

# Nutrition Advisory Committee of Dutchess County

Meeting Minutes – July 19, 2012

*In Attendance: Christine Sergent, Shayna Russo, Nancy Cimbrello, Lacie Schmidt, Rebecca Lull (CCEDC), Jenny Hansell (North East Community Center), Al Muhlnickel (Pok City Schools Food Service Dept), Mary Marshall (Catholic Charities), Kathy Bell (Astor Services), Jennifer Palecek (Thrives Program @ ARCS), Saqib Altaf (ARCS), Ozie Williams (DoH), Brian Riddell (Dutchess Outreach), Margot Schulman (Fareground), Rosina Tezgelidi (Hudson Health Plan), Amy Baum (Dutchess County Healthy Families).*

## Program Sharing

- Jennifer Palecek from Thrives Program at ARCS talked about their program that is now available in Dutchess County. They discussed how their organization reaches out to HIV positive and AIDS communities in nutrition educate. They will travel to the client's home. The program is state funded through the Department of Health. Saqib discussed how ARCS is a regional community service provider in 7 counties. They provide case management, nutrition, support groups, prison services, STD education and HIV testing. Saqib mentioned that they may have funding to have a mobile vehicle to test clients on the spot for STDs. ESAF vouchers are used to get free needles from the pharmacy. <http://www.arcs.org/thrives/index.html>
- Jenny Hansel mentioned that on 8/19, NECC is hosting a "Farm to Table" Brunch at Number 9 Restaurant in Millerton. It cost \$40 to attend the fundraiser. The food will be from local farms. For more information, go to NECC's website. [www.neccmillerton.org](http://www.neccmillerton.org)
- The last Summer Feeding Outreach Event will take place on 7/26 in Beacon at First Presbyterian Church on Liberty St. All agencies are invited to help out at any stations or have an outreach table.
- On 7/29 there is a Mexican Festival at Waryas Park in Poughkeepsie as a cultural celebration of Oaxaca, Mexico. They are expecting about 5,000 people. For more details go onto Hudson Health Plan's website.
- The Corn Festival at Beacon's Waterfront is on 8/12 from 12-5.
- Fresh Connect Vouchers are at the Share the Bounty Farmers Market in Amenia. Fresh Connect works in that you spend \$5 and you receive a \$2 Fresh Connect Voucher to spend the next time. Jenny stated that it has been open only for few weeks. It has gotten to a slow start. The market accepts Food Stamps, WIC checks and Fresh Connects.
- RAPP (Relatives as Parents Program) had their annual picnic at Bowdoin Park on 7/18. There were 77 registrants and 67 people attended; a total of 18 families. The theme was family carnival. There was education, nutrition games, and carnival games.
- Shayna received an updated email about the Dutchess County's BMI for 2nd, 4th, 7th, 10th graders for the 2008-2010. The link to the Department of Health's website for the report is:

[http://www.health.ny.gov/prevention/obesity/statistics\\_and\\_impact/student\\_weight\\_status\\_data.htm](http://www.health.ny.gov/prevention/obesity/statistics_and_impact/student_weight_status_data.htm). Dutchess County is at 33% obesity rate.

- Head Start statistics for the 2011-2012 school are out. The school is at 48.5% students are obese/overweight for 3-5 year olds. A request was made to see if the data can be broken down by location. Kathy said that Astor's next step is to look to see if the students are eating double breakfasts and lunches. A discussion followed on the junk foods that are too available to school age kids. Christine mentioned the direct impact of McDonalds opening up in the Dover area years ago and the increased rate of overweight/obesity. Readymade meals are very accessible to consumers.
- Brian Riddell mentioned that the current Why Hunger reported on nutrition education at emergency food programs. It mentioned the best practices and recommendations and how combining nutrition education to emergency food provisions. <http://www.whyhunger.org/>
- Margot talked about her new nonprofit restaurant called Fareground. She is a chef and her partner is a social worker who will be opening up a community kitchen in Beacon. The community kitchen works in the concept of as you pay as you can. Volunteer work will also be accepted as payment. The food is local and organic as much as possible. There are about 20 nonprofit community kitchens in the country. Fareground does not have a building space yet. Fareground will be at the Beacon Summer Foods Celebration on Thursday. Brian Riddell mentioned about the idea for a Food Hub in Poughkeepsie has been trying to get started with the same type of concept relating to all aspects of food. There has to be a process to improve access, have a distribution center where the food can be prepared, processed and served healthy. <http://www.fareground.org>
- August 10 is the Annual DC Breastfeeding Coalition Walk. It starts at 10 am at the Civic Center. **Flyer Attached.**

