

Present: Bicky Redman, J’Amy Graham Thomas, Rayna Cooper, Kathy Glahn, Kathy Gaskin, Ruth Mary McIlhenny, Betsy Wargo, Audrey Hess

- 1) Approval of January meeting minutes
- 2) Updates:
 - a. The Gleaning Project –updates sent prior to meeting from Bridget Schell (formerly Footit)
 - i. I’ve been doing a lot of brainstorming with Jay (the Franklin County Gleaning project Coordinator), which makes this office bound winter planning a LOT more productive and exciting.
 - ii. We’ve had quite a few “Gleaning Bakers” who take apples and return “healthy” baked goods and sauce for us to distribute to our community partners. It has been a great way to keep volunteers involved and distribute tasty treats!
 - iii. I’ll be at the PA Assoc for Sustainable Ag (PASA) conference this Thurs-Sat and am excited to network with like-minded people from around the state!
 - iv. The Spring Empty Bowls fundraiser is set for Friday April 15th from 4:30-6:30pm at Plank Gym at the college. I’ll have lots more details on ways volunteers can get involved in the planning stages in the months to come!
 - v. A group of Gettysburg College Globalization Studies graduating seniors have decided they want to help the Gleaning Project plan the fall World Hunger Week (October 16-22). Many more details to come!
 1. Suggestion from Kathy Glahn—check with pottery teacher at local high schools if more bowls needed.
 - b. Adams County Farmers Market Association
 - i. New Market Manager—40 applicants--Subarna Sijapati has been hired.
 - ii. New Website—online vendor application, market manager will be updating site.
 - iii. New Location—Instead of Steinwehr location (construction continues there), market will be held Thursday afternoons on Lincoln Square. Saturday market at the Outlet Shoppes will continue (but not Friday).
 - iv. Seeking new vendors—online application available
 - c. Healthy Options
 - i. Final 2 months of vouchers distributed beginning of Jan. Families grateful for opportunity to purchase fruits and veg at Kennie’s Markets over winter
 - ii. Families from Healthy Options continue with cooking and zumba at Arts Council. 17 families have participated in at least 1 six-week cooking and nutrition series. Six families are currently taking a Level 2 nutrition and cooking series. The two zumba classes have been well-attended.
 - iii. Raise the Dough fundraising – fundraising for Healthy Options--February 19-26, 2016. Stay tuned for the link upcoming soon!
 - iv. Rebecca Duffy, Gettysburg College student, is working to sell CSA shares for resale.
 - v. WellSpan employee giving project— Healthy Options will be featured program -- unknown how much will be pledged. Kathy Gaskin and Nereida Simon will present to hospital kick-off event. Funds will trickle in over May 2016-2017. Given uncertain amount to be raised through this, fundraising as usual to continue. Additional funding most likely to be applied to increasing amount of participating households.

- vi. Planning underway for new coordination efforts—Funds from United Way, Kathy applying for additional funds through Healthy Adams County to support coordination work. Bridget Schell (formerly Footit) is interested in coordinating this work.
 - d. Children's Health and Nutrition Task Force
 - i. Had 4 restaurants on board for Healthy Options for Kids.
 - ii. New focus on healthy dining partners not only related to children's menus—restaurants would apply –if meet criteria, would be part of healthy dining guide.
 - iii. Suggestion from Ruth Mary--Destination Gettysburg might be another place to share list of healthy dining options.
 - iv. CHNTF will give monthly update at AC FPC
 - e. Ruth Mary McIlhenny (Community Foundation and Hoffman Trust)
ruthmary@adamscountycf.org
 - i. Temple U. Community needs survey—surveys from community organizations and individuals. Community conversations meetings—seeking solutions to needs. Needs that came forth include affordable housing, food security, sustainable jobs, training, transportation, access to mental health care services, after school programs. Full report pending.
 - ii. Interested in finding out more about community needs. Hoffman Grants due Jan and July 15. Adams County Community Foundation Grants due March 23. Grant-writing workshop Feb 23 at 2 pm.
- 3) Carly Marshall, Comprehensive Planner at Adams County Office of Planning and Development contacted Kim to have an intern create a "Story Map" of the Adams County Local Foods Resource Guide, which will be a mobile responsive interactive mapping application. They'll create a few options and then let us choose. An example of a Story Map is here: <http://northcentral.maps.arcgis.com/apps/MapTour/index.html?appid=874758bf538444d29b6e080d88736295&webmap=4ec6c9d3942545c486a276d028ab6c88>
- 4) Ruth's Harvest Update: Betsy relayed that the program is expanding to the Middle School via siblings. They distribute 130 packs a week now. They also recently received their 501(c)3 status.
- 5) Review and finalize County Action Plan from January notes below:

Goal: Reverse the trend of increased adult overweight/obesity by 2025

Objective 1: Increase the number of adults meeting the daily recommended consumption of fruits and vegetables throughout the county by 2017.

What are barriers to consumption of fruits and vegetables?

- Etta points out that national data shows that barriers are perceived lack of time for preparation and cost.
- Betsy hears in her practice hears lack of familiarity with vegetable consumption.
- Bridget hears parents reluctant to use vegetables due to thinking that their children will not eat them.

Existing resources: Farmers Markets (including incentive programs such as Double Dollars for EBT and FMNP/SFMNP, Market Bucks, Healthy Options), ASAP after-school food preparation classes, Eat Smart Play Hard at Adams County Arts Council, WellSpan MD "prescription" pads with farmers market

info/recipes, Market Basket of the Month and Fresh Fruit and Vegetable Program school-based programs in which some schools in county have participated

Target audiences: Office for Aging, worksites (e.g. county employee wellness), schools, medical offices, housing authority communities

New ways (or potential for expansion) to help connect the dots: We narrowed these down and added two.

- Vegetable sampling in schools—contact Food Service Directors of local school districts/schools to offer assistance with application to USDA Fresh Fruit and Vegetable Program (FFVP) – Betsy will contact Gettysburg and Conewago School Districts for interest.
- Also look at working with after school programs.
- MD offices—have fresh fruit available to patients in offices—Gettysburg Hospital has fruit in lobby; Gleaning has provided for Family First office in past. WellSpan has an MD office liaison who visits all MD offices (WellSpan and non WellSpan) in area. Betsy will contact the physician liaison and pitch the idea.
- Gleaning Project—bilingual recipe cards currently in production
- Healthy Dining Guide: “Where the Health Do You Eat Around Here” will be developed by the Children’s Health and Nutrition Task Force. Restaurants will be asked to apply to be added to the guide.
- Adding fruit and produce at corner stores will be investigated. A MPH intern will work with Healthy Adams County starting in April. She is interested in this project and will research successful models and will approach one or two stores in the County to pilot a project. Possibly surveying shoppers to see if they would buy produce if it was made available. Possible tastings with help of Gleaning Project?
- Bag stuffers at corner stores that accept SNAP to advertise ACFMA’s double dollars program/EBT acceptance. Also stuffing bags with info at other strategic locations.

Evaluation of success

- Check with Wholesome Wave in terms of their evaluation methods
- Online surveys?
- Meals on Wheels –surveys to participants
- Head Start—surveys to families
- Background assessment—e.g. survey about use of social media, checking email
 - Places we could access people to survey—Food Pantries, Healthy Options, SNAP participants in FINI program (if grant awarded), multiphasic blood screening participants

Overall approach considerations

- How to present to community?
 - Tie to obesity, or focus on vegetable/fruit topic in campaign? – Focus on Wellness in general and stay away from the negative terms of overweight/obesity.
 - Make suggestions, or call to action?