

# Nutrition Advisory Committee of Dutchess County

Meeting Minutes – Thursday, April 15, 2010

*In Attendance: Christine Sergent, Shayna Russo, Nancy Cimbrello, Mallory Jackson, Joy Weber-Maass, (CCEDC) Ozie Williams (DCDoH), Kathy Bell (Astor ECP), Susan Grove (PFP), Suzanne Boe (Child Care Council), Diane Ruffin (Beulah Baptist Church), Al Muhlnickel (PCS), Brian Riddell (Dutchess Outreach)*

## **Program Sharing and Announcements:**

Ozie announced the DCDoH is sponsoring the Dutchess County Coalition for the Prevention of Diabetes Day on May 22, at St. Francis Hospital from 8:30-12:30. The program is free and the registration is limited to 100 people. Shayna will forward the details when she receives them from Ozie.

Our Financial Management Program has resumed our Financial Success workshops for bankruptcy filers. These workshops fulfill the 3-hour requirement to finalize the bankruptcy filing. Please check our website for workshops currently scheduled. These workshops are also available to the general public for anyone interested in getting more financial information. Diane Ruffin asked for a copy of the flyer emailed to her so she can post it at the Beulah Baptist Church.

Ozie mentioned that the local Rotary Club was interested in helping provide food for any local families in need. She has a contact at the Rotary so please contact her for that information. Ozie also requested a copy of the most recent MyPyramid be emailed to her.

Christine announced that a diverse coalition of organizations will be hosting a "Albany on the Record Event" in Albany at the Empire State Plaza in Meeting Room 6 on May 5<sup>th</sup> from 11:00 am – 3:00 pm. Government and State legislative leaders will be asked to present their agenda for fixing Albany. If interested in attending please contact Christine and she will forward the information.

Christine also announced that the "Just Say Yes" van is available to attend FSNEP events. The Just Say Yes to Fruits and Vegetables Program (JSY) encourages persons who receive food stamps to eat more fruit and vegetables by offering nutrition workshops, cooking demonstrations and other educational activities at food pantries, shelters, farmers' markets, and other community settings. As an obesity prevention initiative, JSY provides low income families with practical, cost effective tips for increasing fruit and vegetable consumption. Increasing the consumption of fruits and vegetables among New York State residents is a key strategy for reducing the risk of several chronic diseases including heart disease, diabetes, stroke and some cancers. The JSY van is available May through September. September has some available dates so if anyone has an event happening and would like the JSY van there please let Christine know. Al Muhlnickel has already scheduled it for four consecutive Wednesdays in July.

Brian Ridell announced they have added the "Real Skills Value Program" to the After School Meal Program. It is for Middle and High School aged students and is run by Tre Herrington.

Diane Ruffin mentioned that the Poughkeepsie City School is having a Career Fair on April 30<sup>th</sup> 8:30 am – 11:30 am.

*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.*

Susan Grove announced that PFP will participate on a panel concerned with the importance of education. It is called "Home Grown Economy: Congressman Scott Murphy's Buy Local Conference". It will showcase and discuss different agricultural strategies to succeed in today's global economy. It will include local farmers, small business owners, and consumers. It will take place at Tymor Park 249 Duncan Rd. Lagrangeville, on April 30, from 10:00 a.m. – 2:00 p.m. Please RSVP to Jen Martin by Monday, April 25th (518)581-8247 or [jennifer.martin@mail.house.gov](mailto:jennifer.martin@mail.house.gov)

Diane invited the NAC members to attend an event sponsored by the Dutchess County Interfaith Council called "Poverty Forum 2010" on Wednesday, 4/28 at 6:30 p.m. at the Beulah Baptist Church, 92 Catherine Street, Poughkeepsie. Their phone number is 471-7333 for more information.

### **New Business:**

- Rico Griffone from the CIA did not attend our meeting so we do not have any updates on that grant. Ozie, Brian, and Susan attended his focus group meeting of local leaders who are involved in food education and how it relates to our community. They discussed what took place at the meeting. The meetings were held on March 24<sup>th</sup> and 25<sup>th</sup>. Rico's contact information is [ciahealthykids@culinary.edu](mailto:ciahealthykids@culinary.edu)
- 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 had a Physical Activity Needs Assessment meeting on April 12<sup>th</sup> at the Farm and Home Center. A variety of non-profits, for profits, recreation departments, schools, county, faith-based and others attended. Shayna said that she is going to put together the Assessment Questionnaire and get the results returned and tabulated by the end of the school year. Shayna will send out the minutes and a copy of the survey that is being sent out.
- 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 Assessments that they have done recently, please send them to her for inclusion on the new website.
- Summer Feeding Program will have 12 sites this summer (open & closed). Al gave an update on the kind of menus they will provide. Monday thru Thursday a sandwich, salad, bread milk and fruit will be served. An entrée salad will be served on Fridays. Al will send a list of produce that agencies can contribute for the Summer Feeding lunches to help defray the cost of the meals. The Summer Feeding program will run from July 5 through August 27.
- Diane Ruffin mentioned a potential site at *Beulah Baptist Church*. Al will follow-up.

### **Updates:**

Shayna gave an update for Pat Brown from Office for the Aging. OFA said that the NIP program is allowed to attend their summer Senior Luncheons. Pat Brown was unable to attend but will update us with the redemption rates and schedule.

CCEDC has completed their list of Farmer's Markets and Community Supported Agriculture. Please contact Shayna if you would like to receive a copy of it.

The 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](http://www.farmproject.org)

The PFP is also having a plant sale Saturday, May 15, 9 am – 3 pm and Saturday, May 22, 9 am – 12 pm. They are at the junction of Raymond and Hooker Avenues in Poughkeepsie, take the gravel road toward the red farm buildings. You can tour the farm's beautiful greenhouse, gardens, and fields; take home potted herbs, flowers, and vegetables grown on-site; learn more about our food justice and education programs. For 2010 they are selling PFP-grown seeds and featuring potted plants grown from these seeds. Seeds for sale will include: arugula, beets, bush beans, dry beans,

*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.*

edamame, lettuces, peppers, and several varieties of tomatoes. They will have an Open House on Saturday, May 15 from 1 pm – 7 pm.

The PFP sponsored a Spring SkillShare: How Do Our Gardens Grow? (It happened April 10, at the Adriaance Library Meeting Room, 93 Market Street, Poughkeepsie, approx. 40 people attended.)

Ozie updated the progress of the Capacity Building Initiative and handed out a summary. She highlighted four locations they she will have champions/representatives.

HAN – Shayna will add our local agencies for Food Stamp eligibility to the back of the brochure instead of the 800 number. They cannot handle the incoming calls at this time.

### **Follow-up actions for next meeting:**

- Shayna will follow-up with CIA contact regarding attendance at meeting.**
- AI will e-mail Shayna with any other comments/"wish lists" regarding summer feeding.**
- Pat Brown will let Shayna know the redemption rate and schedule**
  - o **2009: 85.28%**
  - o **Hard copy of schedule will be given at May meeting**
- Updated Food Stamp brochure will be presented**
- Mallory will supply Ozie and Brian with Food Pantry Pyramid.**

**Next Meeting: May 20, 2010**

#### **Schedule:**

June 17<sup>th</sup>

July 15<sup>th</sup>

August 19<sup>th</sup>

September 16<sup>th</sup>

October 21<sup>st</sup>

November 18<sup>th</sup>

(No meeting in December)

*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.*