

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

**Location: Zoom**

**Wednesday, October 14<sup>th</sup>, 2025**

**Cooperative Extension 721 Foster St.**

**5:30pm-7pm**

Facilitated by: Krista Kicsak, Kia Campbell, Sicily Johnson

Attendees: Bre van Velzen, Dolores Blue, Raquel Herrera, Midori Brooks, Tonia Hicks, Chelsie Azevedo, Tanya Best, Jacquelyn Blackwell, Kelly Warnock, Jessica Davidson, Bria Miller, Chelsea Hawkins, Marissa Mortiboy, John Tallmadge, Najla McClain, Raina Bunnag, Ileana Vink, Catherine Kelly, Sandy Demeree, Athan Barkoukis, Mike Peterson, Bridget Nelson, Kayla Holland, Kia Campbell, Sicily Johnson, Jerney Berggren, Krista Kicsak

<b>Project/Topic/Goal</b>	<b>Major discussion points</b>	<b>Action steps</b>
<b>Welcome &amp; Food</b> 5:30pm-6pm		
<b>Grounding Moment</b> 6pm-6:05pm		
<b>Healthy Mile Trails (HMT)</b> 6:05pm-6:15pm	<p>HMTs are routes throughout some Durham parks and neighborhoods where there is limited elevation and pavement to provide accessible physical activity spaces/walking paths. Each HMT has a logo and signage showing where the route goes. Sicily shared what HMTs are and that some people in the group are working on engaging with the communities each are in to increase utilization, as well as see if they are beneficial where currently placed.</p> <p>Some of the group has been walking around the various HMTs to see what the route looks and feels like, if the logos/paint is still visible and what trails may need some maintenance.</p> <p>Some ideas for future work include additional signage with information on what to expect on the path, mental health information/signage spaced throughout the trails, and engaging with community trail ambassadors. The group would love feedback from anyone who would like to provide it.</p>	<p>Feedback can be placed in email to <a href="#">Krista</a> or <a href="#">Sicily</a>, or ask to join meetings.</p>

**Food Policy  
Updates &  
Education**  
6:15pm-6:40pm

Kia shared a document (attached below) that detailed different policy changes related to food security and nutrition. There are changes relating to Supplemental Nutrition Assistance Program (SNAP) through H.R 1 and local food purchasing assistance and programs.

At their tables, small groups of 3-6 people discussed the following questions:

- 1) How will these policies affect your neighborhood/community?
- 2) What is a realistic action we can take to address these issues?

Groups had 15 minutes to discuss these questions and share out, if they felt comfortable. Some of the ideas/discussion included:

- These policies will affect people of color and immigrants disproportionately
- Fears of ICE continue to affect people who utilize food pantries
- Seniors will be affected due to work requirements now placed for SNAP benefits
- Department of Social Services will be impacted through overworked and understaffed employees
- Small farmers will also be impacted

Realistic action steps included:

- Work with El Futuro and other organizations that serve the above populations
- Publish information in both English and Spanish
- Job and career development work
- Pair 'Community Health Promoters' with food banks/pantries to share information with the community
- Build on existing community relationships, such as local libraries
- Focus on partnerships with faith-based communities and organizations

	<ul style="list-style-type: none"> <li>• Provide information with local businesses like barbershops and salons</li> </ul>	
<p><b>Wrap-Up and Call to Action</b> 6:40pm-6:55pm</p>	<p>Sicity and Kia encouraged attendees to think of how to move this work forward, especially for those who cannot normally connect during monthly meeting times. Attendees were asked to write down next step ideas to keep engaging, both for themselves and the broader group.</p>	<ul style="list-style-type: none"> <li>• Connect with LATIN 19</li> <li>• Promote household food production <ul style="list-style-type: none"> <li>◦ Hydroponic giveaways, backyard gardens, neighborhood-focused classes</li> </ul> </li> <li>• Contribute to community fridges at Omie’s, St. Joseph’s 9<sup>th</sup> St Church, and Scrap Exchange</li> <li>• Get people to call their representatives to support the local food purchasing bills and about keeping state support for SNAP in coming years</li> <li>• Rotate the meeting time or have the next meeting at 6pm</li> <li>• Create and share social media posts explaining the impacts of SNAP changes</li> <li>• Create mass text chains to politicians (upcoming elections)</li> <li>• Have a communication strategy for increasing community knowledge and input</li> <li>• Increase advocacy in youth by relating to device use (advocacy followed by rewarding with a device)</li> <li>• Have a full service cafeteria in all senior living housing, County soup kitchen</li> <li>• Connect with Partners Against Crime (PAC) groups, case workers, churches, sororities, fraternities,</li> <li>• Come together with organizations and farmers to talk about ways to work in different ways</li> <li>• Talk to the people most impacted by federal changes and share their stories with our elected officials</li> </ul>

