

Nutrition & Physical Activity Taskforce Strategic Plan 2026-2028

Mission Statement:

The Nutrition and Physical Activity Taskforce (NPAT) is a coalition of engaged community members who promote healthy eating and physically active lifestyles throughout Mono County, California. We work to advance policies and practices that can decrease chronic diseases in all Mono County residents and invite all interested parties to participate in the planning and coordination process.

Goal 1: Promote Strong Partnerships, Collaboration, and Coordination

Lead Agency:

Partners:

Strategies	Activities	Timeline	Desired Outcomes	Evaluation
1a. Assure consistency in messaging with partners.	➤ Record Meeting Minutes and distribute within one week of meeting.	Ongoing	➤ Unified and consistent communication; members are on “same page” and can contribute to CNAP requests even when absent.	
	➤ Promote integration of trauma-informed nutrition education principles among	Ongoing	➤ Help increase the effectiveness, relevance, and sensitivity of messaging to all audiences.	

	partners.			
1b. Expand and maintain an engaged County Nutrition Action Partnership (CNAP).	➤ Review progress on CNAP goals and activities at CNAP meetings; ensure mission is included on agendas. ➤ Identify key sectors/partners missing from NPAT and create personalized invitations for recruiting. ➤ Create and implement an onboarding process for new members. ➤ Create an annual guest presenter list. ➤ Create a logo for CNAP. ➤ Maintain NPAT	Ongoing Annually at January meeting January 2026 January each year March 2026? Q1: Dec 1	➤ CNAP members understand mission and remain focused on and inspired by their purpose in working together and supporting the CNAP mission. ➤ Members learn information relevant to achieving NPAT and member organizations' goals. ➤ Strengthen identity and visibility of NPAT.	➤ CNAP members complete annual self-reflection regarding contributions to CNAP goals. ➤ At least 1 of the 6 annual NPAT meetings include a guest presenter. ➤ Use logo on internal and external CNAP communications. ➤ Website updated

	website and update quarterly to reflect current membership, programming, and objectives.	Q2: Mar 1 Q3: Jun 1 Q4: Sep 1		quarterly.
1c. Support each other's programs; collaborate on and coordinate outreach.	➤ Learn and share best practices, resources, data, and contacts regarding nutrition and physical activity. ➤ Learn and share about member's organizations, their goals, and their services. Consider how each organization may serve the NPAT mission and how organizations may collaborate to strengthen programming. ➤ Support one another at board/policy meetings.	Ongoing Ongoing Ongoing	➤ Increase community-wide educational messaging about nutrition and physical activity. ➤ Expand public's awareness of, access to, and utilization of partner resources. ➤ Improve residents' health outcomes.	➤ Partners inform each other on a timely basis about opportunities to support each other's programs. ➤ At least 1 of the 6 annual NPAT meetings include member organization presentations. ➤ Partners inform each other on key messages to communicate to various audiences. ➤ CNAP members share partner messages with their own contacts to help expand reach. ➤ CNAP partners report outcomes of

	➤ Cross-promote educational opportunities. ➤ Be extenders of each other's programs. ➤ Assist with grant writing and write letters of support.	Ongoing Ongoing Ongoing		program activities (reach, photos, quotes, etc.).
Goal 2: Advance a Culture of Healthy Eating and Drinking Lead Agency: Partners:				
Strategies	Activities	Timeline	Desired Outcomes	Evaluation
2a. Participate in interactive community events and/or education programs that promote health and are accessible to all residents.	➤ Support free cooking classes and workshops featuring foods that are healthy, low-cost, and/or commonly found at food pantries. ➤ Provide cooking demonstrations and taste tests featuring healthy foods and beverages at community events.	Ongoing Ongoing	➤ Engage audiences in fun activities that help them choose and sustain healthy habits. ➤ Increase event and education access for people throughout the county. ➤ Increase the appeal of healthy eating and drinking. ➤ Increase food prep and food management skills.	➤ Track event attendance. ➤ Gather attendee feedback. ➤ Track marketing and PR of programs.

Goal 2: Advance a Culture of Healthy Eating and Drinking Lead Agency: Partners:

Strategies	Activities	Timeline	Desired Outcomes	Evaluation
2a. Participate in interactive community events and/or education programs that promote health and are accessible to all residents.	➤ Support free cooking classes and workshops featuring foods that are healthy, low-cost, and/or commonly found at food pantries.	Ongoing	➤ Engage audiences in fun activities that help them choose and sustain healthy habits. ➤ Increase event and education access for people throughout the county.	➤ Track event attendance. ➤ Gather attendee feedback. ➤ Track marketing and PR of programs.
	➤ Provide cooking demonstrations and taste tests featuring healthy foods and beverages at community events.	Ongoing	➤ Increase the appeal of healthy eating and drinking. ➤ Increase food prep and food management skills.	

	➤ Use interactive educational tools such as smoothie bikes, Rethink Your Drink activities, and trivia wheels to engage audiences.	Ongoing	➤ Provide a range of health education resources to a large audience in a fun and accessible environment. ➤ Strengthen recognition of NPAT brand and mission.	
2b. Partner with schools and youth organizations to create a culture of healthy eating and drinking.	➤ Participate on School Wellness Committees.	Ongoing	➤ Schools are supported in updating and implementing their wellness policies. ➤ Students eat healthier and move more during and after school. ➤ Healthy foods/beverages are offered for lunch, snacks, celebrations, and fundraisers. ➤ Faculty and staff support healthy food and beverage choices. ➤ Students benefit from a variety of community resources. ➤ Schools' policies	➤ Schools implement what is in their wellness policies.

