

Zone 2 Ohio Action For Healthy Kids Meeting Minutes
November 4, 2008
3rd Floor Conference Room – Perry Building

Attending: Jackie Fields, Jan Meyer, Monica Harnish, Vickie Ludwick (new member), Joan Hardesty, Diana Carroll-Aghdam, Lois Clark, Joan Kline, Marybeth Torsell, Lori McKean, Peggy Foland, Shelly Miller, Maggie Turnbull, and Janet Bassitt.

Invited Guest Presenters: Laura Widder, Judy Shivers, and Vera Freels.

Janet welcomed members and guests. Everyone introduced themselves and told what agency they represented and one thing they were thankful for.

National & Ohio AFHK Updates – Jan, Janet, Peggy

- National AFHK has a wellness policy monitoring tool on its website.
- Ohio AFHK was spotlighted in the September National AFHK newsletter.
- In the October AFHK Newsletter
 - Segment on planning school health fairs by the Indiana AFHK
 - Ohio AFHK elementary school success story that featured a fruit and vegetable “Fear Factor”
 - National School Board Association’s Center for Public Education analyzed several data sources to find out if recess is becoming a relic. The national average for recess is 29 minutes per day.
 - Food Research and Action Council’s report on Commodities in the National School Lunch Program. Some commodities fail to meet the recommended nutrition standards.
- In the November AFHK Newsletter – the Love Your Veggie Grant is due Friday.
- Karen, Shelly, and J.D. attended the National AFHK State meeting in September.
 - A speaker and focus on how to engage and involve volunteers.
 - Next year’s focus will be on parents as advocates. DOGS (**D**ads of **G**reat **S**tudents).
 - Politically Correct Terminology
 - “families” instead of “parents”
 - With administrators
 - “measure” not “evaluate”
 - “enhance” not “improve”
 - “assist” not “help”
 - “boost” not “make better”
- Zone 7 held an October Teen Summit that focused on student advocacy
- Ohio AFHK has drafted a marketing plan. Part of the plan is
 - An Ohio AFHK tablecloth for use at workshops and other events. (We received ours!)
 - Patricia Aranez has been developing news media releases on zone success stories. News media releases have been written about Van Wert School District as well as Liberty-Benton, two of our mini-grant recipients. If you have a news idea for Patricia, contact her at paranez@childrenshungeralliance.org
- *Eat Better Do Better* is a social marketing campaign which has been rolled out in the Columbus, Cleveland, and Cincinnati markets. Rural areas will be next. Peggy shared sample materials and promotional items.

Legislative Updates - Jan

- The Ohio School-based Health Care Organization, whose interest lies in child health issues, will be holding a Statehouse Action Day on April 14.
- Ohio AFHK
 - has partnered with the Ohio Business Roundtable that has child health as one of its interests. This group wants to introduce legislation involving BMI and nutrition standards.

- Will e-mail and send a letter of welcome in January to new legislators.
- Will team up with the Ohio Dietetic Association to provide a breakfast combined with educational sessions in Columbus for legislators and staff.

Zone 2 Fiscal Report – Maggie

- We budgeted \$200 for our September Guest/Celebration Meeting and spent \$166.82. Our account balance is \$4,593.18.

Nutrition Workshop Committee Report – Lori, Janet, Committee Members

- 250 workshop brochures have been mailed and brochure is posted on the Chapter 2 website.
- CEU's for food service personnel have been preapproved.
- Food service companies will have food samples geared to children on special diets.
- Committee members will meet at noon on November 19 at the Niswonger Center in Van Wert to set up for the afternoon workshop.
- If you have not done so, let Maggie know if you will be attending.

Breakfast Mini-Grant Presentations

Peggy introduced the Zone 2 OAFHK recipients of breakfast grants.

- **Laura Widder** of Kenton City Schools instituted an Easy Go Breakfast. Students picked up their breakfast and ate it in their home room. She ran into a roadblock with teachers. Breakfast is now served in the cafeteria beginning at 7:30 a.m.
- **Judy Shivers** of Liberty-Benton started a Grab & Go Breakfast. During achievement testing week last year, 850 breakfasts were served. Breakfasts are \$1 and hot meals are served on Tuesdays and Thursdays. Clear bags are used so students don't take extra items.
- **Vera Freels** of Allen-East reported that this past August she started a Grab & Go breakfast for students in grades K-12 to be eaten in the cafeteria. Most of the students eating breakfast are elementary and middle school students.

The coalition thanked the school food service directors for sharing their projects and for all of their hard work.

Resource Sharing/Other:

- Monica, Jan, and Joan reported on the *Healthy Ohio Forum on Childhood Obesity Prevention*. County specific statistics are available.
- Marybeth announced the Ohio Nutrition Plan will be ready to roll out in February and November 20 is the Great American Smokeout. Go to www.cancer.org for an online toolkit. Marybeth has put together quit kits.
- Monica reported the Allen County Heart health Coalition is working with the schools to discourage unhealthy food rewards for students. There will be monetary prizes for the top 3 schools.
- Joan will be giving a 5 minute presentation to her county physicians on the *Ounce of Prevention* Program.
- Lori will be attending a commodity meeting on November 6.

Future Speakers: Give suggestions to Janet.

Next Meeting Date:

The next meeting will be held on Tuesday, January 6 at 10 a.m. in the 3rd floor conference room of the Perry Building in Lima. The *Tools For Schools Workshop* Planning Committee will meet immediately following.