		<ul style="list-style-type: none"> <li>• Volunteer your time to help food pantries and food banks</li> <li>• Share what you learned at PANFA with your family and friends</li> <li>• Advocate to elected official</li> <li>• Collaborate between agencies</li> <li>• Tell stories on social media about the impact of changes</li> <li>• Education and Empowerment</li> <li>• Utilize relationships and build new ones</li> <li>• Hold more in-person PANFA meetings</li> <li>• Share out the one-pager of policy changes</li> <li>• Hold more PANFA meetings in person and advertised more to the general public</li> <li>• Cross collaborate</li> <li>• Utilize press releases and more media awareness</li> <li>• Spread word through social media</li> <li>• Get other community members, such as pastors and librarians, engaged in sharing information</li> <li>• Place infographics at checkout areas in stores that are willing to participate</li> <li>• Obtain real-life stories from those affected and send to senators</li> <li>• Use empty lots for food distribution</li> <li>• Seed sharing</li> <li>• Meet your neighbors</li> <li>• Identify organizations that can send out action alerts</li> <li>• Hold a panel conversation in November around other community resources besides SNAP</li> <li>• Be compassionate</li> </ul> <p>Keep tracking data consistently, even when not required</p>
<p><b>Updates/Events/Announcements</b></p>	<p>Aging Well Durham is hosting a FREE Digital Skills workshop with the library on Tuesday, October 28<sup>th</sup> at 1pm at Aging</p>	

6:55pm-7pm

Well Durham's office, 1209 North Elizabeth St. To register, click <http://bit.ly/4pOID5i>

The City of Durham and Keep Durham Beautiful are planting 8,500 trees over the next three years in neighborhoods around Durham.



## STREET TREES COMING SOON

The City of Durham is planting **8,500 trees** over the next 3 years in neighborhoods like yours. We are assessing the city's tree canopy and individual tree health with the goal to increase canopy coverage, reduce potential risks, and foster a healthy environment for us all to live in.



**LEARN MORE!**



# Physical Activity, Nutrition, and Food Access Workgroup

## Current Food Policy Changes Discussion

## Group Discussion Questions

- How will these policies affect your neighborhood/community?
- What is a realistic action we can take to address these issues?

### Changes to the SNAP program outlined in H.R.1 (aka The One Big Beautiful Bill Act)

- It limits future updates to the Thrifty Food Plan, which is used to determine the maximum SNAP benefits allowed, thereby restricting overall SNAP benefit levels.
  - The Thrifty Food Plan is the model developed by the USDA to estimate the cost of a nutritious, low-cost diet for a typical family of four. Previously it was increased based on evaluations of rising food and living costs.
- It expands the populations that have a work requirement to get benefits to include:
  - adults up to age 65+ (previously 55+)
  - Those with a child 14 years of age and up (previously with a child 18 years of age and up)
- It adds work requirements for homeless individuals, veterans, and those 18-24 who aged out of foster care (previously these groups were exempt from the work requirement)
- It gets rid of benefits for immigrants living lawfully in the U.S. with federally granted humanitarian protection including refugees, people granted asylum and others
- States can no longer request work requirement exemptions when an area has limited job opportunities and high unemployment rates.
- Restricts automatic eligibility for those receiving energy assistance to only households with elderly or disabled members, requiring others to verify utility costs.
- **Beginning 2027**, the bulk of administrative costs will shift from the federal government to the states.
- **Beginning 2028**, states must pay for half of the benefits. Previously the USDA paid for 100% of the benefits.

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### Local Food Purchasing Assistance and Local Food For Schools Programs Canceled in March 2025

These programs were designed to help school districts and Food Banks purchase food from local farms. Ending these programs halted \$660 million in funding for school districts and childcare facilities and \$500 million in funding for food banks.

### Two Bipartisan Bills Presented to Strengthen Local Food Purchasing in August 2025

In the Senate: Strengthening Local Food Security Act (S. 2338) and in the House: Local Farmers Feeding Our Communities Act (H.R. 4782)

- Establishes non-competitive cooperative agreements between USDA and states
- Provides organizations (including food banks, schools and early childcare centers) with funding to purchase and distribute local food to communities in need.
- The Senate version requires that at least 51% of funds be spent on food from small or mid-sized, beginning, veteran and underserved (term not defined in the bill) fishers, farmers, or ranchers. The House version lowers this requirement to 25% and unfortunately does not include “underserved” producers.
- Provides \$400M in annual funding starting in 2026: \$200 million each year from the USDA Commodity Credit Corporation and \$200 million provided by Congress annually. Unspent funds can carry over.
- Allows up to 25% of the funds for administration and technical assistance (which must support producers via including food safety training, certification, etc)

**More cosponsors are needed in both the house and senate to get these bills passed.**