



Healthy Impact Nampa Coalition

Food Access Subcommittee

Minutes – January 23, 2018

3:30 PM Welcome and Introductions

Brent Peterson, Committee Chair, started the meeting with a welcome introduction and all in attendance introduced themselves.

Name	Affiliation
Janie Burns	Boise Farmers Market
Pam Peterson	Food Access Nampa
Barbara Felty	SWDH
Jackie Amende	UI Extension
Micki Kawakami	AARP/ New Knowledge Adventures
Brent Peterson	NNU, Committee Chair
Paula DeLeon	Northside Community Liaison
Jose DeLeon	Id. Dept. of Labor
Bobby Sanchez	City of Nampa
Claudia Dina	Good News Church Pantry
Ana Moroshan	Good News Church Pantry
Jackie Yarbrough	Idaho Foodbank
Amy Holmes	Central District Health
Mari Ramos	Family Community Resource Center NSD
Sheri Ainsworth	Saint Alphonsus
Sandi Levi	Councilwoman
Silvia Christensen	Food Access Nampa
Humberto Fuentes	Hispanic Cultural Center
Jocabed Veloz	Health-Fit Designs
Oscar Manuel Diaz	Karcher Church of Nazarene
Kass Rivera	Canyon County WICAP
Bruce Wiley	N. Nampa Food Access
Brian Dale	HUD
Jean Mutchie	St. Luke's
Vaun Stringam	Project Ruth
Emely Blowers - DeLeon	The Salvation Army
Laramie Holtman	Terry Reilly Health Services
Kyle Rooks	TRHS

Lynne Hood	EPA – Boise Office
Karla Nelson	City of Nampa

3:40 PM Healthy Impact Coalition

Jean Mutchie and Sheri Ainsworth explained that the Healthy Impact Coalition started about 6 months ago to improve health outcomes for all Nampa residents. The effort has been a collaboration among the hospitals, health care providers, school district, non-profits, housing providers, resident groups, the city and more. To be action oriented and focused, the coalition decided to break up into subcommittees focused on housing, transportation, equity and food access. Part of the goal of this committee is to coordinate efforts so that we can more effectively work together to improve access to healthy food.

3:50 PM Grocery Store Shuttle

Brent Peterson explained that the Lighthouse Rescue Mission will run a 3-month pilot grocery store shuttle every Saturday starting February 3 and ending April 28. If the shuttle is helpful, the goal is to seek permanent funding to continue the service. Brent and Jose tested the route last week and created a timetable, although it is expected that situations will occur which will cause times to vary. Brent and Jose also spoke with the Winco manager about the program. St. Luke’s and Saint Alphonsus are funding the pilot program.

Grocery Store Shuttle Action Items:

Action	Responsible Person(s)
Secure cooler, ice packs and thermometer (keep perishables 40 degrees or less), Dick’s Sporting Goods has 48 qt. coolers that cost \$20, get 2	Brent Peterson
Look for Magnetic Signs to place on sides of Shuttle	Jean and Sheri – likely funded by Invest Health grant
To shorten the route time consider dividing it into 2 loops.	Driver evaluates after a few weeks.
Look for volunteers to help carry groceries from stops to homes and Spanish speaking volunteers to improve communication with riders	Churches, organizations, committee members
Find someone to organize volunteers that carry groceries and speak Spanish to ensure that we don’t have too many on a single Saturday.	?
Develop measurements to help document usefulness of the service to future funders: - Document total receipts to demonstrate how the program supports Winco.	?

