



# Healthy Impact Nampa Coalition

## Food Access Subcommittee

### Minutes – January 8, 2019

#### 3:30 PM - Welcome and Introductions

Brent Peterson and Bethany Gadzinski, Committee Chairs, started the meeting, all in attendance introduced themselves.

Name	Affiliation
Bethany Gadzinski	Terry Reilly Health Services, Committee Co-Chair
Brent Peterson	NNU, Committee Chair
Jean Mutchie	St. Luke's
Obed Saenz	Valley Regional Transit
Ana Moroshan	Good News Community Church & Cap Ed
Sheri Ainsworth	Saint Alphonsus
Alma Rowell	Nampa Northside Revitalization Program
Rae Krick	Terry Reilly Health Services
Jackie Yarbrough	The Idaho Food Bank
Jackie Jermann	WICAP
Sandy Kipp	Dietitian & College Church
Matt Jamison	City of Nampa, CDBG
Micki Kawakami	AARP ID
Jessica Nielsen	Treasure Valley Leadership Academy
Kim Whitemyer	Community Member
Estrella Rays	The Salvation Army
Pam Peterson	Community Member
Jackie Knickrellum	Nampa School Dist. McKinney-Vento
Heidi Rahn	Nampa School Dist. Federal Programs

#### 3:45 PM – Terry Reilly Healthy Food Prescription Program

Rae Krick, Dietitian at Terry Reilly Health Services detailed the food prescription program grant that began last May. The program will have three, 3-month sessions and will try to enroll 174 patients with uncontrolled diabetes, hypertension, and a BMI > 30 (obese). The goal of the program is to bring down peoples ALC's and BMI% through education about healthy eating and access to healthy food over the 9-month session. Additionally, a goal of the program is to increase the sales of local produce providers/growers. To date they have 121 people enrolled and once a week they can get free fruits and vegetables (based on family size) coupled with

education on food preparation and one on one sessions with the Dietitian. Of the 121 program participants, 69 are attending the appointments and of those 66 are actively coming to the produce market. RESULTS: At the time the report was generated 13 people had a reduced BMI and 26 people had reduced their ALC by an average of 1.2%. The goal of the program was is .5% reduction in ALC's and the top 4 participants reduced their ALC's by 4.9%-5.9%. The program used the local farmers market over the summer and their total sales came in around \$26M. Terry Reilly had sales of just over \$7M from August to October and \$3.5M of that went to local producers. Currently the program is using Panera market as their fruit and produce provider. Results of the impact on Panera is not yet available. Issue they have encountered at Terry Reilly is how to assess food security. To address the issue, they have been asking the two nationally recognized questions of 1) Within the past 12 months we worried whether our food would run out before we got money to buy more. 2) Within the past 12 months the food we bought did not last and we did not have money to get more. The answers available are (sometimes true, often true, never true) If the participant answered either sometimes true or often true they are defined as food insecure.

Question: Is there any longitudinal plan to follow up on this study. Rae mentioned that she would make herself available to the participants after their sessions are over if the funding will allow her to. Bethany mentioned most of the participants are Terry Reilly patients so they will likely be able to continue to monitor progress after the program has ended to see the assess the long-term benefits.

Question: Sandi Levi asked if there is any education related to shopping on a budget? Do they counsel them on what kind of foods to buy that will last longer and be more nutritional? Rae responded that they do educate on the nutritional value of foods and portion sizes and would like to start offering more information on financial literacy. They currently require a minimum of 4 appointments, and they offer cooking courses and a grocery store tour to participants understand food labels and look closely at pricing.

#### **4:00 PM – The Food and Veggie Hut – The Traveling Table**

Ana Moroshan updated on the status on the Traveling Table van break in and broken driver's side window. Insurance deductible is higher than repair cost of estimated \$250. Discussed launch date and time of first traveling table event as January 16<sup>th</sup>, 2019. It will run from 10am to 2pm. Brent asked if everyone volunteering to help needs to go through the food handling training. Someone commented that there only needs to be one trained person onsite that has completed the training and that person would be onsite the day of the event. Discussion on marketing the Traveling Table by all. Possible development of website to detail location and dates of future Traveling Table pickup locations. TVLA students are working on it, but currently not ready. Amy Bowman offered to take pictures of the Van to use in social media and other marketing materials.

