



Growing Healthy Kids Columbus

VISION: *Columbus is a community in which all children have daily opportunities for active play and access to nutritious foods that lead to children entering kindergarten ready to live, learn and play at their best.*

Minutes

April 26, 2016 10:00am - 11:30am
Columbus Public Health, Auditorium

Attendees:

A Mother's Love Play Café	Destiny Moody
Children's Hunger Alliance	Mark Haynes
Columbus City Schools Pre-K Department	Carolyn Bernard
Columbus Recreation and Parks	Julie Pruett Bishop
CPH Creating Healthy Communities	Amber Jones
CPH Creating Healthy Communities	Amber Jones
CPH HCHW	Alyssa Dorsey
CPH HCHW	Ali Segna
CPH HCHW	Jamie Turner
CUL Moler Head Start	Jovanna Tyree
CUL Southside	Joyce Grimes
Franklin Park Conservatory	Christie Nohle
Franklin Park Conservatory	Christie Nohle
Moms2Be	Carmen Clutter
Mt Carmel Church Partnerships	Kate Whitman
OSU Life Sports	Luke O'Quinn
Personal Fitness Navigators	Ricardo Wilson
WIC Franklin County	Dawn Sweet
YMCA Head Start	Jess Rizzoneli

10:00am – 10:30am Member Introductions and Program Updates

All

- Highlights
- New resources/education
- Policy, system and/or environmental changes
- Challenges or barriers

2016 STEERING COMMITTEE MEMBERS:
Carolyn Bernard, Columbus City Schools
Megan Gorby, Nationwide Children's Hospital
Mark Haynes, Children's Hunger Alliance
Ali Segna, Columbus Public Health
Bobbi Shannon, YMCA of Central Ohio

Carol Smathers, Ohio State University Extension
Dawn Sweet, Franklin County WIC
Jamie Turner, Columbus Public Health
Rebecca Wade-Mdivanian, Ohio State University Life Sports
Maria Villareal, CDCFC Head Start
Matthew Yannie, United Way of Central Ohio

Partner/Organization	Program Update
Ali Segna	<p>Distribution list passed around. Names and emails will be listed on the CPH website.</p> <p>CACFP released final rule revisions. Details will be presented next month. Big wins include: limiting sugar in cereals, allowing meat as a breakfast component and prohibiting flavored milk for 1-5.</p> <p>Savor Before You Flavor – the final graphic was passed around. The GHKC logo was removed and replaced with CPH logo (so that it doesn't look like we are promoting coffee for children). This resource is finalized and members are free to use it when serving beverages, i.e. coffee, tea, etc.</p> <p>Next month's meeting will be rescheduled to Tuesday, May 24th and held in 119C (due to the Memorial Day Holiday).</p>
Dawn Sweet, WIC Franklin County	CPH/WIC Farmers Markets are scheduled for July 28, August 4, and August 11. \$20 will be available to WIC participants (as opposed to \$10 in the past).
Ricardo Wilson, Personal Fitness Navigators	Has been using the talking points about nutrition everywhere he goes. Has seen progress at places such as the Veterans Administration which is moving to a model where they will be preparing food onsite, as opposed to buying pre-packaged meals. As a result, the options should be healthier.
Alyssa Dorsey, HCHW	Recruitment letters were sent to 75 child care centers, 15 new centers have enrolled.
Mark Haynes, Children's Hunger Alliance	CHA will be doing center sponsorship for the CACFP program by the end of this year. They are looking at 5 centers in 5 regions.
Destiny Moody, A Mother's Love Special Needs DayCare	Currently working with Alyssa and HCHW. They have a Play Café which is similar to environment of COSI or the Chick Fil-A. Action for Children will be offering education courses there. They are trying to pull together other health initiatives for the center.
Carmen Clutter, Moms2Be	Their Southside location moved from John Maloney to Community Development for All People. Services are now provided on Mondays (instead of Tuesdays).
Amber Jones, Creating Healthy Communities	<p>Several properties are going smoke-free including: F and N Properties and Lutheran Social Services. They are partnering with WIC to educate parents and distribute home pledges for families to sign.</p> <p>Free tobacco cessation classes will be offered this summer on the South Side by an OSU Professor. Amber will send details once they are available.</p> <p>In the news: Columbus Zoo is now smoke free</p>
Christie Nohle, Franklin Park Conservatory	The FPC Farmers Market is scheduled for June 1. Flyers will be available at next month's coalition meeting.

