

Nutrition Advisory Committee of Dutchess County

Meeting Minutes – Thursday, June 17, 2010

In Attendance: Christine Sergent, Shayna Russo, Joy Weber-Maass, Lacie Schmidt (CCEDC), Kathy Bell (Astor ECP), Susan Grove (PFP), Diane Ruffin (Beulah Baptist Church), Pat Brown (OFA), Al Muhlnickel (Pok CSD), Brian Riddell (Dutchess Outreach), Blanca Rebaza (WIC), Ozie Williams (DoH)

Program Sharing and Announcements:

Shayna Russo announced that the RAPP Picnic will take place on Wednesday, **July 21th from 3:00-6:00 p.m.** at Bowdoin Park in Poughkeepsie. Please contact Nina Doyle to register. Families who may be interested in the RAPP program are encouraged to attend. (Flyer is attached.) She also announced that RAPP is having a 3-part workshop entitled "Discipline is NOT a dirty word" for parents, grandparents and other relative caregivers who are in a parenting role. (Flyer is attached.) Please contact Nona Doyle to register.

Shayna Russo also announced that CCEDC is having four workshops starting on 7/6 at the Adriance Library through our Family Survival Series. The series covers areas in Nutrition, Financial Management and Stress Management. (Flyer is attached). Please contact the Library to register. Registration is limited to 15 people.

Shayna also mentioned that there are some small capital grants available for Farmer's Markets, Community Gardens and Community Kitchens. To be eligible the Farmer's Market must be in a community <20,000 or less. Our Agriculture area has posted the information about these opportunities on our website <http://ccedutchess.com>

Kathy Bell announced that Astor Services for Children and Services will participate in the Father's Day Parade on Saturday 6/19 at 11:00 a.m. It will start at Main Street and Hamilton Street followed by events at Waryas Park.

Susan Grove mentioned this is Watershed Awareness Month. There are numerous events planned. You can go to their website to get a complete list of events (<http://dutchesswam.com>) and that there are events going on related to the "Middle Main Revitalization" check out the website for more information <http://middlemain.ning.com/>

Susan also mentioned that the ribbon cutting was good and the opening day went very well.

Follow-up actions from last meeting:

- Grant status. We were not awarded the School Policy Grant or the Great American Bake Sale Grant. We are still waiting to hear on the "Creating Healthy Places to Live, Work and Play".
- Nutrition Educators from the CCEDC will be attending the OFA Summer Picnics. We will be handing out information about the Programs available in our Family and Consumer Education Program area. We will share an information table with the Poughkeepsie Farm Project during the picnic being held at Waryas Park on August 11th.
- Food Stamp screening brochure was updated with local agency information on the back. We are going to have 2,000 copies made of it. She is also going to have more copies made of the NAC brochure.

- Brian Riddell gave an update on the status of the FPC. The FPC Board of Directors will be dissolved as of July 1st. The building currently has 50% occupancy. The CEO, Carlton Mitchell, of Families First New York and Family Services will manage the building. Brian strongly supported finding another community location for the Summer Feeding program next year just in case circumstances at the FPC prevent them from having the ability to be a site.
- Diane informed the committee of the \$380,000 in federal funds earmarked for programs that provide mentoring, job training and counseling for youth in Poughkeepsie. Rep. Maurice Hinchey, D-Hurley, who used his position on the House Appropriations Committee to help secure the money. Funding went to the following organizations:
 - New Hope Community Center: After-school and summer programs for children ages 5 to 14 and a leadership program for older teens.
 - R.E.A.L. Skills at Family Partnership: Mentoring, mediation and leadership training for up to 110 young people ages 6 to 17
 - Project Thunder at Vassar College: Tutoring and mentoring for up to 30 children ages 9 to 16.
 - Children's Media Project: To provide media production and technology skills to young people ages 14 to 19.
 - Mill Street Loft: For programs on arts education, life skills, gender-specific issues for girls and a program for Hispanic and Latino teens.
 - Salvation Army: Summer camp and after-school programs.
 - New Directions YouthBuild Mentoring Project at Nubian Directions: Mentoring for an additional 13 students.
 - Christ Episcopal Church: One program to provide support to incarcerated and formerly incarcerated parents and their children. A second program would provide summer camp scholarships to children whose parents are incarcerated.
 - Protect The Dream After-school Program: Tutoring and mentoring for young people 14 to 18 years old.
 - Cunneen-Hackett Arts Center: Dance and performing arts camps for teens up to age 16 and ballet for children ages 7 to 10. (from article in Poughkeepsie Journal)

New Business:

Summer Feeding Program – Al Muhlnickel reviewed the 10 Summer feeding sites. Three of the sites (Family Partnership Center, The Potter House and New Hope Community Center) will be open to the general public and the other seven will be closed sites and only open to particular camps and programs. The hours of when the sites are open for Breakfast and lunch is indicated on the flyer. (Flyer attached.)

