

**Partnership for a Healthy Durham – Physical Activity, Nutrition and Food Access Committee (PANFA)**

Location: Zoom - [Meeting Link](#)

**Wednesday, April 13 2022 – 9am**

**Minutes**

Facilitated by: Mel Downey-Piper

**Present:** Raina Goldstein Bunnag, Mel Downey-Piper, Bria Miller, Don Bradley, Mary Oxendine, Donna Albertone, Alex Hurdle, Kay Combs, Jeff Forde, Esko Brummel, Ileana Vink, Nasim Youssefi, Kia Campbell, Lilliana Marin, Jacquelyn Blackwell, Colleen Toomey, Keyanna Terry, John Tallmadge, Sheri Starks, Yvonne Reza

<b>Project/Topic/Goal</b>	<b>Major discussion points</b>	<b>Action steps and responsible persons</b>
<b>Review Minutes, Icebreaker</b> (10 Min)	<p>What bones have you broken? Can we build a full skeleton with the bones being broken in this group?</p> <p>The minutes were approved.</p>	
<b>Announcements, Updates, Ideas</b> (15 min)	<p>Mary Oxendine- There will be a World Hunger Day event at Durham Central Park 3:00pm-6:00pm. Activities include cooking demos, food trucks, resource tables, free water and snacks, food coupons, music, and other entertainment. The purpose is to raise awareness around food insecurity and have a call to action for those not food insecure.</p> <p>World Earth Day is Sunday, April 24<sup>th</sup>.</p> <p>Seed and Feed is May 20<sup>th</sup> at the food bank. They will give away seeds and accept food donations 10:00am-4:00pm.</p> <p>The Kaboom playground build is the first weekend in May. Volunteers are needed for morning and evening shifts near McDougald community.</p> <p>Duke Memorial United Methodist Church will have a food giveaway Saturday, April 16. Food giveaway starts at 10:30am. Registration is required.</p> <p>Cooperative Extension Report to the Community is May 4<sup>th</sup> 8:30-10:30am at 1314 S Briggs Ave, Durham.</p>	<p>The Partnership will sponsor items for the World Hunger Day event and promote the flyers.</p> <p>To learn more about school meals legislation: Visit FRAC- <a href="https://frac.org/programs/national-school-lunch-program">https://frac.org/programs/national-school-lunch-program</a> and School Nutrition Association- <a href="https://schoolnutrition.org/LegislationPolicy/FederalLegislationRegulations/">https://schoolnutrition.org/LegislationPolicy/FederalLegislationRegulations/</a></p>

	<p>Workgroup updates from last month:</p> <p>Food Security</p> <ul style="list-style-type: none"> <li>• Reviewed Community Health Improvement Plans related to food security.</li> </ul> <p>Physical Activity</p> <ul style="list-style-type: none"> <li>• Plan to re-stencil trails this summer.</li> <li>• Several members are working on the Healthy Mile Trail at Hillside today in preparation for a Men on the Move walk this weekend.</li> </ul> <p>School Nutrition</p> <ul style="list-style-type: none"> <li>• Talked about what school nutrition does and how they feed kids.</li> <li>• Starting June 30, 2022, meals will no longer be free to all children</li> <li>• The workgroup will focus on school nutrition policy. Healthy School Meals for all is the campaign for universal free meals for students. Talk to friends, families and policy makers about supporting this campaign.</li> </ul>	
<p><b>Small group work</b> (30 min)</p>	<p>Participants chose a workgroup breakout room to join physical activity, food access, or school meals.</p> <p>Physical Activity</p> <ul style="list-style-type: none"> <li>• Paint that lasts 2-3 years and better signage that lists the benefits of walking would be helpful for the trails. Hillside has no signage and needs it. The group would also like metal stencils instead of cardboard.</li> <li>• The group could offer incentives for people to use the trails. Walkers can scan a QR code and get a flashlight or t-shirt.</li> <li>• Incorporate Healthy Mile Trails into physical activity prescription program.</li> <li>• There is interest in installing a natural trail, potentially at WestPoint on the Eno River.</li> <li>• Colleen Toomey with Durham Parks and Recreation has been in conversation with Book Harvest about a reading trail. We could install podiums so we can rotate books.</li> <li>• This workgroup also plans to assess the areas that most need safe walking/outdoor exercise opportunities.</li> <li>• Recommend that City Council has policies that support healthy spaces. Money spent on parks etc. should be more than the city's median income. <a href="https://www.cityhealth.org/our-policy-package/greenspace/">https://www.cityhealth.org/our-policy-package/greenspace/</a></li> <li>• The Durham comprehensive plan may be an avenue to make these changes. Recommendations should come out next month.</li> </ul>	<p>Jeff will get the information on the paint used for roads and send it to Bria. Bria will purchase the paint using funds from The Duke Endowment grant (thermoplastic or concrete sand).</p> <p>Talk to Healthy Robeson about the signs and stencils used for their trails.</p>

	<p>School Nutrition</p> <ul style="list-style-type: none"> <li>• There were concerns and complaints about school meals this year in addition to supply chain issues.</li> <li>• The work group will draft a positive letter that will hopefully be mailed with the school lunch application to encourage everyone to use/purchase the lunches, give a reminder of why the past two years were difficult, and remind families that purchasing school meals improves the system overall. Add that the meals are required to meet national regulations.</li> <li>• The North Carolina School Nutrition Director reminded us that this is a positive opportunity to respond to challenges.</li> </ul> <p>Food Security</p> <ul style="list-style-type: none"> <li>• The workgroup discussed the World Hunger Day event scheduled for Saturday June 4, 3:00pm-6:00pm at Durham Central Park.</li> <li>• They are planning a Feed Your Neighbor campaign, encouraging people who can donate to pay for the meals of others for the upcoming events and others in the future.</li> <li>• Share social media posts- this event is to raise awareness and to encourage people to participate in solving the problem. They will include ways people can get involved.</li> </ul> <p>Donna Albertone is the Healthy People Healthy Carolinas coach, part of The Duke Endowment grant. She is assessing where we can collaborate, especially around policy and system changes with other coalitions from North Carolina and South Carolina for collective impact.</p>	
<b>Next Meetings</b>	<p>PANFA Committee– Wed. May 11, 2022</p> <p>Partnership for a Healthy Durham Quarterly Meeting – Wed. April 20<sup>th</sup> – 12pm - Zoom</p>	