



### Meeting Highlights and Action Plan

Agenda Item/ Topic	Key Points	Action Items
<b>Members Present</b>	S. Dahlinghaus, J. Elder, S. Torres, C. Young , S. Reed	
<b>Member Updates</b>	<ul style="list-style-type: none"> <li>• J. Elder shared that the survey for the Food Summit closes Friday 9/16. HPIO has released a new evidence summary fact sheet regarding food security.</li> <li>• C. Young shared that Springfield Regional and Mercy Memorial Hospital are holding a Health Professional Resource Fair on October 12<sup>th</sup> from 10-2. This will be an avenue to share community resources as well as internal resources. Open houses that are open to the public will be held at SRMC on Wednesday 12/14 from 3:30-6:30pm and at Mercy Memorial Hospital in Urbana on Wednesday 11/9 from 3:30-6:30pm. She also mentioned that SRMC is working to improve/expand their internal wellness program titled “Be Well Within”.</li> <li>• S. Torres that the new United Senior Services building is open. They have a professional style kitchen at the facility, and are considering hosting various classes for patrons.</li> <li>• S. Reed shared that the New Carlisle Farmer’s Market is over, WIC wasn’t as successful as last year. The committee and WIC office are working to determine the cause of the drop off.</li> </ul>	<ul style="list-style-type: none"> <li>✓ S. Dahlinghaus will send the survey to the Creating Healthy Communities Coalition.</li> <li>✓ S. Dahlinghaus will share the link to access the evidence summary fact sheet.</li> </ul>
<b>Getting Started: Nutrition education in Schools</b>	<ul style="list-style-type: none"> <li>• S. Dahlinghaus has tabled this item for the next meeting, contingent on discussions with OSU Extension.</li> </ul>	<ul style="list-style-type: none"> <li>✓ S. Dahlinghaus will contact Nancy Lyons and/or Kathy Green regarding nutrition education in schools.</li> </ul>
<b>Update: Good Food Here in Pantries</b>	<ul style="list-style-type: none"> <li>• S. Dahlinghaus shared that she has met with Second Harvest Food Bank (SHFB).</li> <li>• SHFB has completed a survey of most of their pantries and have identified 3 with the greatest need.</li> <li>• J. Elder suggested we pursue funding to assist with the initiative – Springfield Foundation, United Way</li> <li>• C. Young mentioned that we could utilize “Service Day” to help with the initiative. Service Day in April 28<sup>th</sup>, 2017. By January 2017, we need to share with C. Young what specifically we would need help with.</li> </ul>	

<p><b>Analyze Survey Results</b></p>	<ul style="list-style-type: none"> <li>• The group reviewed the compiled survey results and identified the following themes: transportation, price of food as a barrier, education             <ul style="list-style-type: none"> <li><b>1) Transportation</b> <ul style="list-style-type: none"> <li>– S. Reed believes that CareSource has some type of transportation service. S. Torres says that USS can transport people to the grocery, but medical trips hold first priority.</li> <li>- C. Young mentioned public transit can pose some issues.</li> <li>- S. Dahlinghaus mentioned that public transit doesn't include Western Clark County.</li> <li>- J. Elder suggested approaching neighborhood associations, USS about carpooling. Using sign-up sheets for rides.</li> <li>- C. Young said that resources are available, but why aren't they being utilized? Do people not know what resources are available to them?</li> </ul> </li> <li><b>2) Price of food as a barrier</b> <ul style="list-style-type: none"> <li>– J. Elder suggested utilizing OSU Extension has a resource. They could develop/deliver presentations on budgeting, meal planning, etc. The group discussed offering classes 3x/month at different sites to hit multiple demographics.</li> <li>- J. Elder mentioned that WellSpring does the FAST program – Family and Schools Together.</li> <li>- S. Reed shared that a problem WIC sees a lot is that clients don't know what to do with fresh foods once they get them. Education could include what to do with frozen, canned and fresh healthy foods and reading labels.</li> <li>- C. Young mentioned encouraging distributors to be involved in this discussion. Also encourage them to offer recipe carousels in their stores – Kroger, Meijer, Walmart. Having an open dialogue with the owners re: doing what's best for the community.</li> </ul> </li> <li><b>3) Education</b> <ul style="list-style-type: none"> <li>- C. Young says that kids in schools are going to be in this same situation in 10 years if something doesn't change. Some ideas on education include: STEM school cooking classes, involvement from Clark State and Wittenberg, the YMCA, Managing Chronic Disease through diet, Healthy eating for kids.</li> </ul> </li> </ul> </li> </ul>	
<p style="text-align: center;"><b>Next Meeting: Monday October 17th, 10am @ the WIC Office</b></p>		