

<b>Meeting Minutes:</b> <b>Schools &amp; After-School Domain</b> <b>January 19, 2016: 11 a.m. – 12:30 p.m.</b> United Way of San Diego County 4699 Murphy Canyon Rd. Room 100 San Diego CA 92123	<b>Next Domain Meeting:</b> <b>Schools &amp; After-School Domain</b> <b>February 16, 2016: 11 a.m. – 12:30 p.m.</b> United Way of San Diego County 4699 Murphy Canyon Rd. Room 100 San Diego CA 92123
<b>Attendees:</b> Alex Zawilski (VA intern); Colin Cureton, Dan Fesperman (CHIP), Debal Acquaro, Deirdre Kleske, Melissa Roberts, Nick Beatman (HHS); Diana Bergman (Olivewood Gardens); Heather Berkoben (Dairy Council of CA); Heather Ramsons (YMCA CRS); Jamie Cassutt-Sanchez (EUSD); Josie Nowak (OWG intern); Kelcey Ellis (FASD); Martha Laignelet, Yanira Frias (ECS Head Start); Nancy Maldonado (AHA/ASA); Nikki Woodward (ADA); Robin McNulty (San Diego Hunger Coalition); Shohre Zahedi (Hygia Weight Loss & Nutrition); Susi Jones (JUSD); and Tamala Perryman (YMCA) <b>Recorder:</b> Nina Ghatan (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>2/11 Love Your Heart Day with <a href="#">free blood pressure screenings</a> throughout the County.</li> <li>2/3 <a href="#">intergenerational trainings</a> will be hosted in San Diego and Escondido.</li> <li>1/28 North County Youth Partnership Networking Reception from 2:30-4:30pm.</li> <li>1/22 Farm to School Taskforce Meeting (F2STF) from 10:30am-12:00pm.</li> <li>State of Farm to Survey closes at the end of January, we still need responses from 17 districts.</li> <li>3/5 and 3/19 Olivewood Gardens is hosting two <a href="#">workshops</a>. Teacher at schools with 50% or more free reduced meals are eligible to attend the trainings for free.</li> </ul>	<ul style="list-style-type: none"> <li>Diana send Nina upcoming trainings to share with workgroup.</li> </ul>
<b>Indicators of Progress</b>	<ul style="list-style-type: none"> <li>Indicators of progress sheet was developed to help track changes in Wellness Policies over time; will be reviewed biennially.</li> <li>19 of 39 districts have active wellness councils (i.e., meeting at least quarterly).</li> <li>Purpose of the tool is help provide districts with resources (district reps, sample language to strengthen wellness policies, and Tools for Schools Toolkit) not to compare scores between districts.</li> <li>Next steps include providing district reps scores for their districts to share at future council meetings and during wellness policy revisions.</li> <li>WellSAT analysis and reports created by the <i>Live Well San Diego</i> Schools Initiative have been shared with superintendents and other district staff, are available for wellness leads upon request. Wellness leads should request their reports by contacting <a href="#">Deirdre</a>.</li> </ul>	
<b>Diabetes Project in Lemon Grove</b>	<ul style="list-style-type: none"> <li>Every four years Feeding America San Diego (FASD) completes a State of Hunger Report for San Diego County.</li> <li>Currently 1 in 7 adults and 1 in 5 children are food insecure.</li> <li>The pilot project began a year ago with 250 UCSD clinic patients with type-2 diabetes.</li> <li>The intervention included providing participants with food boxes and nutrition education.</li> </ul>	

	<ul style="list-style-type: none"> <li>• Biometric measurements (BMI, blood pressures, LDL cholesterol, food insecurity, depression symptoms, and A1C) were captured.</li> <li>• Monthly nutrition classes were provided and included basic nutrition education and goal setting and follow up.</li> <li>• FASD worked with registered dietician to determine food to include in boxes.</li> <li>• After class, participants were given 40-50lbs of food (including shelf stable and fresh produce) with recipes that matched food box contents.</li> <li>• Cal Fresh application assistance was provided to those who were eligible.</li> <li>• FASD is still gathering data, but preliminary results show the program has been making a difference (based on improvements in most categories measured).</li> <li>• Since food and education were both provided, it would be difficult to understand which intervention made the greatest impact.</li> <li>• FASD is working with food pantries to ensure participants have access to food after the program ends.</li> <li>• School food pantries are offered twice a month at 25 schools throughout the county and are open to parents with children enrolled at the schools.</li> </ul>	
<p><b>Farm to School Update</b></p>	<ul style="list-style-type: none"> <li>• Farm to School Taskforce meetings are held bi-monthly, contact <a href="#">Colin</a> know if you would like to be added to the email distribution list.</li> <li>• Crop availability chart will be finalized this week to help connect schools participating in Harvest of the Month with local growers.</li> <li>• March 16- 17 Center for Ecoliteracy will be hosting two California Thursday events to highlight school districts serving 100% California-grown items on menus on Thursdays.</li> <li>• Catalina Offshore will be attending the next F2STF on 1/22 to develop new markets to sell underutilized species of fish, with samples to be provided.</li> <li>• Schools interested in selling school garden produce as a healthy fundraisers need to provide information to the County Department of Environmental Health. Contact Colin for more details.</li> </ul>	

<p><b>Project Updates- Healthy Fundraising</b></p>	<ul style="list-style-type: none"> <li>• Partner Education &amp; Collaboration: February meeting will include an After School 101 presentation with Liza Flowers of the San Diego County Office of Education.</li> <li>• Healthy Fundraising: purpose is to identify one healthy fundraiser from each school district and recognize them.             <ul style="list-style-type: none"> <li>○ Currently 12 fundraisers from eight districts have been recognized (sent recognition letters to fundraising leads, principals, wellness leads, and superintendents)</li> <li>○ Best practices will be shared amongst school districts, and highlighted in the COI newsletter once a majority of districts is represented on the list.</li> </ul> </li> <li>• Dan mentioned making sure that schools and parent groups know what a healthy fundraiser is, and that it can include nonfood/ physical activity fundraisers too.</li> </ul>	<ul style="list-style-type: none"> <li>• Help capture healthy fundraisers and forward Deirdre healthy fundraising leads to investigate.</li> <li>• Nina send healthy fundraiser form and flyer with minutes and meeting reminders each month.</li> </ul>
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