

## **HAC Fresh Food Access**

### **Agenda**

307 First Street South,  
Virginia, MN 55792  
Room 2R ITV  
June, 14<sup>th</sup> 11-12pm

**11:00am-** Welcome/ Introductions

**11:05am-** Update on last meetings “Next Steps”

- Brian will send Ray a Virginia Market Square kick off flyer
- Brian will send Head Start contact
  - Starting with Head Start for Farm to School could be a lower hanging fruit, less transit costs.
- Ray will send out email to get feedback from other group members on their personal thoughts.
- Invite Courtney Cochran from Born to Thrive to present at next Large Group Meeting.

**11:20am-** Update on Food Initiatives currently happening

- Rutabaga Project
  - Cooking Demo’s
  - Farmer’s Market
- Healthy Corner Store’s

**11:45am-** Revisit previously discussed initiatives

- Mobile Grocery Bus
- Education around Food/ Food Preparations
  - Grocery Stores Tours
  - Farmer’s Market Tours
  - Cooking Demo’s at grocery stores
- Food Shelf Nutrition Education
  - Provide Recipes
  - Provide Signage
- Working with Head Start on Farm to Childcare

**11:55am-** Set Next Steps/ Set Next Meeting

**Healthy Active Communities**  
**Fresh Food Access**  
**June 14, 2017**  
**Northland Building Room 2R**  
**11:00 a.m. – 12:00 p.m.**

**In Attendance:** Ray Jobe, Mary Finnegan, Justin Skalko, Chris Strand and Sara Ferkul

**On the Phone:** Brian Bluhm

**Began with updates on the next steps that were discussed at the last meeting:**

There was a Rutabaga Project presence at the Land of the Loon Festival. There were handing out flyers for the power of produce and the farmers market.

Ray reached out to the contact for farm to head start. Unfortunately she is on maternity leave at this time. Upon her return they will be sitting down to discuss the how we can implement this. It will be closer to fall before this happens. Ray also mentioned some webinars that are available about how to implement this. Justin will be getting a list of head starts that AEOA manages. We will also try to connect head start families with community gardens. Ray spoke about a few webinars that will be taking place about farm to childcare. The link to the webinars and the date and time are listed below:

- [https://www.iatp.org/event/farm-early-care-webinar-series-part-one-nutrition-staff-training?utm\\_campaign=967dbf7c0c-IATP\\_News\\_January1\\_22\\_2016&utm\\_medium=email&utm\\_source=Farm%20to%20Early%20Care%20Coalition&utm\\_term=0\\_523f9e3c77-967dbf7c0c-](https://www.iatp.org/event/farm-early-care-webinar-series-part-one-nutrition-staff-training?utm_campaign=967dbf7c0c-IATP_News_January1_22_2016&utm_medium=email&utm_source=Farm%20to%20Early%20Care%20Coalition&utm_term=0_523f9e3c77-967dbf7c0c-)
  - The four farm to childcare webinars and dates are as follows
    - Part One: Kitchen Staff Training – June 13<sup>th</sup> @ 10:00am
    - Part Two: Doing it Right! Best Practices for CACFP Compliance and On-Farm Food Safety Assessment – June 20<sup>th</sup> @ 10:00am
    - Part Three: Teaching Staff Training – June 27<sup>th</sup> @ 10:00am
    - Part Four: How to purchase local foods for your Early Care setting – July 18<sup>th</sup> @ 10:00am

Ray invited Courtney Cochran, Northeast Minnesota Regional Coordinator of Born to Thrive, to our next Healthy Active Communities meetings to hear of their efforts. However, she has other obligations the day of our next meeting. Born to Thrive was created by Blue Cross Blue Shield Center for Prevention. It is a committed group worked towards access to healthy foods and opportunities for active play for the children of Minnesota. Creating early care and education setting opportunities that promote health. Also ensuring that all children have opportunities to live the healthiest lives possible.

