

# Sacramento County Nutrition Action Plan (CNAP) Collaborative Meeting Minutes

April 24, 2014

Sacramento Food Bank and Family Services – Community Room  
3333 3rd Avenue, Sacramento CA 95817

## Participants

Alex Lao	Sacramento Chinese Community Service Center
Alexis Koren	Sacramento City Unified School District – Youth Development
Amber Stott	California Food Literacy Center
Angi Sandoval	Sacramento Food Bank
Ashley Valentine	START Sacramento
Barry Bunch	2-1-1 Sacramento
Bernardette Behar	Court Appointed Special Advocates (CASA)
Bruno Marchesi	Center for Collaborative Solutions
Carina Aladjadjian	Sacramento Chinese Community Service Center
Edith Gomez	Health Education Council
Elaine Fok	California Food Literacy Center
Elena Balingit	Ubuntu Green
Erica Ho	Sacramento County Division of Public Health
Gricelda Valencia	Sacramento Food Bank
Karen Nelson	People Reaching Out
Kayla Olsen	People Reaching Out
Kristine Lee	CCHWB
Lori Easterwood	Sacramento Public Library
Monica Gonzalez-Williams	Sacramento County Office of Education
Neela Satyanarayan	Sacramento County Division of Public Health
Rhonda Patterson	City of Sacramento START Program
Tasha Conley	Sacramento Food Bank
Wa Meng Vang	Court Appointed Special Advocates (CASA)
Yvonne Rodriguez	Sacramento County Public Health

## I. Welcome and introductions

Erica Ho previewed the agenda and provided participants with a recap from the last meeting followed by participant introductions.

## II. Sacramento Food Bank and Family Services Tour

Genevieve Deignan, the SFBFS program director provided an overview of the programs, services, and initiatives directed towards access to healthy food, nutrition and education, as well as a tour of the SFBFS's main campus.

## III. Program spotlight presentation

Peggy Davis provided an overview of the mission and services offered by Helping Hands Produce. Since its founding in 1992, Davis Ranch Produce has worked with volunteer organizations during the six month harvest season to pick the surplus unsold produce. Co-owner, Jim Davis and his wife Peggy created the non-profit Helping Hands Produce to organize volunteers and educational field trips to facilitate getting the donated fresh fruits and vegetables to those in need. Helping Hands Produce is working to get all unsold fruits and vegetables from Davis Ranch to those going hungry in our area and in other counties throughout California.

Helping Hands Produce hosts field trips for groups of all ages. For more information, please visit <http://helpinghandsproduce.org/>

#### **IV. Successes and Challenges in Educating the Community**

Participants took part in an activity to discuss successful strategies for educating the community and brainstorm potential solutions for ongoing challenges. Participants broke up into small groups and were asked to assume the perspective of youth/adult learners well as community educators to identify and troubleshoot potential barriers related to nutrition and physical activity education.

Participants responded to these questions in small groups before sharing with the larger group.

As a youth/adult learner:

1. How interested are you in someone coming to educate you on these subjects? Do certain words or activities make you more or less interested? (Orange Post-its)
2. If you hear the terms “physical activity,” “nutrition education,” or “garden education,” what thoughts and feelings come to mind?
3. What are some other things going on in your life that may make it difficult to enjoy food or be active the way you would like?

As an educator for youth/adults:

1. What are some successful strategies you have used to make your educational programming as engaging and effective as possible for adults?
2. Can you offer any strategies/solutions to the challenges just described by other groups?
3. What are some ongoing challenges you face as an educational provider? Did you notice common themes in the barriers experienced by the community?

Common themes of responses included:

- Keeping the lesson or activity hands-on, collaborative, low-cost and easily accessible
- Lessons, activities or events should be culturally competent and fun
- Challenges related to lack of available resources, minimal to no funding, program outreach, and sustainability

#### **V. Next steps**

Next meeting:

- Date: June 26, 2014 (1:30pm-4:00pm)
- Location: Community Resource Project Training Room  
250 Harris Ave, Sacramento CA 95838