

Sacramento County Nutrition Action Plan (CNAP) Meeting Minutes

March 28, 2013

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

Participants

Amber Stott	California Food Literacy Center
Charles Grix	Healthy Kids Concepts
Dana Fields-Johnson	Health Education Council
Dian Kiser	Health & Social Policy Institute
Erika Ledbetter	Sacramento Food Bank
Joan Graham	Community Resource Project, Inc.
Julie McGilvray	St. John's Shelter Program
Karen Strach	Sacramento County Public Health
Katie Valenzuela	Ubuntu Greens
Kristina Clinton	Sacramento County Public Health
Mark Drewes	Sacramento County Office of Education
Martha Geraty	Health Net
Maureen Clark	Community Resource Project, Inc.
Mary Helen Doherty	Alchemist Community Development Corporation
Pam Prater	City of Sacramento's START Program
Randy Seevers	Runnin' for Rhett Foundation
Rhonda Patterson	City of Sacramento START Program
Rosie Cerna	Drexel University
Sarah Heidel	Sacramento Chinese Community Service Center
Shannon Shaw	Center for Community Health and Well-Being, Inc.
Shavinder Sanga	Wind Youth Services
Tracy Witmer	Dairy Council of California
Trish Kearny	Sacramento County WIC/Public Health
Yvonne Rodriguez	Sacramento County Public Health

I. Organization spotlight presentation

Amber Stott gave a presentation about the services provided by the California Food Literacy Center and introduced the group to the term broccoli smiles.

The California Food Literacy Center defines "food literacy" as understanding the impact of your food choices on your health, the environment, and our community. Currently, the California Food Literacy Center provides a 33-week "*Your Sandwich Can Save the World*" curriculum to students at Capitol Heights Academy. This curriculum includes information on financial literacy, learning to read recipes, basic cooking skills, nutrition, and environmental impacts.

The California Food Literacy Center also offers a Food Literacy Academy, which is an intensive 10-week training program that prepares community volunteers to become certified Food Literacy Advocates, equipping them with the skills needed to teach food literacy in their community. The next academy will take place this summer or in October.

For more information about the California Food Literacy Center, please visit <http://californiafoodliteracy.org> or contact Amber at amber@californiafoodliteracy.org.

II. Welcome and Introduction

Karen Strach provided participants with an overview of the CNAP timeline and a recap of CNAP's February meeting.

- CNAP is a plan to improve collaboration among organizations that work on nutrition and physical activity issues in Sacramento County.
- As a group, we will develop a written plan that will be similar in style to a scope of work and will have a three-year time frame.
- Common themes that the group would like to see included in the CNAP plan include:
 - Improving communication and collaboration among organizations that provide services related to nutrition and/or physical activity for Sacramento County residents.
 - Coordinating nutrition and physical activity messages among these groups.
 - Increasing participation in local Food and Nutrition Service (FNS) programs like CalFresh, National School Lunch program, and WIC.
 - Identifying gaps in services among programs within the County of Sacramento and discussing possible solutions.
 - Identifying solutions to eliminate barriers to collaboration and/or barriers to participation in programs.
 - Addressing cultural competency and cultural diversity.

III. State of the County Presentation

This presentation was postponed.

IV. Goal Setting Exercise

Participants took part in an interactive goal-setting activity in small groups. Due to a lack of time, the group was unable to finalize an overall goal for CNAP at the March meeting. The online registration form for April's meeting will include a place for participants to provide feedback on the possible options for goals, which are listed below.

- **Possible CNAP Goal:**

- a. Option 1

- Through active collaboration, agencies will work together to improve access, awareness, implementation, and utilization of culturally appropriate healthy eating/active living resources for Sacramento County residents.

- b. Option 2

- Improve the overall health of Sacramento residents by eliminating barriers that limit community members' ability to eat healthy foods and live active lives. This will be done through active collaboration with diverse public/private partnerships whose collaboration will: 1) change social norms around healthy eating/active living, and 2) improve the availability and utilization of culturally appropriate healthy eating/active living resources.

- **What participants would like CNAP to accomplish for the residents of Sacramento County:**

- a. Improve the health of Sacramento County residents.

- Improve the quality of life for Sacramento County residents.
 - Improve the nutrition and physical activity of Sacramento County residents
 - Reduce health disparities that exist in lower-income communities.

