Partnership for a Healthy Durham – Physical Activity, Nutrition and Food Access Committee (PANFA) Location: Zoom Wednesday, November 13th, 2024

Zoom-9am

Facilitated by: Scott Brummel, Kia Campbell, Krista Kicsak

Present: Scott Brummel, Krista Kicsak, Kia Campbell, Ileana Vink, Raina Goldstein Bunnag, Bria Miller, Angel Romero, Kat Combs, Jasmine St Denny, Javonna Rozario, Nakiya Smith, Bre (DCIA), Jeremy Berggren, Nicola Young, Jacquelyn Beam Blackwell, Nasim Youssefi, Marissa Mortiboy

Project/Topic/Goal	Major discussion points	Action Item(s) and Responsible Person(s)
Introductions	Announcements can be found here:	
(5 minutes)	https://docs.google.com/document/d/1xB8MACmUMbrnULSjFsDokV5se	
Co-chairs	QS9LOk3vCifGUnb82w/edit?tab=t.0	
	Some of the highlights:	
	 There will be a nutrition and food access joint meeting THIS 	
	Friday, 11/15 at 10am to nail down some more specifics around	
	those strategies. ALL are welcome to attend.	
	https://us02web.zoom.us/j/85178995570?pwd=hkEehUGjHv0xVn	
	mugmZ6nFRvoPl9AL.1	
	The Physical Activity workgroup meeting for November is	
	rescheduled to this coming Monday, 11/18 at 9am. All are	
	welcome to attend at Solite Park (4704 Fayetteville Rd), where we	
	will get more specific with the location for the Story Walk project	
	Holiday Food Resource list: co-chairs and Raina Goldstein	
	Bunnag (Durham County Food Security Coordinator) are trying to	
	get all local holiday related food resources in one location. Please	
	enter any you know of through this Google form:	
	https://forms.gle/3gmfnBqdLVr9X9UZ6. Anyone with this link can	
	also access the excel document, which lists the	
	responses/resources: <u>Durham Holiday Food Resources - Google</u>	
	<u>Sheets</u>	
	School meals are FREE FOR ALL STUDENTS IN DURHAM BURLLO COLLEGE OF THE STUDENTS IN DURHAM THE STUDENTS IN THE STUDENTS IN DURHAM THE STUDENTS IN THE S	
	PUBLIC SCHOOLS! Please share the word with all you know!	
	 Duke's Doing Good Health Fund grant is now available. More information at 	

	https://www.grantinterface.com/Home/Logon?urlkey=ddaffairs or	
	in the meeting announcements link at the top of this document	
	Jacquelyn Beam Blackwell is retiring from Feed My Sheep food Approximately and approximately active will be approximately active and approximately active will be approximately active and approximately active activ	
	pantry and an opening in her position will be announced soon.	
\	Thanks for all your hard work, Jacquelyn!	
Workgroup Time	Participants had the choice of joining one of two breakout groups: Food	
2 breakout groups	Access and Nutrition, or Physical Activity. Each breakout group	
	continued working on the Zoom Whiteboard, planning out work for each	
	quarter of 2025. The Zoom Whiteboard can be found attached to the	
	minutes but highlights and a summary are outlined below.	
	Food Access-related strategies	
	For the rest of 2024	
	 Identify the charter schools that are using Durham Public Schools 	
	(DPS) Good Food services, along with those that do not (Kia	
	Campbell has started working on this)	
	For Quarter (Q) 1 (January-March) 2025:	
	Work with three food distribution sites to identify barriers to	
	serving fruits and vegetables	
	Talk to pantry operators and the community to determine what	
	nutrition education and recipes they need	
	Reach out to charter schools and collect information about food	
	services, such as who serves the food. Work to build a	
	relationship with these charter schools and identify how to help	
	them improve and make changes to food served to students	
	 Identify and connect with an existing congregate meal site to work on shared goals together. Elizabeth Street United Methodist 	
	Church may be a good example site, along with after school meal	
	programs, child care centers and home day cares	
	Q2 (April-June)	
	Identify appropriate electronic and print materials that share tips	
	on how to eat nutrient-dense foods affordably with local food	
	distribution organizations and partners at least monthly	
	Identify organizations to meet with to discuss addressing a	
	community nutrition challenge	
	Help provide tools for preparing fruits and vegetables. Identify	
	which cooking utensils and tools would be helpful for families to	
	1	

prepare typically offered items, and include in kits at pantries that can be borrowed

