

1095 Coalition Meeting Minutes

January 15th, 2019

1:00pm – 2:30pm

Burlington Library



Attendees:

Jennifer Sass-Walton- Child & Family Health Manager, Skagit County Public Health

Maureen Pettitt- Provides consultant services. Assists with evaluation for grant-funded programs statewide.

Brandy MacFarland- Program Manager Health, Safety & Nutrition, Skagit/Islands Head Start & ECFAP

Amber Phillips- Dietetic Intern, WSU Skagit County Extension. Currently interning with Georgia Johnson with the LaConner School District

Melissa Self- Division Director, Community Action of Skagit County

Diane Smith- Food Access Specialist, WSU Skagit County Extension

Shannon Bachtel- Nourishing Our Early Learners (NOEL) Coordinator, WSU Skagit County Extension

Talea Price- SNAP- Ed Coordinator, WSU Skagit County Extension

Debra Lancaster- Executive Director, United Way of Skagit County

Carolyn Connor- Registered Dietician, Community Action of Skagit County- WIC

Karen Parnell- Retired. Formerly Deputy Director with Community Action of Skagit County

Cole Blitzenberg- Community Food Access Manager, Community Action of Skagit County Food Distribution Center

Wendy LaRocque- Community Member interested in volunteer opportunities with the 1095 Skagit: Child Nutrition Coalition

Jennifer Sasswalton- Child & Family Health Manager, Skagit County

Meeting Minutes

1095 Coalition Metrics

- Coalition originally identified data indicators to measure state of Skagit. Indicators were decided upon based on data set from *Ending Hunger Washington* annual report.
- 3 indicators under Outcome: All pregnant women, infants and young children have a healthy, balanced diet. There has been no significant change with children ages 2-4 or infants breastfeeding. Infants born served by WIC has gone down.

- 1) Discussion regarding decline in infants served by WIC. With the state of the economy, new parents may have less time to schedule WIC appointments.
- Outcome: Young children have healthy food available in early learning and childcare programs
 - 1) Data set on young children having access to healthy food is not available. Currently there are no readily accessible data sources to measure this outcome. **Action:** Debra Lancaster will connect with Melony Coin at Childcare Aware to acquire data set for child care centers and early learning programs. Interest is specifically on quality of food.
 - 2) OSPI childcare data set may not capture all of the childcare providers in Skagit County, as some locations may not be licensed. As many OSPI childcare providers meet the requirements and are offering quality food, the focus is heavily concentrated on the remaining childcare centers in the county with less oversight and regulations.
 - 3) Mo has suggested surveying childcare providers and requesting Melony to be the liaison with centers and collect the data, however, group at large is curious about other strategies to collect data from surveys that have already been administered and archived.
 - Outcome: All children have healthy, balanced and appealing meals at school and throughout the summer; and eat healthy snacks and meals in after school programs.
 - 1) Data gathered from Healthy Youth Survey, however, the data set does not reflect last year's metrics.
 - 2) Other data is collected from OSPI, as dataset previously collected by Robert Johnson was not aligned with OSPI metrics.
 - 3) In Washington State, the food insecurity has declined at a higher rate in comparison with Skagit County. Of note: the number of youth eligible for free and reduced lunch has stayed the same.
 - 4) Discussion regarding if data collected by Community Action of Skagit County can be of use for 1095 metrics.
 - 5) Discussion on the effect of employment rate on percentage of children under 18 participating in Basic Food Program.
 - Outcome: All children and families have access to healthy, affordable food, especially fresh fruits and vegetables, in their communities
 - 1) **Action:** Mo has requested from 1095 members to locate any up to date metrics from Skagit to be shared so that data set is current and accurate.
 - 2) OSPI has an annual report. **Action:** Diane will request the data set on number of snacks served and sites in Skagit County and provide it to Mo.
 - 3) Discussion to include CHOW data set in the 1095 metrics, in addition to any food banks and other programs that provide food out of school.
 - 4) **Action:** Debra will provide the CHOW data set monthly to Mo. Fluctuation of need by family can be a proxy measure for evaluation.
 - 5) Current out of school meal programs include:
 - CHOW
 - La Conner- American Elegance
 - Anacortes- Food to Go
 - and Burlington- Rotary Club
 - Allen School

- Conway School District- facilitated by PTA
 - Community Action Food Distribution Center provides food for Burlington, Concrete, and Conway School District. FDC has number of kids served in these programs.
- 6) Discussion on the array of backpack programs in Skagit County, yet there is minimal communication and collaboration between programs. 1095's role can be to bridge that gap and disseminate any information between programs to strengthen community impact.
- Wendy is interested in getting more involved with 1095 efforts in the community. She has some availability to volunteer, based on the need. Her inspiration to participate in the group is rooted in her experience growing up with a mother who was a 1st grade teacher and seeing the impact of food insecurity on the children in the class.
 - 1) Coalition discussed the history of why CHOW came to fruition. The original process was for schools to identify the need of food for children in Skagit County, however, it eliminated the dignity for families.
- CCA- food insecurity is tracked through Head Start Centers. Brandy has requested if there is an opportunity for CHOW to collaborate with each center and identify families eligible and help them to sign up for the program. Perhaps family advocates for each center can be the advocate to connect families with the CHOW program.
 - 1) Head Start Centers connected with the school district include: Sedro-Woolley Head Start, Child and Family Learning Center, Jefferson Head Start, and Washington Center Head Start.
 - 2) If a staff person who is bilingual is available to help families sign up, there is a Spanish translated sign-up form for CHOW.
 - 3) **Action:** Debra will share flyers for CHOW with Brandy. Wendy can also send flyers. Shannon will share the email contact information to Debra.
- How do we make sure that key personnel in schools know about CHOW? WSU Skagit County Extension assists with the on the ground outreach and should focus on back to school fairs in the future. The coalition's role could be to ensure that the information is publicized.
- CHOW continues to rely on public/private partnership with Skagit Publishing to deliver funds. Now Helping Hands focuses on the procurement of food for the CHOW program. The March Point Run Fundraiser is a great venue to raise funds for CHOW. Last year United General tabled at the event, and the plan is to table again this year. **Action:** Debra will send the date of the event to Shannon, who will share with the coalition.

