

NUTRITION & PHYSICAL ACTIVITY TASK FORCE

Meeting Summary

Date	03/23/2023
Type of Meeting	General Coalition Meeting
Attendees	Courtney Ivey, Jenna McCarthy, Crystal Tovar, Colleen Moxley, Sara, Austyn Thacker, Lauren Plum
Recorder	Crystal Tovar

TOPICS	DISCUSSION	ACTION or F/U	WHO
<i>UPDATES</i>	<p>NPAT website updates: minutes, agenda, CalFresh application button has been added, calendar dates have been added for specific programs. Materials that have been added are ReThink Your Drink, Dietary Guidelines, HOTM newsletter will be replaced with Food Hero Newsletters and updated with Summer Meals info and general formatting.</p> <p>Needs Assessment Completed: Many communities were surveyed and questions that were asked were about shopping /transportation, Community programming participation want/needs, physical activity access, healthy food access. Analysis will be shared at the next NPAT meeting in May.</p>	<p>Check out the updated website Mono County NPAT: HOME</p>	Courtney Ivey
<i>New Business</i>	<p>Nutrition 101: CSS planning to offer Nutrition 101 Workshops to partners and educators in the summertime. Some topics may include USDA Guidelines/My Plate, Macro/Micro Nutrients, Food Safety & hygiene, Food waste prevention, Understanding food labels and shopping tips & recipes and more. Possible dates 2023 June- Aug, Sept-Dec. In 2024 Jan-March and April-June</p>	<p>Jenna jmcarthycss@gmail.com or Courtney civeycss@gmail.com</p>	Courtney Ivey
<i>Earth Month</i>	<p>Kendra Knight along with CSS, and High Sierra Energy will have upcoming assemblies for SB1383 in April with many assemblies being at the schools.</p>	<p>Courtney to email spreadsheet</p> <p>Please contact Kendra with questions kendra.knight@wastecoconnections.com</p>	Courtney Ivey shared info for Kendra Knight
ReThink Your Drink Day	<p>If interested in hosting an event and would like the kit please let us know today so we can get the order put in Official ReThink Your Drink is May 10th but you can host your own event anytime.</p>	<p>If interested civeycss@gmail.com</p>	Courtney Ivey
Summer Meal Programs and Sites	<p>We are waiting for a response from FNS/USDA for updates on the new approved sites for the Summer</p>	<p>Waiting to hear back from FNS/USDA</p>	Courtney Ivey

	Meal Program. We will revisit this topic next meeting, and how this fits with healthy food access.		
<i>Roundtable & Updates</i>	<p>Colleen Moxley-Students are making recipes from HOTM at home, wanting to bring taste tests that match HOTM newsletters, a goal of the Wellness Committee. Next year will be working as a full time school nurse for MUSD/ESUSD and will try to build momentum for a school wellness committee for Eastern Sierra Unified School District.</p> <p>Jenna McCarthy- Lots of work has been done with the schools. Surveys were provided to the schools at the beginning of the year, and shared the results with the schools of any growth or opportunities that we can help with.</p> <p>Summer Programming info has been sent out to the schools- We would love to see more parents/caregivers to help out with summer efforts. Schools or Summer Meal sites we can help offer Rethink Your Drink (RYD) or “spa waters” to help at these food distribution sites. If there are questions from food service staff we would love to hear them.</p> <p>Can offer nutrition/cooking classes to students and families through school sites that would like to host us. We would love to do a healthy family activity.</p> <p>Stencils- playground stencils that are available to be borrowed from CSS</p> <p>Planning next year's Garden Program- Operating with less funding but still able to offer to the schools.</p> <p>Austyn Thacker- Bridgeport Toiyabe Indian Health Clinic is back open so please help get the word out.</p> <p>Lauren Plum- Programming in Bridgeport has been put on hold for right now as staff is busy helping with cleanup from disaster response from the previous week. Walker programming is back up and running again as it was canceled previously due to ice and snow. Hired a new Wellness Center Associate in Walker. 3 individuals working on programming, Tues-Friday and shared an increase in attendance. Mammoth- Will be resuming programming on Sunday. Hired Benton Wellness Associate that will start programming in April. Will offer an after School program on Fridays and possibly a Senior program on Tuesdays. Crowley- Offering Yoga, Stretch. Pilates, etc. Started a social media series on wellness and posting about 4x a week.</p>	<p>Schools let Jenna know if you'd like to borrow these fun stencils :)</p> <p>Lauren Plum to send weekly social media schedule to Courtney</p>	<p>Collen Moxley</p> <p>Jenna McCarthy</p> <p>Austyn Thacker</p> <p>Lauren Plum</p>

<i>Roundtable & Updates cont.</i>	Crystal Tovar - Will be starting nutrition & cooking classes with Bridgeport Elementary classes 4-8 graders starting March 28th. There will be a total of 7 classes offered. Also offering nutrition/cooking classes to the Walker Wellness Center soon.		Crystal Tovar
Adjourn	Next Meeting May 4th 2023 @ 10 AM		