

Present:

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Approve:

November Minutes – approved

Discussion items:

1) November 15, 2017: ACFPC Food Forum

Thoughts on the forum:

- a. Great representation of people from different sectors of th
- b. Good example of community participation in action
- c. Good idea to have a separate note-takers
- d. Articles from Gettysburg Times are attached

Themes from each table discussion:

Affordability: Preparing, Cooking, Preservation, Supplying

Reoccurring Themes:

- A. Lack of knowledge:
 - a. “How to make quick healthy meal? How do I store extra food?”
- B. Issue with amount of food and how quickly it goes bad -> Need storage options
 - b. “I get so many apples from gleaning I need to make apple sauce and freeze it”
 - c. “I get so many tomatoes to preserve them I need to make sauce so they don’t rot.”

Suggestions:

- More classes on preservation techniques for food to prevent waste
- Make events/classes kid friendly to involve them in the process

Family/ Child Nutrition

Reoccurring Themes:

- A. Issues with incorporating healthy foods
 - a. Need to know how to cook with the veggies they get
 - b. Children don’t like taste
 - c. Providing varying veggies and cooking methods
 - d. Moving from junk food to healthy options
 - e. Need alternative recipes for unhealthy dishes

Suggestions:

- Getting children involved in cooking methods
- Using meal time as family time
- Making meal preparation a family event... turning off phones and tv

Community Gardens

Reoccurring Themes:

- A. Lack of knowledge
 - a. “What is good for kids? What has good vitamins? What will be the best for people?”

- B. Issue with amount of food and how quickly it goes bad
 - a. "Potatoes are useful because they keep longer than tomatoes"
 - b. "We grew tomatoes but people didn't need more tomatoes"
- C. Lack of communication
 - a. "If we could know what we need to plant, where to drop it off, and when to bring it in that would be so useful."
 - b. "It seems like the thing to do is coordinate. Make sure everyone is not growing the same thing"

Suggestions:

- A community call-to-action meeting before growing season. Asking what people have and what we can each grow.

Affordability of Healthy Foods

Reoccurring Themes:

- A. Lack of knowledge
 - a. "People aren't informed about healthy programs"
- B. Lack of communication
 - a. "Not enough collaboration between groups like this"
 - b. "No co-ops here"
- C. Need for options at good price range
 - a. "Black bean noodles are substantially more expensive compared to barilla"
 - b. "Don't see coupons for fresh or good food"
 - c. "Coke is cheaper than milk so buy soda instead of milk"

Suggestions:

- Increase advertising for healthy program options
- Increase collaboration between groups

Communication

Reoccurring Themes:

- A. Lack of knowledge
 - a. "I found out from word of mouth"
 - b. "Programs should be doing social media/email."
 - c. "Those that don't know may not know because they don't know what to search"
- B. Lack of communication (specifically in Spanish)
 - a. "If he had a flier explaining what the event was in Spanish it would really help him"

Suggestions:

- Social Media presence
- Spanish and English ads
- Mobile Farmer's Market: A bus full of fruits and vegetables from all local farms

Grower's Concerns (pricing and selling)

- A. Lack (need for more) of communication
 - a. "Collaboration is more than network"
 - b. "Existence of networking"
- B. Lack of knowledge
 - a. "Growing awareness"
 - b. "Existing outreach and education and initiatives"
 - c. "Consumer assumptions/perceptions about what is reasonable to pay for meat"

- d. "Many people don't understand health benefits of meat raised on pasture"
- e. "People don't know about the variety of foods and the programs that increase access to these foods as a barrier"

C. Lack of money

- a. "Wants prices to be lower. But if he did that he would be out of money really fast"
- b. "Purchasing power (median household purchasing power) is a barrier"
- c. "Local perceptions of cost for meat and purchasing power in Adams County"

Suggestions:

- Examine grower-consumer interface
- Need a conversation with farmers about why they sell to different markets and not in Gettysburg Then tell farmers about double dollars and ways they can sell locally and be benefited in the process
- Need more of customers that are well off to stimulate market (especially farmers market)
- Collaboration between farmers (lose collaboration) to make production costs lower
- Local food system investors
- Decrease loss in system for farmers
- Build relationships between consumers and growers (need to build communities)
- Food policy council (local dollar investment pitch) – they should pitch this more
- Need a way to measure this pitch and its effects

Farm to School and School Lunch Programs

Reoccurring Themes:

A. Need for options

- a. "Variation of produce, production size, how to keep the produce fresh"

B. Issues with incorporating healthy foods

- a. "Younger schools- many of the foods are greasy, not as nutritional"
- b. "The quality of food- people who are preparing the school food should be trained to prepare the food in a healthy way"
- c. Getting access to healthier options for younger children. Making all the foods kids don't want to eat, seem appealing"

Suggestions

- Sustainable community gardens
- Getting children to try new foods at a younger age, food tastings with fruit and veggies
- Opportunity for the parents to get more involved. Possibly the school could offer parents the opportunity to come in and see and try the school lunches that the children are eating.

