

NUTRITION & PHYSICAL ACTIVITY TASK FORCE
Meeting Summary

Date	09/07/2023		
Type of Meeting	General Coalition Meeting		
Attendees	Courtney Ivey CFHL, Crystal Tovar CFHL, Jenna McCarthy CFHL, Stephanie Riley Stai Mono Co WIC, Tracey Arnold Mono Co PTO, Lauren Plum MCBH, Sandra Salazar InCo WIC		
Recorder	Crystal Tovar		
TOPIC	DISCUSSION	ACTION or F/U	WHO
UPDATES	<p><u>Nutrition 101 Workshop:</u></p> <p><u>Courtney has presented on Part 1 & Part 2 of these workshops already-</u></p> <p>Part 1 covered basic nutrition knowledge, My Plate, whole-body health, and vegetarian diet where Part 2 focused on meal planning, food labels, and store layout.</p> <p>Part 3 is scheduled for next week Wednesday Sept. 13th @ 10 AM. It will cover sustainability, including topics such as hygiene, allergies, food temperature storage, food waste prevention, recovery, and redistribution.</p> <p>All workshop slides will be uploaded to the NPAT Website for easy access.</p> <p><u>Master Food Preserver Collaboration at WWC</u></p> <p>Excited about the opportunity to collaborate with UC Extension and the Walker Wellness Center with the CalFresh team to provide nutrition education starting next year. Will provide more detailed updates as we get closer to the date of this project.</p>	<p>Anyone interested in obtaining these slides can email civeycss@gmail.com for a copy.</p> <p>Any participants are welcome email Courtney civeycss@gmail.com if you wish to join this session</p>	Courtney Ivey

	<p><u>Refrigeration Grant assistance with HSEF</u></p> <p>Clarification on the Refrigeration Grant, it is through the CDFA/Farm to Fork and is managed under the High Sierra Energy Foundation by Jess Blackwell. She has been designated as contact for inquiries related to the refrigeration grant.</p> <p>Purpose: New refrigeration or upgrade for retail businesses. Aims to help assist them in storing food for healthy food access and food waste reduction.</p> <p>California produce is encouraged but not required.</p> <p>Businesses are not required to go green.</p> <p>Next funding round for this grant will likely be the winter of 2023-2024.</p> <p>https://www.sierrafridgegrant.org</p> <p><u>Water Access and Appeal Success</u></p> <p>The goal was to organize 5 or more “Rethink Your Drink” Events by the end of the year and the coalition successfully achieved this milestone! These events were highly successful in Mono County. Other coalition partners contributed by distributing Rethink Your Drink materials across the county.</p> <p>Colleen Moxley from Mammoth Unified School District organized 3 events that engaged students in various activities, water taste tests, including watching educational videos about sugar consumption and conducting hands-on activities.</p> <p>Crystal from CSS led 2 events at food distribution sites where tables were set up with “spa waters” and provided materials to participants.</p>	<p>Courtney to send Lauren contact info for grant</p> <p>Jess Blackwell is available to answer any questions and offer assistance blackwell@highsierraenergy.org</p>	<p>Courtney Ivey</p>

<p>NEW BUSINESS</p>	<p><u>Exciting project on the horizon- New Water Filling Stations</u></p> <p>Kendra Knight with Mammoth Disposal, in collaboration with the Town of Mammoth Lakes has secured a grant and plans to install several water filling stations before the end of her fiscal year timeline. An interactive map https://findtap.com/search/stations was shared which shows existing water stations, originally established by High Sierra Energy Foundation during the conversion of green businesses. This will be great as it gives us more water access, less sugary beverages, and reduces the waste going into our landfills.</p>		<p>Kendra Knight</p>
<p>ROUNDTABLE</p>	<p>Sandra- shared she participated in the Nutrition 101 class and it was great. Held a successful event in INYO county with approximately 45 RSVPS were received. Event had interactive games, storytime, and other activities. Giveaways included items like a wagon, hiking backpack for babies and a bag that could transform into a changing station.</p> <p>Also participated in KidZone which recently took place. Cooling zone was set up for parents that she collaborated with Green Fox Events to provide a relaxing space for breastfeeding parents.</p> <p>Currently conducting a needs assessment survey. If you know anyone living in Inyo County please encourage them to fill out the survey. https://www.surveymonkey.com/r/InyoHealthSurvey</p> <p>**Has expired breast hand pumps** that would like to donate or any leads on any organizations who might accept these.</p> <p>Stephanie- In August, Mono County WIC organized events for lactating parents, including a photography session. The events featured themed cupcakes, funded by a tobacco grant, and resources shared with participants. - wine tumblers with sparkling water for breastfeeding parents were provided. These tumblers promoted healthy drinking habits while breastfeeding. Resources and education were also made available to attendees. - A screening of the documentary "Milky Way" took place at the Mammoth Lakes library, and five copies of the movie were obtained. One copy was donated to the library for rental, and needs ideas for the use of the remaining copies.</p> <p>A request for breastfeeding stories was posted on a local mom's Facebook group, and prizes, including water bottles and t-shirts, were awarded to participants.</p>	<p>If any one has any ideas of what to do with these breast hand pumps or leads of an organization that would accept these breast hand pumps Please contact Sandra ssalazar@inyocounty.us</p> <p>Any ideas for the remaining copies of the documentary or wanting breast feeding decals contact Stephanie</p>	<p>Sandra Salazar</p> <p>Stephanie Riley Stai</p>

	<p>-Breastfeeding door hangers and decals featuring the international breastfeeding symbol,were offered to local businesses. - Plans are underway to distribute more door hangers and decals to businesses in the coming months.</p> <p>**Action Items:** Looking for ways to use the remaining copies of the "Milky Way" documentary.</p> <p>Lauren Plum- attended the Cultural Language Summit in Bridgeport, a partnership with the Owens Valley Career Development Center and the Bridgeport Indian Colony. It was a successful cultural event.</p> <p>Hosted World Overdose Awareness Day, attracting about 75 participants. The event included Narcan distribution, education, harm reduction, free dinner, giveaways, and gained new partners.</p> <p>.</p> <p>Upcoming events- include participation in events like Kutzedika Day, a community picnic event at Mono Lake County Park with the Mono Lake Tribal community on Saturday the 9th @ 9 AM</p> <p>Health and Safety Fair also this Saturday the 9th at Shady Rest Park @ 10-12 PM</p> <p>Latin Heritage Month celebration will be held at the middle school Sept. 15th.</p> <p>There are plans to attend flu clinics with the Public Health Department.</p> <p>Will be going to Mammoth Mountain for a documentary movie screening on mental health in November and December.</p> <p>Weekly programming is ongoing in various community wellness centers throughout the county, and a fall calendar has been finalized for September through December.</p> <p>There's an interest in connecting with Tracy, possibly for involvement in school sporting events.</p> <p>Tracey- PTO recently started a brand new newsletter and would love to collaborate with any ideas to bring some events into the schools and publish them in our monthly newsletter.</p> <p>Also working closely with marines and their families, they would be able to do some workshops or if they could help plan events to let her know.</p>	<p>srileystai@mono.ca.gov</p> <p>Lauren to coordinate with Tracy regarding potential involvement in sporting events. traceyarmold15@gmail.com</p> <p>Tracey will provide contact info to Lauren of the current family readiness advisor</p>	<p>Lauren Plum</p> <p>Tracey Armold</p>
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