**Updates on ongoing food initiatives:**

Virginia Market Square opened and a person was hired through AEOA to run the Snap-Ed station so guests of the market can use their food assistance cards. This will also be an option at the Hibbing Farmer's Market. AEOA is sponsoring the Snap-Ed program at farmers markets. Market bucks was also approved and will begin on Thursday, June 15<sup>th</sup>. When people use \$10 in snap-ed funds at the market

they are matched by Essentia Health funds so participants are able to purchase more at farmers markets. The Power of Produce Club or POP Club is also available for children, ages 4-12 years old, to participate in. The kids that are part of this free club are given \$2 tokens when arriving at the market to use towards plants and produce. The child is given tokens as well a "passport" type book. When the child comes to the market they will present their book to the cashier, the frequency of coming to the farmers market and participating in the club is logged in the book. The tokens can be used at the Virginia, Hibbing and Ely farmers markets. Adventure to Health also donated money to purchase reusable bags to be given to participants.

Brian spoke about the CSA's that were purchased last year through the Rutabaga Project and what they did with them. Last year they purchased 3 CSA's from the Fat Chicken Farm and brought them to lower income neighborhoods. People could come to these locations to pick out the produce that they needed. They are hoping to purchase 2 shares this year from the Fat Chicken Farm again, possibly bringing one to Bill's House and then the other one will possibly go to the Youth Foyer. There is also a possibility of purchasing 3 shares from the Owl Forest Farm, the produce from these boxes will be used for senior meals such as meals on wheels.

A mobile grocery bus pilot program is also beginning in August in Virginia funded by Essentia Health. This effort is in collaboration with Arrowhead Transit. It will be a fixed route and they are hoping that the bus can run on Thursdays so the participants can utilize the farmers market. There will also be stops at grocery stores. People have also expressed that they would like to have a stop at Walmart, however, due to the distance to Walmart that may not be plausible. There is another grant application completed for additional funding to hopefully keep this program running.

Chisholm is implementing a food shelf bus starting June 28<sup>th</sup>. They received a grant from Hunger Solution and will be traveling to Buhl, Side Lake and Balkan areas.

Ray also had a meeting in the morning about the healthy corner store initiative. The healthy corner store initiative is working towards having more produce available at an affordable cost. They are hoping that Brenda's Mini Mart will be the pilot location. Additional targeted locations are Short Stop and Freedom Value. The long term goal will be F & D Meats. There is already a statewide initiative in place for healthy corner stores.

**Revisiting of previously discussed initiatives, should be we continue moving forward or put these on the backburner for now:**

A mobile grocery store was previously discussed. The bus would actually have product available for purchase on the bus. It would then go into food desert areas on certain days and times. At this time it was decided that we put this initiative on the backburner until we see the participation with the mobile grocery store initiative.

The education piece was also brought up with a focus on grocery store tours and preparation recommendations. Chris let the group know that through the Snap-Ed program he can conduct grocery store tours for eligible candidates. The tours itself are approximately 2 hours long. He can also do tours at farmers markets. At the end of the tour Chris has a challenge for participants. One of the challenges is giving the participants \$10 and letting them purchase items to create a healthy meal for 4 people. At farmers markets he may do a scavenger hunt type challenge. This initiative may be something we keep touching back on.

And finally we discussed food shelf nutrition education. Chris will be providing more information on this at the next meeting because it is something that has already been discussed. Enhancing food nutrition information as well as layout of the food shelf are a couple of the items that are being focused on.

**Next Steps:**

- Ray to send Virginia market square flyer to Sara – include vendors with the flyer. She will then add it to the Recharge the Range website.
- Justin will send a list of all head start locations
- Send out the list of Group and where they are from to see how we can get them involved
- Send Born to Thrive emails to the group
- Consider anyone from the community to give specifics on some of the items we have talked about like inviting Courtney Cochran or someone from the mobile food shelf in Chisholm.

**Next Meeting:**

July 19<sup>th</sup>, 2017

10:30 a.m. - 11:30 a.m.

Northland Building