

## Healthy Community Alliance Nutrition Workgroup Meeting 8-8-17

Noon-1:15pm

### NOTES

#### In Attendance:

Kimberli Pike, Nutrition and Health Science, Ball State University

Gretchen Cheesman, Second Harvest Food Bank of East Central Indiana

Chelsie Jaramillo, Purdue Extension

Molly Hunt, Purdue Extension

Karen Howells, Edible Muncie

Jonathon Isbill, Dietetics Student, Ball State University

Mandy Puckett, IU Health Ball Memorial Hospital Bariatric & Medical Weight Loss Center

Robin Hughes, Intern, IU Health Ball Memorial Hospital Bariatric & Medical Weight Loss Center

John Disher, IU Health Ball Memorial Hospital Foundation

#### Partner sharing and discussion:

*Molly Hunt from Purdue Extension* noted that she will be giving a talk to employees at Hillcroft regarding how to make small changes towards a healthier lifestyle. The connection was made with Jenny Wagner from Hillcroft at a past HCA Workgroup meeting.

*Karen Howells from Edible Muncie* announced that they have applied for a grant from Wal Mart to provide foldable grocery carts that could be taken from housing complexes on the bus to go grocery shopping. She also mentioned they are talking with MITS about the possibility of modifying routes to eliminate changeovers for those transporting groceries. A third initiative is to work with churches to activate unused church vans through the week as shopper transports. Edible Muncie has compiled a list of [Food Assistance information for Delaware County](#)

*Gretchen Cheesman from Second Harvest Food Bank of East Central Indiana* invited the HCA Nutrition Workgroup to come to the Second Harvest facility for a tour on our next meeting date. (John will follow up). She also provided some interesting statistics about the food given away at tailgates and food pantries in East Central Indiana, including that 27% of the food given away in 2016 was fresh produce. A listing of Second Harvest food resources including school pantries and tailgates may be found [here](#).

*Chelsie Jaramillo from Purdue Extension* has been working closely with local farmers market to provide accessibility for limited resource populations. One area of focus has been a mobile farmers market. Chelsie is now distributing a [mobile market schedule](#). Chelsie also passed out a handout about the [Muncie Urban Garden Initiative](#) and an updated listing of [local farmers markets](#) and their ability to accept SNAP/WIC/SFMNP and IU Health Bucks. All of these documents may be downloaded and printed from the HCA website.

Chelsie also noted that on August 30<sup>th</sup>, 2017 we are invited to join the Indiana Healthy Food Access Coalition and the Indiana Minority Health Coalition for a town hall meeting, featuring a robust conversation about healthy food access in Indiana. We have invited state lawmakers, local food activists, members of the business and medical community, and more! Light, healthy snacks provided. More details at <https://www.eventbrite.com/o/indiana-healthy-food-access-coalition-12991305993>

*Mandy Puckett from IU Health Ball Memorial Hospital Bariatric & Medical Weight Loss Center* noted that she was doing some nutritional information work with a group of Muncie Firefighters.

*Kimberli Pike, Nutrition and Health Science, Ball State University* mentioned that she was going to be involved at the YOC's upcoming employee health fairs. She also noted the BSU has lots of student volunteers and she is the faculty advisor for the BSU dietetic association. Kim also noted that BSU's curriculum has been expanding into new areas and there were some future developments involving the College of Health involving some outpatient services and clinical experiences for students.

#### **Tools/Resources:**

John shared with the group the 1-800 Quit Now Toolkit that was developed for HCA Partners to use as a tool when audience members state a desire to quit tobacco. John noted that several Partners had asked if such a toolkit could be developed regarding weight loss. The participants broke into two groups for discussion regarding a weight loss toolkit with regards to objectives, format, contents, and existing resources to include. John will compile the results for further discussion.

**Next Meeting: October 10<sup>th</sup>, Noon to 1:15pm.**