- b. Improved availability/utilization of culturally appropriate healthy eating/active living resources and services.
 - Provide services that are culturally appropriate.
 - Increase awareness among community members of available services and how to access them.
 - Increase linkages to services/resources.
 - Streamline referral process.
 - Meet people where they are at.
 - c. Clear understanding of nutrition and physical activity concepts.
 - Understanding of basic nutrition concepts.
 - Knowledge of how to prepare healthy foods.
 - Awareness of the benefits of growing own foods.
 - Opportunities for residents to educate themselves.
 - Knowledge of healthy alternatives.
 - Understanding of how easy good nutrition can be.
 - d. Improved access to healthy foods and safe physical activity opportunities.
 - Increased access to fresh foods.
 - Develop ways to provide healthy foods to residents in food deserts.
 - Increase access to physical activity programs for youth and adults.
 - e. Create a social norm change where healthy eating and active living are part of the everyday lives of Sacramento County residents.
 - f. Decrease barriers that limit Sacramento County residents' ability to eat healthy foods and live active lives.
- **What participants would like CNAP to accomplish for the agencies working on nutrition and physical activity programs in Sacramento County:**
 - a. Improved knowledge/awareness of local nutrition and physical activity programs.
 - Improved visibility of local nutrition and physical activity programs in the public.
 - b. Improved communication and collaboration between agencies to achieve common goals.
 - Adopt a culture of collaboration and sharing of resources.
 - Engage in real partnerships and active collaboration between agencies beyond meeting arenas.
 - Foster diverse private/public partnerships.
 - Collaborate on common projects.
 - Develop and maintain a dialogue between agencies.
 - Work creatively on services in light of reduced resources.
 - Ensure consistent nutrition and physical activity messaging among projects.
 - c. Sustainable collaboration - make CNAP a permanent entity.
 - d. Data collection
 - Share data
 - Collaborate on data collection
 - Look for funding for data collection
 - e. Funding
 - Grant proposal writing support
 - f. Identify common goals

- Work towards common goal with consistent messages.
- Engage in advocacy around those goals to outside stakeholders.
- g. Create a collaborative network in which an inclusive list of resources is established.

- **Parking lot (Ideas to be addressed when we get to identifying objectives/activities)**

- a. Facilitate active collaboration opportunities between the public and private sector (e.g., Ag. community, chamber of commerce, and rice farmers)
- b. Develop programs to train our trainers/staff
- c. Create resource list(s)
 - Develop a resource list for residents that is simple, user friendly, culturally sensitive, and accessible.
 - Develop a resource list for agencies so we can support and partner with each other.
 - Develop a list of school/community events/fairs.
- d. Increase awareness of farmers markets in the community
- e. Create a network of trained community leaders to act as “health navigators” to guide community members to resources.
- f. Create a nutrition helpline for Sacramento.
- g. Include CNAP LinkedIn page
- h. Policy
 - City ordinance supporting healthy eating/active living.
 - Encourage local fast food restaurants to provide healthy options.
- i. Identify a way to improve PE programs and provide physical activity opportunities

V. Agency Announcements

- **April 21, 2013 – Capitol City Classic**
 - Crocker Park, 211 O Street, Sacramento
 - 7:30am – 11:30am
 - This race will include a 2.62 Mini Marathon that is FREE for Kids ages 0-13 years! [Click here](#) for more information.
- **April 23, 2013 - HEAL Collaborative Meeting**
 - General Consulate of Mexico, 2093 Arena Blvd, Sacramento
 - 9:00am - 12:00pm
 - The Health Education Council and Network for a Healthy California invite you to attend the next Healthy Eating, Active Living (HEAL) Collaborative meeting to network with other organizations and to share best practices. [Click here](#) to register.
- **April 24, 2013: Get Fresh! A Market Match Mixer**
 - Hook & Ladder Manufacturing Company, 1630 S Street, Sacramento
 - 6:30pm - 9:00pm
 - Join Alchemist CDC for delicious appetizers at the acclaimed Sacramento restaurant and bar, Hook & Ladder Manufacturing Co. Alchemist CDC will be celebrating the success of their CalFresh at Farmers' Markets program and raise funds for Market Match incentives. Unique and delicious complimentary appetizers, no-host bar (try the specially developed cocktail "The Alchemist" available only at

this event!), amazing raffle prizes and great company. Space is limited. Tickets are \$40 each, and each ticket provides fresh California-grown produce for up to 8 low-income families. [Click here](#) to learn more and buy tickets.

- **April 27, 2013 – Ubuntu Green’s Spring Forward Fundraiser**
 - Revolution Wines
 - 5:00pm - 9:00pm
 - Spring Forward with Ubuntu Green and join them for a fun and casual spring celebration that will include fresh and flavorful local cuisine, exceptional wine, live music, and a one-of-a-kind raffle and auction items.
 - [Click here](#) to learn more and buy tickets.
- **June 1, 2013 – Sacramento START Program Community Health Fair Event**
 - Taylor Street Elementary School, 4350 Taylor Street, Sacramento
 - 12:00pm - 3:00pm
 - For more information please contact: Rhonda Patterson at (916) 529-9661

VI. 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 April 25, 2012.