- Survey to determine if the service helps people to access healthy food. - Air quality emissions - ?	
Make and print a bilingual poster to advertise the program.	Jean, Karla, Mari
Organize poster distribution to schools, businesses, meeting spots, Winco, non-profits, library, Hispanic Cultural Center, Mobile food pantry....	Paula DeLeon
Distribute notice information to Spanish radio, PeachJar (Snake River, Endeavor, Central, Park Ridge) Maybe East Valley and Columbia) Also consider auto dialer	Mari and others from the School District
Social Media posts to NextDoor, Facebook, Constant Contact and others	Bobby Sanchez, Bruce Wiley and Terry Reilly
Canvas the neighborhood with the tri-fold flyer. Focus first on apartment complexes then door-to-door in the neighborhood around Port Street and north of Nampa Housing Authority office. Schedule distribution when the tri-fold is printed perhaps Saturday the 27 or during the day on January 31 or February 1 or 2.	Bruce Wiley and volunteers – Ask NNU students, Just Serve volunteers, others.
Place flyers in food boxes during the mobile food pantry.	Bruce Wiley or others?
Place notice on freeway billboard	Joca
Coordinate with LINK or Metro Community Services so that passengers with disabilities or the elderly understand that they have door-to-door transportation options.	Rescue Mission Driver
Share tri-fold and poster with your contacts.	All committee members
Pursue opportunity to have the GPS shuttle tracker	Rev. Bill and others.

4:10 PM Local Foods, Local Places Plan

Karla explained that a group of about 50 community members met last June to develop the Local Foods, Local Places Plan. This plan includes 5 goals with action items:

- Goal 1: Identify short-term strategies for increasing access to healthy food for the Northside neighborhood and downtown.
- Goal 2: Explore opportunities for creating a food hub that includes a commercial kitchen, cooking classes, and shared community meals.
- Goal 3: Educate residents and youth on growing and eating healthy, fresh food through creation of community gardens and other educational programs.
- Goal 4: Create physical connections to healthy food and places to recreate
- Goal 5: Research opportunities to bring a small, neighborhood grocery store back to the Northside Neighborhood.

The LFLP plan is meant to be a living document that can be adjusted as we progress. The full plan can be found here: <http://www.cityofnampa.us/1192/Local-Foods-Local-Places-Roundtable>

The committee went over several action items from the plan where some progress had been made since June. The committee was asked to identify what could be added and what needed to change.

Action 1.1: Bring the Boise Farmers Mobile Market to Nampa

The Boise Farmers Market has a mobile unit that they use to sell veggies in a variety of neighborhoods and locations. The Healthy Impact Nampa coalition secured donations to bring the mobile market to the northside neighborhood for 2 trial months, September of 2017 and potentially May of 2018. Those who shopped at the mobile unit were happy to have an option to buy fresh, local produce in the Northside. However, there were concerns with the cost. Boise offers a subsidy so that those who use EBT can get produce at half the cost. A similar subsidy is likely needed to make the program successful in Nampa.

Actions/ Changes/ Additions

- Consider utilizing the Hispanic Cultural Center Parking Lot
- Consider a shuttle to the Nampa Farmer's Market and determine if they offer a subsidy (Pam will check)
- Look for a funding source to make local, organic food affordable to low-income patrons.
- Determine if Farmers Market vendors are willing to offer a discount for produce at the end of the day.
- Increase advertisement

Action 1.2: Develop a prescription veggie program

Kyle explained that Terry Reilly received a grant to start a prescription veggie program for their patients who suffer from diet related disease. This program will include food/diet education and vouchers/ prescriptions to purchase fruits and vegetables. The program is expected to be on-going.

- **Actions:** Help to spread the word about this offering.

Action 1.3: Pursue options to improve and increase awareness of public transportation so that residents have access to grocery stores, services, jobs, education, etc.

Valley Regional Transit updated their routes in Canyon County this month. The changes should make the service more efficient and helpful for users. The transportation equity subcommittee will in part work to increase awareness about public transportation and will work to make the service more helpful. This committee is small and is looking for additional members who care about public transportation, use public transportation or would like public transportation to improve in Nampa.

- **Actions:** the first meeting will be held **Thursday, February 1 at the Nampa Library multi-purpose room from 3:30-5:00**, please invite those who might be interested. The committee will likely organize a ride the bus event to raise awareness about the new routes.

Action 1.6: Divert leftover packaged food waste to Snake River Pantry

Lynne Hood, from the Boise EPA office explained that some school districts in Washington have started food share programs that divert leftover foods from school lunches and provides these foods in a food secure environment to local pantries. There is technical support and interest from a variety of agencies to start such a program in Idaho. The EPA has a toolkit that can help with program logistics.