Review Revised "Next Steps" Planning Document

- Modified the objectives to the plan. Coalition is advised to review the meeting minutes from November to learn more about the discussion and decisions made to revise the plan.
- Updates in advocacy, messaging, communications, and working with schools.
- One item that was not in the plan is the annual forum. The forum to be included as an activity under "Awareness". Update second bullet to "Identify opportunities/venues for awareness activities and coordinate participation".

- Amber has brought up the levy's that are coming up in school districts. This could be a potential venue to attend and represent 1095 to share information. Debra brings up the question of what the Coalition wants to accomplish if they are to present to the group.
 - 1) Carolyn shared that levy or not, kids are in school, and it has been difficult to educate schools and parents around these issues. How do we get on their agenda?
- When the nutrition guidelines were changed, what impact did it have on the schools and the food they provide? There was an article in the herald about chocolate milk and the budget to purchase healthy food for children. Now schools can offer chocolate milk every day, though the Mount Vernon School District is striving toward offering chocolate milk only on Fridays. Discussion that though there are a lot of challenges, there is still great opportunity to educate and inform as to how to make small changes for large impacts. There were guidelines in sodium and whole grains that rolled back.
 - 1) Brandy has discussed that some Head Start centers continue to struggle with offering healthy food, especially centers that are tied with school districts.
 - Head Start best practice is to try to ensure that all grains served are whole grains, however the USDA requirements focus more on a whole grain serving in 1 meal per day.
 - With waivers for serving whole grain food, schools do not have to make the change. Parents advocating for healthier options recognize the unfair balance of head start centers that are not tied to the school district in comparison to the centers that are.
- Jennifer started discussion about how 1095 measures the outcomes and what the data is telling us. May be of value as a coalition to look and reflect on the data set and provide a narrative as to the story that the data set means.
- **Action:** Brandy can share infographics and training materials for Head Start Centers on the requirements on quality of meals/snacks served with Shannon to share with the group at large.
- Regarding awareness, the coalition can provide information through the format of forums. In the past the coalition has treaded lightly, however, there is question as to whether now may be the time to be more aggressive to enact real change. Diane mentioned that perhaps we approach it as less prescriptive and rigid in how we share information and yet still influence change. What are the respectful ways to share information to make small nutrition strides when we educate those who prepare and offer the food, without stepping on toes? There are models that can guide how we approach disseminating information more eloquently. Carolyn has recommended looking to the 5210 model to guide that conversation.
 - 1) Brandy has brought up also making sure that as we are sharing this information, we provide the insight and best practice to realistically make alterations in food procurement/preparation under a restricted budget (moderation is key). L.J. Klink is a chef who is passionate about scratch cooking. There are schools in Chelan he has worked to start scratch made kitchens in the school district, while doing so in a fun way for the kids.

Spring Forum & Continuing Education Opportunities

- Diane shared the history of how information has been shared in the past. For the last 3 years, the coalition has hosted a forum and Skagit Valley College has provided sponsorship and offered the room for a forum to take place.
- Diane has 3 proposed ideas:
 - 1) Having Chef L.J. Klink come and present
 - 2) Inviting the professor from Bastyr, Cynthia Lair, to talk about feeding the whole family. Cynthia has a youtube channel called cook us interruptus: https://www.youtube.com/user/cookusinterruptus/about?disable_polymer=1
 - 3) Having Amber Phillips present a review on the findings from reviewing the nutritional quality of backpack programs in Skagit County, and share out-of-the box ideas for ensuring that families can still have access to fresh food.
 - Discussion in the group to perhaps to have this information be disseminated in a small group with school staff, rather than making it largely publicized.
- Discussion about the whether the coalition would like to have a forum. If so, determine the timing, size of event and what the call to action would be.
 - 1) March is Nutrition month, and WSU Skagit County Extension will be partnering with United General District #304, WIC, and ___ to table at the lobby of DSHS to provide education to families.
 - 2) April 24th- United Way Bright Beginnings Family Palooza- United Way will have a stage and is looking for opportunities for presentation. Held at the Skagit Fairgrounds. This could be a great venue for any of the three suggested presenters to share information.
 - Looking for sponsorships to fund this.
 - Discussion that Cynthia would be a great speaker to reach the families. Diane can invite Cynthia to present in the afternoon of April 24th for a 1-hour presentation or 2, ½ hour presentations (\$500 fee).
 - 3) October- Hunger Awareness Month and School Meal Nutrition Week may both also be an opportunity for the Chef to come and present. Concern about backlash of inspiring communities about this kind of change and the potential wall they may hit when they try to reach the school.
 - Discussion about the Flash of Silver to also be presented in October.
 - 4) Discussion to have Amber present her findings to the coalition first and then present to the food banks.
 - Make sure that the presentation is recorded.
 - Presentation to be scheduled **March 26th**.

Community Happenings/Updates/Closing

Link to the Washington Anti-Hunger & Nutrition Coalition: <http://www.wsahnc.org/annual-lobby-day/#.XE9h34dYaAg>

- Hunger Action Day will be in Olympia. Carolyn will be there and would be happy to carpool to Olympia to advocate.

Tentative date for next coalition meeting is **February 26th**.