

**San Diego County Childhood Obesity Initiative  
Early Childhood Workgroup  
December 6, 2016**

**Attendees:** Anne Kashiwa, Bianca Bonilla, Cecilia Evans-Hernandez, Consuelo Perez, Dan Fesperman, Debal Acquaro, Helena Sabala, Jake McGough, Jamie Moody, Josh Bariuan, Kathleen Merchant, Katy Schmitz, Kitty Swenson, Kim Speckhahn, Kim McDougal, Kristine Smith, Laura Jeanes, Lydia Delagado, Maryann Miernicki, Nancy Saaverdra, Nina Ghatan, Paula Sturm, Penny Adler, and Veronica Klinger.

<b>AGENDA ITEM</b>	<b>DISCUSSION</b>	<b>ACTION ITEMS</b>
<b>1. Introduction &amp; Minutes</b>	<ul style="list-style-type: none"> <li>Group completed introductions and approved the minutes.</li> </ul>	
<b>2. Announcements</b>	<ul style="list-style-type: none"> <li>YMCA CRS applied for Five and Fit in Chula Vista. The application was in collaboration with SPARKE. They hope to have an update soon.</li> <li>12/3 YMCA CRS hosted a graduation for seven sites and 23 participants from faith based communities as part of the Nemours project. Nemours reps from DC were in attendance. Participants provided positive feedback on their involvement in the workshops.</li> <li>A VISTA graduate intern with South Bay Community Services involved in the Nemours project expressed their appreciation in the program's connection to Farm to Preschool and the support from YMCA CRS staff.</li> <li>Shana had her baby, Oliver Wyatt on 11/17!</li> <li>Heather Ransons with YMCA CRS trained NHA teachers on ways to incorporate nutrition and physical activity education in the classroom using Creative Curriculum.</li> <li>12/13 at 10:00 am COI will be hosting a webinar on childhood obesity initiatives throughout the county. The invitation will go out today.</li> <li>San Diego County Breastfeeding Coalition is looking to expand their membership base, check out <a href="http://www.breastfeeding.org">www.breastfeeding.org</a> for more details.</li> <li>12/2 CHIP hosted the Good Food Showcase. A couple partners that attended the event mentioned that they especially enjoyed the education and tasting components.</li> </ul>	<ul style="list-style-type: none"> <li>Next month follow up with the library on collaborative opportunities</li> </ul>
<b>3. Presentations: Bianca Bonilla, North County Community Services-Seed to Preschool</b>	<ul style="list-style-type: none"> <li>NCCS has five preschools throughout North County and Bianca is responsible for the gardens at each of the locations.</li> <li>NCCS also has a farm in Oceanside (with a preschool on site) that produces an average for 5,000lbs of food each year.</li> <li>Within the next year, they hope to begin selling leftovers to the public.</li> <li>In 2017 they plan to double production.</li> <li>CACFP is a federal nutrition program that reimburses meals.</li> <li>In 2015 a memorandum was released that allowed people to use CACFP funding to grow food and provide nutrition education.</li> <li>USDA Farm to School Program released a memo that garden expenses, such as installing an outdoor sink, is also allowable.</li> <li>Documentation is key, so keep receipts and be sure to weigh the volume of all of the harvest.</li> <li>You can also sell products (that meet CACFP guidelines) as long as the</li> </ul>	<ul style="list-style-type: none"> <li>Kris connect Bianca with the Farm to Preschool Network calls.</li> <li>Coordinate a workgroup field trip to NCCS to take a tour.</li> </ul>

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	<p>payment received goes towards helping to sustain the garden program.</p> <ul style="list-style-type: none"> <li>• If you are interested in starting a preschool garden, the first step would be to gain buy-in from teachers, parents, and staff.</li> <li>• Next make small changes, such as highlighting harvest of the month.</li> <li>• Our workgroup can help cultivate the success of farm to preschool and help take it to the next level, like Farm to School.</li> <li>• NCCS would love to be a resource for farm to preschool; contact Bianca for more information, or to schedule a tour.</li> </ul>	
<p><b>4. Chocolate Milk Discussion</b></p>	<ul style="list-style-type: none"> <li>• Chula Vista Elementary School District has noticed a decline in milk consumption and so they are wanting to reintroduce chocolate milk at the schools sites.</li> <li>• As a result, Jake was seeking recommendation from the workgroup to discourage reintroducing chocolate milk.</li> <li>• CACFP does not allow students to drink sugar-sweetened beverages, so technically chocolate milk should not be offered to preschools students.</li> <li>• Recommendations from the workgroup included: training lunch staff on ways to encourage students to select milk (for reimbursement) and then helping schools develop share tables so students who don't drink milk can share it with others so it's not wasted.</li> <li>• 4-5<sup>th</sup> graders at South Bay Community Services completed a 5210 program with the Scripps Well Being Center. Shortly afterwards when they were offered unhealthy beverages, the students refused to drink them and asked for water instead.</li> </ul>	
<p><b>5. Research Update</b></p>	<ul style="list-style-type: none"> <li>• Five WIC agencies throughout San Diego County are now sharing data.</li> <li>• Between 2010 and 2014 a report from DHSS/CDC found that 2-5 year olds on WIC have shown a downward trend of childhood obesity across races.</li> <li>• Overall national rates have dropped from 15.9% to 14.5% and in California from 18.4% to 16.6%.</li> <li>• For comparison, obesity prevalence in San Diego County 2-5 year olds on WIC was 14.3% in 2016.</li> </ul>	
<p><b>6. YMCA Updates</b></p>	<ul style="list-style-type: none"> <li>• Ran out of time</li> </ul>	
<p><b>7. Next Meeting</b></p>	<ul style="list-style-type: none"> <li>• <b>January 24, 2017 at 10:00 a.m.</b> at YMCA CRS</li> </ul>	