

Food Access and Security Coalition

08.21.2023



Minutes

Attendees

- Honor Crawford, Benton-Franklin Health District
- Carla Martinez, Mid-Colombia Meals on Wheels
- Leslie Stahlnecker, ESD 123
- Marisa Hansen, Kennewick Housing Authority
- Karen Hayes, Kadlec
- Eric Williams, Second Harvest
- Eunice Aguilar, Benton-Franklin Health District
- Adilene Espindola, ESD 123
- Lauren Carlson, Benton-Franklin Head Start

- Daphne Gallegos, Benton-Franklin Health District
- Karen Diaz, Housing Authority of the city of Pasco and Franklin County
- Yajaira Lemus, Benton-Franklin Health District
- Mona Gonzalez, Mid-Colombia Libraries
- Daisy Parra-Padilla, Benton-Franklin Health District
- Doug Herigstad, Mid-Colombia Libraries
- Juan Hurtado, ESD 123

Facilitator: Honor Crawford

Recorder: Honor Crawford

August Meeting Recording: [Click here to view the August meeting.](#)

I. Welcome and Introductions

Prompt: Name, agency, title, icebreaker.

Below are some points that arose in the icebreaker discussion and may be worth reflecting upon for greater collaboration.

Honor Crawford: Greater **nutritional literacy** empowers individuals to make better-informed decisions for themselves and their families which **may impact generations down the line.**

Kelly Harnish: **Nutrition literacy may be a protective factor** for a multitude of risks.

Eric Williams: Better nutrition literacy may help folks understand things like the “myth of expired.” Eric mentioned the use of the USDA Food Keeper website.

Eunice Aguilar: Many don’t know how to read nutrition labels and utilize the information to make informed decisions for their health.

Daisy Parra-Padilla: We **must consider culture and food when we share nutrition information** with increasing diversity in Benton and Franklin counties.

Mona Gonzalez: Consider **language barriers** and the idea that people are expected to know what packaging says and how that translates to their health. Mona brought up **literacy rates** in a primary or secondary language and how that may impact **comprehension.**

Karen Hayes: **Educating people that their food dollars can go much further** if they invest in fruits and vegetables and more **nutritionally dense foods.**

Lauren Carlson: **Families think nutritionally dense foods are more expensive.** Some families may think they are making healthier choices when they may need better nutritional literacy to fully understand which choices are truly a better alternative.

Marisa Hansen: A primary source of information for many these days is social media and there are conflicting sources. Marisa suggested that **teaching children in schools to be more critical of the source of the information** would be great.

Carla Martinez: **Portion control** as a key component of nutritional literacy.

II. Old Business

- **Gratitude!** Thank you to those who sent me their edits to the distribution list. Thanks to Joyce N. for introducing Katrina Bernal Social Services Lead for Pasco Salvation Army-operate and Stephanie Marlando founder of the Restoration Market Store with Honor. Thanks to Eric Williams for connecting Diana and Honor with Carolyn Negley from Second Harvest regarding nutrition/cooking programs and connecting Honor with Kate Delavan from the WA Food Policy Forum.
- **Member Spotlights:** Please use the Sign-Up Genius to select a month for your own member spotlight! [Sign-Up Here!](#)
- **Community Spotlight:** Community Spotlights are intended to feature other members within our regional food system for educational purposes and opportunities to see where we can get involved. **Send me your suggestions/recommendations from whom you'd like to hear!**
- **Membership:** Invite a friend and invite decision-makers within the food system and connected sectors!

III. New Business

- **Toxic Algae Alert:** BFHD has detected cyanotoxin (toxic algae) levels above the recreational guidelines at the Howard Amon Swim beach. Sampling will continue until levels return below the threshold for two weeks. Alert families and check the BFHD website.
- **Air Quality Alert:** The Washington State Department of Ecology and the Benton Clean Air Agency has issued an Air Quality Alert for Benton and Franklin counties through 9 AM Monday, August 21. There are higher risk from wildfire smoke for individuals with lung diseases (COPD, asthma), heart disease, older adults, young children and pregnant women.

