

Healthy Community Alliance Nutrition Workgroup Meeting 6-11-17

Noon-1:15pm

NOTES

Attending:

Jenny Wagner, Hillcroft Services; jwagner@hillcroft.org

Chelsea Jaramillo, Purdue Extension; cjarami@purdue.edu

Kait Williams, YWCA, kwilliams@muncieywca.org

Nathan Taylor, YOC and DC Wellness Pros; ntaylor@yocinc.org

Dr. George Branam, IU Health Ball Memorial Hospital Foundation

Tricia Stanley, IU Health Ball Memorial Hospital Foundation

John Disher; IU Health Ball Memorial Hospital Foundation; jdisher1@iuhealth.org

Partner sharing and discussion:

Chelsea Jaramillo, wellness coordinator with Purdue Extension provided updates on several nutrition related projects that she is involved with:

- [Supplemental Nutrition Assistance Program](#) (SNAP) is now accepted at some local farmers markets. Check out the [local farmers market list HERE](#).

-TreeHill Farms will provide a mobile farmers market at several locations this summer- Whitely, Ross Center, Eaton and more. A second mobile market from Hoosier Works Food Hub will also be activated locally with 3 stops a day as its target.

A pilot project to provide Community Food Boxes are a new initiative resulting from the Delaware County CDC Change Tool to address food access for limited resource audiences. These boxes would provide perishable as well as non-perishable food items. Ball State University students are involved and an immersive learning project is coming in the fall.

To learn more about hosting your own community food box to increase food access around Delaware County please contact Chelsie Jaramillo, Purdue Extension Office, cjarami@purdue.edu or (765) 747-7732.

-Healthy Community Alliance Partners interested in learning more about community gardens are encouraged to participate in the Urban Garden Committee. The group has connections with Ball State University, GIS office, and Muncie Community Schools. Meetings are on the 4th Tuesday of each month, 5:30pm to 6:30pm. The meetings rotate to different locations each month. The June 27, 2017 meeting will take place at Maring Hunt Library.

Kait Williams with the YWCA noted that Velvet Miller with the Purdue Extension has been providing nutrition training for residents at the YWCA through the Extension's [Nutrition Education Program](#) (NEP).

Nathan Taylor, wellness coordinator, Youth Opportunity Center (YOC) and chair of the Delaware County Wellness Professionals group provided some updates:

- The YOC has extended its garden on campus for employee use.
- The YOC is finalizing an updated policy regarding food at meetings – essentially a 1-page toolkit with guidelines about balance in selecting food items plus a menu of what their kitchen can prepare for meetings.
- Vending machines at the YOC offer a mix of healthy and less than healthy items with price points established to favor the healthier items.

The Delaware County Wellness Professionals Group will meet in July to discuss food policy in the workplace. All HCA Partners are encouraged to participate in monthly meetings which take place 8am on the 2nd Wednesday of each month at the Horizon Convention Center.

Tools:

The group spent some time looking at materials that have been prepared by a team of Ball State University students for the HCA to use as tools to promote healthy lifestyles to our various audiences. (SEE BELOW) The group provided feedback about format, content and the overall usefulness of the materials (very positive.). John noted the HCA communications workgroup will spend some time developing this further.

HCA Nutrition Goals:

HCA Goal 2: Improve Nutrition

- Increase the percentage of adults who eat the recommended amounts of fruits and vegetables per day.
- Or Increase daily consumption of fruits and vegetables.
- Increase the percentage of youth who eat the recommended amounts of fruits and vegetables per day.
- Increase the percentage of individuals who are at a healthy body weight.
- Decrease the amount of fast food consumption by adults and children.

Next meeting: August 8

Nutrition Workgroup

Location: IU Health Ball Memorial Hospital Bariatric & Medical Weight Loss Center,
2901 W. Jackson Street, Muncie, IN

Time: Noon to 1:15pm (please bring your lunch if desired)

Meets every other month on the 2nd Tuesday of each month

Aug. 8, Oct. 10, Dec. 12

April - Nutrition: Portion Sizes



HEALTHY COMMUNITY ALLIANCE

of Delaware & Blackford Counties



Focus on variety, amount, and nutrition.

Choose foods and beverages with less saturated fat, sodium, and added sugars.

Start with small changes to build healthier eating styles.

This weeks challenge:

Use myplate to track daily food consumption



Tell us about it on social media!

#CutBack #HalfTheSize #HCA



Next Week:

How to stick to portion sizes when eating out



For more information:

https://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_pitfalls.pdf

<https://www.choosemyplate.gov/>

April - Nutrition: Portion Sizes

When eating out



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Portion Distortion

What you're served

What's one serving



1.5x the volume of a 1/2 cup serving of fruit and vegetables
1.5x the volume of a 1/2 cup serving of grains
1.5x the volume of a 1/2 cup serving of protein

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1.5x the volume of a 1/2 cup serving of grains
1.5x the volume of a 1/2 cup serving of protein

DID YOU KNOW?

- Portion sizes of 1/2 cup are the standard for fruit and vegetables, grains, and protein.
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- Portion sizes of 1/2 cup are the standard for fruit and vegetables, grains, and protein.

Short-term studies show that people eat more when they are confronted with larger portion sizes.

Meat: Palm
Bread: Hand
Fruits/Vegetables: Fist
Rice/Pasta: Fist
Fats: Fingertip

This weeks challenge:

Share an entre with the person you are with



Tell us about it on social media!

#CutBack #HalfTheSize #HCA

Next Week:

Portion control
When eating in

For more information:

<https://www.choosemyplate.gov/quiz>

https://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_research.pdf

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/portion-quiz.pdf>

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April -Nutrition: Portion Sizes

When eating in



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- ✓ Serve food on individual plates
- ✓ Keep excess food out of reach
- ✓ Snack throughout the day
- ✓ Meal Preparation/Planning

This weeks challenge:

Plan your meals/snacks for the whole week

Check out the link below to help!



Tell us about it on social media!

	BREAKFAST	LUNCH	SNACK	SOONER
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

#CutBack #HalfTheSize #HCA

Next Week:

Portion control when hanging out or relaxing

For more information:

<http://blog.myfitnesspal.com/meal-planning-for-beginners/>

<http://dailyburn.com/life/health/printable-meal-planning-templates/>

April - Nutrition: Portion Sizes

When hanging out or relaxing at home



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HALT before you snack!

Snacking is not a bad thing as long as you are making nutritious choices and taking your daily caloric needs into consideration.

Hungry?
Angry?
Lonely?
Tired?

If anything but hungry, try a different activity

This weeks challenge:

Try one of these healthy snack options when you are hungry

Snacks should only account for 100 to 300 calories

Fresh or dried fruit
Nuts or nut butter
Whole-grain crackers or cereal
Vegetable sticks
Hummus or cheese
Plain Greek yogurt



Tell us about it on social media!



#CutBack #HalfTheSize #HCA

Next Month:

**Physical Activity -
Global Employee Health and
Fitness Month**

For more information:

<http://www.mayoclinic.org/healthy-lifestyle/weight-loss/multimedia/portion-control/sls-20076148>

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/easy-ways-to-get-out-of-a-snack-rut/art-20270833>

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