

Nutrition Advisory Committee of Dutchess County

Meeting Minutes – Thursday, August 18, 2011

In Attendance: Christine Sergent, Shayna Russo, Rebecca Lull, Lacie Schmidt, Nancy Cimbrello (CCEDC), Sheree Gover (DSS), Kathy Bell (Astor), Diane Ruffin (Beulah Baptist Church), Ozie Williams (Dept of Health), Al Muhlnickel (POK Schools), Brian Riddell (Dutchess Outreach), Susan Grove (PFP).

Program Sharing and Announcements:

-Christine mentioned that United Way re-funded CCEDC for another year for Financial Literacy for Youth and Financial Literacy for Adults in Transition. Our educators are in the community teaching the youth and adults in transition financial needs. Also do a training program to teach the program to their clients. Astor had some great feedback from their experience with the program. Please let Christine know if your agency would be interested in attending the training.

-CCEDC's Open Garden/House will be on September 9, 4:00-7:00 at the FHC in Millbrook. Garden tours, workshops, animals from 4H.

-Walkathon on the Walkway over the Hudson on October 7 as a fundraiser for CCEDC.

-Diabetes Education Program on October 29 at St. Francis Hospital 8:30-12:00.

-Bereavement Workshop at Beulah Church. Diane will send out the flyer to Shayna.

-Diane mentioned about the Health Fair with the Doctors on October 29.

-Free Flea Market on Saturday 8/20. Taking gently used donations from 8:00-9:00.

Follow-up actions:

-Summer Feeding Updates (Poughkeepsie, Beacon and Dover):

There was an excellent article in the Poughkeepsie Journal regarding Summer Feeding. Through August 8th, Al mentioned they have served up to 30,000 meals. Pulaski Park is huge this year; about 90 meal a day.

Beacon is at 65-70 meals a day at the Community Center. Springfield is doing about 30 a day. They have been able to organize to drum lessons, a mobile market and other activities to attract kids to come. There is a webinar sponsored by Hunger Solutions NY to educate people how the process works to receive summer feeding. Jackie is looking into the low numbers of women enrolled in WIC in the area.

Dover is a go for next year. Their numbers are right below 50%. Marilyn Serino is working it out with at least 1 site, Wingdale, will be open. She is still working on how figure out Dover Elementary School. She would like to get a loop bus and use some type of system for the buses.

AI has a big challenge in getting the letters back from parents so that their kids can receive free/reduced lunch. The committee discussed ways in how to get parents to fill out the application for free/reduced lunches. Suggestions were made using a phone tree, email and one person to blanket the area with the forms.

Sumer feeding education programs reached the goal as 6 weeks were covered. The feedback is that the kids love it. There are a couple glitches to figure out. FPC is a big camp site and when campers come in around 12 they are required to sit and eat. It does not give them enough time to participate in the education. Also, camps are over earlier. Camp directors/leaders are not aware of the education. There needs to be communication with the camps informing them of the kickoff event and the education piece. Shayna stated that if every NAC agency took one week then we could have every sited covered. Susan suggested that maybe an agency would concentrate on one topic and they could travel around at the sites and teach that one activity. The new FOOD Day Curriculum might be an option to use for the educational components next year.

Diane mentioned that Star of Bethlehem is a possible site for Beacon next year.

CCEDC is officially moved into our new space at the Beacon Community Resource Center.

New Business

SFSP Success Story challenge:

Food, Fun And Sun essay/photo contest. The essay will concentrate on any existing successful programs that fit into either of these specific categories: 1. Recruiting volunteers to support summer feeding. 2. Serving meals to older children 3. Programs that serve meals in rural areas. 4. Programs those are extremely creative.

The essay has to be about 200-400 words and include 2 photos with captions. Shayna was thinking that NAC definitely fits into category 1 and 4. Winners will be recognized on a variety of ways on a national level stage. The committee suggested on showing how much summer feeding participation has increased in the area and the different agencies helping out. Susan suggested the Beacon story on how the committee supported a resident in achieving in getting summer feeding in the Beacon area. Shayna will get photos of Jackie and the mobile market with Green Teen. Shayna will enter the kickoff event for category #4.

Volunteerism and what are you doing?

Christine mentioned the project that she has a role in on facilitating with a 4 county regional volunteer support program (Columbia, Putnam, Ulster, Dutchess Counties). Christine may have an opportunity to bring some resources to Dutchess County agencies that they may benefit from. Christine asked if agencies use volunteers, if they are casual or trained, how many are elected and do you track the value of the hours? Christine is trying to bring Susan Ellis, a nationally known speaker, for next year to do a regional training and offer it out to other agencies in Dutchess County.

Updates:

- Building Bridges Community Food Assessment: Thinking changing the name to "The Poughkeepsie Plenty". Susan is trying to get Marist or Suny to partner with us to get the surveys done. Pilot Community Food Forum in July and the next one is in September. Susan's goal is to line up 20 places to host forums between October and February and to ask each of those places to identify a co-facilitator who will be trained. Those co-facilitators would come to the next pilot in September. Christ Church is hosting a forum and Poughkeepsie Housing Authority is thinking of joining. Food is provided at each forum. Susan will be conducting one at NAC, possibly in October. November will be budget talk at NAC. Kathy Bell might be able to get a Spanish Speaking facilitator.
- Farmers Market: The 2 locations are not working out so well. The market started with 25 vendors; have 16 left. The hours are 3-7 on Fridays at the Walkway. Susan is thinking of having a market at Pulaski Park on Fridays. And then the weekend will be the Walkway. Pulaski is doing constant and probably better than the Walkway. PFP is at Pulaski Park. Walkway's numbers are up and down; mainly because of the weather and vendors need to rebuild their clientele.
- Food Stamp Nutrition Education Program: Christine passed out the Food Bank Pyramid. Any suggestions to improve please let Christine or Shayna know. Shayna will work on updating it to show the MyPlate. Possibly get the flyer out to supermarkets so that it would help people before they buy when they donate. A suggestion was made to laminate the flyer so that it can be put up at the supermarkets and food pantries and on the bottom say if you need a copy please contact CCEDC.
- Food Day Curriculum: the curriculum would be great for the Summer Feeding Education. It has all up to date resources plus uses the new MyPlate.

Next Meeting: ~~September 15~~ **CANCELED**

October 20 (Building Bridges Forum @ FPC)

Schedule for 2011:

November 17