

1095 Coalition Meeting Minutes  
November 27, 2018, 1:15-2:45pm  
Burlington Public Library



### Meeting decisions:

- Meeting date/time has changed to every 4<sup>th</sup> Tuesday of the month from 1:00pm – 2:30pm
- Leadership Roles
  - **Chair Elect**-Carolynn (personally invite folks to the meeting, help run the meeting)
  - **Treasurer**- Karen Parnell
  - **Community Representative**- Jerry Shackett

### Actions items:

- **Action Item:** Create steering committee to help compile and finalize those questions needed identify need in community and recognize influence of coalition. Target audience for questions is schools and parents.
- **Action item:** Look for core components and messaging about social emotional learning to drive advocacy work.
- **Action Item:** Finalize draft of Flash of Silver Award expansion
- **Action Item:** Mo will move messaging into advocacy section of “Next Steps” document.
- **Action Item:** Mo will revise and finalize “Next Steps” document based on feedback from the group
- **Action Item:** Prepare loosely written job descriptions for committee members, and prepare training for treasurer
- **Action Item:** Shannon will send out meeting minutes to membership

### Agenda items for next meeting, January 22<sup>nd</sup>, 2019 from 1:00pm – 2:30pm (Location TBD)

- Review working groups based on what is needed in terms of activities
- Review data and updated “Next Steps” document - MO

Shannon Bachtel began the meeting at 1:20pm

### Introduction- Carolyn

- **Carolynn Connor**- Registered Dietician working with the WIC population. Carolyn is also the Executive Director for Nutrition First and has been involved with 1095 since inception.
- **Shannon Bachtel**- Works with WSU Skagit County Extension focusing on the health and wellness of preschool-aged youth. She is the new 1095 Coalition Coordinator until October 2019 and is excited to be involved with such a wonderful group.
- **Talea Price**- Coordinates the SNAP-Ed Program at WSU Skagit County Extension
- **Jerry Shackett**- Works at the Friendship House, and helps out at the Mount Vernon Farmers Market and the Meals on Wheels program.

- **Debra Lancaster**- Director at United Way.
- **Maureen Pettitt**- Consultant for writing federal grants. She is passionate about data and assists the 1095 coalition with data collection and collation
- **Madison Thulen**- Currently a resources coordinator intern at Whitney elementary. She is passionate about nutrition and health and has a degree in human development
- **Graham Kerr**- Has been involved with and passionate about food for the past 53 years. He is focuses on the health of youth between the ages of 10 and 13.
- **Karen Parnell**- Recently retired after working with Community Action of Skagit County for many years. She is passionate about child nutrition and has been involved with 1095 since inception.
- **Wende Dolstad**- Manager with the WIC program- concerned about good nutrition for youth ages 0-5 and breastfeeding.
- **Diane Marx** - Registered Dietician with WIC- passionate about feeding youth ages 0-5 as well.
- **Melissa Self**- Division Director with Community Action of Skagit County- she has been intermittently involved with the coalition for the past 2 ½ years.
- **Marjorie Bell**- Works at United General District 304. Work includes food access through WIC program and Basic food outreach and enrollment. Her department works with school-aged kids K-12 through Farm to School efforts in Concrete, WA. Started a 4-year community contract to align food access resources and promotion within East County in Skagit, including Farm to School Community Dinners.
- **Cole Blitzenburg**- works at Community Action's Food Distribution Center. The Food Distribution Center provides food to local food banks and assists with backpack programs in the community.
- **Amber Nicosa**- Has a Masters in Human Nutrition- and is working to become a Registered Dietician. She is currently an intern with Skagit Valley Hospital in Outpatient Nutrition and sees kids between the ages of 9-15 being referred with obesity and high lipid levels and diabetes.

#### **2018- A Year in Review- Debra Lancaster**

- **Fun on the Farm** – first fund raiser hosted by Ann Novak and Larry on their farm Highland Farm West in Burlington. Attended by over 100 stakeholders and partners, generated ~\$700 to support future CNC activities, and increased awareness of the group's efforts to increase childhood food security through promotion in print and social media. Ann presented to service groups (Kiwanis) to share information about the 1095 work and recruited Linda Ryan to help with the Child Nutrition webpage to promote the event
- **Flash of Silver Award** – Karen Parnell was honored with the Flash of Silver award on August 4<sup>th</sup> for her contribution to improve Skagit children's nutrition at the first annual Fun at the Farm Fundraiser. Parnell recently retired after serving 33 years with Community Action, a non-profit organization that seeks to fight poverty in Skagit County.
- **Meet and Greet with Liz Jenkins** – Liz rode across America to increase awareness of childhood food insecurity and raise funds for the out of school meals – CHOW: Cutting Hunger on Weekends. Funds were generated and donated to the CHOW backpack program and about 10 people gathered for social hour to build strong relationships

**Over \$800 dollars was generated through fundraising efforts this year. The funds were deposited in the WSU Foundation account.**

