

Healthy Active Communities

Fresh Food Access

Fresh Food Access Group
Monday, January 22nd 2018
10:30 - 11:30am

Northland Office Building
307 First St. S, Virginia, MN 55792
2R ITV Room

Meeting Objective: Come to a consensus on 2018 Fresh Food Access Group structure. Review Objectives for 2018.

Proposed Agenda:

10:30am Introduce newly proposed meeting structure
10:35am Discuss
10:50am River Activity
11:05am Identify guest speakers/attendees
11:20am Review Objectives
11:30am Conclusion/Next Meeting
 Tuesday, February 20th
 Northland Office Building
 Room TBD

Fresh Food Access
January 22, 2018
Northland Office Building
10:30 a.m. – 11:30 a.m.

In Attendance: Ray Jobe, Chris Strand, Emily Caouette and Sara Ferkul

On the Phone: Brian Bluhm

We discussed restructuring the group. A thought is to become more of a peer learning group. Working together to share information of what is going on. And reaching out to organizations within the food access network to find the barriers and best practices. The goal is to build momentum from existing resources. We would still continue updates within the group of projects we are directly associated with.

We also discussed bringing a speaker in for every other meeting. One possible option would be Lorrie Janatopoulos to discuss Recharge as well as discuss opportunities for our group and see if she will assist in a plan for the group. The creation of a mission and goals/objectives. The meeting in between speakers would be a planning meeting to discuss questions and goals for the meeting.

We can invite and bring in different organizations to the meetings to discuss where they are lacking and see downfalls and gaps in food access. Chris suggested the representatives from Salvation Army.

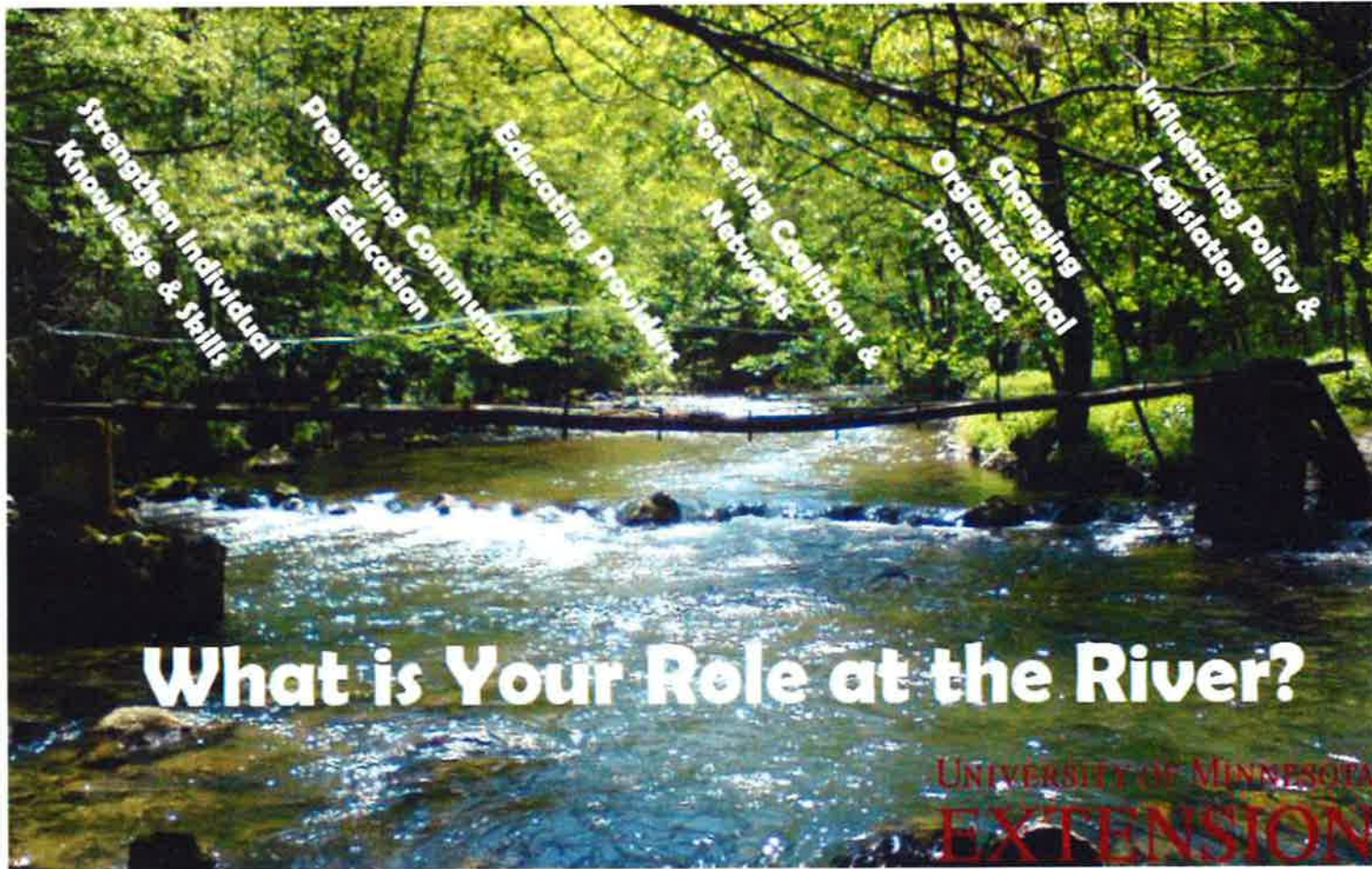
We also discussed having the Northland Office Building being our main meeting space however we will also travel and meet at the organizations if it is easier for them. We believe by going to them we may be able to encourage more participation.

