

Sacramento County Nutrition Action Plan (CNAP) Collaborative Meeting Minutes

January 22, 2015

Community Resource Project – Training Room
250 Harris Avenue Sacramento, CA 95838

Participants

Emma Baier	Sacramento County Office of Education
Bernardette Behar	Court Appointed Special Advocates
Tasha Conley	Sacramento Food Bank and Family Services
Katie DeKorte	Sacramento Public Library
Amy Dierlam	River City Food Bank
Cindy Foltz	Health Education Council
Angela Gibson	Sacramento County Public Health
Megan Gilles	Court Appointed Special Advocates
Sommer Hayes	Health Education Council
Erica Ho	Sacramento County Public Health
Kyla Irving	Health Education Council
Vanessa Kenyon	UC Cooperative Extension-Sacramento
Lisa Larsen	Dairy Council of California
Erica Lee	Health Education Council
Kristine Lee	Health Education Council
Lizette Martinez	Sacramento County Public Health
Mary Odufuwa	Health Education Council
Danica Peterson	Sacramento County Public Health
John Reshma	UC Cooperative Extension-Sacramento
Bridgitte Rivers	Alchemist CDC
Yvonne Rodriguez	Sacramento County Public Health
Angi Sandoval	Sacramento Food Bank and Family Services
Priscilla Sandoval	Health Education Council
Kathy Storelli	Sacramento Chinese Community Service Center
Julie Tharalson	Area 4 Agency on Aging
Ashely Valentine	Sacramento START
Liz VanHouten	Sacramento County WIC
Jenny Wong	Sacramento Chinese Community Service Center
Lee Yang	River Oak Family Resource Center
Alondra Young	People Reaching Out

I. Welcome and Introductions

All participants introduced themselves and who they represent. Erica Ho previewed the agenda and provided participants with a recap of the last CNAP meeting. New Sacramento County Public Health Staff were introduced. Danica Peterson led the group in an ice breaker activity.

HEC updated the group that they are working with Prevention First to conduct walking audits.

Sac START updated the group about Arden Garden Farmers Market partnering with schools. They will be providing educational resources and a coupon match program for

families to use at the market. The Arden Garden Market is open Saturdays from 9:00-1:00 year round.

II. **SurveyMonkey Results**

Erica Ho highlighted the results from the in-person survey and online SurveyMonkey. Results were included with the meeting agenda.

III. **Program Spotlight Presentation**

Nicole Pavloff provided an overview of the history and programs offered by Capay Organic/ Farm Fresh to You.

Capay Organic is a certified organic and sustainable farm established in 1976. In 1992 Capay Organic started Farm Fresh to You, a Community Supported Agriculture (CSA) and produce delivery service.

Programs that Capay Organic currently offers include:

- School programs
 - Farm tours: students learn about composting, participate in a planting activity, release lady bugs and enjoy a farm-fresh snack
 - Healthy fundraisers: students raise money through subscriptions to the CSA boxes. Schools earn an ongoing 10% of subscription proceeds.
- Workplace program
 - Discounts to employees of workplaces that partner with Capay Organic/FFTY- can be delivered to home or office
 - Discount on Office Snack Packs

For more information on Capay Organic/FFTY contact Nicole Pavloff at npavloff@farmfresh toyou.com ; Office 916-303-7145 x2701 or Cell 916-384-6488

IV. **On the Path to Healthier Communities: Developing Meaningful Activities**

Megan Gilles, Youth Engagement Coordinator for Sacramento CASA led participants through an urban nature walk. On the walk Megan guided participants through an interpretive activity highlighting the importance of making programs meaningful to participants by providing opportunities for them to create intellectual and emotional connections to the material.

Megan provided a handout summarizing her material.

For more information contact Megan Gilles at megan@sacramentocasa.org ; 916-875-7075

V. **Large Group Activity: 2015 Signups**

Participants mingled and signed up for workgroups based upon their interest in each of the CNAP Collaborative Plan Strategies.

Participants then split into workgroups to talk about logistics of working on each strategy. Groups reported back to the larger group.

Discussion of Strategies:

- A. Increase communication and collaboration
 - Social media campaign
 - Brief video updates
 - Refreshments for meetings-HEC has connections with General Produce- perhaps round robin refreshments
 - Create Facebook page for CNAP members to stay up to date on activities
 - Utilizing social media to recruit guest speakers
 - “Like” each other’s social media pages/accounts
 - Share funding opportunities
- B. Coordinate messaging
 - Develop talking points to share with everyone
 - Encourage and promote the whole plate not just one category such as fruits and vegetables
 - Does CNAP use other resources/sites aside from CDPH and USDA?
 - How can we incorporate more PA topics to compliment nutrition education?
 - Data: most current recommendations/scientifically sound, county data for obesity, fitness grams, food deserts
- C. Increase participation in food and nutrition service programs
 - Area 4 has a 65+ reach-grandparents are adult mentors to youth; generational gap; gap in services for older adults; seeking opportunities for grandparents raising grandchildren
 - Meals on Wheels guest speaker
 - Create a Pinterest account for PA and nutrition ed. ideas
 - Resource directory use and distributing
 - Expand on connections to local farmers markets
 - Leverage media platforms for nutrition/PA programs or activities (2-1-1?)
- D. Continually identify and address gaps in services
 - No signups
 - What does a resource guide mean to each agency?? May differ
 - Localized Wikipedia page for members to add information and keep updated on a regular basis
 - TRC will have an online resource guide (by region) available soon
 - Linking Building Healthy Communities website/info with CNAP?
 - Central events calendar to share upcoming events to all participants
 - Agencies need to identify unfulfilled needs; need for more discussion between agencies
 - Marketing strategies for non-profits to bring participation to their program

Erica Ho reminded the group that the [Sacramento CNAP Collaborative website](#) includes a shared calendar and forum section for public access and use.

VI. Agency Announcements and Next Steps

- A. Katie DeKorte, Sacramento Public Library www.saclibrary.org
 - Seed Library available at three branches; in process of creating tool library where members can borrow shovels and other gardening tools
 - Black History Month events include *Anansi, the Spider* Puppet Show February 8 at 2 pm; Classic film night: *The Jackie Robinson Story* February 3 at 5:30 pm; Jazz vocalist Vivian Lee February 18 at 6 pm.

- Film screening and discussion of *Created Equal* February 10, 24 and March 10 at 6 pm.
 - Meet Patricia Schultz author of *1,000 Places to See Before You Die United States* on February 25 at 6 pm.
- B. Ashley Valentine, Sac START
- Earth Day Celebration- April 17th O.W. Erlewine Elementary 1:18 pm-3:30 pm
- C. Health Education Council
- *Reaching Communities Where they Shop*- February 24; workshop is limited to 25 attendees
 - Fit Camp at Genesis Baptist Church starts February 2 for 2015. Every Monday and Wednesday-activities include food demonstrations and 2 trainers. Fit Camp is open to the community.
 - June 2015 St. Paul Baptist Church in Oak Park will have a farm stand open-proceeds go to kids in community.

Next meeting:

- Date: April 23, 2015 (1:30pm – 4:00pm)
- Location: Community Resource Project – Training Room
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