

**San Diego County Childhood Obesity Initiative
Early Childhood Workgroup
March 22, 2016**

Attendees: Alfredo Contreras, Anne Kashiwa, Cortiss Smith, Dan Fesperman, Gary Tanner, Haley Alderete, Heather Ransons, Jaki Falch, Jolyn Nicole Gilbriena, Karee Hopkins, Ketty Swenson, Kim Speckhahn, Kristene D. Kristine Smith, Linda Dao, Maria Fierro, Nina Ghatan, Penny Adler, Shana Wright, Shelby Gomez, and Veronica Klinger.

AGENDA ITEM	DISCUSSION	ACTION ITEMS
1. Introduction & Minutes	<ul style="list-style-type: none"> • Group completed introductions and approved the minutes. 	
2. Announcements	<ul style="list-style-type: none"> • California Food Policy Advocates (statewide advocacy group) will be piloting a project with home childcare providers on ideal nutrition standards that are feasible (based on community feedback). They plan to release an outline at the end of April and can share it with workgroup. They also advocate for changes to the CACFP meal pattern to support better nutrition and program participation. • CHIP is hiring a new CEO, contact Dan for more information. • Five WIC agencies have completed an agreement to share countywide BMI and breastfeeding data with the COI to support our evaluation efforts. Thanks Kathleen for leading this effort! • MAAC is seeking a nutrition consultant to support their 26 centers and 28 family childcare programs throughout North County. • YMCA CRS received the Nemours Grant. It's a nine-month project working with 20-25 providers (similar to WC) in Chula Vista. • YMCA CRS will receive to continue expanding the Wellness Champion program to 25 additional providers over the next three years. They will also work with one school district (TBD) each year to add preschool language to the district wellness policy. • School Specialty and Child Craft has products for providers, contact Gary and he can help align products that fit your needs. • SAVE THE DATE- 5/7 Parenting Expo from 8am-1pm, free childcare and lunch provided. • 4/4 First 5 is hosting a Commission meeting from 2-4 at the County Administration Center. • 5/6 Local Childcare Planning Council is hosting a legislative lunch from 11am-2pm at the Handlery Hotel; Debra McMannis with California Department of Education will be the keynote speaker. • League of Women Voters host monthly luncheons, topic in April includes perspectives on the minimum wage and Earned Income Tax Credit. Contact Penny for more information. • 4/23 is the Day of the Child Resource Fair in Chula Vista. 	<ul style="list-style-type: none"> • Penny send Nina flyers to share with workgroup.
3. Five and Fit- Haley Alderete, First 5 San Diego	<ul style="list-style-type: none"> • Five and Fit is an intergenerational nutrition training program for childcare centers, provided by older adult volunteers. • The project was piloted in Chula Vista and focused in three areas: 	

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	<p>classroom, family workshops, and community outreach.</p> <ul style="list-style-type: none"> • Volunteers (garden grannies) host classroom sessions on topics such as portion size, plant food now and eat later (with taste tests), and physical activity. • Family workshops include understanding nutrition labels, shopping on a budget, taste tests, cooking demos, and physical activity. • Community outreach included field trips to playgrounds, local farms, farmers' markets, stores, and community gardens. • The program had a positive impact on children and adults and was completed in collaboration with Aging and Independent Services. • For more information, contact Nancy Garcia 858-505-6332. • Implementation cost per school is less than \$39,000. • Volunteer were provided a stipend of approximately \$5,000 per year. • Background checks and fingerprinting were completed on all volunteers. • USDA Farm to School funding may be an option for continued funding. 	
<p>4. Workplan Updates</p>	<ul style="list-style-type: none"> • Higher Education Taskforce- developed a list of questions for higher education institutions. Once COI identifies and intern, the student can help with data collection. • Nina reviewed the Healthy Eating/Physical Activity Training Opportunities survey results. • Partner Outreach List- reminder was made to continue with new partner outreach and to check Drop Box prior to scheduling presenters. 	<ul style="list-style-type: none"> • Elise share AB 290 standards and sample curriculum with Nina to forward to workgroup and Lucy's contact information.
<p>5. YMCA Updates</p>	<ul style="list-style-type: none"> • Wellness Champion project made 417 referrals to 57 providers since the February meeting. • QPI Update: <ul style="list-style-type: none"> ○ Over 70 technical assistance visits have been completed ○ 250 staff have attended professional development trainings ○ Over 150 participants have attended parent workshops and resource nights. ○ Farm to preschool programs and nutrition services are partnering to provide taste tests in the classrooms. 	
<p>6. Next Meeting</p>	<ul style="list-style-type: none"> • April 26, 2016 at 10:00 a.m. at YMCA Childcare Resource Service, 3333 Camino del Rio South #400, San Diego, CA 92108 	