

Monday, February 12, 2007
F2S Connections Team
WSU-KCE Office, Renton

Attendance: 19

I: Introductions:

1. Alison Leber, Beecher's
2. Tiana Colovos: Orca ES, Columbia, Garden committee, Nutrition committee; working on getting volunteers and more time for kids in the garden.
3. Carey Thorton: Ameri-Corps/Vista at Orca ES; Garden program
4. Tim Crosby: 21 Acres, F2S Steering Committee
5. Kathy Johnson, Region 5, State PTA level
6. Gina Legaz: WA Health Foundation
7. Ann Lanning, Parent, Bellevue SD
8. Barbara Rose-Leigh: View Ridge ES, Nutrition Group member
9. Claudia Baggerly: interested grandparent
10. Shannon Markley: Engaged citizen, interested in sustainable agriculture, environmental education experience
11. Elise Hart: Laurelhurst ES, Nutrition Committee
12. Ann Lanning: Bellevue PTSA
13. Stephanie Lecovin: LWSD
14. Goldie Caughlan: PCC
15. Dennis Weaver: Change Your Food – Change Your Life
16. Tricia Sexton: community member, has studied food procurement in UK
17. Erin MacDougall: Public Health, Seattle & King County
18. Sylvia Kantor: WSU-KCE
19. Heidi Broekemeier: F2S Intern

II: Committee Reports:

A: Steering Committee Report: (Sylvia) Retreat meeting held Friday, 2/9 to revisit goals/governance structure; mapping exercise completed to see organizations and connections we have; where we are headed; on-going planning will continue at future Steering Committee Meetings

B: Outreach Committee Report: (Alison) Fact sheet/info sheet for F2S field trip; to be posted on web site; working on a 'kit;' Tim Crosby Handed out Food System Factoids.blogspot.com; everyone invited to next Outreach Meeting, Thursday, March 1, 10 am, at Cloud City Coffee (8801 Roosevelt Ave.)

C: Policy Committee: (Tim, Erin, Heidi) Working on securing a date to bring together people who are interested in becoming better informed and to discuss policies that affect F2S connections; Please let Steering Committee know if you are interested in participating

- Sign-up sheet was sent around to collect people interested in serving on either committee;

- A matrix of F2S policies (local school nutrition and wellness policies, state and US policies) was started by Heidi this year; will post it on F2S web site;

III: Connections Survey – Heidi handed out additional Connections survey to be completed today to informally assess ‘connections’ made through Team meetings and list serve; as of 2.12.07, 20 surveys completed; results will be used in year-end report

IV: Connecting with PTAs:

Guest: Kathy Johnson: WA State PTA Region 5, Service Delivery Team (9-12 regions in WA State); involved in local unit; Bethel area council; Pierce County area, at the council level; representative for legislation at school level

- Encouraged people to sign up to receive information on legislative updates from the WA State PTA address: www.wastatepta.org
- Even if you don't have a student in the school you are welcome to participate; a portion of membership money helps to run programs around the state; you can be just a paying member or an active one
- How to get an issue recognized by PTA? A local PTA could make an issue a legislative committee issue by working with principals at a school or at general PTA meetings;
- How to get involved in PTA? At local level and or higher regional level; get involved by using your voice; some of the top legislation PTA has made a priority; the PTA talks to legislators in Olympia;
- Discussion on where nutrition stands at state level PTA? Not too many details known about this, but knows it has come up at state level; a discussion about the perception that nutrition falls pretty low in PTA and schools in general; Parents are often the ones fighting these policies more than anything else; a suggestion was made to get the topic/discussion of nutrition going at school level in local newsletters; parents still showing resistance, and this is surprising; many parents still don't like the idea of serving less-sugary treats at school
- Can nutrition in schools make that PTA top five issue list? PTA takes 20 issues and narrows it down to top five; every school PTA in Washington has a voice; members should make sure there's a legislative chair on their local council; Local levels prioritize their issues/activities and push these to the regional level; Kathy suggests participating and pushing your facts and information; go to an open house, do separate fundraisers; but have to start at the local level; suggestion of putting information together and give to schools to spread to local or region PTA level;
- Discussion around State PTA and equity: Not all schools have the resources to have a PTA; some school PTAs have two schools that form a unit to have a PTA; fundraising and funding resources are less in some schools; the State PTA doesn't raise money for PTA; every school has a council level and could make requests at the regional level; The State PTA works with Region and Council levels; discussion of a recent article in Seattle Magazine about problems with huge inequities among schools when it comes to funds being raised; would need to get more answers from PTA Regional Director
- Attending State Level PTA meeting: State PTA Convention is May 6-7 in SeaTac; good opportunity to table;