Diane Ruffin from Beulah Baptist Church has announced that they are still willing to be an open Summer Feeding Site this year. She will try to setup a meeting with herself, the Pastor, and Al Muhlnickel to work out the details before it can be publicly announced.

The Summer Feeding program will run from July 5 through August 27. The Summer Feeding Kickoff will take place on **July 14th at the FPC from 11:30-1:00 p.m.** (Flyer attached) The "Just Say Yes" van has been scheduled by Al to attend 4 consecutive Wednesdays of the Summer Feeding program.

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 Sergent know.

Shayna had asked if anyone had any ideas for donations from local organizations or retailers to be used as giveaways during the Kickoff. Her and Nancy will reach-out to local organizations over the next couple of weeks. Ozie mentioned possibly having some items as well.

Physical Activity Needs Assessment were distributed to the interested schools and organizations at the end of May. Spackenkill, Arlington, Wappingers, Pawling and Poughkeepsie School districts all participated as well as Astor Sites throughout the county. We have received thousands of surveys back and will begin entering them into the data base system. We will report out once items are all entered.

Reaching low-income and Hispanic population to promote Farmers Markets: Susan Grove talked about the Farmer's Market promotion to the Hispanic Community. The Market accepts Farmers' Market Nutrition Coupons (FMNP), WIC Fruit and Vegetable Checks and SNAP/Food Stamps (EBT). Susan is working on getting the Farmer's Market Flyer translated in Spanish. There was a discussion that the flyers be placed at predominately Hispanic community stores and bodegas. It was also suggested that the flyers be handed out with the WIC checks. It should be posted at local churches with mainly a Hispanic community.

Community Food Assessment: PFP has held 5 advisory team meetings so far (CCEDC asked to be included in the process) and are pulling together the overall questions that will be on the assessment such as:

- What's happening in the today's food system?
 - What would you like to see happen?
 - What would you like to do to change it?
 - How are people getting the food?

PFP will have a Vassar Intern will help with the Assessment into the Fall. The additional way they will gather information is through Community Forums which will initiate people discussing the food system. Please let Susan know if you are aware of any good opportunities for a forum discussion.

Updates:

Capacity Building Initiative – A list of the foods would be considered healthier options to the ones currently in the machines were compiled. Ozie is compiling the nutritional data of them and how they rank within the guidelines the Grant has selected.

Food Stamp Nutrition Education Program – The plan is was submitted on June 18th. We will still be able to use the Office location at the FPC. We had a slight increase in the Federal Funds for the grant. We did include two additional school were we can have our programs (Webutuck (Amenia) and Violet Avenue School (Hyde Park).

PFP/Farmers' Market – Any updates were given during Program Sharing.

Agriculture – The Organic Food Guide is available and it lists 3 markets in Dutchess County.

Hunger Action Network – Veda has left and her replacement is Liz Gilbert, who will take over the food stamp hotline. Her number is 212-741-8192 ex. 3# or lgilbert@hungeractionnys.org

Sugar sweetened beverage tax: Christine mentioned that Cornell has taken a position on soda and that resources are available via the E-extension website <http://www.extension.org/>. She also mentioned that the Dietary guidelines are up for review and public comment is now being welcomed.

Follow-up actions for next meeting:

- Summer Feeding Update on kick-off and sites**

Next Meeting: July 15th, 2010

Schedule:

August 19th

September 16th

October 21st

November 18th

(No meeting in December)

ATTACHMENTS:

RAPP Picnic Flyer

RAPP Discipline is Not A Dirty Word Flyer

CCEDc Family Survival Series Flyer

Summer Feeding site Flyer

Summer Kick-off event flyer