	➤ Support school gardens.	Ongoing	reflect the vision of interested parties and accurately portray district goals. ➤ Children learn to grow, prepare, and enjoy fresh, healthy produce. ➤ Students learn about nutrition through garden-based education. ➤ Garden-grown produce is used throughout the school environment—in classrooms, after school programs, the lunchroom—and sent home when there is excess.	➤ Produce grown in gardens is eaten by students and, when applicable, their families. ➤ Gather student and educator feedback.
	➤ Partner with summer camps, after school programs, and student clubs to offer “healthy living” experiences, e.g. 4-H summer camp.	Ongoing	➤ Kids learn about health in a fun, familiar environment. ➤ Kids have opportunities to enjoy healthier snack choices.	➤ Track program attendance. ➤ Gather student and educator feedback.
2c. Establish March as National Nutrition Month®	➤ Provide National Nutrition Month®	February 2026	➤ Identify nutrition as a priority for Mono	➤ Board adopts proclamation.

	Proclamation to Mono County Board of Supervisors.		County.	
Goal 3: Assist with Nutrition Security Efforts Lead Agency: Partners:				
Strategies	Activities	Timeline	Desired Outcomes	Evaluation
3a. Increase awareness of enrollment changes in food programs (CalFresh Food, WIC, etc.).	➤ Create and implement an educational campaign on food program enrollment changes. Consider: promotional flyers (English + Spanish) to be given at events like food distributions, QR codes on websites, paycheck stuffers, social media, PSAs, options for people with limited access to documents and/or internet.		➤ More residents know what services they qualify for and how to access them.	

3b. Increase enrollment in food programs.	➤ Create and implement a marketing plan for food program enrollment. Consider: promotional flyers (English + Spanish) to be giving at events like food distributions, QR codes on websites, paycheck stuffers, social media, PSAs, options for people with limited access to documents and/or internet.		➤ More residents can afford healthy food.	➤ Track Mono County CalFresh enrollment.
3c. Find opportunities to increase access to fruits and vegetables and other healthy options.	➤ Coordinate and support food recovery and redistribution efforts as part of SB 1383 requirements. ➤ Support and promote existing and new farmers' markets and related	Ongoing	➤ Increase produce consumption. ➤ Improve access to fresh produce throughout the county, especially for residents with low income.	➤ Track pounds donated to and pounds thrown out by food recovery organizations. Separate data by perishable and nonperishable foods. ➤ Track SB 1383 requirements, if different than

	vouchers: Senior, WIC, EBT. ➤ Utilize fruits and veggies from school gardens into classrooms, after school programs, school lunchrooms, and send home excess produce. ➤ Host simple “grow your own” clinics about produce that does well in pots: tomatoes, peas, peppers, zucchini, etc. ➤ Support new and existing community gardens and composting programs; work toward/promote free programming for CalFresh-eligible community members.	Ongoing		above.
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	Consider saving and sharing seeds to preserve biodiversity. ➤ Engage local growers to supply the food pantry.	Ongoing		
3d. Increase CalFresh (EBT) client Participation at Farmers' Markets	➤ Support certified farmers' markets with onboarding for accepting EBT and eventually Market Match. ➤ Promote EBT markets through various partner channels: social media, flyers, events, radio, etc.		➤ Increase access to fresh, locally grown produce to eligible families.	➤ Track EBT transactions at markets.
3e. Create and/or promote a resource guide for food programs.	➤ Consolidate existing food program info. ➤ Distribute at sites throughout the county (hospitals, pantries, etc.).		➤ Increase access to healthy foods for eligible residents. ➤ Make information more accessible to residents.	

3f. Conduct food management education.	➤ Incorporate food management into nutrition education. Topics include eating healthy on a budget and food waste reduction techniques such as storing food properly, cooking with leftovers, canning, and composting. ➤ Consider how various cultures manage food.		➤ Empower residents to improve food security for themselves and their families.	➤ Track participation. ➤ Gather participant feedback.
Goal 4: Increase Participation in Physical Activity Opportunities Lead Agency: Partners:				
Strategies	Activities	Timeline	Desired Outcomes	Evaluation
4a. Promote existing physical activity opportunities, especially those that are free or low-cost.	➤ Create and promote a list of free and low-cost PA opportunities throughout communities. ➤ Cross-promote CNAP coalition	Ongoing	➤ Community engages in more physical activity. ➤ Increased promotion of PA activities.	➤ Agencies track event attendance, ask how attendees heard about the event.

	member activities.			
4b. Increase physical activity programming for all residents regardless of income or ability level.	➤ Identify opportunities to increase equity in existing PA programming. ➤ Review jurisdiction general plans for inclusion of safe streets or similar language. ➤ Explore partnerships with PA businesses (rec center, yoga studios, etc.) to offer free or low-cost classes to residents with low income. ➤ Incorporate PA into existing nutrition services and community events.	Ongoing	➤ Make coordinated physical activity more accessible. ➤ Increase opportunities for coordinated PA.	➤ Track number of added PA events and attendance at each.
4c. Promote Safe Routes to School programs.	➤ Provide school districts information		➤ Increase public awareness of the need for pedestrian safety	

	regarding walk-and bike-to-school resources. ➤ Support and/or implement “walking audits” to identify and document unsafe areas around schools. ➤ Work to improve unsafe walking areas. ➤ Support and/or host “walking school bus” events.		and the benefits of walking. ➤ Demonstrate that small improvements can create safer active transportation.	➤ Document before/after photos and descriptions of improvements.
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