	<p>The Veggie Snaps program is adding 3 new farmers markets to the existing 8 markets. It's a matching program for folks to buy fresh fruits and vegetables with the extra \$10 match to their SNAP benefits. Veggie Snaps will be available at FPC and CPH markets.</p> <p>The Healthy Harvest program for low income families begins July 11. The class teaches families how to grow and prepare vegetables. Flyers will be at the next meeting.</p>
<p>Carolyn Bernard, CCS Pre-K Department</p>	<p>The Imagination Playground (IP) is being used by teachers for their students. Carolyn submitted a grant for CCS to be able to purchase a second Imagination Playground. They will be up to 65 pre-k sites in the fall and the IP is in high-demand.</p> <p>The Local Matters Food Matters program is being implemented in two schools (Molar and Windsor) which are schools with both regular and special Ed Pre-K programs. There's a food drop every other week at those schools.</p> <p>In-Service for all staff finished yesterday, they received the Building Better Lives training with Carol Taylor (Franklin County Family and Children First).</p> <p>Count-Down to kindergarten is coming up. Sponsored by CCS. Anyone can attend. Community services will be present. The food served will be turkey sandwich, whole fruit, milk, vegetables and 100% frozen juice cups and gogurt (instead of ice cream), and water**.</p> <p>**Water only at any pre-k event is a policy</p>
<p>Jovanna Tyree, Columbus Urban League Moler Head Start</p>	<p>They are hosting a large family fun day on Thursday, June 2 at the YMCA Hoover Park. 500 families with young children are expected to attend. Open to community agencies to provide demonstrations and education.</p>
<p>Joyce Grimes, CUL Southside and Watkins Head Start</p>	<p>They are getting ready to put in a garden.</p> <p>They've started using a glass water dispenser in one classroom, with a different fruit in the dispenser every day. Some days they color the water. They will be making that an environmental change in other classrooms as well.</p> <p>Their Family Fun Day with awards ceremony will be held in June, to include the HCHW key messages.</p>
<p>Julie Pruett Bishop, Columbus Rec and Parks Food Office</p>	<p>Getting ready for summer, entering the 200+ sites into the state for the Summer Food Program.</p> <p>Julie also coordinates produce drops at Recreation Centers. 10-12 of those produce drops run year-round. A new center is opening on Saturday. Looking to expand the office and use the existing recreation centers as avenues to distribute fresh foods.</p> <p>They received a grant from National Rec and Parks to send out a Health Educator</p>

	who will focus on smaller sites such as neighborhood churches to draw children into the program.
Jess Rizonnelli, YMCA Head Start	<p>They started implementing family style meals on April 4th, it's going well. The kids and staff love it and many staff members are now doing family style at home.</p> <p>They received a grant from Together Counts to purchase \$2500 of education materials and books for Cherry Creek.</p> <p>Family Fun Day is coming up and they are planning healthy food offerings. Looking at Subway for healthier options.</p>
Kate Whitman, Mt Carmel Church Partnerships	<p>Church Partnerships encourages environmental change and volunteers within faith communities to make PSEC. She saw an environmental change at a small African American Faith Community last month where healthy food was served at an event along with fruit-infused water. The tools have been well-received.</p> <p>Her monthly newsletter, "The Monthly Scoop" has included the Scorecard and several people contacted her for more info about it. The Do It Yourself sign-up sheets have also been sent out and well-received.</p>
Luke, OSU Life Sports	They just finished their last school-year clinic, which was a football clinic for about 120 kids. Summer camps are coming up. There's a one day first-come-first-serve registration on May 14 th . Camp is for 9-15 year olds from June 13 to July 8, it's all free and transportation is provided. He will send more information to Ali and she will forward.
Jamie Turner, CPH HCHW	They facilitated two breakout sessions at the Ohio Early Childhood Conference hosted by OAEYC. The sessions were on making the healthy choice the easy choice in the classroom and for families.

Pay-it Forward Update

Franklin Park Conservatory

Their first Girl Scout camp-in was just completed. 150 Girl Scouts attended. They were able to provide flashlights (for an active game) and healthy foods. Food served included bananas, oranges, yogurt, milk and water. Lesson learned was to encourage girls to bring water bottles or provide water bottles.

10:30am – 10:45am Scorecards

Ali Segna

Ali shared photos of events which Coalition members had sent to her.

She notices that the messages about water are being received, but the food components are slower to come along. Perhaps we should focus our efforts on one component at a time?

Ali asked the group: *what is your feedback on the Scorecard, what has your experience been using it?*

- Dawn shared that she used it at a WIC potluck. The potluck scored a 17. There was a dessert table which affected the score. She is going to talk to Supervisors and use it at every potluck.

