

Connecting the Dots Meeting Notes
Bellows Falls, October 15, 2010

Focus Areas Derived from Group:

- Support for all residents of the community
- Increase and integrate farm/locally grown produce in school; continued improvement in school lunch
- Social Marketing to change community and school culture regarding physical activity and nutrition of children and families
- Increase participation and opportunities for physical activity, after school, etc.

Support for all residents of the community

Gaps:

1. WIC card not accepted at Farmers Market
2. Pursue getting more grocery (food stores) to accept WIC fruit and veggie card in VT and NH
3. No stores in Bellows Falls who accept food stamps
4. No Cooking for Life or other cooking programs currently offered in Bellows Falls. Cost cited as a barrier.
5. WIC Age 5+- more info; free and reduced lunch; commodities in schools

Resources:

1. Market Basket CSA
2. Tracy Benet-Perrin
3. Westminster, Athens, Grafton, Bellows Falls
4. Preschool to age 5
5. Triple E Program
6. Northeast Supervisory Union
7. Elaine Gordon
8. Westminster after-school program
9. Head Start
10. SEVCA
11. Farm to School
12. Middle School
13. Laura Cober

Next Steps:

1. Get Funding
2. Food for Life
3. Identify Hosts
4. Middle School
5. Cooking for Life
6. Get more families free and reduced/ simplify form
7. Tim to sit down with Department of Health to learn about programs
8. Identify people to take class
9. Identify people to help get participants

10. Set up convenient location
11. Continue to meet and make connections
12. EBT- WIC card
13. Jane, Carol
14. Action around free and reduced paperwork
15. Others in room- Silos

Increase and integrate farm/locally grown produce in school; continued improvement in school lunch

Gaps:

1. Community education on individual and group basis
2. Strengthen and support improvement of school Wellness; nurses and parental help; dietitian.
3. Farm to School worker to supplement, support, and integrate cafeteria changes.
4. Support for some of the smaller schools which fall through the cracks on receiving services: ex: Grafton
5. Continued training for cafeteria workers
6. Farm field trips; school gardens
7. Cooking classes with youth; taste testing
8. Mandate and follow up on wellness policies
9. Stronger encouragement of healthier foods coming from home (from preschool and daycare also)
10. Lobbying state to change policies re: food stamp purchases and wellness promotion through nutrition /prevention services.
11. Healthier foods need for lower costs; affordability; accessibility
12. Coverage for dietitian and nutrition education for prevention

Those to be involved:

1. John and Hans for food processing, Farm to School. Community Programs/ Education: Stacey
2. State and Federal policy; AHEC- Nancy S. and Valerie
3. Tracy Binnet-Perrin: Create and disseminate a nutrition policy for preschool centers/daycares, etc.

Taking Responsibility:

1. Need help on district level:
 - a. F2TS- Hans and Katherine and Stacey
 - b. Continued dialogue with YMCA/ Post Oil to help with F2S
2. Advocate for changes on state and federal levels, re: insurance reimbursements for preventative services. Inspire healthy nutritional practices through policy: food stamps, etc.

Our Requests:

1. Help from AHEC- medical student involvement re: community ed. and policy issues.
2. Help from YMCA- F2S/ Food Corp?

3. Help from Post Oil- F2S

Social Marketing to change community and school culture regarding physical activity and nutrition of children and families

Policy change

1. Assessment through 2011
2. Outcomes would be stakeholders who would make policy changes
3. Environmental change

Social Marketing

1. Advertise changes others are making; visual clues
2. Use already existing vehicles (i.e. school newsletters)

Gaps:

1. Town policies and plans that support healthier lifestyles
2. Use of tools that already exist like newsletters; Logo on healthy food choices at public venues; facebook page
 - use models
3. Relationships with parents to deliver message and make connections
4. Collaborations, intentionality, connect to purpose and activities with purpose

Those to be Involved: (Change Agents)

1. Restaurants
2. Merchants
3. Town Planners
4. Selectboard
5. Gyms
6. Farmers
7. Parents in a parent group
8. School leaders
9. Hospitals and medical practices
10. Social agencies
11. Coop in Walpole
12. Fact TV
13. Employers and business leaders
14. Media- press coverage
15. Childcare providers
16. Youth sport coaches
17. Development specialists

Next Steps:

1. Engage group (healthier community coalition) as potential stakeholders to implement assessment and planning tools
2. Modeling what we speak
3. Focus on creating alternatives (i.e. birthday parties, school fundraisers)

Increase participation and opportunities for physical activity, after school, etc.

Gaps:

1. Getting this incorporated into daily lives
2. Facilities, especially in winter (school gyms, walking laps: community assumes cost and liability)
3. Community events (once a month an organization sponsors)
4. Walk to school (more than once a month)

Those to be Involved:

1. Schools (preschool, child care need to integrate breakfast and physical activity)
2. Rec Department
3. Prescription for Exercise
4. Greater Rock Fitness (pre-K- 12 programs; invite parents)
5. Incorporate physical activity into all events
6. PTO
7. Boosters

Next Steps:

1. Add all groups—(Tammy)
2. Need to publicize what is happening (cross-market, newsletter)—(Johanna)
3. Before school program (Central Elementary with Johanna and Peter)
4. Apple Blossom dollars—(Glenn)

Our Requests:

1. Café Services—free breakfast—(John)