

Marin County Healthy Eating Active Living Initiative

Food Now Task Force Meeting

Date: Monday, May 13, 2019

Time: 2:00-4:00 pm

HEAL Food Now AGENDA		
TIME (Est.)	ACTIVITY	Notes and Speakers
2:00- 2:10pm	Welcome & Introductions	Roxy
2:10- 2:20 pm	General Updates <ul style="list-style-type: none"> • Community sharing • Home delivered meals • Livestories 	All, Roxy
2:20- 2:50 pm	Nutrition Food Standards <ul style="list-style-type: none"> • Review • Update 	Cathryn, Sheila, Roxy
2:50- 3:50pm	Nutrition Food Standards Roll Out <ul style="list-style-type: none"> • Target Populations • Neighborhood Meetings • Educational Materials 	Cathryn, Sheila, Roxy
3:50- 4:00pm	Closing <ul style="list-style-type: none"> • Next Steps 	Roxy

General Updates/ Community Sharing

Ceres

- Sonoma county reducing heart disease and stroke through a grant focused on evidence-based community strategies.
 - St Joseph health team screened 17 low income. Food insecure families(mostly latino) using SNAP ed validated questions to participate in program
 - Enrolled in 12week program – 90 min educational classes
 - Classes were held at elementary school & child care and translation services were available.
 - Families went home with 5 prepared meals that met heart healthy guidelines, groceries from the food bank, and hearty health recipes.]
 - If families were unable to attend class, family members were able to pick up meals/groceries.
 - Outcomes:
 - Program Participation: only 3 families came to 7 or fewer classes, majority participated in 10+ classes
 - Significant improvements in A1c, BP, and BMI.
- Cathryn will share more information on Pre/Post data

AIM

- Launch third route in West Marin summer 2019.
- Currently Rollin Root has 8 stops per week on Thursday and Friday
- Accept Senior Nutrition Vouchers
 - Currently tracking senior bonus bucks to track senior utilization on Rollin Root.

MCC

- National Senior Health and Fitness Day on Wednesday May 29th at the San Rafael Clinic (3110 Kerner Blvd San Rafael) from 2:00-4:30 p.m.
- Novato Health Hub hours have changed:
 - Everything Thursday from 3:30pm-5:30pm

Covia

- Home Delivered Meal Program is now serving San Rafael residents.
- Looking into expanded senior produce market in Marin City
 - Connect with Interfaith - CSA box pick up at Sunday at churches in Marin City

SF- Marin Food Bank:

- Marin City Food pharmacy will resume first week of June 2019.
- Food bank is working on launching new home delivered meal program in Marin County within the next year
 - Looking into various methods which include: having volunteers meet in san Rafael warehouse/pick up and distribute, work with existing partners who have participants who are unable to come to pantry and have volunteers who deliver groceries, and working with proxy strategies
- Missing Meals Report 2019 has been released
 - This year were able to strategy missing meals and the severity by zip codes which will be helpful in determining outreach strategies moving forward.
 - Mill valley is one place that they will be focusing on, another area – forest knolls in Lagunitas / san Geronimo may be serving

Home Delivered Meal Workgroup

- Meets monthly- 1st Monday 11:30:1:00pm

- Home delivered meals group will pilot norcal resources referral platform – ability to refer clients to delivered meal programs they qualify for.

Food and Beverage Guidelines/Standards

- All taskforce members present at 5/13 meeting has agreed to adopt them.
- Roxy to send to members who were unable to attend to provide feedback by 5/21.
- Roll out plan:
 - o Discussed hosting small workshop to community distribution partners who shape/impact flow of food to participants in Early August.
 - o Education materials package: FB resources, healthy recipes that meet standards, etc.

Next Steps:

1. Send Health Food/Beverage Guidelines Standards who food now taskforce to provide feedback by 5/21
 - a. Goal: want ppl to commit adoption of standards & list those who pledge adoption on Heal Website.
2. Send Livestories link to taskforce to review/provide feedback.
3. Meet with Marv to discuss hosting community workshop to 10 organizations he partners with.
 - a. Tentative date for community workshop: early August 2019.
4. Share Final Healthy Food/Beverage Guidelines/Standard to MFPC.
5. Food Bank/Sheila will inquire about using/distributing their educational materials at workshop and to community organizations.