

HAC Fresh Food Access

Agenda Notes

307 First Street South, Virginia, MN 55792

Room 2R Small (call me for directions)

July 19th 10:30-11:30am

11:00am- Welcome/ Introductions

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

- Send Virginia Market Square flyer to Sara
 - Include Vendors
- Justin will send a list of all head start locations
- Send out a list of the Food Access 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 specific on some of the topics covered

11:20am- Update on Food Initiatives currently happening

- Farm to Head start
- Healthy Corner Stores
- Connecting head start parents to community gardens – Brian
- Smarter Lunch Rooms “Making the Healthy Choice the Easy Choice” – Chris
- Simek’s Farm Events
- Born to Thrive
- Rutabaga Project Updates
 - Virginia Market Square
 - Hand wash station?
 - EBT usage
 - Power of Produce
 - Cooking Demos
 - Bike Safety
 - CSA’s
 - Owl Forest Farm shares
 - Mobile Grocery bus
 - Chisholm mobile food shelf
- Food Shelf Recipes and signage

11:45am- Revisit previously discussed initiatives

- Grocery Store Tours
- Other?

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

- **TBD**

Healthy Active Communities

- **Fresh Food Access**

July 19, 2017

Northland County Building

10:30 a.m. – 11:30 a.m.

In Attendance: Ray Jobe, Eric Nilsson, Karen Peterson, Jenna Belanger, Justin Skalko, Janene Glyn and Sara Ferkul

On the Phone: Brian Bluhm

Review of the next steps from the last meeting:

Sara received the flyer about the Virginia Market Square from Ray and she uploaded the information to the Recharge the Range website. Justin is still working on compiling a list of head starts that are managed by AEOA. Ray did send out a list of people that were interested in being a part of this group, we did discuss ways that we can engage those people. Ray also gave a quick update about the Born to Thrive event. Courtney Cochran will be at the Healthy Active Communities to give an update on the Born to Thrive listening session, the information that they compiled and what the goal is.

Updates on Food Initiatives:

Farm to Head start – This initiative is currently hold on for now. The AEOA worker that was focusing on this is currently on maternity leave. Ray also spoke about the farm to early care webinar series.

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-

Healthy Cornerstones – There was a meeting right before this meeting took place in regards to this initiative. They are currently working on this campaign. The focus will be on Brenda's Mini Mart to begin with. A contract is currently being written with Brenda's and Essentia Health. The hope is that Essentia will be able to sell healthy food to Brenda's at the cost price. The logo for this initiative is completed – Virginia Digs Vegetables. It will also be tied to a statewide initiative. There was also a discussion on how to promote this initiative. There is some money available for signage. Jenna also spoke about a possible canning class during the Harvest Festival. There may be an opportunity tie this with the healthy cornerstones initiative by showing people how to can the produce they purchase. Also possibly offering recipe cards.

Recipes and Signage at Food Shelves - U of M Extension is currently working on this.

Connecting Head Start Parents to Community Gardens – This may be something that will have to be an initiative for next summer.

Brian also spoke with about funding from the Northland Foundation that would be used to create a garden mentor program for families. This could be a collaboration effort when we start to engage the head start families. They would be utilizing the Growing Together gardens in Virginia. In Nashwauk, a head start parent did implement a program at their community garden for families.

Smarter Lunch Rooms – Chris Strand is currently working with schools to make healthy choices more available in their lunch rooms. Placement of foods as well as signage in the cafeteria area will be implemented. Essentia Health and Fairview have been working on this as well in their cafeterias.

Simek's Farm Event – This event is for head start families. This again may be an opportunity for us to engage families. This will be on September 29th.

Born to Thrive – As discussed previously, Courtney Cochran will be giving an update of the listening session at the Healthy Active Communities meeting.

Rutabaga Project – A hand washing station was purchased for the farmer's markets and it will be used for the first time on July 20th for a food demo. EBT usage has been catching on more this year at the Virginia market. However, it is hard to gauge because the time frame that was available to use EBT last year was much smaller than this year. The Hibbing farmer's market is also accepting EBT. The Power of Produce program has been driving more families to come to the market. The program is being implemented at the Virginia, Hibbing and Ely farmer's markets. Approximately 75 kids are participating in this program. When the children come to the farmers market they receive a \$2 token to be used at the market. Kids can use the token at that time or save them to purchase more at a time. Is there an opportunity to have the farmer's markets at the same time as the music event at The Shop? There will be a bike safety event at the market on August 3rd. Essentia health is donating helmets and there was water bottles purchased as well by the market. There will be 10 minute talks about obeying traffic laws, signaling and additional educational information as well as helmet fittings. CSA's – 1 share is being brought to the Senior High Rise and 1 is being brought to Bill's House. Those CSA's are provided by Fat Chicken Farm. Eventually an additional share from Owl Forest Farm will be going for the Senior Dining Meals.

Grocery Bus Route – They are currently working on a route for this. Promotion will begin once the route has been established.

Next Meeting:

August 16th, 2017

10:30 a.m. – 11:30 a.m.

Northland County Building