



Strengthening Food and Nutrition in Coos County!

**INITIAL PLANNING SESSION
APRIL 26, 2022**

We met each other and shared a brief unknown fact. Homework included filling out a survey listing member strengths, interests or resources for the consortium. Those in attendance included:

NAME	REPRESENTING	ROLE
Jamar Ruff	Coos Head Food Co-op/THE BEET	Organizer, chair
Stephanie Polizzi	OSU Extension Family & Community Health	Registered Dietitian, co-chair
Char Luther	Retired community organizer	Secretary
Paul Addis	Coos Bay Public Library	Reference librarian, cooking classes
Sam Baugh	Advanced Health	Community engagement specialist
Vanessa Broadley	South Coast Early Learning	Community navigator
Melissa Cribbins	Coos County	Commissioner
Drea Douglas	North Bend Public Library	
Marie Farinacci	SOCC	Instructor forestry, natural, resources, sustainable Ag
Doris Kiragu	Advanced Health	Health equity, policy analyst
Haley Lagasse	North Bend Public Library	
Reneé Menkens	RN retired	Friends of Public Health
Starla Paris	DHS Self-sufficiency	Food and nutrition programs
Micha	Myrtle Glen Farms	Farmer

INTRO

- Steph outlined meeting etiquette. The principles are listed on the agenda for each meeting.
- Jamar outlined the summary of how this consortium came about and what we are hoping to achieve. He also described the consortium principles are adapted from the 7 Food Cooperative Principles but are subject to change as we determine our path forward.
- Stephanie outlined the rationale including Coos’ poor showing in the County Health Rankings and our last community health assessment. She outlined some suggested goals and objectives starting with finding out what is already happening in our community, establishing our most pressing needs, collecting data and sharing what we learn with our residents through websites, newsletters and social media.

GOALS AND OBJECTIVES (suggested) – from PowerPoint

Identify current work around the county in food access and nutrition, describe local agencies, programs, systems, benefits, and lead contacts for each.	Establish and prioritize needs of citizens, taking into consideration location, access, health concerns, seasonal food availability and participating agencies.
Assist with researching and applying for grants, as well as grant management, reporting and sharing results with partners and residents.	Contribute options for marketing and communication.

POPCORN SESSION

We asked attendees to brainstorm responses to 3 questions:

1. What is the greatest nutrition need of our residents?
2. How do we assess need and gather data?
3. What are strategies we consider to best gather data or meet needs?

What is the greatest nutrition need of our residents? **Education and outreach were the main themes.**

- Improve messaging for how to eat healthy on a budget
- Educate on how to cook fresh vegs – include easy recipes & make convenient
- Update community resource lists and establish pathway for maintenance – 211/food share
- Address lack of refrigeration/cooking facilities for housing insecure
- Coordination and distribution to get fresh food to people who need it most
- Gleaning – need sustainable process
- Cost of childcare and rent
- Transportation
- Lack of understanding how to shop at grocery store
- Educate how and why to shop at a Cooperative (Co-op) and Farmers Market
- Clients/patients who need to know about nutrition information are not attending free public classes. How do we reach them?
- When someone has a new diagnosis from their primary health physician and does not know where to start with nutrition, where do they typically end up? The grocery store.
- I spend time and money, but will share... my child will not eat it... now what ?
- Knowledge, place to learn (let's build a community kitchen!); messaging - loud and clear one can't eat healthy on a budget.
- I would add a barrier that clients/patients who need to know about nutrition information are not attending free public classes. How do we reach them?
- Knowledge, place to learn (let's build a community kitchen!); messaging - loud and clear one can't eat healthy on a budget.
- How can we get more orgs to help share nutrition education materials like Healthy Bytes Initiative?

How do we assess need and gather data?

- Head Start conducts check-ins at enrollment, mid-year and end of year for needs of the family
- Interest and reaction to programs
- Look at ratio of attendance when vouchers and coupons are provided vs free nutrition education-based programming
- Community Health Assessment
- Would be nice to know the % of people who can access social media or websites with changing info so it's easy for us to update and get the word out.

What are strategies we consider to best gather data or meet needs?

- Listening
- Engage our local schools in the county
- See if local schools can adopt the same or similar approach to Head Start
- Notifying Food Share of Changes
- As a market grower, coordination and distribution can be challenging. There are not many local vegetable producers, but there are many subsistence growers that have excess produce. Coordinating and distribution would be key to getting fresh food to people who need it most.
- working with school districts to amend or augment their school lunch options.
- The libraries are a good network to utilize to access the most rural areas.
- live demonstrations at the farmer's market by Jamar
- A paid lead person would help maintain gardens. We need to pay and value that labor.

- Here at SWOCC we really want to develop a Farm to Table type course- non credit and community centered

Resources:

- Resource for helping kids eat: <https://kidseatincolor.com/?msclid=704e0282c59811ec82f3301c6da2a402>
- From Starla: https://www.orcca.us/files/ugd/d6707a_9e93ef9bdd3d4f809eb55ff608309bad.pdf As far as tracking, SSP can provide # of households on SNAP by county. We also are willing to have surveys in our lobbies/at the front desk where they talk with Point of Entry folks/at the desk with eligibility workers. We can display signage for healthy eating/ways to get involved; we print and distribute Healthy Bytes and WIC
- La SeMilla Food Center <https://lasemillafoodcenter.org/>
- Black Food Justice <https://www.blackfoodjustice.org/>
- Heal Food Alliance <https://healfoodalliance.org/who-is-heal/join/>
- Fig Collective <https://www.fig-nyc.org/>
- Rogue Valley Food System <https://rvfoodsystem.org/>

WHO DO WE NEED AT THE TABLE?

- Schools
- Food Share
- Powers/Coquille/Myrtle Point
- 211
- Tribes
- Friends of Public Health
- Community Garden Representative, maybe invite Sam Clayburn, the MG coordinator
- Someone to create marketing materials into other languages including culturally appropriate information
- Other food producers

MEETING SCHEDULE

We discussed how long the meetings should be and how often we should meet to accomplish our goals while still being respectful of people's time.

- We determined we need at least one hour monthly
- Could meet bi-weekly until we have established work plan/objectives
- Possible longer quarterly meeting of 2 -3 hours
- Breakout groups working on special project meet separately & report back (for example the Mobile Food Pantry)
- Decisions can be made between meetings via email
- WE NEED TO PAY ATTENTION TO DUPLICATION OF EFFORTS
- Regular meeting schedule will be 4th Tuesday at noon via Zoom until further notice

NEXT MEETING IS TUESDAY, MAY 24 @ NOON

HOMEWORK

Jamar will be sending out a survey for each of us to complete to share your strengths, expertise, interest and special skills that could be useful in our work. Please complete the survey ASAP so we can include the results in our next meeting.

Respectfully Submitted: Char Luther April 28, 2022