



VISION: Ensure that all residents of Green Country have access to whole foods and food knowledge.

**Minutes for Monday, January 28, 2013 11:30 am - 1:00 pm
Indian Health Care Resource Center**

Next meeting: February 25, 2013 at the Indian Health Care Resource Center

Attendance: Katie Plohocky, Kevin Fink, Kathy Chenoweth, Carmeka Goff, Lisa Byers, Zach Kilburn, Joe Baird, Brooke Allen, Christy Moore, Nancy O'Banion, Clark Miller, Kate Shannon, Kristen Granstaff, Joe Wilkerson, Emily Winden, Russell Burkhart, Jennifer Howard, Daphne Gaulden, Rita Scott, Celina Burkhart, LaDonna Boyd, Fauzia Khan, Victoria Bartlett, Jon Shreeder, Barbara Tricinella, Kendra Woodburn, Helen Mournins, Cheryl Wright, Mashell Sourjohn

Introductions of Attendees

Tulsa County Wellness Partnership Update.

Katie Plohocky provided an update regarding plans to submit a healthy resolution regarding Healthy Eating Active Living to the City of Tulsa City Council for consideration. Sand Springs has already passed a resolution. TCWP will be working with them to amend it and also work with Collinsville to pass their own resolution. Tulsa Food Security Council will collaborate with TCWP with regards to their TSET grant, as many of their goals are similar. They also have communications funds that can help promote many of the same messages regarding food access, healthy eating, policy ideas, and events. TCWP is supporting the Bicycle and Pedestrian Advisory Committee with regards to their recommendations to provide 7% of the Fix Our Streets budget to help fund active transportation needs including sidewalks.

Policy Committee Update. Katie Plohocky

Farm Bill. The Farm Bill is expected to start receiving attention again beginning in March through May. We would like to ask Tori Christian to provide the Council with an update on issues pertaining to the Council's mission in February or March.

H.E.A.L. Resolution. We will be focusing the breakout session on discussion around Council recommendations for the Tulsa H.E.A.L. resolution. The list of outcomes is attached hereto.

Awareness Committee Update, Katie Plohocky

We would like to put together a communications plan for 2013 to include newsletters, letters to the editor, additions to the website, and events planned throughout the year. National Nutrition Month is in March. A Food Desert Tour is being planned for the Tulsa Health Department Board members. An invitation has been extended to Congressman Bridenstine to join the tour to provide an opportunity to educate him on the food security issues in his district and the farm bill. If any organizations plan to have events in March, please let Katie know so she can add to the calendar of events.

Connectivity Committee Update. Barbara Tricenella

The committee is still working on getting organizational inventory surveys done. Katie will email the surveys out to the Council email database again. If you haven't yet filled one out, please do so. The compiled list will provide everyone with a comprehensive inventory of what areas organizations are working in so we can collaborate, help share resources, and identify gaps in services.

Economic Committee Update. Katie Plohocky

Community Food Project Planning Grant is well underway. Katie Plohocky and Russell Burkhart are working forming Green Country Foods will provide a community development corporation in which to house future projects such as an incubator commercial kitchen to be used to promote business and jobs in the food industry, as well as many other projects being investigated. We are looking for participants to join a steering committee to help move this forward. Contact Katie if you are interested.

The Mobile Grocery Store planning has been completed and implementation of the project is currently underway. Oklahoma State University has been instrumental in helping work on a PR campaign, companion health programs, and interviewing local stakeholders in the areas targeted for service. I would like to thank the students at the Stillwater and Tulsa campuses for their work. HCSI, Inc. (The Healthy Community Store Initiative), an Oklahoma non-profit corporation will be home to the project. The projected start of the mobile market is slated for May 2013.

Announcements

Upcoming Community Partner Events. If you would like to have your event announced please send information to Katie to be added to our events page. We are hoping to add a calendar to the website so in the future you can post your events.

Tulsa County Wellness Partnership.

Steering Committee Meeting is being held March 5th at 9:00 am at the Indian Health Care Resource Center.
Schools Committee Meeting will be held March 14 from 3:45-5:00 at St. Frances Health Zone.

Oklahoma Food and Farm Alliance Rita Scott announced February 23 they will host an event in Tahlequah where chefs will come together with producers to discuss getting local food into local restaurants.

Breakout Session (30 minutes) H.E.A.L. Resolution Discussion

IDEAS FOR HEALTHY EATING ACTIVE LIVING RESOLUTION

The resolution should be a joint between the mayor and city council-recommended by Victoria Bartlett. Katie's recommendations:

1. Promote a healthy community, prevent and reduce diet (or "lifestyle" was suggested) related diseases, provide access to healthy, local food and physical activity in all areas of Tulsa.
2. Promote/support the production, distribution, and procurement of food from local farms.
3. Healthy food access is a priority for comprehensive neighborhood development and important in improving underserved neighborhoods.
4. Business finance program to support local health corner store development projects.
5. Allow community gardens in public parks. (Victoria stated it is already allowed and she is working on gardens in three parks)
6. Include health goals and policies related to a healthy community in the general plan. Create an advisory committee within the City similar to other advisory committees.
7. Increase opportunities for access to health food including prioritization in compact, mixed use and transit-oriented development policies, proposals and projects.
8. Encourage new grocery stores, community gardens, and farmers markets in underserved communities to increase access to healthy food including fresh fruits and vegetables
9. Create a roadmap to seek out opportunities and establish mechanisms to support a health community
10. Encourage shared use agreements for public owned facilities and land.

Suggestions from members of Tulsa Food Security Council

- Encourage organizations and neighborhood associations to adopt school gardens to promote healthy eating.
- Use gardens for school cafeterias
- Ability to bring fresh produce to small grocery stores such as the Harvest Market
- Educating residents to buy and use fresh produce
- Limiting access to soda similar to what New York is doing
- Water bottle filling machines to encourage drinking water and eliminate the need to purchase bottled water
- Increasing access for fresh food vendors at public events and event centers

- Encourage providing healthy snacks at public meetings instead of pizza, donuts, soda, etc. KP-one thought would be to have COT provide healthy food during workshops, conferences, etc.
- Encourage organizations to promote healthy options for fundraisers instead of candy bars and cookie dough
- Encourage residents to grow their own food at home in their yards
- Support urban farming and entrepreneurial farm opportunities

Other comments:

- Having a separate resolution for TPS regarding school policies
- Start a blog for educating community and starting dialogue
- Start with children. It's more difficult to change adults habits
- How to get the average citizen to buy in
- Make sure when you introduce healthy food, it is delicious and tasty (example: different apple variety taste different- pick a sweet and crisp variety)
- Use music to attract attention and make it fun
- Introduce chefs to local farmers
- Chef Eddie Huff was brought into Union schools and really made a huge difference.
- Need to extend school lunch time to allow proper time to eat
- Promote positive attributes and keep the message positive
- The resolution should encompass core components and be built on. Fundamentals first
- Healthy eating in preschool and day cares