

NUTRITION & PHYSICAL ACTIVITY TASKFORCE

Meeting Summary

Date	11.7.24		
Type of Meeting	General Coalition Meeting		
Attendees	Sadie Gastelum, Marissa Flanders, Samara Moschiano, Jenna McCarthy (Community Service Solutions/CalFresh Healthy Living); Colleen Moxley (Mono County School Nurse); Cassidy Moyer (Mammoth Disposal); Anthony Ottati (Town of Mammoth Lakes) ; Margee Neer (Mono County Public Health); Dustin Blakey (UC Cooperative Extension); Stephanie Riley Stai (Mono County WIC Director); Kristine Kidd (Eastern Sierra Farm Fresh); Carolyn Balliet (Mammoth Salvation Army); Lara Walker (First 5)		
Recorder	Sadie Gastelum		
TOPIC	DISCUSSION	ACTION or F/U	WHO
UPDATES: School Wellness, Food Waste Prevention	<p>School Wellness:</p> <p>Colleen Moxley - Colleen and Margee are going to work together on an oral health collaboration at MUSD, which might include a Rethink Your Drink for students. They would love to have help with resources for this from the CalFresh Healthy Living Team.</p> <p>Jenna McCarthy - Playground stencils have been delivered to Antelope Elementary School. Garden subcontracts have been given out to Antelope Elementary and Lee Vining Elementary. Samara just finished up nutrition lessons with Lee Vining first graders. Lee Vining and Mammoth Elementary Schools are very active in the CATCH PE Program. The CalFresh Healthy Living Team held a CATCH training at Mammoth Middle School. Kim Ohara, who is now at Mammoth Middle School, attended and Nick Alexander came up from Bishop for a refresh training. Emily Wisner at Mammoth Middle School has been incorporating nutrition and cooking with middle school STEAM students, and Samara has been delivering the food to the school for these lessons.</p> <p>Margee Neer- This week, Jordyn Pinochi, the Community Health Organizer, will be promoting Health Hygiene with 4th through 8th graders in all of the Eastern Sierra Schools. She has made health hygiene kits for the students with deodorant, soap, etc. and will be talking about puberty and self-care.</p> <p>Kristine Kidd - Kristine Kidd and Katie Lambert have started a Farm to School program at Palisade Glacier High School, and for this program they plan to spend one day at the farm with students and one day cooking with students. They also</p>		

