

Schools & After-School Domain Meeting Minutes: Tuesday, April 19, 2022, 2:00pm-3:30pm Via Zoom	Next Meeting: Tuesday, May 17, 2022, 2:00pm-3:30pm Via Zoom
Attendees: Deirdre Kleske (HHSA), Jennifer Taylor (COI), Paige Metz (San Diego County Office of Education), Amanda Mascia (San Diego Hunger Coalition), Janelle Manzano (SDUSD), Heather Berkoben (Dairy Council), Lorrie Lynn (Rady Children's), Nestor Martinez (CA Dept of Public Health), Catherine Paredes (Borrego Springs Unified School District), Sam Sonnich (County of San Diego HHSA), Deirdre Kleske (County of San Diego HHSA), Leo Hsu (Sweetwater Union High School District), Shannon Stracener (SAY San Diego), Barbara Hughes (County of San Diego HHSA), Valerie Augustin (County of San Diego HHSA), Madeline Moritsch (Alliance for a Healthier Generation), Emma Lenney (SAY San Diego), Kathy Kinane (Move Your Feet Before You Eat Foundation), Toni Kraft (CHIP Farm to Institution Center)	
Recorder: Sophia Yonus	

Topic/Issue	Discussion	Action
Welcome & Icebreaker	<p>Icebreaker: Share what fruit or vegetables you are growing right now – or would like to grow?</p> <ul style="list-style-type: none"> • Heather Berkoben, Dairy Council of California, growing golden beets and tomatoes • Jennifer Taylor, COI. I'm not growing anything right now but I especially enjoy growing tomatoes — love the fragrance of their leaves! • Shannon Stracener-SAY San Diego, lots of citrus at home • Deirdre Kleske, County of San Diego HHSA. I am growing (trying to grow) tomatoes • Leo Hsu, Sweetwater Union High School District. I would love to grow watermelons. • Sam Sonnich, County of San Diego Chronic Disease & Health Equity Unit. Currently growing some Rosemary! • Barbara Hughes, County of San Diego HHSA. Tangerines, nectaplums and (hopefully) pomegranates. • Paige Metz, San Diego County Office of Education. I noticed some weeds have popped up in the backyard! • Catherine Paredes, Borrego Springs USD Food Service Director, would like to grow Avocados • Nestor Martinez, California Department of Public Health. Growing tomatoes 	

	<ul style="list-style-type: none"> ● Valerie Agustin, CoSD HHSA Public Health Nursing - i'd like to grow avocados :) ● Maddy Moritsch, Alliance for a Healthier Generation; would love to grow a robust herb garden ● Emma Lenney- SAY San Diego, I would love to have a lemon tree ● Executive Director of Move Your Feet Before you Eat foundation.. Lots.. Blueberries, Oranges, Peaches, Lettuce, Kale, Tomatoes. Etc. ● Lorrie Lynn, Injury prevention Rady Children's Hospital and Safe Kids San Diego Coordinator, We have been growing arugula, lettuce and spinach 	
Announcements	<ul style="list-style-type: none"> ● <i>Deirdre Kleske</i>: Recapping the email sent ahead of this meeting, please consider joining this Student Mental Health and Wellness briefing (Friday May 6th from 1:00-2:30pm): https://sccoe.zoom.us/meeting/register/tJMsde-qqDssEt1cG5yRD5pMbcdz3JlZBKa ● <i>Janelle Manzano</i>: Queen Bean (aka Barbara Gates of Healthy Kids Happy Planet) is co-hosting 2 awesome Earth Month events for SDUSD Students. See flyer here. ● <i>Jennifer Taylor</i>: The following resource was shared by COI partners to serve as a reminder that those working with USDA programs are an equal opportunity provider, with more information on this topic and USDA Civil Rights and regulations described here: https://www.usda.gov/sites/default/files/documents/JFAblue508.pdf 	

**Presentation:
SAY San Diego**

Shannon Stracener, SAY San Diego

COI mini-grants program background: Each year San Diego County Childhood Obesity Initiative (COI) releases a Request for Applications for mini-grants to support partner organizations that address policy, system, or environmental changes supporting healthy eating and active living. This year, there were 17 applicants with a request for over \$75,000. Funding typically covers only 2-3 projects, however this year a generous gift from Blue Shield California's Promise Health Plan provided funds for an additional 8 mini-grants! The SAY San Diego program was a mini-grant recipient of the 2021-22 program.