Q3 (July-September)

- Continue work on compiling a toolkit for pantries
- Identify the challenge that connected organizations are meeting to discuss and plan an agenda and meeting time
- Work with identified congregate meals sites to develop strategies to increase fruits and vegetables
- Work with pantries to determine who would receive tools

Q4 (October-December)

- Host a meeting or gathering with identified community partners to talk about identified community nutrition needs
- Actually create a survey for charter schools

The next step for this group is to identify who will work on each strategy

Physical Activity-related strategies

For the rest of 2024

- Host a kickoff meeting for Open Streets
 - Make sure to collaborate with groups who support individuals living with disabilities for inclusive physical activity at this event
- Get the Story Walk installed at Solite Park by end of year
- Continue working with organizations to enhance the built environment for physical activity in youth
 - The goal of 2 organizations/year has already been met, as the play decals were installed at the Durham County Human Services Building and stencils are being installed at various elementary/pre-k sites and parks in the next few weeks/months
- Start working to increase the visibility and participation in community walking groups throughout Durham

For Q1 (January-March) 2025:

- Start working on an incentivized physical activity campaign throughout the County
- Continue efforts for hosting an Open Streets event
 - Nakiya Smith would like to be included on planning this event
- Reach out to the transportation department regarding signage and possibilities, as well as starting to think of what will be on the signs

- Including if signage will be in just English or other languages as well
- Identify existing walking groups to create information about
- Revisit working with the School Health Advisory Council at the end of Quarter 1, early Quarter 2

Q2 (April-June)

- Continue working on the physical activity campaign
- Start disseminating the information on what walking groups are already in Durham
 - Figure out what groups are currently left out of the current walking groups/programs
- Have inspiration for signage on safety and benefits of physical activity from other areas in one place and have a solid idea of what will be on the signs

Q3 (July-September)

- Host a big kickoff event for walking groups
- Start seeking grants for various projects the group would like to do, and have at least one identified to apply to by end of Q3
- Start working on a March Madness physical activity campaign

Q4 (October-December)

- Actually hold the Open Streets event
- Have one physical activity campaign held by end of Q4

