

<b>Meeting Minutes:</b> <b>Schools &amp; After-School Domain</b> <b>January 16, 2017: 2:30 p.m. – 3:30 p.m.</b> Serra Mesa Kearny Mesa Public Library 9005 Aero Drive, Community Room San Diego, CA 92123	<b>Next Domain Meeting:</b> <b>Schools &amp; After-School Domain</b> <b>February 20, 2017: 2:00 p.m. – 3:30 p.m.</b> Serra Mesa Kearny Mesa Public Library 9005 Aero Drive, Community Room San Diego, CA 92123
<b>Attendees:</b> Amy Garfinkel (SDUSD FNS), Angeles Nelson, Dan Fesperman, Prem Durairaj, Nina Ghatan (CHIP), Barbara Hughes, Danielle Isola, Erika Hernandez, Melissa Roberts, (HHSA), Heather Cruz (CVESD), Jamie Moody (UCSD), Josh Bariuan (YMCA CRS), Kate McDevitt (SDUSD), Kristin Haukom (Alta Planning), Marya Nash (Wild Willow Farm), Paige Metz (SDCOE), Shirley Salado, Stella Weaver (UCCE), Shohre Zahedi (Hygia Weights Loss & Nutrition), Taylor Shrum (Harder+Co.), Yuka Asada (University of IL Chicago) <b>Recorder:</b> Lyndsey Tapia (CHIP)	

Topic/Issue	Discussion	Action
<b>Welcome</b>	<ul style="list-style-type: none"> <li>Deirdre Kleske led introductions.</li> </ul>	
<b>Announcements</b>	<ul style="list-style-type: none"> <li>Free movie screening, “Resilience” on Tuesday, January 9 from 3:30-6:00 pm at CSU San Marcos. “Resilience” describes the Adverse Childhood Experiences (ACEs) study done in San Diego County by a Kaiser physician. The screening will be offered in conjunction with the campus resource fair.</li> <li>In partnership with the California Department of Education, the San Diego County Office of Education (SDCOE), and the Dairy Council of California, the San Diego County Childhood Obesity Initiative will offer a wellness workshop, "Assessing Wellness Policy Implementation: the Who, the Why, and the How" on Friday, February 9 from 8:30-11:30 am at SDCOE. Through this workshop, participants will review two evidence-based implementation assessment tools, hear local best practices, and learn how assessment data can be used to meet other district objectives. The workshop flyer will be sent via email and include instructions to register in person or to participate via webinar.</li> </ul>	
<b>What’s in a Wellness Policy?</b>  Barbara Hughes	Barbara from UCSD Center for Community Health provided a brief overview of the Nutrition Education component of Local School Wellness Policy.  Is nutrition education required? <ul style="list-style-type: none"> <li>Yes. Districts are required to set specific goals and policies around health and wellness including nutrition education and physical activity. According to the Healthy Hunger Free Kids Act, it states that local agencies are required to establish and implement a wellness policy. Typically in a wellness policy, the district policy is stated right after the introduction portion.</li> </ul> Examples of best practices...	<ul style="list-style-type: none"> <li>Lyndsey to email the Nutrition Education resource sheet with the meeting minutes.</li> </ul>

