

Suffolk County Food Policy Meeting Minutes



Meeting Date: December 11, 2018

I. Introductions

Attendance: August Ruckdeschel, SCDP, Betsy Mercado, Local 338 RWDSU/UFCW, Alexandra Derosa, SC Legislature – Kara Hahn, Allison Puglia, Island Harvest Food Bank, Diane Schulman, Jerry Schulman Produce, Gregson Pigott, SCDHS, Michele Gervat, AHA/ ASA, Joe Jankowski, FREE, Carol Morgenstern, FREE, Kim Schulz, FREE, Davina Ayoub, student, Stephanie Hasher, student, Stephen Kramarch, SCDSS, Patricia Gemillion-Burdge, WSBOCES-CHSC, Janet Sklar, NYSNA, Josephine Connolly-Schooner, StonyBrook Medicine

II. Presentation by Michele Gervat – “AHA Collective Impact”

Michele presented the programs and opportunities to collaborate with the American Heart Association/ American Stroke Association. The presentation included an overview of the AHA/ASA 2020 strategic goal, which is to improve the cardiovascular (CV) health of all Americans by 20% and to reduce deaths from cardiovascular disease (CVD) and stroke by 20% by 2020. They will be emphasizing their efforts in the areas of reducing the number of adults who smoke, reducing the number of adults with poor cholesterol and reducing the number of adults with poor blood pressure. For kids, the focus is smoking, healthy diet and physical activity. The AHA/ ASA has invested in one visionary leader who has been awarded \$75 million to end coronary heart disease in five years.

The presentation then detailed facts about heart disease and the statistics among the American population. Heart disease is the #1 cause of death in the United States, and the world. In fact, one out of every three deaths in our country today is caused by heart disease or stroke. The following healthy choices are recommended to improve heart health: Don't smoke, and avoid secondhand smoke; Treat high blood pressure, if you have it; Eat a healthy diet that's low in saturated fat, trans fat, and sodium (salt); Adults should get at least 150 minutes of moderate-intensity physical activity a week; Maintain a healthy weight; Control your blood sugar; Control your cholesterol; See your doctor for regular check-ups; and Take your medicines exactly as prescribed. Cardiac arrest and heart attacks were defined. Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat

(arrhythmia). It can be reversible in some victims if it's treated within a few minutes. A heart attack occurs when blood flow to the heart is blocked. A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.

In the community, AHA and ASA have been advocating for healthier school lunches. They are also focusing on the social determinants of health. Through partnerships with faith-based organizations and affordable housing, they are providing health resources to multicultural communities. Two initiatives the AHA/ ASA have had in improving health include The Check. Change. *Control*. Program to eliminate high blood pressure and CPR training to triple the chances of survival after cardiac arrest. They are also promoting healthy workplace solutions where they are encouraging companies to provide tools that can increase employee productivity, reduce the number of sick days, and help in lowering the cost of healthcare.

AHA/ ASA have community events to promote heart health. These events; Jump Rope for Heart, Healthy for Good, Heart Walk, Go Red for Women, Heart Ball, Cor Vitae and NFP PLAY 60 Challenge and CycleNation. They welcome volunteers for all of these programs and events.

III. Presentation by Family Residence and Essential Enterprises, Inc - "Fresh Truck Mobile Market"

Kim Schulz, Joe Jankowski, and Carol Morgenstern presented on their new program, "Fresh Truck Mobile Market". The program collaborates with FREE, Northwell Health, and Cornell Cooperate Extension of Suffolk County to sell locally-sources, fresh produce at a low price in neighborhoods/ health care centers and Adelante of Suffolk County that have limited access to fresh fruits and vegetables. The truck accepts EBT, WIC/ Senior FMNP vouchers, Fresh Connect coupons, major credit cards, and cash. In addition to providing individuals and families with access to fresh healthy foods, the Fresh Truck will also create a new avenue for sales and advertising for the local farmers whose items are sold in this venue. The program employs individuals from their day programs to pick the food from the farm and sell the food at the various locations.

Through this program, the participants will learn to taste and prepare the fruits and vegetables available on the truck. Over the course of 2 summers, they will help approximately 1000 families at six scheduled locations.

The produce sold on this truck is grown on the FREE farm, as well as purchased from local farmers. Due to weather conditions, produce was not always available this past summer. This was the first summer in operation and they had many learning opportunities to help them improve for the upcoming summer.

IV. Subcommittee Updates

- Community Gardens
 - No report
- Food Equity
 - No report
- Why Buy Local
 - Two grants are available

1. Empire State Development – Suffolk County applied for \$150,000

- 2. NY Farm Viability- Suffolk County applied. They did not get good feedback. They will be resubmitting another application.
- School Administration and Food Education
 - The USDA has revised the meal requirements for the National School Lunch Program. The schools will have additional meal flexibility. There have been issues with schools adhering to the sodium requirements. The recommended amount of sodium is 1-2%. The grain requirement will now require 50% of the grains served to be whole grains. Flavored milk will be allowed.
 - Janet Sklar will be going to Albany in January for a Lobby Day.
- V. Vacancies
 - There is a vacancy for the community group and the seafood/ fisheries. FREE is a possible candidate for the community group. Recommendations are still needed.
- VI. New Business
 - Nominations for Vice Chair/ Secretary
 - Janet Sklar, NYSNA and Alex DeRosa, Kara Hahn's Office were nominated.
- VII. 2018 Final Report
 - The SCFPC must submit a final report. Augie will send out last year's report to all of the committees. The reports are due in February.
 - The reports should be voted on and approved by the first meeting in 2019.
- VIII. Set 2019 Schedule
 - February 5th
 - April 9th
 - June 11th
 - August 13th (off site)
 - October 8th (public hearing)
 - December 10th
 - Announcements
 - Patti Gremillion-Burdge announced the Healthier Long Island Challenge scheduled for January 2019.
 - Farm Bill update: the senate passed a version before the election. There are no major changes in the final iteration.
- IX. Adjournment