IV. Topic Spotlight

- **August is National Breastfeeding Month:** Review meeting slides for breastfeeding acknowledgments.
- **Overview of the First 1,000 Days of Life:** During these 1000 days, rapid growth and development occur, laying the foundation for a child's lifelong health, cognitive development, and well-being. Nutrition plays a critical role in these processes.
- **Epigenetics:** Honor briefly discussed how changes in gene expression not caused by changes in the underlying DNA sequence, but rather by modifications to the structure of the DNA or to the proteins that interact with it can be influenced by environmental factors, including a mother's diet and lifestyle during pregnancy.
- **Epigenetic Epidemiology:** Honor discussed the associations between epigenetic variation and the risk of disease in humans and evidence of the impact of environmental changes during a woman's pregnancy as demonstrated in the well-known natural human experiment known as the Dutch Hunger Winter. All this is to emphasize that these periods of critical development have lifelong implications for health and well-being.

V. Updates on Current Activities

- **Nutrition Education Opportunity:**
Karen Hayes: Mentioned that the Kadlec Healthplex demo kitchen has a mirror over the prep area and the open area would be seating. Yes, we can use the area but must be aware and schedule classes during less busy times for the Healthplex operations. Kadlec can support these efforts if we need to adapt or adopt a nutrition curriculum. Karen mentioned implementing a **media campaign** like the one done for 988 for nutrition with basic facts and or opportunities regarding nutrition to go **hand in hand with the cooking classes/education**.

- **Produce Rx, Karen Hayes, Kadlec:** Produce Power Program to start in **February**. Instacart is expanding EBT SNAP and launching Fresh Funds as a new payment option. Kadlec could put money on clients' Instacart accounts so the client can choose their produce online and it will be delivered to them. They deliver to most areas in B-F counties.
- **Juan Hurtado:** Grant funding to interview or survey parents to see what their needs are and one of those needs was health and nutrition. **There is a need for some continuous education on proper nutrition** not only for themselves but for their students/families and how to properly cook those meals.
- **Mona Gonzalez:** Mid-Colombia Libraries, as a nonprofit, **would be able to host educational classes at the library**. We could display books in English and in Spanish on cooking and nutrition. **The Pasco branch can host classes in the evenings well past the time that the library is closed and have classes before the library is open.** Mona mentioned being mindful of timing when scheduling classes for different audiences and gave the example that right now may not be the best time to target the Hispanic community but closer to the winter would be a better opportunity and it could be great to pair additional services with the nutritional class for a more holistic opportunity where families feel like this is a better use of their time. **And of course, offering the classes either bilingual or all English or all Spanish.** Potential to use any of the Mid-Colombia Libraries across the Tri-Cities.

VI. Partnership Building

- **Identification of potential partners and stakeholders not present:** We want to recruit the right individuals to see what we have to offer, reach out, and invite someone or send your recommendations to Honor.
- **Feel free to share opportunities to collaborate.**

VII. Open Floor (Who, what, notes)

Carla Martinez: Senior Life Resources put together some resource bags with material from 2-1-1, information from HAPO on financial fraud and how to protect yourself from financial fraud, the Kadlec transmitter newsletter, and other educational resource information, activity books for the mind, snacks to encourage older folks to come out to the dining to have a good healthy meal have some socialization and some fun.

VIII. Action Items and Next Steps

- Formation of subcommittees for projects.
- Subcommittee to adapt, adopt, or develop a curriculum that is culturally appropriate and very applicable for families, pregnant women, the elderly, individuals with dietary restrictions, etc. BFHD can share resources and participate in the subcommittee, but it should be a coalition-focused effort. **Reach out to Honor if you want to be a part of this exciting opportunity for our region or send names of individuals who should be involved.**

Other Information

Guests:

N/A

Resources:

Special notes:

The 2023 Community Health Improvement Plan is published and on the BFHD website! [Click here to view it!](#)

Upcoming Dates:

- Next meeting is September 18, 2023, via Teams

**Send Honor your events, resources, and other information and we'll be sure to include it here.