

Sacramento County Nutrition Action Plan Meeting Minutes

January 24, 2013

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

Participants

Alexis Koren	Sacramento Unified School District – Youth Development
Amber Stott	California Food Literacy Center
Amelia Schendel	Sacramento County WIC Program
Anne Gaffney	Elk Grove Unified School District
Brenda Campos	SETA Head Start
Charles Grix	Healthy Kids Concepts
Dana Fields-Johnson	Health Education Council
David Dauer	Opening Doors, Inc.
Dian Kiser	Health & Social Policy Institute
Edith Gomez	Health Education Council
Edith Martinez	River City Food Bank
Elaine Ellers	Sutter Teen Programs
Emma Baier	Sacramento County Office of Education
Eric Kintzel	Sacramento Food Bank
Gary McDonald	Senior Gleaners
Glennielyn Pacheco	Sacramento Unified School District – YES
Jason Smith	Sacramento Chinese Community Service Center
Jill Van Dyke	Twin Rivers Unified School District Nutrition Services Department
Joan Graham	Community Resource Project, Inc.
Julie Dorman	Natomas Unified School District
Julie McGilvray	St. John's Shelter Program
Katy Robb	Mutual Assistance Network of Del Paso Heights
Kaitlyn Macgregor	HealthCorps
Karen Strach	Sacramento County Public Health
Kari Lovas	Healthy Kids Concepts
Kate Frantz	Sacramento County Public Health
Katie Valenzuela	Sacramento Hunger Coalition
Kayla Kern	Wind Youth Center
Linda Mattson	Catholic Charities of California
Lisa Hashisaka	San Juan Unified School District
Lisa Vorce	Twin Rivers Unified School Nutrition
Maureen Clark	Community Resource Project, Inc.
Megan Sheffield	Sacramento County Public Health
Monique Dangerfield	Wind Youth Center
Nancy Herota	California Preschool Instructional Network (CPIN)
Pete Schoen	Communities and Health Professionals Together
Robyn Krock	Valley Vision
Shannon Shaw	Center for Community Health & Well-Being, Inc.
Shavinder Sanga	Wind Youth Services
Stephen Christy	Communities and Health Professionals Together
Theresa Boschert	Health & Social Policy Institute
Trish Kearney	Sacramento County WIC
Yvonne Nicholson	UC Cooperative Extension – Sacramento
Yvonne Rodriguez	Sacramento County Public Health

I. Introduction to Sacramento County's SNAP-ED Program

Yvonne Rodriguez welcomed participants and provided a brief overview of Sacramento County's SNAP-Ed Program. Over the next four years, this program will implement a comprehensive nutrition education program to improve the nutrition and health of the County's low-income residents (185% of federal poverty level or below).

SNAP-Ed Program Highlights:

- Conduct a Community of Excellence (CX3) assessment from January-June 2013 to evaluate the County's nutrition and physical activity environment.
- Coordinate and facilitate a Community Nutrition Action Plan (CNAP) coalition.
- Outreach to children, birth to five, through nutrition education to medical providers, dental clinics and early childhood care providers.
- Outreach to older children through school and afterschool education programs.
- Outreach to adults through direct education classes, point of purchase education (i.e. via retail businesses) and via Latino/African-American faith-based organizations.
- Provide opportunity to subcontract with the County. Requests for proposals (RFP) will be available between February/March 2013 and all subcontracts are slated to start on October 1, 2013.

II. Sacramento County Nutrition Action Plan (CNAP) Overview

Karen Strach provided participants with an overview of CNAP. Sacramento CNAP meetings are designed to enhance local collaboration efforts by bringing together individuals and agencies that are working on or have an interest in nutrition issues within Sacramento County. The purpose of developing a CNAP is to: 1) increase communication and collaboration among nutrition-related programs and organizations throughout Sacramento County; 2) coordinate nutrition messages; and 3) increase local participation in Food and Nutrition Service (FNS) programs like CalFresh, National School Lunch Program, and WIC.

Even though CNAP meetings are coordinated by the County of Sacramento's SNAP-ED program, the written plan being developed is not related to SNAP-ED's activities or target areas. Therefore the plan will be based on the input and common needs of the agencies involved.

The goal is to have a written plan developed before September 30, 2013. Monthly CNAP meetings will take place until the written County Nutrition Action plan is finalized. After a written plan is finalized, quarterly meetings will occur to maintain collaboration efforts.

III. Collaboration Discussion in Small Groups

Participants spent time in small groups discussing the services that their organizations provide and opportunities for collaboration. Below is a summary of the information discussed related to 1) opportunities for collaboration, 2) barriers to collaboration, and 3) missing partners.

