

NUTRITION & PHYSICAL ACTIVITY TASK FORCE
Meeting Summary

Date	05.02.2025 at 10:00 AM		
Type of Meeting	<i>Lactation Support and Programming</i>		
Attendees	Stephanie Riley-Stai, Courtney Ivey, Eryn Clark, Laura Partridge, Rachel Barnett, Karlina West, Lauren Plum, Sandra Salazar, Sadie Gastelum		
Recorder	Sadie Gastelum		
TOPIC	DISCUSSION	ACTION or F/U	WHO
UPDATES	<p>Courtney shared SB1383 updates being that the Earth Day Summit was successfully held April 13th and the partners were able to collaborate on ways to donate food.</p> <p>Site visits occurred the past two weeks for the Calfresh Healthy Living Team some of which included the CATCH Training done at Mammoth Middle School and Round Valley, Garden Visits in Mono and Inyo, a tour of Walker and Coleville, an Alpine County Tour, and the ParkRx Alpine County launch at the Teddy Bear Parade on 4.27.24. Additionally, Courtney met with the Mammoth Library and Jeanie from IMACA</p>		
NEW BUSINESS	<p>Stephanie introduced laws and agencies for lactation support and also provided additional resources. Some of these laws were that - workplaces must provide an additional space (clean surface seating electricity) for breastfeeding, additional break time, sink and fridge or cooler (community) Schools must provide a private secure space as well (that is not a bathroom).Jails must also provide a clean space for breastfeeding, pumping, and cleaning pumps. The laws she has shared with us can be found at Lactation Accommodation Laws for Workplace, Jails and School (ca.gov) and more information for lactation support can be found at A Better Balance</p> <p>Other members proceeded to introduce themselves and share about their part in Lactation Support in the community, these members were:</p>		

	<p>-Eryn Clark is a Home Visiting Supervisor for First 5, she shared that all home visitors with First 5 in Inyo County are licensed Lactation Consultants. They try to see families as soon as the baby is born, and they are focused on childhood development and breastfeeding in particular which is pivotal for cognitive and emotional health. They want to support the parents as their child develops and progresses. The home visiting program is focused upon postpartum mothers and especially those that are financially impoverished. The way to refer mothers to this program is by calling 760-873-4159 or reaching out to First 5 - Inyo County.</p> <p>-Laura Partridge is a nurse that works at the women’s clinic and will transfer to the Pediatric clinic in two weeks. She works with Labor and Delivery and Postpartum, as well as lactation. Laura provides services for prenatal and lactation consultations. She accepts insurance and payment plans. She expressed the importance of hand expression, and storing for the baby at week 37 in order to have a milk supply and colostrum when the baby is born. She can be referred by email or phone and a workshop is currently under development. 949-374-9467: www.laurasnursingcare.com</p> <p>-Stephanie Riley-Stai hosts a virtual lactation support group through Mono County WIC. It is bilingual and she is a Lactation Education Counselor and anyone is welcome, virtual meetings occur Wednesday from 10:30 - 11:30. For those enrolled in Mono County WIC they lend out Breast Pumps and nursing bras, and she educates mothers on hand expression.</p> <p>-Courtney Ivey shared that Calfresh Healthy Living can help support lactation through SUN Bucks, which works like CalFresh but is during summer months. Children who qualify for other programs such as CalFresh, Calworks, Medical or free and reduced priced school meals automatically qualify. It offers children \$40 per month in June, July, and August. She also shared that we have access to the Dairy Council and an array of other materials that we are able to share to organizations for their participants to help educate these families as well.</p>		
	<p>-Rachell Barnett is located in the Health Equity Office for mono county, she is in the Walker area and she is currently in the CLE course in order to try to expand the lactation resources for moms that are further away and unable to drive to the other locations in Mono County.</p> <p>-Stephanie Riley-Stai shared that the California Breastfeeding Coalition has</p>		

	<p>information for lactating parents, businesses, and employers and this resource can be found here Lactation Accommodation Laws for Workplace, Jails and School (ca.gov) She also shared that the Nutrition and Physical Activity Taskforce can be a very helpful resource and provides a great documentary for lactating mothers and it can be found on the NPAT page or Youtube.</p>		
ROUNDTABLE	<p>-Stephanie Riley-Stai shared that Mono county WIC will be hosting a Breastfeeding month event at Mono County Civic center in August, and the exact date will be announced soon.</p> <p>-Laura Partridge shared that Easter Sierra Professionals started Owens Valley Birth Village as they are trying to promote the need for Postpartum support, and they are hosting an event to fundraise for this cause.</p> <p>-Courtney Ivey shared that ParkRx hiking events in Alpine County will begin this month and will continue on through summer. May 13th there will be a UC Master Gardening Workshop at Lee Vining Elementary School geared toward parents and career students. Upcoming June/July adult nutrition education UC Master Food Preserver/CalFresh Healthy Living collaboration at Walker Wellness Center.</p>		
Adjourn	<p>Next meeting July 11</p> <p>Adjourned at 10:51</p>		