On Farm Food Loss and Gleaning

Reoccurring Themes:

A. Issue with amount of food and how quickly it goes bad -> Need storage options

- a. "SCAAP doesn't have much freezer space, write a grant and get a big freezer?"
- b. "Cold box is limited in schools and how they plan menu for whole month"

B. Issues with incorporating healthy foods

- a. "Food not accepted, people don't want to use them"

Suggestions

- Involve as part of curriculum for elementary aged youth

- Networking with food pantries and access groups
- Get more people interested in this topic, more people to come out to volunteer to glean

Next steps

- a. Idea: “Feed the Meat” – Establish a food waste depot to feed pigs and in turn have more sustainable meat grown and sold at more affordable prices
 - b. Update White Paper to see progress
 - c. Follow-up email to all participants with concrete steps on how to get involved
 - d. Spend next time distilling the themes into a concrete plan in connection with Farm Bill advocacy.
- 2) Center for Science in the Public Interest Roundtable on SNAP
- a. Kathy Gaskin attended half-day roundtable discussion on the development of a healthy eating SNAP proposal for Pennsylvania on December 5.
 - b. Several funders asked the group to convene. They are developing a proposal for PA to improve nutrition through SNAP program.
 - c. Idea discussed for the state – people could opt into a SNAP+ pilot program – customers would get 30% incentive on fruit or vegetables if they don’t buy sugary drinks.
 - d. *For a more detailed summary and more information see attachments*
 - e. Also, good reading at <https://www.morningagclips.com/usda-promises-new-snap-flexibilities/>
- 3) Healthy Options Updates:
- a. In summer 2017, 95% of families used their Healthy Options vouchers at the Adams County Farmers Market. This is up from last year’s 92%.
 - b. Beth Mulewich will be calling English speaking Healthy Options families who participated in the summer 2017 season at the market to conduct a brief survey. The survey asks general food security questions and also aims to get a sense of what activities people would like to participate in. At our next meeting, we will see if any of our Spanish speaking leaders would be able to make calls to Spanish speaking participants.
 - c. In the transition from summer to fall, one leader (Sonda N.) stepped down from her position, and a new leader, Maria Teresa stepped in.
 - d. We have a leader meeting to discuss January distribution on Sunday 12/17 at 5pm at SCCAP
 - e. January distribution will be on Wednesday January 3 in Gettysburg from 6-8pm and on Friday January 5 in Biglerville from 6-8pm. Reminder letters will be mailed to all participants by 12/15.
 - f. Our last HO event of 2017 will be a holiday potluck on Sunday 12/17 at 6pm in the SCCAP conference room.
 - g. We are coordinating a three part Wellness Workshop in January/February 2018 focusing on 1) Healthy Eating, 2) Sleep and Emotional Wellness, and 3) Total Care. The class will be taught by a health care professional, an advocate of holistic wellness, and a recipient of gleaned produce. All three classes will be held at the ACAC. The classes are free and will be advertised through Healthy Options, The Gleaning Project, WIC, and Circles, but are also open to the general public. Draft of Flyer attached.
 - h. There are currently 15 families on the waitlist for Summer 2018

- 4) Fruit and Veg Bucks at Kennie's
 - a. Information went out to past participants as well as to the Adams County Office for Aging and Misty Ridge.
 - b. We are ready for registration at Kennie's and at SCCAP
 - c. Once registration is complete, Beth will input names and communicate with Kennie's
 - d. Discount starts January 2

- 5) Farm Bill
 - a. In preparation for our discussion at the next meeting, here are good resources about the Fall Bill: Food Politics blog (<https://www.foodpolitics.com/>) from Marion Nestle at New York University. She did a 5-part series the week of Nov. 20 devoted to the Farm Bill, with lots of links to other resources.

Member Organization updates:

The Gleaning Project:

- a. The Gleaning Project office will be closed from December 16-January 2.
- b. Our Winter Hours (from December-April) are Monday, Wednesday, and Thursday from 9am-4pm.
- c. In 2017: We recovered almost 200,000 pounds of fruits and veggies from Adams County farms and gardens. We delivered that fresh produce to 17,000 community members in need. 90 generous farmers, markets, and gardeners donated their produce to The Gleaning Project. 650 volunteers donated 2,700 hours of their time. 50 community partners helped distribute gleaned produce. We offered 5 free cooking and preservation classes to recipients of gleaned produce.
- d. In 2018 we will be working to expand our gardening and nutrition education opportunities to recipients of gleaned produce.