1. Opportunities for Collaboration

- i. Improve communication
 - a. *Bring people together (in person) to collaborate and network.*
 - b. *Provide a forum to allow agencies to share successes and challenges.*
 - c. *Utilize social media to help improve communication and share resources.*
 - One idea was to develop a CNAP wiki page that all partners could update.
 - d. *Increase awareness of resources*
 - Increase marketing and/or social media presence of local programs.
 - Create/update and distribute a centralized resource guide or database.
 - For organizations

- Develop or update an existing resource guide with information about what nutrition-related programs and services exist within Sacramento County. The guide would allow agencies to refer clients/community members, avoid duplication, and coordinate/enhance efforts.
- The guide could include information like:
 - Agency name
 - Resources available
 - Services area
 - Eligibility criteria
 - Contact information
- For community members
 - The Sacramento Housing Alliance and Sacramento Hunger Coalition have a publication called *The People's Guide*, which is a self-advocacy information guide and directory for homeless and low-income individuals. The guide provides information on how to get food, income, jobs and training, housing, healthcare, legal advice, and other important help from local, state and federal programs and community services in Sacramento County. The guide can be accessed online at: <http://www.sachousingalliance.org/wp-content/uploads/2012/10/Peoples-Guide-English.pdf>
- Develop a website that provides an overview and links to all the nutrition programs and resources in Sacramento County
- e. *Share information/resources, including:*
 - Curriculum and materials
 - Information on emerging issues/policies
 - New resources

ii. Improve collaboration across sectors

- a. *Coordinate efforts*
 - Trainings
 - Staff trainings – develop a training that can be given to staff at local agencies to educate them about the available nutrition resources in Sacramento County.
 - Joint trainings – collaborate on trainings to educate residents about local resources.
- b. *Align nutrition messages across programs*
 - In addition to doing this at the County level, one group discussed the desire to have messaging coordinated at the State level.
- c. *Coordinate marketing campaigns*
 - For example, coordinated advertising for summer food programs across the County.
- b. *Develop/strengthen partnerships*
 - Develop partnerships with:
 - Health professionals and agencies (e.g., hospitals, community clinics, Native American Health Center, doctors, dentists, etc.)
 - Local universities (e.g., Sacramento State and UC Davis)
 - Coordinate efforts among local dietitians (i.e., a quarterly meeting to get local dietitians and nutritionists together to share ideas and resources).
 - Explore possibility of combining summer feeding programs with food banks in order to reach both youth and adults.

- iii. Identify and address needs that can be addressed through collaboration
 - a. *Community grants*
 - b. *Gaps in programs/services*
 - Education about how to access community gardens
 - Permanent supportive housing
 - c. *Opportunities for collaboration in the following neighborhoods:*
 - Meadowview
 - Oak Park
 - West Land Park
 - Rio Linda
 - d. *Work with Sacramento Housing and Redevelopment (SHRA) Complexes*
 - Local resident advisory boards have expressed an interest in receiving resources related to nutrition and physical activity.
 - Possibly host a farmers' market or farm stand at SHRA housing complexes.
 - e. *Food Hub – coordinate distribution*
 - f. *Work on food policy issues*
 - g. *Youth involvement*
 - Increased youth involvement
 - Provide leadership and advocacy development
- iv. Set goals for Sacramento County as a whole
 - a. There are a lot of groups working on nutrition issues in Sacramento County – people may all be working on the “same problem” without a clear understanding of common goals.
 - b. Create a nutrition education plan for all schools in the County
 - c. Integration of all the food collaboratives

2. Barriers to Collaboration

- i. Agency restrictions
 - a. Lack of staff/time
 - b. Lack of resources
 - c. Travel restrictions
 - d. Service area restrictions
 - e. Difficulty in getting outside agency into schools.
- ii. Beliefs
 - a. Competition (or perceived competition) between agencies
 - b. Cultural competency and personal beliefs
- iii. Funding
 - a. Limited funding
 - b. Restrictions placed on program by funder
 - c. Competing funds
 - d. Fear of sharing funding
 - e. Funding and money for agencies to be able to extend programs and continue relationships/collaboration
- iv. Lack of coordination
 - a. Agencies may have competing priorities
 - b. Inconsistent messaging
 - c. County services are not connected

- v. Lack of knowledge
 - a. Lack of marketing to raise awareness of programs
 - b. Lack of knowledge related to what resources are available within the County
 - c. Agencies are not sure of how to blend funding and work together

- vi. Program delivery barriers
 - a. Neighborhood environments may make it challenging for families to have access to healthy food and activities/services
 - b. Health literacy levels
 - c. Need for materials
 - With appropriate literacy level
 - In multiple languages
 - d. Transportation to services
 - e. Turnover with college student interns who assist with program implementation

3. Missing Partners

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Agencies that provide services for the homeless

- Loaves and Fishes
- Sacramento Steps Forward

CARES (Margie Erwin)

Churches

Community Members

Community Transformation Grant representatives

Dairy Counsel (Shannon Young)

Elected officials and their staff (e.g., City Council, Board of Supervisors, etc.)

Farmers

Farmers' markets

Fresh Producers

Funders (e.g., Sierra Health Foundation and The Network for a Healthy California)

Health Care providers

Hospitals and medical providers (e.g., Kaiser, HealthNet)

Legal Services of Northern California

Master Gardeners

Mutual Housing

Neighborhood association and/or representatives

Parks and Recreation

Retailers (e.g., Raley's)

Sacramento Community Grange

Social workers

Universities (e.g., Sacramento State, UC Davis)

- Internship directors

Sacramento Housing and Redevelopment Agency

Sacramento RD Association

Senior centers

Way Up Sacramento

Youth serving agencies (e.g., Youth Development Network)

IV. Next Steps

Monthly CNAP meetings will occur on the fourth Thursday of the month from 2pm to 4pm. The next CNAP meeting will take place on February 28, 2013 at the Community Resource Project's Training Room - 250 Harris Avenue Sacramento, CA 95838.