	<ul style="list-style-type: none"> <li>• Nutrition Education and Obesity Prevention (NEOP) specialists throughout the County deal with many different schools and wellness policies and they use evidence-based and research tested curriculum materials.</li> <li>• Direct education to students, as well as train-the-trainer models to help teachers provide nutrition education to their students, are good strategies.</li> <li>• Another best practice is to connect the cafeteria to the classroom, and use Smarter Lunchroom Movement strategies to change of the cafeteria and the school meal by highlighting healthier options provide another venue for nutrition education.</li> <li>• The Harvest of the Month program also connects the classroom and the cafeteria. The new website provides free, easy-to-use, seasonal materials to teachers and food service staff. NEOP specialists can support the nutritional education portion with in-classroom lessons at eligible schools.</li> <li>• Barbara provided a resource sheet to the workgroup that also included model policy language. Examples of nutrition education policy language from local districts can also be found on the COI website under the “Policy Clearinghouse” tab under “Resources” at the top of the home page.</li> </ul>	
<p><b>Expanded Food Nutrition Program</b></p> <p>Stella Weaver &amp; Shirley Salado</p>	<ul style="list-style-type: none"> <li>• The Extended Food and Nutrition Education Program (EFNEP) has provided nutrition education to limited resource adults and children since 1969. It is a unique collaboration between the U.S. Department of Agriculture, University of California Cooperative Extension (UCCE) and the County of San Diego.</li> <li>• EFNEP is a state &amp; nation-wide program that is a research-based and provides practical information and strategies to help families’ live healthier lives.</li> <li>• EFNEP partners with many community agencies, schools, child care centers, shelters, and libraries.</li> <li>• In FY 2013-2014 San Diego EFNEP provided nutrition education to 698 adults and 3,424 youth. Overall, there have been high participation and completion rates in both the adult and youth EFNEP programs.</li> </ul> <p><b>EFNEP Adult Program</b></p> <ul style="list-style-type: none"> <li>• Participants attend 6-8 sessions, usually meeting weekly for an hour. Sessions include incentives such as vegetable brushes, exercise band, recipe books, Walk DVDs, food thermometers, and water bottles. Upon completion, participants receive a certificate from UCCE.</li> </ul>	

	<ul style="list-style-type: none"> <li>• EFNEP lessons focus on topics such as healthy portion sizes, MyPlate key messages, how to plan family meals and healthy snacks, create grocery list, read nutrition labels, food safety and some physical activity.</li> <li>• In 2010-2011 580 adults completed the EFNEP series. EFNEP staff indirectly reached over 2,356 adults.</li> <li>• 92% of participants improved in at least one nutrition practice: 84% improved in at least one food resource management practice and 69% showed improvement in one or more food safety practice. 70% more often used the nutrition facts label to make food choices, 54% more often planned meals in advance and 29% ate more vegetables.</li> </ul> <p><b>Youth EFNEP</b></p> <ul style="list-style-type: none"> <li>• EFNEP helps youth acquire knowledge, skill, attitudes, and behaviors to create nutritionally sound diets. It provides no-cost common core-based nutrition for youth (ages 5-18) who come from limited resource families or attend a school in which 50% or more of the students qualify for free or reduced price lunch.</li> <li>• The program is delivered by EFNEP staff in schools/afterschool and community based programs through a 5-6 lesson course throughout the year.</li> <li>• Throughout the course students learn to recognize MyPlate as a guide to healthy eating, develop healthy eating habits, choose healthy snacks, increase physical activity, read food labels, try new foods, and practice safe food handling.</li> </ul>	
<p><b>Learning from the Living Soil</b></p> <p>Marya Nash</p>	<ul style="list-style-type: none"> <li>• Marya Nash from Wild Willow Farm and Education Center presented on Understanding Soil through Regenerative Agriculture Practices and how it supports a healthy lifestyle.</li> <li>• Wild Willow Farm helps educate and nourish local communities by training new farmers, empowering young community leaders, providing educational field trips, growing only organic produce, providing workshops and community events celebrating nutrition, and teaching the health benefits of environmental stewardship.</li> <li>• The program increases understanding of the soil, how nutritious foods are a gateway to well-being and vitality, and that soil is responsible for the abundance of plants, the behavior of water, and the growth of all other living things. The program can meet STEM standards and uses hands-on, outdoor experiences to enhance classroom learning.</li> </ul>	<ul style="list-style-type: none"> <li>• Angeles to invite Marya to teach a workshop for the community garden group at the Lemon Grove Senior Center.</li> </ul>