## **New Business**

- Project Planning: Christine talked about the federal changes in legislation that created the new health care law which has created a funding unit to reduce disease and prevent obesity. There are about 70 million dollars allotted for the country for this grant. There have been 1,000's of letters of interest. Many agencies in our county are writing applications. The qualifications to apply are to be serving a total of less than 500,000 people, to identify sub population and how you will target specially at-risk population for these diseases. There are 6 strategies to select from and need to be very specific. The strategies then need to be broken into action steps, and so forth. Target communities that Christine selected are locations that the median household income is less than \$23,000 (2000 Census Data) and greater than 8% poverty level. The locations have been narrowed down to Poughkeepsie, Beacon, Amenia, Millerton, North East, Dover, Town and Village of Red Hook, Tivoli and Wappingers. The strategy is active living and healthy eating. The grant is due on 7/31. Requires system policy and infrastructure change along with some education. Looking to see where would be the best place to put the seed money. This is not a reinvention but

to further current efforts. Christine is looking to receive letter of supports on different levels – Department of Health, mayors and supervisors. Christine stressed that the proposal needs to be very specific. The number of people we reach determines the amount of money we receive. They also emphasized utilizing federally food programs. And they want to see more representation from the community by forming small groups, advisory committees, and action taking. Christine will email a couple of our NAC agencies for letters of support.

### **Summer Meals and beyond:**

- Al mentioned that he has served 12,000 meals already in POK.
- NECC serves about 65-70 meals a day. Just got their signage last week. They are already thinking of ways on how they can do better next year. Next year will order Spanish signs.
- Beacon served in their first week average of 250 meals a day. Jackie had volunteers going door to door to market the program. Fareground is helping to serve one of the days, New Vision Church Pantry will be visiting all the sites and with them Catholic Charities will be doing food stamp outreach. The idea was to expand on the one stop shopping and to get the adults involved.
- Outreach Events in Poughkeepsie: served 108 youth. There were stations set up for kids to participate in. This was the first time at Pulaski Pool. Catholic Charities were there, and Poughkeepsie Farm Project did a cucumber tasting.
- NECC had 53 youth at the celebration. Each youth were able to get a beach ball and water bottle.
- Shayna and Nancy went to Beacon to get donations for the event.
- Jackie suggested reaching out to the faith based radio stations. Jackie shared her list of radio stations in the Beacon area.
- Summer Feeding received a lot of press this year. There were articles in Poughkeepsie Journal also a spot on YNN. The mayor came out to the Celebration in Poughkeepsie.
- Brian mentioned that the Child Nutrition Act will be up for renewal. Let your politicians know that you support SFSP and how important it is. Low income food programs are under attack in Congress.
- Catholic Charities is sending out letters to school superintendents to discuss the food stamp program and how a lot of the population is eligible for free/reduced lunch program and are not receiving it.
- Universal Eligibility for free/reduced lunch was not approved by Poughkeepsie School District. Al said that the school reports how many children are eligible for free/reduced for the entire district. Without the application there were no means to tell the state we were that high free/reduced. If we used just the downloads, we would be 50% versus 85% with all the paperwork. It would affect many things in the district. The Universal Eligibility program would have fed every child for lunch for free.

### **Updates**

Farmers Markets: New brochures of Farmers Markets and CSA's have been passed out previous meetings. If you need a copy of the brochures, please let Shayna know.

**Next Meeting: August 16, 2012**

*3<sup>rd</sup> Thursday of the month from 12:00-1:30 @ Family Partnership Center  
downstairs by the cafeteria*

September 20

October 18

November 15

(No December meeting)