**Nutrition and Physical Activity Committee Meeting Notes**

**Tuesday, October 18, 2016**

**10:00AM-11:30AM**

**Reminder:**

National Lights on Afterschool events are this Thursday, October 20th 2016.

**Welcome and Introductions**

Sharing of Best Practices

Jamie Lyn Flores

Practice wellness and sports etiquette, model good eating with healthy snack program, offer sports program practices everyday and high school.

Cathleen Van Antwerp

Using the Alliance for Healthier Generation to train with coaches and staff for education training each month.

Allison Wylie and Amie Porras

Excited to participate.

Bruno

Visiting sites have seen My Plate template placemats for students to use as the eat snack or meal with positive food messages. The idea is to create positive food messages any time kids interact with food.

Gloria Halley

Making nutrition education more meaningful by participating in gardening projects. Many schools now have full gardens and access to fresh fruits and veggies.

Arnell Hinkle

Summer food program sites in Alameda County partnered with Vision to Learn to offer free eye screening and glasses to students. This is a great example of partnering with local organizations and allies to provide a needed service to children and youth.

Jeff Davis

Recently encountered several programs are to integrate STEM with culinary arts. This is a great way help youth gain an interest in STEM and help decrease child obesity rates. Data analysis is in the works to determine where programs are and are not participating with healthy meal program. As well as an interactive GIS map to help spread the word about increasing meal participation program.

**CAN Update**

CAN Executive Director, Jeff Davis

Recently CAN has transitioned to a new fiscal sponsor, and began exploring how we can leverage community colleges to support expanded learning. As part of our transition, our primary governing body is governed by a field based Leadership Team that helps support and guide the strategic direction of CAN. We will be releasing an application to join the CAN Leadership Team in January 2017. Please consider this leadership opportunity, and we will be informing the committee when the application will be released. Any suggestions, feedback, and ideas or recommendations of Leaders are all welcome via email.

CAN continues to refine the strategic plan and assure field committees are supported with appropriate resources, structures and staff, as well as strengthen communication through newsletters tailored specifically to nutrition and physical activity.

**Youth Engagement Presentation**

Sheriffs Youth Foundation, Los Angeles County

Program Director , Dr. Kathleen Van Antwerp

Site Lead, Norwalk YAL Jamielyn Flores

Holistic approach/juvenile justice reform, 17 youth centers through out Los Angeles free of charge, and sevre more than 2,500 students per year. Provides a presence and the active involvement of law enforcement in the lives of at-risk youth, which is what makes our programs so distinctive and effective. You are coached, tutored, mentored and supported by Deputy Sheriffs whose full time job is to manage our centers and engage our youth. Program offers comprehensive youth development programs designed to meet the social, emotional, cognitive and physical needs of children ages 7-17 in communities with the highest rates of school drop outs, gangs, drugs, and violence.

Programs offered at Sherriff’s Youth Foundation include social emotional, academic, sports based youth development and wellness programs.

Healthy initiative goals include: Food and Fun- using evidence based nutrition education activities, staff acting as role models, and the hosting of healthy celebrations.

Partnerships include Alliance for a Healthier Generation, and LAUD. Program is funded through grant writing; donors and organizations such as the Sheriff’s Department provide in kind donations. For larger events the program utilizes resources from the Sherriff’s department as well as local business sponsorship in support of the event.

**Policy Update**

*State Policy Update*

AB1567: Afterschool priority access and enrollment for homeless children and foster youth, and available programs free of charge.

FB1169: Competitive foods in school; aligns state law with federal changes to smart snacks rule. Stay the same as federal law in terms of not exteneding the competative food rules into afterschool. Have yet to hear it is a problem with schools using non nutritional foods after the half hour period between school and afterschool program.

<http://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=201520160SB1169>

AB2615: changes geographic funding formula for ASES , to make sure rural areas have better access to afterschool. Bill does not impact ASES and the concern is that urban and large programs had great grant writers to create a high scoring application on federal RFAs and were predominately securing funds. Small rural program were choosing not to go after funds as a repercussion. Recommendations for bill are to create a series of buckets for all rural areas in the state to compete for bucketed funding to encourage them to apply and feel as if eligible. Bucket determined by formula that will not change funding too much.

<http://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=201520160AB2615>

*State Budget:*

Attempt to secure more ASES funding not successful in amount request, but is suspected to come back as budget priority in the upcoming year.

New money for school breakfast grants for breakfast served after the first bell rings, or a nutritional break of some sort given additional 2 million prioritized over the next 2 years.

<http://cfpa.net/ChildNutrition/SBP/Legislation/BreakfastGrants-Factsheet-2016.pdf>

Worked with a coalition to secure 10 million through a grant program for schools to improve access to safe drinking water.

<http://cfpa.net/GeneralNutrition/Legislation/H20-BudgetAdvocacyFactSheet-June2016.pdf>

*Voices for Healthy Kids*

National opportunity sponsored by American Heart Association is funding states similar to DASH program. There has been a lot of support to see this program continue, with support from the state YMCA and Boys and Girls Club, CAN has submitted an application to support CA join the program. Hope to make final decision this week, have yet to hear if we have been selected for VFHK work

*DASH update*

An advisory committee has been created, certificates for last year recognized schools are going out to programs, and operations are being put in place for next years candidate selections. The Expanded Learning Division of CDE has been engaging in conversation to expand DASH to high schools and to also keep elementary and middle schools able to apply again. DASH was the first to implement the program, and would like to continue honoring the work. Having discussions of the best way to continue the recognition program, any input and feedback is greatly appreciated.

[***http://www.cde.ca.gov/ls/ba/as/***](http://www.cde.ca.gov/ls/ba/as/)

*Traveling Apple Policy*

Policy allows for youth receiving school lunch or summer meal to take something non perishable to save for youth in the future. For many years this was not permitted in afterschool meal program and providing a lot of food waste and hunger simultaneously. The lack of alignment across programs caused several coalitions to come together and make the policy change as part of the afterschool meal program.

Please dessiminate this information to site coordinators and school who distribute meal, so more people are aware and able to do at their own sites.

[*http://www.afterschoolnetwork.org/sites/main/files/file-attachments/usda\_memo.pdf*](http://www.afterschoolnetwork.org/sites/main/files/file-attachments/usda_memo.pdf)

[*http://www.afterschoolnetwork.org/post/update-traveling-apple-policy-and-new-guidance-usda*](http://www.afterschoolnetwork.org/post/update-traveling-apple-policy-and-new-guidance-usda)

Effective immediately- released a memo of specific share tables, and on site and off site regulations.

<http://www.cde.ca.gov/ls/nu/cc/mbcnp042016.asp>

**Committee Request:**

Traveling Apple memo and the CDE memo on shared tables to live in the CAN website and be shared through the CAN newsletter.

**NuPa Committee Update**

Honoring One of Our Own: Arnell Hinkle

* Founding Leadership Team member of the California AfterSchool Network.
* Founding member of the CAN Nutrition and Physical Activity Committee, serving as Co-chair since its inception in 2007.
* Arnell has been instrumental in the resources that have been created by the committee such as advising in the creation of the CAN After School Program Quality Self-Assessment Tool and specifically ensured a high quality section in the publication for nutrition and physical activity.
* As part of the Meal Program roll out, Arnell took responsibility for development of several videos and review of written products.
* Arnell has continuously shared her nutrition expertise with the committee, weighed in on the development of important resources and in turn has provided and shared valuable CANFIT resources.
* She was incredibly instrumental in the roll out of the CACFP After School Meal program in California, which currently serves more than 6 million meals monthly at more than 3,200 after school programs throughout the state.