

NUTRITION & PHYSICAL ACTIVITY TASK FORCE
Meeting Summary

Date	07/06/2023
Type of Meeting	General Coalition Meeting
Attendees	Courtney Ivey, Crystal Tovar, Dustin Blakey, Stephanie Riley Stai, and Stephanie Rubio
Recorder	Crystal Tovar

TOPICS	DISCUSSION	ACTION or F/U	WHO
<i>Updates</i>	<p>Strategic Plan Questionnaire Results from NPAT members:</p> <ol style="list-style-type: none"> 1. <u>Addressing nutrition security</u> <ol style="list-style-type: none"> a. 4.5 out of 5 of importance b. Suggestions: <ol style="list-style-type: none"> i. Collaborate as partners, offer referrals to each other's programs, help rebuild food and nutrition capacity to the more rural areas of the county. 2. <u>Addressing equity and inclusion</u> <ol style="list-style-type: none"> a. 4 out of 5 of importance b. Suggestions: <ol style="list-style-type: none"> i. Access to Spanish speaking community, collaborate to maximize impact in areas with the biggest gaps, utilizing strengths of our own programming to address barriers, transportation, equal services to all. 3. <u>Addressing Healthy Eating</u> <ol style="list-style-type: none"> a. 3.5 out of 5 of importance [4 total surveyed] b. Suggestions: <ol style="list-style-type: none"> i. (comment) Related to equity and nutrition security; (comment) Maybe participants are eating as healthy as they can with the resources they have; Offer creative ideas for recipes for SNAP and WIC benefits 4. <u>Addressing Active Living</u> <ol style="list-style-type: none"> a. 3.0 out of 5 – Lower priority at this time 5. <u>Additional Comments:</u> <ol style="list-style-type: none"> a. Dedicated breastfeeding meeting(s)? <ol style="list-style-type: none"> i. 1-2 meetings per year 	<p>Goal setting and opportunities can be discussed at the next meeting.</p> <p>Stephanie to send materials to Crystal for Northern Mono County. Other materials can be shown to Courtney and Crystal for other possible events. Update NPAT website materials/socials/cal.</p> <p>Dustin to send Master Preserver info to Courtney</p> <p>Suggested we can look at more rural settings and how they address transportation barriers such as Alaska or Montana.</p> <p>WIC section can include a hyperlink on NPAT website: Stephanie Riley Stai to send that info to Courtney.</p> <p>Stephanie Riley Stai to consider hosting a breastfeeding NPAT meeting possibly in the spring.</p>	<p>Courtney Ivey</p> <p>Stephanie Riley Stai</p> <p>Courtney Ivey</p> <p>Dustin Blakely</p> <p>Courtney Ivey</p> <p>Stephanie Riley Courtney Ivey</p> <p>Stephanie Riley</p>

	<p><u>NPAT Website Updates</u></p> <ol style="list-style-type: none"> 1. The website has been updated with new resources in both English and Spanish. 2. Resources added: <ol style="list-style-type: none"> a. USDA Dietary Guidelines E/S b. Physical Activity Guidelines 3. New tab under construction which includes: <ol style="list-style-type: none"> a. Food Waste Prevention b. Community Gardens c. Mental Health and Wellness d. School Wellness e. Women, Infants and Children f. Congregate Meals 4. The website will get updated every other month 		Courtney Ivey
New Business	<p>Nutrition 101 Workshops - Train the Trainer Series</p> <p>Proposed Workshop Dates – [Aug/Sept]</p> <ol style="list-style-type: none"> 1. Part 1 – <u>Nutrients:</u> <ol style="list-style-type: none"> a. Macro/Micronutrients, MyPlate, Vegetarian Diets, Whole Body Health 2. Part 2 – <u>Practical Skills:</u> <ol style="list-style-type: none"> a. Menu Planning, Food Labels, Store Layout, Recipes 3. Part 3 – <u>Sustainability:</u> <ol style="list-style-type: none"> a. Hygiene, Allergies, Temps, Food Waste, Prevention, Recovery and Food Storage 	<p>Please contact Courtney to schedule a workshop or to inquire about optional dates. civeycss@gmail.com</p>	Courtney Ivey

<p><i>Roundtable</i></p>	<p>Stephanie Riley Stai</p> <p>Breastfeeding Photography Event:</p> <ul style="list-style-type: none"> • Event at Mammoth Lakes Civic Center Aug 18th. • Any breastfeeding mom can get their picture taken • Goodie bags will be distributed to attendees. <p>Breastfeeding Documentary:</p> <ul style="list-style-type: none"> • Collab w Tobacco Program and Library to screen Breastfeeding documentary. • Subtitles in E/S • Refreshments and air purifiers may be available to promote maternal health. <p>Letters to Local Businesses</p> <ul style="list-style-type: none"> • Letters will be sent to local businesses to encourage and support breastfeeding in the workplace and encouraging them to put breastfeeding decals in their windows. <p>On the Local Mom's Facebook page</p> <ul style="list-style-type: none"> • Offering a Weekly "Tell Me Your Breastfeeding Story" and offering a raffle prize 	<p>Stephanie to send info to Courtney for sharing on socials</p> <p>if anyone has any interest in helping with any of these events contact Stephanie srileystai@mono.ca.gov</p> <p>Courtney to send site lists to Stephanie Riley Stai</p>	<p>Stephanie Riley Stai</p>
	<p>Stephanie Rubio</p> <ul style="list-style-type: none"> • Aug.4 will be apart of breastfeeding walk in Inyo County 11-1:30 PM at the park • Kid Zone on Sept 2nd (first sat) at the fairgrounds. Lots of activities for kids and their families to participate in. • The planning meeting for this will be held on 7/7, if you'd like to join by zoom or in person. Contact Stephanie for a zoom link. 	<p>If anyone is looking for outreach opportunities or for survey collection this is a great opportunity at this Kid Zone Activity. No cost, just distribute a raffle prize and hold an activity. Contact Stephanie Rubio srubio@inyocounty.us</p>	<p>Stephanie Rubio</p>
	<p>Dustin Blakey</p> <ul style="list-style-type: none"> • Wrapped up 4-H year and gearing up for next year. • Outreach regarding interest in establishing 4H club in N County area - Walker/Coleville/Bridgeport. Not just limited to animal activities; include other activities such as hiking, crafts, etc. • Still looking to fill the position of Youth Family Advisor in Kern County who will manage nutrition programs. 	<p>Contact Dustin regarding 4-H interest and Youth Family Advisor inquiries. dwblakey@ucanr.edu</p>	<p>Dustin Blakey</p>

Crystal Tovar-

- Finishing up nutrition & cooking classes a 6 week series at Walker Wellness Center.
- Planning nutrition classes for the school year.

Crystal Tovar

Courtney Ivey -

- Healthy retail has been added to our work plan for 24-26. I am currently working on proposals.
- SB1383- this will be seen in our work in the upcoming months and through the next work plan.
- Nutrition Education training for several of our schools and the Nutrition 101 workshops as well as prepping the school curriculum for next year.

Courtney Ivey

Adjourn

Next Meeting September 7th @ 10 AM