In this issue we profile Portland Fruit Tree Project's newly people-centered work to address inequities in the food system and examine paid family leave in light of DOHaD research. We're also excited to announce plans for multiple in-person events later this spring. We can't wait to see your faces again in-person after two long years!

~ The Moore Institute Team
Success Story: Advancing Equity through Urban Fruit

*Portland Fruit Tree Project strengthens communities through shared harvests and healthful food access*

Take a stroll around Portland, Oregon in the summer and fall, and you are likely to notice the occasional fruit tree. Either planted in a neighbor’s yard, or lining a street, the branches of these trees are often bursting with fruit. But, unpicked, the fruit will eventually fall to the ground—the natural abundance slowly rotting away in yards or on sidewalks (much to the delight of local insects and squirrels).
Setting the Course for a Healthy Life: The First 1,000 Days and Paid Family Leave

Without a fundamental shift towards interventions that target the drivers of health inequities (moving “upstream”), people will continue to be denied the opportunity for a healthy start to life. One policy that could help advance economic and health equity, and have a profound impact during the first 1,000 days, is Paid Family Leave.

Nutrition Oregon Campaign update

Yamhill County is officially launching as a Nutrition Oregon Campaign hub!
A core group of leaders has spent more than a year conducting interviews, meeting with key leaders and analyzing current health data in light of DOHaD research. They are launching hub work over the next few weeks with a series of in-depth community planning meetings to solidify their working goal of creating a culture that values nutrition to guarantee that 100% of Yamhill County residents can acquire and enjoy food that meets their cultural and nutritional needs by 2029.

For more information email Liz Wenzel.

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Moore Institute news and events

Save the date! Oregon Nutrition Day
In-person on Friday, May 13

The Moore Institute is hosting its seventh annual Oregon Nutrition Day. The theme this year is *Nutrition now for a healthier future.*

Nutrition throughout our lives - before conception and during pregnancy, breastfeeding, childhood and adolescence, not only impacts our risk for acquiring chronic diseases, but our descendants' risk as well. Every stage of our nutritional
journey provides an opportunity to improve our health and the health of our children, grandchildren and great-grandchildren.

Keynote speakers:

Tessa Roseboom, Ph.D., University of Amsterdam, Dutch Hunger Winter researcher

Priya Fielding-Singh, Ph.D., University of Utah, author of How the Other Half Eats

Additional information and registration (opening soon).

Nutrition in Pregnancy Conference: Creating a Blueprint for Healthier Mothers and Children

June 2-3, Washington, D.C.

Development before birth is now known to be a critical time period in establishing later life chronic disease risk. Nutrition plays a vital role in this development.

The Moore Institute hosted the first Nutrition in Pregnancy Conference in 2019 with an emphasis on the unique needs of women before and during pregnancy and lactation, and how those nutritional needs impact the lifelong health of the mother and her offspring. This multidisciplinary conference will build on the work of 2019 with a focus on community needs, racial disparities, current education, programs and policies surrounding nutrition before and during pregnancy.

Session titles, cost and registration information.
The Inequity of Hunger: An Interview with Priya Fielding-Singh

*Civil Eats*, November 24, 2021
Sociologist Priya Fielding-Singh’s new book, *How the Other Half Eats*, is about how nourishing children has become “an anxiety-provoking and high-stakes endeavor.” In this interview, she talks about the complexities of food access, hunger and the spectrum of emotions that influence how we feed our children – and ourselves.

Food and Climate Change

*Johns Hopkins Center for a Livable Future*
Climate change is among the greatest threats of our generation—and of generations to come—to public health, ecosystems, and the economy. This article explains some of the many projected impacts of climate change and provides resources for more learning.

Could Climate Change Make Food Less Nutritious?

*Civil Eats*, November 16, 2021
New research looks at the way climate change will impact crop yields and foods rich in micronutrients like zinc, vitamin A, and iron. The authors project increased spikes in food prices, deepening food insecurity and nutritional deficiencies.

What’s Next for Healthier School Meals? We Asked the USDA

*Civil Eats*, February 10, 2022
The future of school meal nutrition standards will depend on input from parents and children—the people most affected by changes to the standards.
The fanfare around Seattle Public Schools' revamped lunch menus is not slowing down. After District Chef Emme Collins appeared on the cooking show "Chopped" (spoiler alert: she won) more people are starting to take notice of the SPS Culinary Services team.