- Ricardo shared that he used the scorecard and it brought to mind what he eats. He remarks that sometimes water is available but you have to go out of your way to get it, but the meal for example comes with a soda. At least if there's water we're "Traveling down the path". The Scorecard would be a conscious way to ask yourself "before I plan this" how can make it healthy?
- Jamie shared using the scorecard at a parent event in the school district. Thought it would be a good planning tool.
- Alyssa shared that Hannah used the scorecard at a breakfast. She noted that at breakfast you don't have all components so she wasn't sure how to score there. And it was unclear whether the baked-goods were whole grain or not.
- Ali commented that you wouldn't know the ingredients if you didn't plan the event.

Should this be a planning tool? Should we create one for breakfast (three components)?

- Yes, Jovanna used it at a family fun day that Chick Fil A catered with bite-sized chicken nuggets. It was unclear whether it was a snack or a meal.
- Parents are noticing that they serve water and salad often. It seems that parents are starting to catch on that cupcakes are no longer welcome.
- Destiny shared feedback thinking of her last event funded by Chick Fil-A, Pondersoa and Kroger. They couldn't choose some of the items, so they purchased fruit and veggie platters with water to balance out the offerings.
- Julie was at an event with the Rec and Park food truck on Saturday and they served bananas, granola bars, strawberries and water. Since the truck has a strawberry on it, they are only allowed to serve healthy foods out of it.

Ali asked: does the current scoring seem to work for everybody. Sounds like it will be useful as a planning tool or a talking point.

- Kate shared a suggestion to make definition language really simple and in "layman's terms". So that it doesn't become a barrier.
- Dawn asked about chicken nuggets and Ali remarked that breaded and fried meats were not currently addressed but she could use the language used in OHP to address this.

10:45am – 10:55am Advocacy Letter

Ali Segna

The Advocacy letter was shared and Ali mentioned the revisions. She asked the group to read the letter and think about where we'd like to send this

Feedback:

Dawn asked about the target audience, Ali answered 0-5. She'd like to approach places such as the zoo or COSI to see if the default drink could be changed from milk or capri-sun to unflavored milk (if it's flavored) or water.

Ali asked: Where does the Coalition want to send the letter?

- Godman Guild – Ricardo. They have after school events and programs. Ricardo provided healthy food but the kids were not willing to try the foods, because they may not be familiar with those foods (bananas and celery).
- SkyZone
- Chiller
- Faith Communities – if the letter is changed to not say “children and party menus”. Could apply to Sunday school classrooms. Would the third paragraph need to be modified? It's probably too long. The third paragraph could be shortened.
- Columbus Zoo – vendors are buying up space, so that would be a giant project. How to approach vendors who are buying water? It would be a big task, but we'd like to advocate to them, it's promising that they've gone smoke-free. Could start with Water First for Thirst at the zoo, advertising tap water available upon request on their map that families get at the entrance.
- Ohio State Fairgrounds – it can be difficult to find water there as well.
- Chuck E Cheese
- Franklin County Fairgrounds – they could hire vendors with other options. For example. At a recent event there was nothing for a vegan to eat but French fries.
- Ohio Department of Natural Resources – maybe we could partner with them. Start with them and provide huge containers for infused water as part of the Water First for Thirst campaign, as a first step.

Ali will share the Advocacy Letter out to members in an email.

Page 2 will have each organization listed.

If each member could get approval to be included on the second page and get back to Ali she will include organizations.

10:55am – 11:00am Activity Break

Ricardo Wilson

11:00am – 11:10am Guidelines for Healthy Gatherings Success Story

Jamie Turner

Jamie shared the story of the Guidelines being used for the recent Community Conversations. Jamie offered to share the guidelines with program managers at a recent meeting and someone reached out to her. They were able to offer bananas, mandarin oranges, nutri-grain bars, string cheese, popcorn and water at the event. They were able to stretch their dollars and it was well-received.

Christie Nohle shared success using the DIY taco bar. It reduced the amounts of desserts brought. Everyone loved it.

11:10am – 11:30am Farm to Preschool

Carol Smathers

Postponed to next month's meeting.

Homework: What questions do you have on artificial sweeteners?

Ali announced that we'll be doing a three-part series on artificial sweeteners. This is to better educate ourselves and to create talking points we can use when asked about artificial sweeteners.

Next Meeting: May 24, 2016, 10:00am-11:30am Columbus Public Health, Auditorium