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|  | <ul style="list-style-type: none"><li>• Wild Willow Farm has formed a connection with Chula Vista High School to expand the school garden in 2017. Wild Willow provides education on harvesting crops, proper washing of produce, and other gardening and sustainability techniques.</li><li>• Urban agriculture field trips and classes are offered at Wild Willow Farm throughout the week. Classes teaches students about food cultivation, which can be done even with limited growing space.<ul style="list-style-type: none"><li>• A 3-day intensive Gardening 101 class teaches participants to observe, design, construct, plan and plant, compost building, basic irrigation, and regenerative/sustainability techniques.</li></ul></li><li>• The farm uses ancestral practices and current technologies and science to understand the body and the environment. It encompasses traditional and community roots by having traditional, cultural based workshops and incorporating native crops into the farm, all of which makes Wild Willow a unique learning environment.</li></ul> |  |
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<p><b>COI Mini-Grant Update</b></p> <p>Nina Ghatan</p>	<ul style="list-style-type: none"> <li>• Nina provided an overview of the COI Mini-Grant Program including a review of the Mini-Grant application process, past and current projects, and tips for those considering applying for the third round of funding.</li> <li>• The focus of the mini-grant is to create environmental changes to the physical or social environment that promote healthy behaviors in the community. (i.e. placemaking, community gardens, playground equipment, beautification projects, hydration stations, and walking and bike path improvements)</li> <li>• The COI awards mini-grants ranging from \$500 to \$5,700 annually to support projects that align with COI goals. Three rounds of funding will be available; total amount awarded each round will be \$5,700.</li> </ul> <p>Who can apply?</p> <ul style="list-style-type: none"> <li>• Community advocacy groups with a fiscal sponsor, vommunity based non-profit organizations with tax exempt status, City or tribal governments, and San Diego County school districts and/or schools.</li> <li>• High priority is given to projects that meet following criteria: <ul style="list-style-type: none"> <li>○ Serve economically disadvantaged communities and/or residents</li> <li>○ Have the greatest reach and impact</li> <li>○ Demonstrate collaboration with community stakeholders</li> </ul> </li> <li>• The mini-grant is only to subsidize the price for project supplies, project related expenses, and consultant fees (which may not exceed 50% of the project cost). Nina explained the distinction between consultant fees and staff salaries. <ul style="list-style-type: none"> <li>• Example: for an intersection mural project, it is ok to hire an artist and use the funds towards compensation, however, it is not ok to write in part of your staff salary as an expense, or hire new staff to support project implementation.</li> </ul> </li> </ul> <p>Round 1 funding recipients:</p> <p>National School District (in National City)</p> <ul style="list-style-type: none"> <li>○ <b>Project Title:</b> Biking for Health</li> <li>○ <b>Project Overview:</b> Funding of four bike racks (with capacity for 10 bikes each), bike helmets, and locks. Two racks will go to John A. Otis Elementary, and two to El Toyon Elementary.</li> </ul>	<p>Grant application for round 3 will be released <b><u>May 1, 2018.</u></b></p>
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- **Project goals:** Promotion and encouragement of safe physical activity at least twice a day for 40 students in the schools receiving bike racks. This can further encourage family bike rides and use of the bike racks that have been installed throughout the city.

- **Project Cost:** \$2,050.00

Bayside Community Center

- **Project Title:** Linda Vista Intersection Mural Network (LVIMN)
- **Project Overview:** The intersection mural to be painted in front of Linda Vista Elementary School (LVE). This location was identified by the Resident Leadership Academy as a dangerous place for pedestrians during pick-up and drop-off times because vehicles do not respect pedestrians.
- **Project goals:** A successful intersection mural will increase community identity, ownership, walkability, and multi-modal (though primarily pedestrian) safety around Linda Vista Elementary.
- **Project Cost:** \$3,555

Round 2 funding recipient:

Environmental Health Coalition

- **Project Title:** Reclaiming Healthy, Outdoor Spaces in Barrio Logan
- **Project Overview:** The Chicano Park Herb Garden in Barrio Logan is a reclaimed space that celebrates the history and culture of the neighborhood, enhances the community space with a new mural, and rejuvenates the garden space with new signage, seating, and other materials.
- **Project goals:** Further develop and improve 4,000 square feet of community park and garden space for public usage and education.
- **Project Cost:** \$5,665

- Tips for those who are considering submitting an applications:
  - Focus on **environmental change** verses education.
  - Demonstrate **collaboration**.
  - Think of ways to **set your project apart** from the rest.
  - Include specific and **measureable outcomes**.
  - Describe how your project budget and timelines are **feasible**.

