

Healthy Community Alliance
Nutrition Workgroup Meeting
4-10-18

In attendance:

Liz Greer, Open Door Health Services, lgreer@opendoorhs.org
Kait Williams, Ball State University, kwilliams@muncieywca.org
Chelsie Jaramillo, Purdue Extension, cjarami@purdue.edu
Mandy Puckett, IU Health Ball Memorial Hospital, mpucket1@iuhealth.org
Alisa Wells, Ivy Tech, awells8@ivytech.edu
Tony Elder, Westminster, tdelder@wvmuncie.com
Heather Koon, Head Start, hkoons@transitionresources.org
Hannah Green, Ball State Fisher Institute for Wellness, hcgreen@bsu.edu
John Disher, IU Health Ball Foundation, jdisher1@iuhealth.org
Kara Kissell, IU Health Ball Foundation, kkissell@iuhealth.org

Welcome and Introductions- John Disher, IU Health BMH Foundation

Following introductions, John introduced the Healthy Weight Toolkit to the group and passed it around for peer review.

The following suggestion was made:

Add a comparison chart for food options that compares healthy and non- healthy options, example would be “you can get this at McDonald’s for \$5 or this healthy meal from the store for \$5.

Presentation- Chelsie Jaramillo, Purdue Extension

Chelsie introduced the topic of Food Councils to the group. She explained this was a result of a County Assessment that was completed by the Action Team. She briefly touched on the different approaches to which the community could be involved, ranging from an advisory committee to a local government entity. The presentation was as follows:

Food Councils—What are they?

Definitions

“Food Policy Councils (FPCs) provide a unique forum for diverse stakeholders to come together and address common concerns regarding food policy including food systems, **FOOD SECURITY**, farm policy, food regulations, health, and **NUTRITION**.”

<https://www.lexiconoffood.com/definition/definition-food-policy-council>

“Food Policy Councils bring together diverse stakeholders to study a local food system and offer recommendations for policy change.”

<http://goodfoodla.org/about/what-is-a-food-policy-council/>

“A food policy council itself consists of a group of people meeting together regularly. The individuals generally discuss current issues in the community regarding food, current needs and values, and set action-oriented goals that often involve community outreach and communication. Depending on the nature of the goals that the council develops, member activities can range from secretarial, to lobbying government officials for change.”

<https://www.purdue.edu/dffs/localfood/2016/04/05/food-policy-councils/>

The following are a few of the key benefits are resources made available through food policy councils:

- Collaboration with community leaders and experts in various agricultural fields
- Connection to government policymakers
- Lobbying manpower for soliciting change
- Access to support (social, economic, etc.) for idea implementation as necessary
- A medium for voicing needs, values and concerns
- An opportunity to discuss pressing issues and receive feedback about current initiatives, often directly from the source

Below are a few examples of tasks a food policy council might oversee:

- Starting a breakfast or lunch program in a local school district
- Creating community gardens, gardener networks or food sharing initiatives
- Promoting or initiate emergency feeding programs such as soup kitchens or food banks
- Organizing farmers markets
- Launching food hubs
- Advocating for healthful eating as a means for combatting obesity or associated diseases
- Helping increase access to food in food desert areas in a variety of ways
- Encouraging nutrition education in schools and communities
- Supporting local food processors

<https://www.purdue.edu/dffs/localfood/2016/04/05/food-policy-councils/>

Community Thoughts

Food Council

1. Name of Council
2. Government Influence
3. Policy and Regulation Influence
4. Food Waste and Management
5. Food Rescue
6. Food Donations
7. Lead Contamination

8. Food Access
9. Funding
10. Communication

Chelsie asked the group which of the above topics would be of interest to their organizations. It was agreed upon to focus on Food Education and Food Access as two immediate important areas. The group wishes to take the next several meeting to discuss these topics further and brainstorm ideas and the barriers that members of the community may face regarding these two topics.

Partner Sharing- Group

Mits has partnered with surrounding housing facilities to allow pre-approved carts for laundry, groceries, and other goods that may be needed to take on buses. Locations are YWCA, Southern Pines, Gillespie Towers, and Earthstone Terrace.

YouTube Link: <https://www.youtube.com/watch?v=aqBzPQLrueU>

Minnetrista is accepting SNAP at the farmers market this year.

Open Door Farmers market accepting SNAP & WIC

Open Door had a 6 week long walking challenge for its employees. Employees drew every week for vouchers to be used during their Farmers Market.

Adjourn