- **The March Point Run Fundraiser** – Held on June 23, 2018 United Way participated in the fundraiser to raise awareness of and raise funds for the CHOW program. Sustainability is a huge piece to continuing the CHOW program. Over \$15,000 has been raised through fundraising efforts coordinated by United Way.
- WSU has taken the lead for many years to provide support for coordinating the coalition. WSU recently received a grant from United Way to support a coalition coordinator for 1095 to provide the backbone organizational support for a successful coalition.
- **Summer Meal List** – Every year since 2011, the 1095 CNC has published a listing of summer to partners and stakeholders. 16 meal sites offered summer meals. There was discussion to next look at gaps in summer meals based on location of where the meals were served. For example, in Mount Vernon there were no meal sites in west Mount Vernon though Washington School has 77% of student eligible for free and reduced meals.
- **CHOW family focus groups** – The CHOW program is a weekend food delivery program. The Helping Hands Food Bank and Skagit Publishing have partnered to deliver food to children residing in Sedro-Woolley and Mount Vernon over the weekend.
  - o Comment from the group: **When food is delivered to the home, kids are more likely to eat it.**
  - o To better understand the needs of families receiving weekend food bags delivered by Skagit Publishing and ideas for improvement, 2 focus groups were schedule with 5 families participating in providing feedback. Of the two scheduled, families did not participate in the focus group in Mount Vernon. Sedro-Woolley Focus Group in Sedro-Woolley was facilitated by Diane Smith, Talea Price, and Becky from the Helping Hands Food Bank. Findings from the focus group was shared at the meeting

#### **Next Steps Planning- Maureen Pettitt**

- Review of planning meeting held in 2017. Coalition members had a couple of minutes to review the document developed summarizing results from last year’s planning meeting (“Next Steps” document)

*Group review/discussion of activities listed in “Next Steps” document*

#### **Outreach/Awareness/Advocacy**

Graham began discussion on how children receive their messaging- parent vs. school influence.

- o Consensus to continue getting input from parents. Methods to better understand the needs of families and children were discussed.
  - Home visits and appreciate inquiry
- o Proposed next step for coalition should be to identify key questions to identify need in community and recognize influence of coalition. Diane Smith and Ann Novak have been compiling a list of questions with various sectors as to what kinds of information that 1095 can provide to support child nutrition. **Action Item:** Need steering committee to help compile and finalize those questions.
- o Carolyn began discussion on influence of school. Schools can serve as a strong communication channel to reach children. Schools can help with the movement and

advocacy work. Historically, there has not been great representation from schools in coalition meeting. Discussion on getting school involvement:

- Invite the superintendents to the meeting (even state superintendents) 1095 representative should attend board meetings
- United General has worked for years to build relationship and trust to the Concrete schools. Important factor to get school buy in is to continue sourcing funding and maintain relationships. It's been 5 years in working with the school district and now the district has begun to offer universal meals, recess before lunch, etc.
- Parents can be our biggest ally to speak to the school board. Schools worked to recruit families to get feedback on what their needs are. Important to find a champion family member to express the importance of the meals. Marjorie has worked to get more involved with OSPI meetings.
- MO- social emotional learning can be key. **Action item:** Look for core components and messaging about social emotional learning.
- Try to get into PTA agendas. Parents are concerned, but they are mostly side conversations. It could be having a 1095 representative participate in PTA meeting to offer guidance for advocacy.
  - Discussion in the past on expanding the Flash of Silver Award. **Action Item:** The coalition has a draft somewhere- group should focus on finalizing that draft.
- Discussion on developing a formal communications plan.
  - Arrange for visits to schools to share information about 1095 and family nutrition needs. Posters were in display in the schools promoting the CHOW program, however, not about 1095
- **Action Item:** Move messaging into advocacy section of "Next Steps" document. Messaging at different levels can be different (parents to policy makers)

### **Shared Metrics**

- Shared metrics and funding is vital to continue the work of the coalition. Mo is finishing up in revising the data set to measure the outcomes listed in the planning meeting
- Develop a database of surveys. There was a childcare providers survey that was done in the past that MO has data for. Healthy youth surveys. Discussion to have a matrix of all the surveys with themes.
- What kind of demographic data do we really need? Leave that activity for the time being

### **Funding**

- Identify funding needs of the coalition
- Funds raised for 1095 is now housed in the WSU Foundation Account- future grant funding can be submitted on behalf of the foundation. Discussion that there will need to be priority in funding. If the coalition applies for \$5,000, but the WSU foundation is going for ½ million dollar grant, then the 1095 coalition priorities would not be high at that time.

**Action Item:** Mo will revise the plan based on feedback from the group

**Coordinator Role- Shannon Bachtel**

- Shannon will provide backbone organizational support throughout the year for continued success of the coalition. Scope of work includes:
  - o Update Summer Meal Site List
  - o Manage coalition listserv
  - o Send updates/agenda/meeting minutes to listserv via mailchimp
  - o Update website
  - o Manage social media engagement and outreach
  - o Assist with preparing grant proposals when opportunities arise

### **Leadership Roles- Jerry Shackett**

- Discussion that leadership is driven by who is present at the moment. The coalition recognizes that everyone has their own set of responsibilities. Over the years the coalition has evolved from a “club” to a more concrete coalition with informal tasking and a draft on bylaws
- Formal forums have been organized in the past with more event planning structure. Leadership has been driven.
- Slate of Coalition Committee
  - o **Chair Elect**- Carolyn (personally invite folks to the meeting, help run the meeting)
  - o **Treasurer**- Karen Parnell
  - o **Community Representative**- Jerry Shackett
- **Action Items:** Prepare loosely written job descriptions for committee members, and prepare training for treasurer

### **Closing/ Reflection**

- Amber- interested to gather and disseminate the science
- Melissa- it’s important for this group to focus on a few things (find our focus to create great results)
- Madisen- appreciative of the work. Only have lived here for 5 months (passionate about nutrition and wellness for young moms). Aspires to be a health coach and be a patient advocate.
- Karen- has seen the coalition evolve since 2011 and continues to see the commonality.
  - o Ann Novak brought such spark to the group with a passion about organic food.
- Talea- recognizes the great work of the coalition
- Graham- Mount Vernon Library is working on a 24 million dollar library with a budget for a demonstration kitchen.

### **Meeting Adjourned 2:50pm**