Nutrition-related strategies

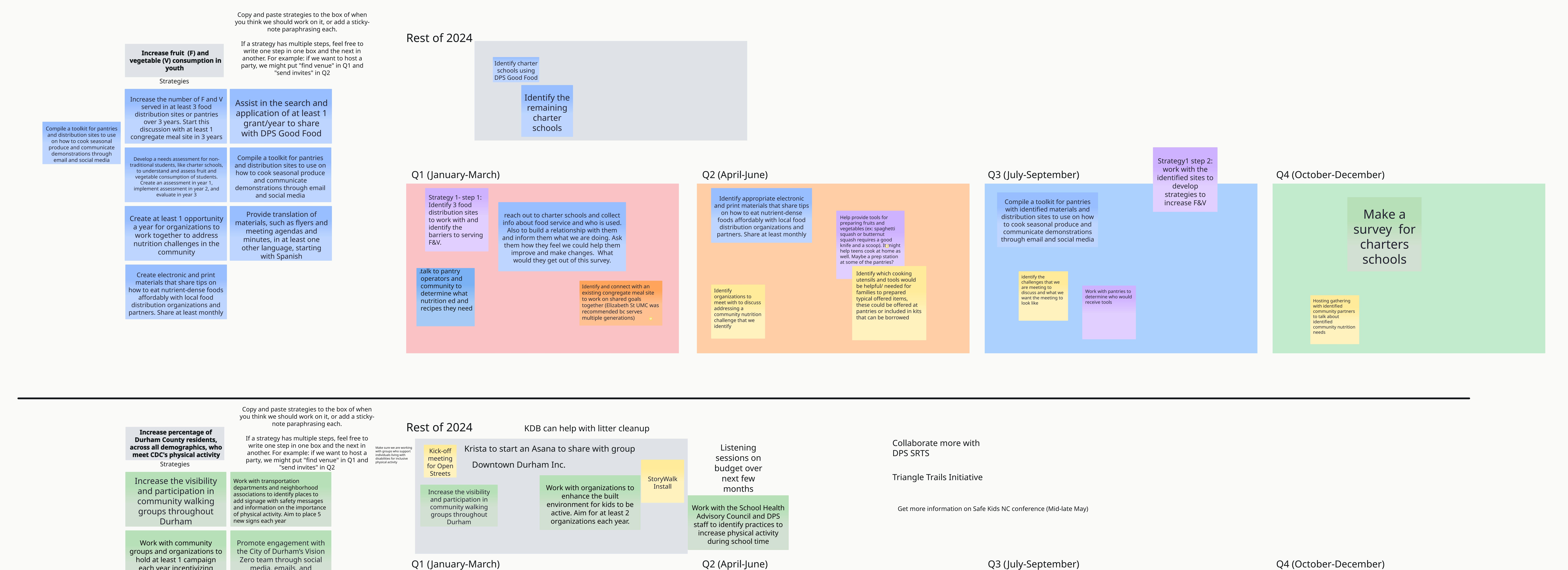
For the rest of 2024

- Start searching for grants to apply for pantries and food distribution sites as a whole
- Work on the strategy to expand and improve the system of communication the food resources available in the community

For Q1 (January-March) 2025

- Explore opportunities to increase food access and culturally relevant foods through grocery partners and research what is working in this area in other parts of the country
- Increase the number of food donations recovered and overall pounds of food recovered through the food recovery program
- Engage with community members, organizations, and neighborhoods to identify how to improve food security by attending outside meetings or hosting additional listening sessions. Aim to work with at least 1 new group each year

	The group needs to work on Q2-Q4 at their workgroup meeting Friday, 11/14.	
Next Meetings	December's meeting will be a joint IN-PERSON meeting with the Durham County Food Security Network on Wednesday, December 11th from 9:30am-11am. We will meet at the County Extension Office, parking available. More information will come soon.	
	The Physical Activity workgroup will meet MONDAY, 11/18 at 9am at Solite Park (4704 Fayetteville Rd) to decide on the actual location of the Story Walk.	



media, emails, and

newsletters.

Work with organizations to

enhance the built

environment for kids to be

active. Aim for at least 2

organizations each year.

Tricia, Willa,

Work with community

groups and organizations to

hold at least 1 campaign

each year incentivizing

physical activity

Work with County and

City organizations to

host at least 1 Open

Streets event each year.

Nakiya Smith

Javonna, Way

to Go Program

Will signage be available in multiple languages?

Engage wit

various

Vision Zero

plans

Work with the School Health

Advisory Council and DPS

staff to identify practices to

during school time

Javonna

brainstorming

walking groups

Work with community

hold at least 1 campaign

each year incentivizing

physical activity

for signage (early Q2)

Big kickoff event for

increase physical activity roups and organizations to

each year incentivizing

physical activity

Work with County and

City organizations to

host at least 1 Open

Streets event each year.

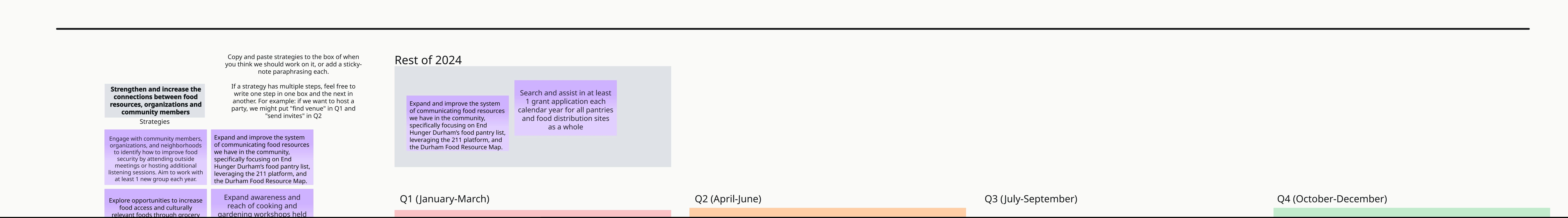
Work with the School Health

Advisory Council and DPS

staff to identify practices to

increase physical activity

during school time



Seek grants for projects; apply to at least 1 grant

Actually

streets

event

Have March

Madness PA

campaign

host open

Have hosted

at least 1 PA

campaign