

Deer Valley Wellness

Healthy Minds, Healthy Bodies

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Produce On Wheels Without Waste (P.O.W.W.O.W)

Sixty pounds of fresh produce for \$12!

[Produce on Wheels Without Waste](#) is a program dedicated to sharing rescued produce throughout Northern and Southern Arizona. With the help of volunteers and supporters, P.O.W.W.O.W. sets up produce “markets” at churches, schools, and other local spots throughout the year.

Seasonal varieties of fruits and vegetables are available to anyone for just \$12. Check the schedule for a site near you. Bring \$12 and a wagon, basket, or shopping tote to take home **sixty pounds** of produce.

Volunteer and Donation Opportunities

Are you looking for ways to give back to your community and help others? P.O.W.W.O.W offers all kinds of opportunities:

- ⇒ Volunteer your time at a site providing produce.
- ⇒ Volunteer to drive fresh produce to people who are homebound.
- ⇒ Donate cash for those unable to afford the produce cost.
- ⇒ Donate to the program to help with incidentals.
- ⇒ Host a P.O.W.W.O.W site (must be available to the public—schools, parking lots, etc.).



[DVUSD Nutrition](#)



[DVUSD Nutrition](#)



[DVUSDW Employee Wellness](#)

Double Up Food Bucks

Free Fruits and Veggies with Double Up Food Bucks!

[Double Up](#) is a program dedicated to providing additional supplemental funds for families in need. Double Up works in combination with the Supplemental Nutrition Program (SNAP). SNAP is focused on “ending hunger and moving people toward self-sufficiency”. Double Up is contributing toward this same goal, while also working to make healthy foods more accessible.

Double up is available at grocery stores and corner stores, food pantries, Community Supported Agriculture (CSA), and farmers markets.



How Does Double Up Work?

For every \$1 spent using SNAP (up to \$20 per day), a \$1 token is given to the participant to spend on healthy foods using Double Up.

- ⇒ Step 1: Bring your SNAP Quest/EBT card to participating farmers markets and stores. Click on the link above or the picture below to find participating locations.
- ⇒ Step 2: Buy SNAP eligible items (fruits, veggies, bread, dairy, meat, dried beans).
- ⇒ Step 3: Use tokens for Arizona grown, fresh fruits and veggies, dried beans, herbs, and food producing plants.



**DOUBLE UP
ARIZONA**



DEER VALLEY
Unified School District

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Food, Nutrition, and Wellness
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- ☺ School Meal Program
- ☺ Smart Snacks Standards
- ☺ Nutrition Education
- ☺ Wellness

Food Deserts

What is a Food Desert?

According to the United States Department of Agriculture (USDA), food deserts are spaces across the country that do not have access to fresh fruits and vegetables. In these areas, community members must rely on corner stores (or quick marts) that are more likely to stock processed, sugar and fat dominant products as opposed to fresh foods that do not have a long shelf life.

Food deserts are found in communities:

- ⇒ lacking grocery stores.
- ⇒ lacking farmers' markets.
- ⇒ lacking healthy food providers.
- ⇒ with individuals lacking transportation or access to transportation.

What is the Impact of a Food Desert?

Research indicates some potentially difficult outcomes for children in areas that lack access to fresh foods. Diets consisting of high sugar, high fat (specifically saturated and trans fats), and highly processed foods tend to coincide with poor cardiovascular health and other negative health outcomes. Additionally, research shows that increased consumption of healthy, fresh foods often coincides with academic success with increased concentration, retention, and performance. Therefore, students living in food deserts may be at a disadvantage for academic success.

Action For Happiness

[Action for Happiness](#) is a London based group "dedicated to building a happier and more caring society". They provide books, resources, podcasts, and local news in the fields of psychology, education, and social innovation as it relates to happiness.

Every month, the people at Action for Happiness provide a [calendar](#) dedicated to working toward happiness including: self-care, mindfulness, and giving back to the community and those around you. Easily printable and easily shareable, each calendar encourages daily focus on a single goal or idea that is linked in some way toward achieving happiness.

