national leadership on food and nutrition policy, programs and services.

Constant Contact

Try email marketing for free today!