

Nutrition Advisory Committee of Dutchess County

Meeting Minutes – Thursday, March 18, 2010

In Attendance: Christine Sergent, Shayna Russo, Joy Weber-Maass, (CCEDC) Vickie Lucarini, Ozzie Williams (DCDoH), Kathy Bell (Astor), Pat Brown (DCOFA), Susan Grove (PFP), Rachel Ambroziak (Community Family Development), Suzanne Boe (Child Care Council), Diane Ruffin (Beulah Baptist Church), Laura Hughes (Graduate student)

Program Sharing and Announcements:

North East Community Center and C.A.P.E. are teaming up to present a Public Forum on Drug Additions Issues at Webutuck High School on 3/23.

The RAPP program has scheduled a PASTA series (Parenting A Second Time Around), a respite event at Camp Ramapo and a field trip to Ellis Island which includes a visit to a Broadway show. If interested contact Nina Doyle at 845-677-8223, ext. 137.

Poughkeepsie Farm Project has vegetable seeds for sale. The seeds are free for educational projects. The complete list of seeds available is on their website www.farmproject.org.

The PFP is also sponsoring a Spring SkillShare: How Do Our Gardens Grow? Learn about Poughkeepsie's very own Certified Naturally Grown farm and join with others to share your experiences and discuss springtime topics such as starting your own organic garden, garden ecology, or how to harness the bounty of the new season. We encourage everyone to come – gardeners, food enthusiasts, people who are looking for a better way to feed their families, or those who would just like to celebrate the coming of spring! **It's happening April 10, 5:30 p.m. – 8:30 p.m. at the Adriance Library Meeting Room, 93 Market Street, Poughkeepsie.**

The PFP is also sponsoring a workshop on Sustainable Agriculture in Nicaragua with guest, Sarah Junkin Woodward, Center for Development in Central America at Café Bocca, Mt. Carmel Square, Poughkeepsie **Friday, April 16th at 10:00 a.m. and Saturday, April 17th at 12:00 noon.** Please check their website for more details and prices.

Follow-Up Actions from last meeting:

- Shayna reviewed the results of the Wilder Assessment tool with the Counsel.
 - Several High scores were seen in a variety of categories!
 - Our two lowest scores were found in areas entitled appropriate cross section of membership and sufficient funds, staff, materials and time to accomplish all we want to do.
- With that in mind Shayna and Christine discussed the need to get more diversity for the NAC. The DC Department of Planning, DC Youth Bureau, and the Children Services Council have agreed to send representatives to our meetings with the hopes of the new funding opportunities. CCEDC and the Poughkeepsie Farm Project will add information to their website to solicit new members.

New Business:

- The timeline for the Hot Topics was discussed and changes/additions were suggested. Shayna will make the changes/additions and review it at the next NAC. Attached is a copy.

NAC is a committee of Dutchess County community and organization representatives brought together with support from Cornell Cooperative Extension Dutchess County, Eat Smart New York!, Cornell University, NYS Department of Health Eat Well Play Hard, and the County of Dutchess. CCEDC provides equal programs and employment opportunities. The programs provided by this agency are partially funded by monies received from the County of Dutchess. Please contact the Cornell Cooperative Extension Dutchess County office if you have any special needs.

- NAC had a lengthy discussion on the topic of the sugar-sweetened beverages. There was a proposed excise tax of a penny per ounce on caloric soft drinks and other beverages that contain added sweeteners such as sucrose, high-fructose corn syrup or fruit-juice concentrates. Such a tax could reduce calorie consumption from sweetened beverages by at least 10% and generate revenue that governments could use to fund health programs. We will add this topic to the agenda for educational materials and discussion.
- For anyone interested in finding a local farmer's market, they can go to the NYS Department of Agriculture and Markets at www.agmkt.state.ny.us. CCEDC is finalizing their list. The list of CSA will be sent out to NAC when completed.
- Christine stated that CCEDC Nutrition Program is putting together a toolkit for "How Does Your Garden Grow". It will provide information on how to plant a home garden in an area 3'x3' or 6'x6'. It will also provide instructional support of one of our Master Gardener's.
- PFP has announced the opening of a new organic community garden in the heart of downtown Poughkeepsie. The PFP has been supporting a group that is meeting to plan the development a new community garden for the 2010 growing season behind the Family Partnership Center in the City of Poughkeepsie. This community initiative is currently looking for people to help with projects including: community outreach, organizing education programs, fundraising, garden construction, etc. If you would like to contribute your skills and get involved, join us at the next informational meeting on April 11th or April 16th at the Family Partnership Center or contact fkpgardens@gmail.com or 347-920-6857 for more information.
- EWPH is going to work with three more seed schools. They are Seymour Smith in Pine Plains, Webutuck, and Mill Road in Red Hook. **EWPH is having a Physical Activity Needs Assessment meeting on April 12th at the Farm and Home Center.** Shayna would like to invite a variety of areas (i.e., Non-Profits, For Profits, Recreation Departments, Schools, County, faith-based and any other areas that promote physical activity for youth).
- Shayna said that they are working with a Consultant to get the Needs Assessments collected thus far on a web-based system that will include a searchable feature. If anyone has any Needs Assessment that they have done recently, please send them to her for inclusion on the new website.
- The CIA is working on a grant for the relationship Childhood Obesity and the Food Service Program in our Schools. Rico Griffone from the CIA is trying to organize a focus group of local leaders who are involved in food education and how it relates to our community. The meetings are being held on March 24th and 25th. Rico has stated that he will be at our next meeting April to discuss and answer any questions. His contact information is ciahealthykids@Culinary.Edu

Updates:

EWPH – was given earlier in the meeting.

DOH (Capacity Building Initiative) - The Action Plan was distributed to the NAC for their information. Also distributed were guidelines from the 5-a-day campaign. Please let Ozie know if you have any other suggestions as guidelines for their efforts with the vending machines in the government buildings.

PFP – was given earlier in the meeting

Agriculture – none

Hunger Action Network - none

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Follow-up actions for next meeting:

- Pat Brown will see if she can get redemption rates relative to farmers markets coupons given to seniors through OFA
- Pat Brown will let us know the schedule for Steinhaus' senior luncheons.
- Shayna will try to get the most updated farmers market and CSA list from our Agriculture department.
- Forward other nutritional guidelines that you may suggest to Ozie
- E-mail all information on the "Soda tax" to Shayna and she will distribute to others.
- RSVP to Shayna for EWPH Physical Activity Needs Assessment Meeting on April 12, 2010 at the Farm and Home Center

Next Meeting: April 15, 2010

Schedule:

May 20th

June 17th

July 15th

August 19th

September 16th

October 21st

November 18th

(No meeting in December)