- Ann Lanning is planning an hour and a half workshop about PTA opportunities to become more involved in healthier food in schools; looking for success stories and provide that to the leaders; 40-50 people; idea to have two panels: one-parents who've been active; and two- resources that are available;
- National PTA website seems very active; but not so much at the WA level; it's a social change and it takes time; important to involve everyone at the school;
- F2S Connections Team/Outreach Committee is also looking for your success stories; tie it to action; what's worked in the PTA or at your school; poster or power point; call for posters for success stories for F2S activities; Ann will check to see about space for a poster display, etc; Idea: Make a Top 10 list of F2S activities around the state;
- Work to be done on educating parents; so complicated what happens in nutrition services; PTAs could do to educate parents that there could be more money available
- Concern that Western WA schools were disproportionately represented; less resources and less participation in eastern Washington;
- WASL testing food; who pays for WASL snacks – PTA, principals and teachers are funding; Who needs to hear that message? Principal
- One-page hand out of resources; Dr. Greene.org has information from a pediatrician; action for health kids; Tim's one page blog;
- School and principal at top and parent level at bottom to both push; state and region and local units; will make it happen by going to the local units;
- Other tips from PTA members: We aligned our goals with PTA's goals; if you come in with ideas to work together; March is national nutrition month- Stephanie Lecovin talked about the salad contest going on at her school - kids coming up with ideas for making salads; winners get pictures and make salads that day; great media event; do a press release; and get press involved; check out the CHANGE curriculum for recipes more cultural appropriate; having a good relationship with the food services staff at your school is key; Assessment of whether better food is liked by students is also important
- Some Ideas for WA F2S Success Stories: WASL testing snacks; Elise Hart, Nutrition Council Laurelhurst ES; Stephanie Lecovin: Peter Kurk ES, interested PTA,

V: Group Updates:

1. Gina Legaz – WA www.healthieststate.org, Grants brochure; mini-grants are available; handouts available; great website that reaches over 200 schools in the state and homepage for schools; happy to put some resources about F2S on web site;
2. Kathy Johnson: Hand outs from PTA available
3. Ann Lanning: Outline available of workshop for PTA Convention in May; looking for participants/panelists
4. Alison Leber: Beecher's nutrition curriculum will reach 2,000 kids this year! Always looking for volunteers;
5. Farm-to-Cafeteria and Food Policy Meeting is March 16-19 in Baltimore, sponsored by CFSC
6. Dennis Weaver: Change Your Food Change Your Life project is working to encourage parents to make better choices; there's a 15-minute video piece about healthier food soon to be available;

7. Tim Crosby: view his blog and post your updates; is also interested in getting more detail about the WASL snacks story from last year; view the blog:
FoodSystemFactoids.blogspot.com
8. General encouragement: When you have a positive happening at your school, document and spread the word!
9. Next Outreach Committee Meeting: Thursday, March 1 at 10 am, Cloud City Coffee on Roosevelt
10. Next F2S Connections Team meeting: Monday, March 12 at PCC; Topic: Seattle on School Gardens

Action Items/To do:

- Post Policy Matrix
- Send policy items to Heidi to update matrix
- Mark your calendars and to be posted on web site: next Outreach Committee meeting