Presentation highlights:

- Healthy Start is a school based resource center that aims to remove barriers to education including nutrition education. Our role: social-emotional programs & connections; supporting basic needs and connecting to community resources; and wellness initiatives
- Family cooking club: Families come together to cook a plant-based meal. Intent is to help families eat more plants in their diets while bonding over cooking activities. This contributes to nutrition education as well.
- Goal is to encourage families to feel empowered to bring more plants into their diets and bond by cooking together. They pick up the ingredients at school and log onto Zoom to cook food together every week. Education sheets on certain vegetables and nutrients are provided.
- Started in 2019 with a mini-grant from Berry Good Food Foundation. Families were able to come to gardens and pick out ingredients
- Berry Good Food, Specialty Produce, and Happy Kids Happy Planet are key partners to support food donations and educational resources.
 - Happy Kids Happy Planet will be the key supporter for the next cohort
 - Happy Kids Happy Planet, formerly Lean and Green Kids: <https://healthykidshappyplanet.org/>
- Nutrition Action Team: a group of parents, staff, and community stakeholders convenes to advance health and wellness initiatives within the school district

	<p>as a complement to the field program. This was more challenging due to COVID-19.</p> <ul style="list-style-type: none"> ● Assessment: by the end of the program, parents reported positive results in their ability to prepare healthy meals. <ul style="list-style-type: none"> ○ Their impact and some observed outcomes: <ul style="list-style-type: none"> ■ increased advocacy skills around nutrition ■ increased use of fruits/veggies in diets ■ improved attitudes and views of healthy eating ○ Connected 17 families with ~\$150 groceries with each cooking program offering <p><i>Discussion:</i></p> <ul style="list-style-type: none"> ● <i>Barbara Hughes:</i> We love Shannon! Worked with her years ago on resurrecting Serra's/Canyon Hill's garden and gardening club. Re family cooking clubs, we also ran a series with autistic high school students and parents. So rewarding :) ● <i>Janelle Manzano:</i> Throwback photo to Serra/Canyon Hills HS garden tour a few years ago. Look at all their lavender 🌸 So awesome your students are continuing your garden stand!! https://www.facebook.com/SDFarmtoSchool/photos/pcb.2435570229809750/2435570063143100/ ● <i>Barbara Hughes:</i> https://eatfresh.org/ is a great sortable resource. ● <i>Deirdre Kleske:</i> Great to see Happy Kids Happy Planet as a partner. They used to be Lean and Green Kids. Barbara Gates is a domain workgroup partner. ● <i>Barbara Hughes:</i> I met Shannon a couple years ago and used to participate in the Canyon Hills High School garden club and produce stand. Last year we went to a East county high school and conducted a family cooking series with cooking stations during the pandemic ● <i>Shannon Stracener:</i> We had another mini stand at Canyon Hills High School again selling a lot of rosemary and lavender. ● <i>Deirdre Kleske:</i> What programs in SAY are doing programs like this? Do you work with more than one school right now? ● <i>Shannon Stracener:</i> I work for SAY San Diego and we have a partnership with the SD Unified school district. Our school based Healthy Start Family 	
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	<p>Resource Center and Real Connections at Canyon Hills provide schools with different programs and resources (such as gardens and cooking series) to assist them in healthy eating and education. The Healthy Starts are funded through the MediCal collaborative and are run at several more schools by other contractors.</p> <ul style="list-style-type: none"> • <i>Deirdre Kleske</i>: Where do you get the recipes? • <i>Shannon Stracener</i>: Emma and I look at recipes that are in season. We also take time and simplicity into consideration. We also use eatright.org • <i>Barbara Hughes</i>: Yes eatright.org and the CalFresh website provides a lot of great, healthy recipes. It provides the ingredients and is a great educational/learning tool. 	
Wellness Lead Checklist	<p><i>Deirdre Kleske, HHSA</i></p> <ul style="list-style-type: none"> • District Wellness Reps identified a need: <ul style="list-style-type: none"> ○ Barbara Gates, Healthy Kids Happy Planet!, and is a representative for Oceanside Unified School District ○ Shohre Zahedi, Hygia Weight Loss and Nutrition, is a representative for Del Mar and Solana Beach school districts. ○ They separately mentioned that transitions between district wellness leads can result in lost information and institutional knowledge of wellness policies, wellness committees, assessments, etc. • Wellness Lead Checklist template was created in response <ul style="list-style-type: none"> ○ Several district Wellness Leads reviewed and had positive feedback ○ Will be sent to District Reps to send to district Wellness Leads, with encouragement to complete the checklist. ○ Paige Metz recommended sending before the end of the school year so it could be completed before Summer break (and potential transitions). ○ Suggestion: Add space for COI District Representative contact • Checklist can be used as part of Triennial Assessment, and could be modified to include on the district wellness page. • Ideal to get this out to wellness leads before the summer break 	

