

Activate Omaha Kids
Nutrition Plank Committee Meeting
Wednesday, February 13, 2008
Collaborating Center
Minutes

Members Present: Cheryl Carlberg, Peggy Heires, Jennifer Talarico, Carrie Miller, Joan Sather, Nancy Lee, Tim Bivens, Rita Berthelsen, Katee Upton, Martha Nepper, Caryn Kusleika and Mary Balluff

Staff Present: Mikki Frost and Diane Roberts

1. FYI

- a. Welcome and introductions.
- b. News, concerns
 - i. Mary Balluff shared with the group that within the last three weeks, 3 grants were submitted. One was submitted to the local Sherwood Foundation for funding of Club Possible expansion and continuation. Another was submitted to the state for planning of additional community gardens. Robert Wood Johnson Foundation received the third grant application for physical environment mapping and for lay breastfeeding mentors within the WIC program.
 - ii. Cheryl Carlberg brought up a concern about computerized records within physicians offices that may “lose” or not bring up earlier growth charts and BMIs for the basis of comparison on their patients at well child checks.
 - iii. Cheryl also mentioned that the Head Start program serves their meals in a family dining style (children serve themselves) and suggested that childcare centers and afterschool programs be encouraged to serve food in the same way instead of pre-plating.
 - iv. Mikki Frost applauded the group on the Nutrition Strategic Plans as being the most complete. This strategic plan served as an example to the other planks.

2. Review of the Nutrition Plans

- a. Mary pointed out that many of the recommended plans of the Nutrition Plank will have some crossover with other Activate Omaha Kids plank committees. For example: Nutrition and Physical Activity will both be principals in the expansion of the Club Possible programs; Social Marketing and Nutrition will work together to encourage family dining; and the planks of Nutrition and Physical Activity will work together on school wellness policies with regard to physical activity and healthy eating; the Medical Subgroup and Nutrition will both work to promote breastfeeding, as well as increasing the use of BMI as a screening tool in physicians’ offices.

- b. The group went through the plans and recommended additions and corrections. The grid that was presented will eventually serve as an asset map for programs and services available within the community. It will be added to the website and provide linkage to these programs.
 - c. One notable new program was announced by Nancy Lee of the Omaha Food Bank. They will be starting a “Fresh Truck”. This program will provide fresh fruits and vegetables in desert areas, similar to an ice cream truck. The Food Bank has applied for monies from the American Idol fundraiser for food banks. Nancy added that even if the funds are not received that this is a program that will go forward.
3. School Wellness Policies
- a. The group discussed the best way to engage schools/school districts to support healthy eating through their mandated wellness policies. The group will review each school districts policy and offer support in implementing their policies. Joan Sather will contact the state and ask to receive the policies of the school districts within the Metro area.
4. March Meeting
- a. The committee members were asked to review the Nutrition plans with others and bring back to the next meeting any additions or corrections.
 - b. The group prioritized their goals and objectives and decided to take on the environmental scan, school wellness policies and breastfeeding promotion first.
 - c. By April, the plank members were asked to decide if they wish to accomplish their goals as a large group, or break into subgroups.
 - d. The next regularly scheduled meeting of the Nutrition Plank committee will be Wednesday, March 12, at 2:30 at the Collaborating Center, Room 1010.