	<p>hope to teach at the after school program at the Methodist Church in Bishop.</p> <p>Margee Neer - Inquired if Samara has been connected with Dena Dondero (Inyo County MCAH).</p> <p>Food Waste Prevention:</p> <p>Kristine Kidd - Eastern Sierra Farm Fresh has been busy working towards becoming active by March. They have been applying for grants and designing the logo and website. Eastern Sierra Farm Fresh is still seeking volunteers. She is hopeful that the high school students who are required to do community work might be interested in volunteering.</p> <p>Dustin Blakey - Dustin has been involved with the grant that Kristine is writing. Class dates are not yet set due to the holidays coming up. The Master Food Preservers will likely be doing a fish canning workshop after the first of the year. Dustin also explained that the theme of their preservation workshop will be an Italian Theme in order to encourage participants to attend. He also has people interested in a Lunar New Year's class where they will be teaching proper freezing methods. In terms of gardening, they will hold off on scheduling and planning classes until it is the proper season. Dustin shared that the furthest they drive to do classes will be Lee Vining.</p> <p>Stephanie Riley Stai - Stephanie is doing a food safety class with clients where she will teach them about food waste prevention, transporting food home safely, how long food can last in the fridge, and safe usage of cutting boards. She will also provide cutting boards. She sees the participants every 2 to 3 months and this class will be continued through December.</p> <p>Carolyn Balliet - Mammoth Salvation Army is still getting dairy on Friday from Vons. Anything that they are unable to give away from that Friday to Monday, they give to Glass Mountain or they will drive the extra perishables to Lee Vining every week depending on how much milk is left over.</p> <p>Stephanie Riley Stai - Stephanie asked Carolyn how she should direct those</p>	<p>Connect Samara with Dena Dondero</p> <p>Connect Kristine with the alternative high schools in Mammoth</p> <p>Kristine is interested in the curriculum that CFHL has to offer</p> <p>Carolyn will get permission to give Stephanie the woman's phone number in Lee Vining so that Stephanie can</p>	<p>Margee</p> <p>Colleen, Kristine</p> <p>Jenna</p> <p>Carolyn</p>
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	<p>interested in the milk to get to Lee Vining to pick up the milk in time. Carolyn's friend in Los Angeles sends out a text to remind people in Mammoth of when the food arrives at the Salvation Army and can be picked up.</p> <p>Jenna McCarthy - still working on chart discussed last time about different organizations, their goals, assets, and needs. Will be a working document for NPAT.</p>	<p>share how to pick up the milk with clients.</p> <p>Food waste prevention, recovery, redistribution chart</p>	<p>Jenna</p>
<p>NEW BUSINESS: Healthy through the Holidays, National Nutrition Month®</p>	<p>Healthy through the Holidays</p> <p>Jenna McCarthy - Healthy through the Holidays arose during Covid, and we've done more formal partnerships/events in the past (competitions/prizes for Mammoth Middle School, themed workout videos). This year we're not looking to create a big event or new content, but we'd like to share each organization's planned events and maybe collaborate on some smaller programming throughout the county to help encourage residents to make healthy choices during the holiday season.</p> <p>Carolyn Balliet - Coleville and Walker have an Annual Holiday Craft Fair that is hosted by the Senior Center in Walker. She shared that there is also a women's club in June Lake where local individuals host annual events.</p> <p>Margee Neer - There is going to be a Parent Night on December 5th at MUSD. She requested recipes and lesson ideas for Healthy through the Holidays.</p> <p>Colleen is able to share recipes through Parent Square.</p> <p>Crystal Tovar (via email)- Crystal is interested in healthy programming for her AES after school students November 25th-26th.</p> <p>Samara Moschiano - She will be doing some Healthy through the Holidays programming at the Salvation Army in Bishop, sharing affordable, holiday-oriented recipes and taste tests.</p> <p>National Nutrition Month®</p> <p>Jenna McCarthy - Jenna shared that National Nutrition Month is an annual event in March to promote nutrition. Do we want to collaborate on an event? Put on smaller events and help each other promote?</p> <p>Colleen Moxley - There is a need for high school nutrition education. She has seen</p>	<p>Reach out to community orgs that may have healthy programming to advertise (Senior Center, Mammoth Rec Center, etc.)</p> <p>Ed materials to Margee</p> <p>Holiday recipes to Colleen</p> <p>E-introduce Margee and Jordyn to Crystal</p>	<p>CFHL team</p> <p>CFHL team</p> <p>CFHL team</p> <p>Jenna</p>

	<p>Dustin Blakey - Dustin shared that he had experienced an interactive walk in Arkansas through an inflatable body. There were stations through the body, displaying the organs and functions, and the students loved it. Lara said that something like that would be great for the Health and Safety fair, which is in June.</p> <p>Crystal Tovar (via email)- Crystal is interested in healthy programming for her AES and CHS after school students during March.</p>	<p>Do we know anyone who has one of these? They're expensive!</p> <p>E-introduce Margee and Jordyn to Crystal</p>	<p>Jenna - ask other CFHL programs</p> <p>Jenna</p>
<p>ROUNDTABLE (Other program updates/asks)</p>	<p>Lara Walker - First 5 promotes Potter the Otter, which goes to all of the health and safety fairs, and she will look into seeing if First 5 has developed something else for this year. She has a limited supply of cookbooks, but if there are extra she will offer them to the group. Everyone at First 5 is a lactation educator, but they are not all lactation consultants. For this reason she loved to hear that Stephanie is a lactation consultant. Stephanie responded by sharing that she is remote, but Nancy is at the office. Lara said that she always refers families to WIC, and Stephanie responded that she also often refers families to First 5.</p> <p>Stephanie Riley Stai - A lot of families are being referred to them at WIC and she is very busy. She is still brainstorming about what to do for National Nutrition Month.</p> <p>Carolyn Balliet - Met with Patrick from Vons shipping and receiving and shared his difficulty reporting the number of donations. Northern Nevada Food Bank has rules/regulations that make participation difficult.</p> <p>Samara Moschiano - In addition to her work at Bishop Salvation Army, she will also be collecting holiday recipes to share and disperse.</p>	<p>Anthony will be meeting with Von's and will get back to Carolyn and CSS.</p>	<p>Anthony</p>
<p>Adjourn</p>	<p>Next meeting: January 2, 2025, 10:00-11:30. Agenda items will include 2024 reflections and 2025 coalition goals</p>		