

HEALTH LEADERSHIP NETWORK
FARM-TO-SCHOOL/CATCH WORKGROUP
MAY 6, 2010

In attendance: Lorrie Gray, Hunger Task Force; Jackie Courtney, Lakeport Unified School District; Marla Peterson, Konocti Unified School District; Katherine Henry, Health Corps/Lakeside Health Center; Michelle Malm, Kelseyville Unified School District; Tammy Alakszay, LCOE/Americorps; Jim Leonardis, Leonardis Organics; Susan Jen and Jackie Armstrong, Health Leadership Network.

FARM-TO-SCHOOL UPDATE. Marla reported that she and Tammy were combining CATCH activities with "Eat With Your Eyes" nutrition education in 4th and 5th grade classrooms. She said that senior student Aubrey Brown developed a PowerPoint presentation about obesity prevention that was used along with yellow and orange carrots from River Dog Farm for the nutrition education portion. Tammy said that she was handing each teacher an invitation to register for the CATCH training in August. Marla added that she had recently used 20 lbs. of kale in student salads and that there were no food fights or complaints.

Susan read from a Rodale article about a Wisconsin school district that was processing and freezing local foods at harvest time for use throughout the school year. In response to Susan's question about how Marla had mitigated transportation issues for locally grown purchases, Marla explained that she was driving the produce to each site in the district. She also said that they'd achieved a labor balance by serving the produce fresh instead of cooked. She said that cleaning and chopping is about the same as the cooking time and that the students seem to prefer raw vegetables anyway. Jim added that Teale Love had been hired by the Community Co-Op to make weekly deliveries to the Co-Op's nine drop sites and that he expected Teale would be able to facilitate deliveries to the different school sites as part of his route.

Susan reported that HLN was in the process of reviewing proposals for development of an online ordering and distribution system that should further facilitate institutional transactions.

To help demonstrate increased access to produce in schools for a June report to the CA Endowment, Jackie A. will request 2008/09 and 2009/10 purchasing information from food service directors. Food service directors present added that summer food programs are July 6-July 30 in Kelseyville (migrant only), and June 14 through August 20 in Konocti Unified (migrant and summer school programs).

LOCAL FOOD GUIDE. Susan updated the group about feedback received at other meetings about development of a local food guide. She said that while many preferred a larger format like the Mendocino Food Guide, there were several good reasons to develop a simple tri-fold that would refer people to the Farmers' Finest website for more detailed information. She also suggested including only the crops that farmers consistently grow in order to avoid the problem and expense of updating a printed guide.

Regarding content, Susan asked those present what they'd like to see in a local food guide. There was consensus that a map showing where the farms are, a growing season chart, and information about who grows what would be key elements.

Jim suggested looking at Sonoma County's Farm Trails guide as the most expansive printed food guide he's aware of. He said that farmers each pay \$50 to be listed in the slick 68-page guide.

Lorrie said that Five-A-Day sponsored a program in which kids were given pedometers and could earn a field trip to a farm by walking a distance equivalent to the distance of a particular farm from the school.

CATCH TRAINING. Susan reported that she and Tammy were working to build attendance at an August training date for school and preschool teachers, food service directors and administrators. Marla suggested that attending staff meetings might be more effective than talking to the principals. Susan said that the Adventist Church in Lakeport has been recommended since the 2009 training was held in Lower Lake. In response to her request for recommendations regarding a date, Jackie C. said Lakeport schools will resume on August 25. Tammy added that Americorps programs will resume on August 18.

ANNOUNCEMENTS. Tammy announced that Deb Harris has scheduled a cooking demonstration at Cobb Elementary School at 5 p.m. on June 4th. She also said that she'd like to share a DVD exercise trip through California at the next HLN meeting.

Lorrie announced that Lou Denny is organizing carpools for Hunger Action Day in Sacramento on May 19th and that the Gleaners have scheduled a Food Giveaway between 8 a.m. and 10 a.m. on May 20th at the Finley Grange.

Regarding community gardens, Lorrie reported that two raised planters have been installed at Nylander Park in Clearlake Oaks, that community garden work days are scheduled at Maile's on Friday and in Middletown off of Butts Canyon on Saturday.

The meeting was adjourned at 4:40 p.m.