<p>COI Updates</p>	<p><i>Jennifer Taylor, COI</i></p> <p>COI Announcements</p> <ul style="list-style-type: none"> COI encourages partners to participate in upcoming activities aligned with its policy agenda, specifically in support of SB464 Food4All (modernizes the California Food Assistance Program to provide nutrition benefits to all Californians ineligible for CalFresh solely due to their immigration status). We are partnering with Nourish California who is leading these advocacy efforts. The COI policy agenda convening will consist of two virtual opportunities over the next few weeks: <ol style="list-style-type: none"> For the first part of the policy agenda convening, we are partnering with Nourish California to encourage our COI partners to register for this year's ENACT Day events -- scheduled for 4/27 and 4/28. ENACT Day is an annual event hosted by Nourish CA in partnership with Public Health Advocates. See more details on the event below. <ul style="list-style-type: none"> Register here. The event will provide English/Spanish interpretation. For the second part of our policy agenda convening, the COI will host an event in May to debrief from ENACT day and discuss ways COI partners can support SB464 at the local level. More details to follow. H.R. 6613 (Keeping School Meals Flexible Act) has been introduced and provides the Secretary of Agriculture the continued authority to give schools across the country the flexibility and support they need to feed students as supply chain issues stemming from the pandemic continue to impact schools, communities, and families. <ul style="list-style-type: none"> A call to action shared by the Hunger Advocacy Network: We're mobilizing a call to action to urge our San Diego members of Congress to cosponsor this bill. Please email your representative and urge them to sign on to H.R.6613 using this email template. <p>Policy agenda overview</p>	
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	<ul style="list-style-type: none"> • COI is actively updating its policy agenda, and we will have an opportunity for Domain co-chairs to meet soon to integrate this into the activities of each workgroup, including this one. • Each year the COI advances two high-level and broad impact policies, systems, or environmental changes at the local, countywide/regional, or state level. Each policy agenda item must support COI's overarching goals related to healthy food and beverage access, opportunities for safe physical activity, and improved social, economic, service, and built environments that support healthy eating and active living. • Over the next year, COI will support the following two policy areas: <ul style="list-style-type: none"> ○ SB464 (Food4All): Modernizes the California Food Assistance Program to provide state-funded nutrition benefits to all Californians ineligible for CalFresh solely due to their immigration status. This policy is currently under consideration in the Governor's proposed budget. The COI is continuing to support this effort in partnership with Nourish California. ○ Community food production: This broad area aims to support community food production activities such as community gardens by supporting policy changes at the city or county level. As a starting point, COI is working with the County to provide input on potential barriers and opportunities to implementing community food production activities. This input will guide the distribution of \$6 million in ARPA funds for community food production initiatives across the county. As a longer term goal, COI will also identify local policy opportunities that improve implementation of community food production, working in partnership with local municipalities. • As we formalize the policy agenda, we want to explore ways each of COI's Domain workgroups can also support these priorities. To help us begin thinking through that, we would like your input: What are the specific capabilities or "superpowers" this Domain might leverage to support our policy agenda? • To share your ideas, we will use this Miro board: https://miro.com/app/board/uXjVO_OTLIc=?invite_link_id=332341245932 	
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	<p>Discussion highlights (please refer to this Miro workspace for more details):</p> <ul style="list-style-type: none"> • <i>Jennifer Taylor</i>: School gardens be supported jointly by districts and community groups to provide funding and volunteers, especially during school breaks • <i>Deirdre Kleske</i>: An example of that would be the San Carlos Community Garden as it breaks down the barriers by joining a district. The Garden is celebrating its 10 year anniversary this month. • <i>Jennifer Taylor</i>: Food production to be used in school meal programs; Add seed libraries with helpful hints and instructions online for people to do at their own home • <i>Toni Kraft</i>: There have been some success stories with seed libraries throughout school systems. Families are able to take them back and start their own gardens. • <i>Janelle Manzano</i>: Next school year we plan to bring back all these programs to promote healthy eating and uplifting schools by thinking of ways to diversify our cafeteria • <i>Jennifer Taylor</i>: What are some of the strengths we have to address this area (community food production)? • <i>Janelle Manzano</i> : Sage Garden Project funds school garden educators and only funds the San Diego Unified School District for this year. They've worked with 30 to 50 school teams. • <i>Sam Sonnich</i>: CalFresh Healthy Living Team alignment opportunities • <i>Jennifer Taylor</i>: Can community gardens also become spaces for community information? Schools are an important conduit there because they consistently do this. How do we support the distribution of these funds? • <i>Deirdre Kleske</i>: What do people think when they hear community food production? Did you think of gardens? We want to be sure to make that connection. • <i>Janelle Manzano</i>: Hydroponics garden and starting the growing/distributing process of our vegetables and fruits 	
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	<ul style="list-style-type: none"> • <i>Deirdre Kleske</i>: What is community food production for? Is it for the community gardeners themselves? Or to bring to food pantries? • <i>Amanda Mascia</i>: I used to work for a school garden and recommended schools to start off with an herb garden because they can grow all year. Then the next phase is seasonal vegetables/fruits. It is necessary for the garden to have long term gardeners/volunteers for consistency and teaching the curriculum of how to run gardens. 	
Wrap up and Next steps	<ul style="list-style-type: none"> • Next meeting May 17th. Please revisit the Health Education Slides and linked Jamboard to inform next month's activities. 	