- **Actions:** Jean Mutchie, Jackie Yarbrough, Lynne Hood, Brent Peterson (others) meet with Nampa School District representatives to discuss possibilities in our District. Ensure that the School District food service manager is represented in the meeting.

Action 1.7: Assist the Idaho Food Bank in identifying a permanent food pantry location on the Northside.

Claudia Dina and Ana Moroshan from Good News Community Church explained that church members are interested in helping the broader community and especially their neighbors in the Northside neighborhood. Church members have seen the need for a pantry first hand by volunteering at the mobile food pantry. People also regularly come to the church looking for food. The church has been the location for the mobile pantry in the winter months and church members are working to construct a permanent pantry. The church has developed designs and worked through city processes, but they are still in need of funding.

- **Actions:** Brian Dale with HUD will connect Claudia with a CDFI representative who might be able to help with funding.
- Committee members consider funding options.

Action 2.1: Use the Hispanic Cultural Center as a food hub and community gathering space

Humberto Fuentes with the Hispanic Cultural Center explained that they have a beautiful building with a commercial kitchen in the Northside neighborhood. A great deal of programming happens at the center, especially in the evening. There are classes for youth, immigration/citizenship classes, dancing and much more. The center is completely run by volunteers but there are significant costs associated with maintaining the building and with the heavy snow from last winter, repairs are needed on the roof. The center has been working with Create Common Good to try to bring their program to Nampa. Create Common Good offers culinary/restaurant training for women escaping domestic violence, immigrants and others who are looking for a job in food services. The program results in a very high job placement rate. This program would help with some of the building operation costs and it would be a wonderful opportunity for people looking to improve their job prospects in Nampa.

- **Actions:** Continue to pursue funding to bring Create Common Good into the Hispanic Cultural Center and promote the center for other gatherings.

Action 3.2: Create food education programs to teach the importance of healthy food and how to prepare it.

Jackie Amende from the University of Idaho Extension program explained that she offers a variety of classes and is interested in offering even more in Nampa. Classes include diabetes

prevention, cheap eats: eating on a healthy budget, plant-based grocery store tours and more. Jackie can offer classes for free, but she does need funding or fees for the food. Eat Smart Idaho offers free classes with food but their programs last 8 weeks. U of I extension can do one-time classes.

- **Actions:** Partner with the grocery store shuttle for grocery store tours with information on how to eat healthy on a budget.
- Partner with Alexa at the Idaho Food Bank to get free food for classes.

4:40 PM Other Updates

Jean talked about the fruit and veggie hut. Blue Cross of Idaho granted \$5,000 for construction of the hut. Chad Raynor with Nampa School District has agreed to construct the hut over the winter, but he needs information on the desired design. Treasure Valley Leadership Academy High School has offered to have the hut on their property as a learning opportunity for students. Students can work on business plans and sell produce. Low cost procurement opportunities are needed as are volunteers to help run the hut. Future meetings will focus on this project.

- **Action:** Set up meeting with School District facilities staff, Treasure Valley Leadership Academy, Chad Raynor and others with ideas on hut design to determine design.
- Meet with Idaho Food Bank to determine if ugly fruit could be a potential source for the hut.

4:45 PM Healthy Community Plan

Sheri Ainsworth explained that Saint Alphonsus and St. Luke's have agreed to fund a healthy community action plan. Chris Danley, the consultant who worked on the Community Health Assessment will put together the plan. It is meant to be a 5-year plan for the entire community so that we all have a north star on the work that we are doing and so that work is not contingent on specific people. Existing plans will be incorporated into this broader community plan.

4:55 PM Meeting Logistics

Brent asked the group for input on meeting frequency and location. Pam suggested that the group meet monthly with active communication between meetings. Meetings should also be purposeful and should not occur just for the sake of meeting. Several meeting locations were suggested: Library, Good News Church, NNU, Police Dept. Community Room and the Hispanic Cultural Center.

- The committee agreed that the next meeting should be **on February 20 at the Hispanic Cultural Center from 3:30-5 p.m.**

Minutes Prepared by: Karla Nelson, Community Planner