

HEALTH LEADERSHIP NETWORK  
FARM TO SCHOOL/CATCH WORKGROUP MEETING  
JANUARY 13, 2011

In attendance: Michelle Malm, Kelseyville Unified School District; Tammy Alakszay, Lake County Office of Education/Americorps; Irma Irma Lopez and Jacqueline Feller, Sunrise Special Services Reach Out Program; Susan Jen and Jackie Armstrong, Health Leadership Network.

By way of introducing herself, Irma explained that she has become a certified Zumba instructor as part of Sunrise Services diabetes and obesity prevention program. She is currently teaching moms and kids at Upper Lake Elementary School from 5 to 6 p.m. on Thursdays. She is working to identify facilities in other communities where she and six other instructors can start classes. She and other instructors are also getting trained in Zumba-Tonic for kids and Zumba Gold for seniors. Hula hoops and jump ropes were also discussed as effective, creative, inexpensive and engaging exercise tools.

Tammy provided Irma and Jacqueline with an explanation of CATCH program curriculum including grab and go activities. Susan gave some background on the Farm to School program, sharing highlights of the Kelseyville Unified program that Michelle and Colleen Seely developed.

Susan also explained grant opportunities available from the 1772 Foundation and suggested working with Michelle to develop a letter of intent for Youth Farm Education or Farm to Cafeteria funding to pay for new roofing for the school's greenhouses and staffing to help develop a volunteer base and collaborate with students enrolled in agriculture and cooking classes.

Jacqueline said that Sunrise Services is offering cooking classes in Middletown on the first and third Wednesdays and at Eskaton in Clearlake Oaks on the first and third Mondays. They expect to also be offering classes at the Robinson Rancheria Youth Club in Nice and Tribal Health Consortium in Lakeport.

Jackie added that the Scotts Valley Pomo recently submitted a grant to Wallace Healthy Urban Food Enterprise Development (HUFED) Center for Increasing Access of Underserved Communities to Healthy Affordable Local Foods. Their application, entitled "Good Food Connections," included providing local food purchased from LakeCountyGrown.com as a reward for those who attend cooking classes designed to attract participants from all six Lake County Rancherias.

The meeting was adjourned at 5 p.m.