

Healthy Foods Action Group Minutes

January 19, 2023

Led by Mary Zirkle

Discussion of plans for 2023. Mary's goal is to finish the Strategic Goals & Strategic Plan for Andy Crawford and BARC.

Denny recommended that we reflect what we have done in 2022, and see what we need to build upon for 2023.

--Elba event

--Education components

--Cooperative Extension

To build upon what we have accomplished.

--Pulled a lot of data from the Community Bank – data collection.

Denny also mentioned that at the end of February 2023, SNAP benefits return to their normal range. This means that food banks will have much more people requiring their help. SNAP will be a topic of discussion at the BARC meeting.

The discussion also included possible educational/nutritional substitutes, i.e., substitutes for eggs.

The discussion also included what are the existing alternatives/supplements, i.e., credits available via the Farmers' Markets.

There was a wellness challenge, partnering with Centra, with each month they come. February 3, "Wear Red Day."

Suppers Made Simple, by Cooperative Extension, will start again in March. In mid-February, there will be all the prep. February 16, the Food Group's next meeting, can be a working meeting, where we can help with the prep. At "County Farm" across from the sheriff's office. (February 16 or February 23.)

Amanda wants to have on-going events at Elba.

Amanda asked if Healthy Food also promoted activity? Denny clarified that healthy lifestyles, healthy foods, etc., can be added on to anything we do. The discussion was maybe helping to get walking clubs started. Denny said maybe partnering with the food/feeding agencies, to sponsor walking groups. The Loop, is near the hospital.

Other 2022 successful actions: Virginia Community Capital, data gathering. Knowledge about food deserts, etc. are good. This group can help promote a lot of cooperative actions. Amanda also mentioned alternatives for walking, when there's inclement weather. If this group connects with Stuart, Parks & Rec, to talk about this type of thing. Possibly AARP would partner, too, with walking groups.

Cooking things at the market, talking about cooking. Cooperative Extension demonstrations, etc.

Possibly inventorying who provides things. Food boxes, food banks, etc.

Mary clarified that the reason we were gathering that info was to see where the gaps are, and how to connect people to those places that are providing food boxes. (This is the church across from the YMCA, where they're using for child care.) If they have excess boxes, who could we help connect them to people who need it.

February 16 @ 9:00am. Location to be determined. Mary will send a link to the documents available on Google Drive.

Adjourned until the next meeting.