

Sacramento County Nutrition Action Plan (CNAP) Collaborative Meeting Minutes

January 30, 2014

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

Participants

Alexis Koren	Sacramento City Unified School District – Youth Development
Barry Bunch	2-1-1 Sacramento
Brianna Espino	Sacramento Chinese Community Service Center
Cindy Foltz	Health Education Council
Edith Gomez	Health Education Council
Elaine Fok	California Food Literacy Center
Emma Baier	Sacramento County Office of Education
Erica Ho	Sacramento County Division of Public Health
Erika Ledbetter	Sacramento Food Bank and Family Services
Karen Nelson	People Reaching Out
Karen Strach	Sacramento County Division of Public Health
Lee Yang	River Oak Family Resource Center
Lori Easterwood	Sacramento Public Library
Neela Satyanarayan	Sacramento County Division of Public Health
Paula Perez	SETA Head Start
Rhonda Patterson	City of Sacramento START Program
Staci Syas	Sacramento County Division of Public Health
Trish Kearny	Sacramento County WIC/Division of Public Health

I. Welcome and introductions

Karen Strach previewed the agenda and provided participants with a recap of last year's CNAP activities. Current plans for 2014 CNAP Collaborative meetings:

- **April 24** – Successes and challenges in educating the community
- **June 26** – Engaging non-traditional partners, Underutilized food & nutrition program(s)
- **October 23** – Discuss blended funding opportunities, Plan the group's activities for 2015

II. Program spotlight presentation

Barry Bunch provided an overview of the services offered by 2-1-1 Sacramento as well as a brief demonstration of how its current website functions. 2-1-1 Sacramento provides free, confidential information and referral services to programs related to callers can speak with a live person 24 hours a day, seven days a week. Each call responded to includes an assessment to provide callers with referrals to services that may be able to address their needs.

2-1-1 Sacramento's database has nearly 1,600 programs listed providing services related to: mental health, substance abuse, employment, shelter, food, government programs, education, financial assistance, legal help, senior resources, family support, and more. Listings are updated at least annually, and multiple languages are spoken by staff, with over 1,500 additional ones available through Language Line.

In 2013, 2-1-1 Sacramento received over 130,000 calls.

Call and try out 2-1-1 Sacramento for yourself! Or search for your organization and check to see if your information is up-to-date. If you would like to update information or have additional nutrition education resources to add to 2-1-1 Sacramento's listings, please contact Barry at

bbunch@211sacramento.org

III. Determine next steps in promoting 2-1-1 Sacramento as a central place to receive referrals for local food and nutrition programs

Participants worked in small groups to identify strategies and needed materials for promoting 2-1-1 Sacramento services. Below is a summary of responses.

- How does your organization currently promote 2-1-1 services? How could your organization promote 2-1-1 services in the future?
 - 2-1-1 workshops and presentations
 - Handouts/flyers placed at parent resource stations or shared with other community partners
 - Incorporate 2-1-1 information into existing presentation(s), share 2-1-1 information verbally with parents at meetings
 - Bookmark 2-1-1
 - Utilization of promotion sites (e.g. WIC, libraries, HEC, Mexican consulate-VDS, Sac START, faith-based partnerships, summer meal sites, community centers)

- What additional information would you/your organization need to promote 2-1-1 as a source of referrals for local food and nutrition programs?
 - What is the most common way people are referred to 2-1-1 Sacramento?
 - How is information gathered? How do you become a program listed in the directory and what information is needed for 2-1-1 criteria to be met?
 - What is required for the annual updating process?
 - Wait time for calls, responses to email inquiries?
 - Search functions
 - Flyers in Spanish or Russian, Translation for the languages spoken, diverse languages
 - Physical locations
 - Cross trainings for potential partners
 - Out of area cell phone connection

- What materials, if any, would be helpful in promoting 2-1-1 as a source of referrals for local food and nutrition programs? Please specify what information you think would be useful to have included in these materials.
 - Flyers that are 1/3 page and in color, rack cards, business cards, magnets, brochures, wallet tools, display holders
 - Handout materials for referral by subcategory
 - Information in other diverse languages such as Vietnamese, Mien, and Hmong

IV. New Year's Collaboration Activity

Participants rotated through small group discussions to identify potential collaborative opportunities in the fields of education, food access, and environmental changes. Below is a summary of what was shared with the larger group.

