

Present: Betsy Wargo, Nikki Bennett, Etta Saltos, Kathy Glahn, Kathy Gaskin, Bicky Redman, Bridget Footit, Audrey Hess

- 1) Approval of December meeting minutes—several small edits approved
- 2) FINI Grant submission – Etta—officially received by USDA. Awaiting further notice.
 - a. Cash matches (\$2,000 from Campus Kitchen, \$1,000 Rice Fruit Co)
- 3) Healthy Options
 - a. Position Funding and Committee – Kathy Gaskin—United Way \$2500, WellSpan and Campus Kitchen may also be sources of funding. May have about \$10,000 for Healthy Options position. Kathy Gaskin, Kathy Glahn and Audrey presented to Gettysburg Hospital Foundation about Healthy Options on Monday, 1/4/16.
 - b. Winter distribution at Kennie's this week –January and February vouchers
 - c. Raise the Dough fundraising – fundraising for Healthy Options--February 19-26, 2016
- 4) CREATE ACTION PLAN – Introduced by Kathy Gaskin; further conversation facilitated by Kathy Glahn and Betsy
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.

Regional (York-Adams) Roundtable Feedback from October 30, 2015 meeting provided and reviewed.

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:

- 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)
- Mobile produce truck
- Grocery stores featuring a local farmer
- Vegetable tasting at grocery stores—multiple preparations of a vegetable
- Take advantage of every opportunity to highlight the source of local produce—help to connect people with the source of their foods
- 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
- Pharmacies—information about fruits/vegetables
- Gleaning Project—bilingual recipe cards currently in production
- Chefs involved in sampling vegetables

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?
 - Make suggestions, or call to action?