

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

June 26, 2014

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 (CASA)
Barry Bunch	2-1-1 Sacramento
Tasha Conley	Sacramento Food Bank
Vicki De Bruin	Farm Fresh to You
Lori Easterwood	Sacramento Public Library
Elaine Fok	California Food Literacy Center
Cindy Foltz	Health Education Council
Edith Gomez	Health Education Council
Erica Ho	Sacramento County Division of Public Health
Natasha Kubek	Sacramento Chinese Community Service Center
Alex Lao	Sacramento Chinese Community Service Center
Lisa Larsen	Dairy Council of California
Bruno Marchesi	Center for Collaborative Solutions
Summer Hayes	Health Education Council
Rhonda Patterson	City of Sacramento START Program
Yvonne Rodriguez	Sacramento County Division of Public Health
Neela Satyanarayan	Sacramento County Division of Public Health
Jason Smith	Sacramento Chinese Community Service Center
Lisa Stevens	Sacramento City Unified School District
Gricelda Valencia	Sacramento Food Bank
Lee Yang	River Oak Family Resource Center
Jenny Steffens	People Reaching Out
Jessica Hay	Alliance for Healthier Generation
Jenny Wong	Sacramento Chinese Community Service Center
Nancy Vasquez	Area 4 Agency on Aging
Alicia Tutt	Health Education Council
Leslie Pring	Dairy Council of California

## I. Welcome and introductions

Erica Ho previewed the agenda and provided participants with a recap of the previous meeting.

## II. PechaKucha/Ignite Talks (aka highlighting your organization in 5 minutes or less!)

- Elaine Fok, California Food Literacy Center
  - Teaching elementary children cooking skills and basic nutrition to improve their health, community and environment.
- Rhonda Patterson, City of Sacramento START Program
  - Developing exemplary practices in healthy eating, physical activity, and food security in afterschool programs with the Healthy Behaviors Initiative (HBI).
- Nancy Vasquez, Area 4 Agency on Aging
  - Providing advocacy and support to seniors and their family caregivers in seven counties, including Sacramento (and piloting nutrition education services in Sacramento, too!).
- Lori Easterwood, Sacramento Public Library
  - Offering MORE than just books! Museum passes, seed lending, passport applications, 3-D printing, and high school completion are just a few of the services currently available.
- Jenny Wong, Sacramento Chinese Community Service Center
  - Supporting healthy communities through out-of-school time programming and advocacy for policy change.
- Vicki De Bruin, Farm Fresh To You and Capay Organic
  - Growing fresh produce to share with communities through farm tours, annual events, and new partnerships.

### III. Program spotlight presentation

Jessica Hay provided an overview of the Healthy-Out-of-School Time (HOST) services offered by Alliance for a Healthier Generation.

The Healthy Out-of-School Time Framework combines Alliance best practices with national healthy eating and physical activity standards to create a guide for communities nationwide to transform the areas where kids spend their time before school, after school, and during school breaks.

Alliance for a Healthier Generation works with OST providers in a few ways:

1. The direct support model, in which a Healthy Out-of-School Time Manager collaborates personally with OST organization and site staff in a particular community (now 8) to encourage healthy changes, introducing tools and resources during face-to-face meetings and through online support.
2. The self-directed model, in which any out-of-school time provider in the country can tap into the same tools and resources online, and interface with Alliance healthy eating and physical activity experts, primarily over the phone and via webinars.
3. Alliance is also beginning to test the feasibility of an Intermediary model, in which Alliance staff train collaborators to deliver the same direct support to OST sites.

For more information, contact Jessica ([jessica.hay@healthiergeneration.org](mailto:jessica.hay@healthiergeneration.org)) or visit: [https://www.healthiergeneration.org/take\\_action/out-of-school\\_time/](https://www.healthiergeneration.org/take_action/out-of-school_time/)

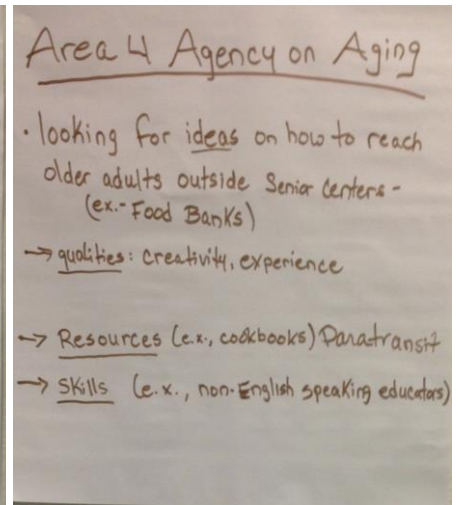
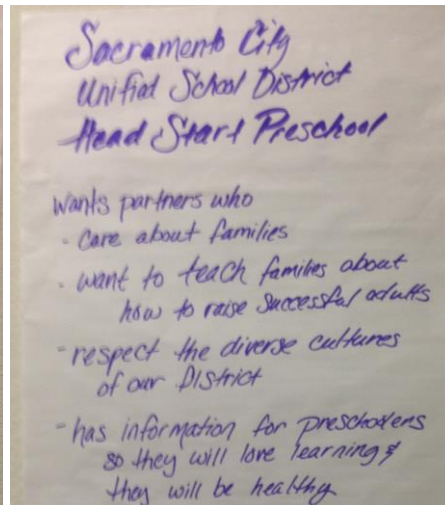
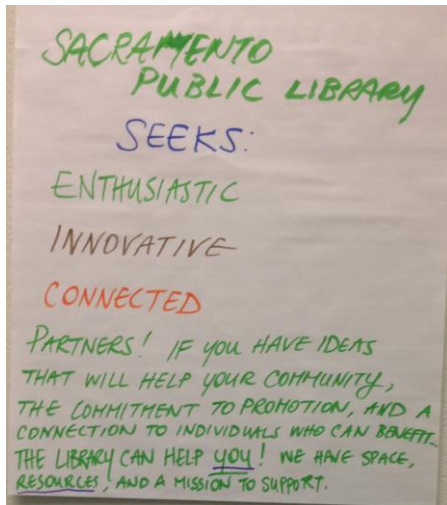
### IV. Engaging Non-Traditional Partners and Underutilized Food and Nutrition Program(s)

Meeting participants first participated in a core values exercise to identify the personal and professional traits which guide them in their nutrition and physical activity work.

Participants were then asked to create a “personal ad” which answered the question:

**What are you looking for in an ideal collaboration partner?**

Participants then took part in a gallery walk to review ads from other organizations, and wrote down potential collaboration partners/opportunities on an additional sheet of paper.



### V. Next Steps

- Next meeting:
  - Date: October 23, 2014 (1:30pm – 4:00pm)
  - Location: Community Resource Center  
250 Harris Ave, Sacramento CA 95838