- What program successes/best practices does your organization have related to _____?
 - Education: Nutrition education by teaching food literacy. Teaching the importance of nutritious foods and having a Health Ambassador program. Offering kids cooking classes. Educating families about different types of healthy foods and creating community gardens. Offering fitness programs for adults, holding fitness classes at churches and implementing 30/60/90 day challenges. Using leverage and quality programs to improve and develop teaching styles. Providing store tours for youth. Collaborations with the County to have child-friendly food education. Updating wellness policies.
 - Food Access: Creating community gardens. Holding farmers market-style distributions each month and having a list of farmers markets in the area that take EBT. Collaborations with Sacramento Food Bank and Harvest Sacramento. Educating callers about CalFresh opportunities. Holding summer meals at the library. Providing monthly food link to parents. Change game program to teach about food justice.
 - Environmental Changes: Read and feed demonstrations in community gardens. School and staff wellness policies. Staff encouraged walking during lunch time. Exercise classes and lessons offered. Policy change for gas stations in Sacramento County - to expand, need to have 15% of fresh fruits and vegetables available. Changing church policies to increase physical activity and kitchen changes for healthy eating. Holding park clean-ups. Utilizing compost and aquaponics. Implementing programs about nutrition education and healthy eating. Increasing exposure to fruits and vegetables. Encouraging family style meals. Providing community with information on how to be healthier, obesity, and diabetes.
- What activity/program(s) related to _____ are you excited about implementing in 2014?
 - Education: Hold 13 week food literacy classes in new school to improve food literacy. Have a community garden on-site and offer gardening education and parent support groups. Cover CA trainings and help from collaborations. Peer-to-peer education about SNAP-Ed and healthy nutrition. Update websites to enhance the ability of searched resources. Holding a health symposium at St. Paul Baptist church. Providing 8-12 nutrition education tasting lessons at a single store. Developing a series of cook books. Implement SNAP-Ed into middle schools and high schools.
 - Food Access: SNAP-Ed nutrition, health, and cooking classes. SNAP-Ed peer-to-peer workshops. Would like to implement resources for parents such as fruits, vegetables, sharing, and access. Collaborating with WIC and other CalFresh partners. Provide fruits and vegetables in gas stations to increase access to healthy choices. Expand warehouse space and provide additional refrigerator space. Youth advocacy program that addresses food access. Fast food versus homemade food and provide simple recipes. Plant and seed swap meetings. Farmers market farm stands at churches. Teach children about healthier snacks with fruits and vegetables.

- Environmental Changes: Community garden projects, tools and library. Employee and afterschool wellness program policy and consistent reinforcement. Hope to have new website available to make it easier for the public to find resources. Increase participation and collaboration with farm to fork. Food literacy month in September. Continued collaboration with WIC to promote breastfeeding. Encouraging providers to make community connections. Adding physical activity such as playing at the park or walking on the street. Training church site coordinators to implement health ministries and pastor leadership in healthy eating and living. Improve and enlarge SFBFS program.
- What are the greatest program needs/challenges related to _____ your organization will face in 2014?
 - Education: Locating resources to help with effects of increased food and water costs. Navigating through Covered CA operations to meet target community needs. Effective evaluations, funding, and staffing for CA food literacy programs. Getting nutrition classes and teachers back to schools. Providing nutrition education materials in other languages. Incentives for staff and class participants. Holding off-site gardening workshops. Presenters needed for food education, gardening, and physical activity.
 - Food Access: More WIC accepted farmers market access. Providing healthy food on a limited budget. Having access to food in food deserts. Lists of food access sites in RDUSD area. Helping awareness around the work we are doing. Continue to bring in healthy, fresh produce. People are not cooking because they don't know how to cook the food they have access to. Helping families after their educational series has ended. Need for more staffing to perform outreach and expand partnerships. Service providers and the public don't think of the library in relation to this issue. Lots of the most used resources are tapped in certain communities or are unwilling to accept help.
 - Environmental Changes: Getting parents and the community to participate. Drinking water access. Recruiting more students and teachers to participate. Accountability sustaining programs that will hold people liable. Keep individuals inspired and motivated. Expand community garden resources for development and low cost garden start-ups. Provide incentives to staff to collect data and change church policies to make health a priority in church activities. Summer activities and no access to water for participants in the park. Student/parent educator buy-in. Possible reductions in CalFresh funding from the federal Farm Bill.

V. Next steps

Next meeting:

- Date: April 24, 2014 (1:30pm-4:00pm)
- Location: SFBFS Community Room - 3333 3rd Avenue, Sacramento CA 95817