Brian discussed the River Activity that he had participated in at an event. It's an exercise that assists a group in discovering gaps and opportunities by choosing where you may fit within 6 different roles while trying to complete a goal. By each person choosing a role then the group is able to recruit members that can fill in the areas that are lacking. The 6 roles are: Strengthen individual knowledge & skills, promoting community education, educating providers, fostering coalition & networks, changing organizational practices and influencing policy & legislation. Chris also spoke about Policy System Environmental Change (PSE) and Spectrum of Prevention, which is similar to the River Activity strategies. It is a multi-level framework for change.

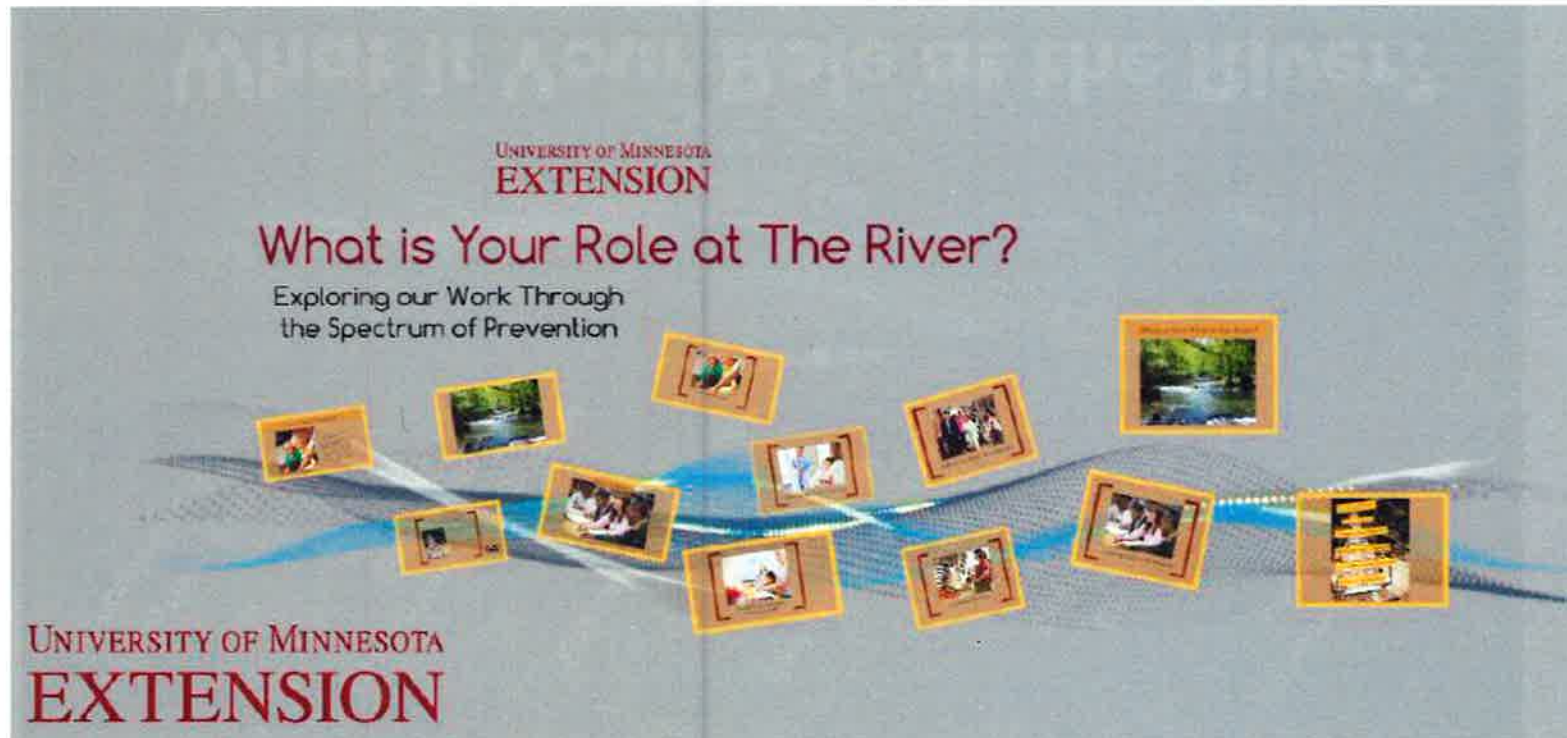
Next Meeting:

February 20, 2018
Northland Building
Room - TBD

River Activity



River Activity



River Activity Reflection

- What does the river picture tell you about your group's assets and opportunities?
 - Acknowledge areas of strength.
 - Acknowledge gaps and opportunities.
- How could this information of existing assets and opportunities inform next steps?



SPECTRUM OF PREVENTION

The Spectrum of Prevention is a systematic tool that promotes a multifaceted range of activities for effective prevention. Originally developed by Larry Cohen while working as Director of Prevention Programs at the Contra Costa County Health Department, the Spectrum is based on the work of Marshall Swift in treating developmental disabilities. It has been used nationally in prevention initiatives targeting traffic safety, violence prevention, injury prevention, nutrition, and fitness.

The Spectrum identifies multiple levels of intervention and helps people move beyond the perception that prevention is merely education. The Spectrum is a framework for a more comprehensive understanding of prevention that includes six levels for strategy development. These levels, delineated in the table below, are complementary and when used together produce a synergy that results in greater effectiveness than would be possible by implementing any single activity or linear initiative. At each level, the most important activities related to prevention objectives should be identified. As these activities are identified they will lead to interrelated actions at other levels of the Spectrum.

LEVEL OF SPECTRUM	DEFINITION OF LEVEL
6. Influencing Policy and Legislation	Developing strategies to change laws and policies to influence outcomes
5. Changing Organizational Practices	Adopting regulations and shaping norms to improve health and safety
4. Fostering Coalitions and Networks	Convening groups and individuals for broader goals and greater impact
3. Educating Providers	Informing providers who will transmit skills and knowledge to others
2. Promoting Community Education	Reaching groups of people with information and resources to promote health and safety
1. Strengthening Individual Knowledge and Skills	Enhancing an individual's capability of preventing injury or illness and promoting safety