Jessica Nielsen mentioned the frequency of the Traveling Food Table will be once a month on the 3<sup>rd</sup> Wednesday of the month and currently it will be at a single location 608 14<sup>th</sup> Ave Nampa ID(Lakeview Nazarene Church) on that day. Logistically they have an issue with student

transportation to multiple locations and the actual transportation of the Van to each additional location. As the logistics of student safe transportation and scheduled CDL licensed drivers become available to drive the van around additional stops can be added in the future. Brent suggested the possibility that NNU students and other adult volunteers could help participate at the additional locations if the TVLA students were not able to get to the additional locations. Ana discussed the purchase of T-shirts for the volunteers and a rubber stamp to stamp the food boxes so recipients of the food boxes would know where it came from.

Jackie Yarbrough asked for clarification on who is ordering the food, how the food will be getting to Nampa for the Traveling Table, and where they are with the basic logistics of the upcoming event. Jackie also expressed concern over the availability of shelf stable products given the time of year the Traveling Table is launching. Jessica Nielsen commented that she thought the Church would be ordering the food for the Traveling Table from the Idaho Food Pantry. Ana and Jackie agreed to discuss the remaining logistics after the meeting. Additionally, there was discussion on where to take any food that is left over from the event. It was suggested that the food could be sent to the local School pantries (Snake River was mentioned as the closest).

Discussion of possibilities for future produce ordering and partnerships with local area partners like the local hospitals. If they have excess fresh produce can be donated to the Traveling Table if it is uncut produce. Next event will be February 20, 2019 and for now it will be at the same Lakeview location. Discussion on the distribution of recipes specifically related to the food being distributed.

Brent asked for everyone to help get the word out about the Traveling Table event through their respective social media outlets.

Discussion on ideas to help fill

**Actions:**

- Follow up on whether there was leftover food from the January 16<sup>th</sup> event and how the delivery to the School pantry went. Any suggestions on how the process could improve?

**4:40 p.m. Grocery Shuttle Update:** Sheri Ainsworth updated on the grocery shuttle on the shuttle driver. Roberto is no longer employed by Boise Rescue Mission and thus cannot drive their vehicle anymore. Boise Rescue Mission has provided a driver for the upcoming date, but they will need a CDL licensed driver for the 18<sup>th</sup> and the 25<sup>th</sup>. Sheri mentioned she intends to rent for the next two shuttle events on the 18<sup>th</sup> and 25<sup>th</sup> but will need a CDL licensed driver for each day. Brent mentioned he could cover the 25<sup>th</sup> and they are still needing a driver for the 18<sup>th</sup> shuttle date. It was mentioned that Jose DeLeon has a CDL and would possible be able to drive. Saint Luke's has a vehicle that they are willing to donate to the shuttle program, but it is working its way through their legal department. They have also been awarded a grant to purchase their own shuttle vehicle and it is feasible that they could have both vehicles available

in the future. For now, it will take the month of January to see which option will become available first. Roberto is still working for St Alphonsus and can drive the shuttle once a vehicle is secured that he can drive. Discussion on the handicap accessibility of the two vehicle options. It was mentioned that the St Luke's vehicle would have to be retrofitted to make it wheelchair accessible and the one they would purchase with the grant would be required to have wheelchair accessibility.

Question: What are the numbers that are getting off the bus? Still averaging right around 28 to 30 every Saturday. This number is with no active promotion. If they were to run more frequently it would get more participation and current participants have mentioned it would be helpful to have days available during the weekdays. Discussion on the challenges of the participants and how much food they can carry from the shuttle to their home.

Update: Email went out from the Mayor's office regarding a meeting for all emergency food providers, food pantries, and partners of the Idaho Food Bank. The meeting will be on the 31<sup>st</sup> of January and will assess food security in Canyon County and invites all participating providers to come to the meeting.

Update: Leads from subcommittees and the steering committee for Healthy Impact Nampa met to discuss how they can keep the motivation levels high and avoid burnout of volunteers. should move forward. One of the topics discussed was the issues related to earlier childhood education and getting support for that. Sheri and Jean were asked to draft a legislative position statement in support of the need. They want to do a working council with City Council to show why this has been targeted and figure out where support lies for some of the initiatives. Additionally, the City of Nampa is looking at putting the key focuses of the Healthy Impact Nampa Coalition as an area of focus within the Cities Comprehensive Plan. These are key to creating a real coalition of groups working toward the same goal.

#### **4:50 PM Meeting Logistics**

- The next meeting will be held on Tuesday, February 12, 2019 from 3:30 -5:00 at College Church Room #208 504 E Dewey Ave Nampa, ID 83686