

**Food and Nutrition Commission
 Meeting Minutes
 Monday, September 11th, 2017
 Merriam Park Library, 1831 Marshall Ave, Saint Paul, MN 55104**

The purpose of the Saint Paul-Ramsey County Food and Nutrition Commission is to provide long-range planning and associated recommendations for policy, systems and environmental change at neighborhood, city and county levels with the aim of increasing access to healthy food.

Members Present/Representation

Nadja Berneche | County District 5 (Co-Chair)
 Karen Fangman | County District 1 (Co-Chair)
 John Parker – Der Boghossian | County District 2
 Diane Dodge | County District 4
 Shoua Salas | County District 6
 Rebecca Mino | City of St. Paul
 Terese Hill | City of St. Paul
 Metric Giles | City of St. Paul
 Amanda Karls | City of St. Paul

SPRCPH Staff:

Carissa Glatt | SHIP Grant Coordinator (Staff Liaison)
 William Moore | Health Educator
 Howie Hsieh | Intern

Guests:

Anne Barry | SPRCPH (Director)
 Anne Hunt | City of Saint Paul (Environmental Policy Director)
 Joann Ellis | District 6 Office (Commissioner McDonough’s Assistant)
 Joe Mendyka | City of Saint Paul (Community Engagement Coordinator)
 Kim O’Brien | City of Saint Paul (Councilmember Brendmoen’s Legislative Aide)
 Julie Seiber | Urban Roots/Metro Food Access Network
 Heather Peterson | Allina Health
 Jenny Krocak | Dream of Wild Health
 Patricia Ohmans | Frogtown Green
 Megan Kuhl-Stennes | Eureka Recycling
 Evalyn Carbrey | UMN Extension
 Mitchell Armstrong | Community Member
 Jim Connors | Community Member
 Susan Leem | Century College
 Carrie Snidarich | Century College
 Meghan Barnes | Century College
 Lindsay Craig | Century College
 Emily Radke | Century College
 Nicole Thorpe | Century College

The meeting was called to order at 5:44 pm. Everyone was welcomed to the meeting and introductions were made.

Agenda item:	Speaker/Discussion:
General Information	<ul style="list-style-type: none"> • Carissa: Congratulations to Samantha Henningson who had a baby, thank you to Kim O’Brien for attending in her place tonight with short notice. • Community Listening Session <ul style="list-style-type: none"> ○ Nadja asked everyone to distribute flyers to community members and organizations; emphasis in distributing translated flyers and targeting limited English or non-English speaking populations ○ Karen suggested posting flyers at church bulletins, libraries, and other public spaces ○ Diane said that tabling events like the Selby Avenue Jazz Festival are

	great ways to distribute flyers
Discussions with Local Officials	<ul style="list-style-type: none"> • How to connect with local officials <ul style="list-style-type: none"> ○ Joann Ellis said that Commissioner McDonough has an open office and everyone is welcome to call his personal cell phone number. The commissioner is open to meeting at the office or in the community. Face to face is best to get your point across. One can also give a short presentation at district council meeting. Calling the legislative aide is the best way to connect with your commissioner. Facebook, website, or newsletter are other ways to connect. ○ Anne Hunt said to call her directly (651-266-8520) and she will help connect you to the best person. People can also visit the mayor’s website and fill out a feedback form. ○ Kim O’Brien said councilmembers would love to hear more from FNC. One can email a city councilmember’s entire office using ward#@ci.stpaul.mn.us (replace # with appropriate council district). She talked about finding your champions. Talk to all councilmembers at first, then focus your efforts with those whose interests match your own. Councilmembers are usually willing to sit down and meet for 10-15 minutes. ○ Joe talked about how regular communication with council districts is important. They want to know what direction FNC is going. Each council district has different ways of communicating. They want to hear from passionate, active people. Prioritizing your issues is important when connecting with council districts. • Issues that council/constituents face regarding food <ul style="list-style-type: none"> ○ Anne Hunt talked about the city’s work on creating a greenhouse gas inventory and developing a climate action and resiliency plan. SPRC has been collaborating. There will be a draft by early October. Comments are welcome from individuals or groups. The focus has been on energy, buildings, and transportation sections; however, the it would be great to have more input on food issues. ○ Saint Paul is moving away from its current 15 trash hauler system and towards coordinated trash hauling. It was suggested that the city collect organics differently from Minneapolis (e.g. a separate bag instead of a third hauler for organics). Ideally there would be a system with one hauler. Joann suggested Victoria Reinhart, the “Garbage Queen,” as a resource on everything recycled or reused. ○ Joe talked about food access at the neighborhood level. The community listening session is a good idea in bringing people together to the table. It may be a challenge reaching certain pockets of people in the neighborhood. It is important to include young people in the conversation about food access. The city has tried to engage young people and listen to their ideas. ○ Joann said a lot of good things are happening on East Side. However, sustainability is a concern because many food-related programs are short-term (e.g. 18 months). East Side is larger than Duluth and has the highest level of poverty and diversity in both city and county. People are going hungry in the East Side. Markets seem to emphasize unhealthy pop/snacks rather than fresh fruit and vegetables. Transportation is an issue as people have trouble carrying lots of groceries home. Creative solutions are needed to keep programs sustainable rather than sunsetting them. ○ Kim described food access problems in North End, Como, and Payne Phalen. People are hungry and there are not a lot of options for healthy food. There

	<p>are many cheap, unhealthy options for foods (e.g. corner stores and gas stations). Grocery stores with nutritious food are lacking. People don't have cars and the sidewalks are dangerous (gaps make it hard for people with groceries to walk home). They also want to garden but there is a lack of land plots to do so. Rice Street and McDonough are partnering with Youth Pride to deliver hot meals to everyone (directed towards youth but all welcome).</p> <ul style="list-style-type: none">○ Anne H. talked about the challenges facing the West Seventh community. The Cooper's Foods closing was a big loss because of its ethnic food offerings. Access to local and affordable food is important. Resource mapping showed food access gaps that the city has targeted. A suggestion would be to transform underutilized spaces (e.g. warehouses) into community food places.● Policy changes and implementation<ul style="list-style-type: none">○ Kim's office has been listening to people for needs. Most interventions have been one-off, but they are interested in community input and working with FNC in the future to explore food issues.○ Jim talked about community land use and how there is potential in utilizing land and resources in the suburbs and areas surrounding Saint Paul and Ramsey County. Will expressed concern with funneling people and efforts to the outside as this might take away energy from investing in infrastructure within Saint Paul and Ramsey County. Karen talked about how opportunities can be found both within and outside of Saint Paul and Ramsey County. Nadja mentioned the challenge being that Ramsey County is the smallest county in Minnesota, so working with neighboring cities and counties is a possibility to consider.○ Kim talked about how the city council has worked with Second Harvest Heartland in declaring November Hunger Awareness Month. They are looking to spread the word and make this a huge public campaign in the future. FNC could work with the city council on Hunger Awareness Month in the future.○ Anne B. was interested in the recommendations that will be provided by FNC and the community listening session. It would be great to see the city and county work together on food issues next year. Anne talked about the need for political will, sustainable systems, and financial stability in tackling these issues. There is definite concern when there is a loss of community food resources; it is key to provide capacity and widespread coverage for food. Creative uses for unused land should be explored (e.g. community gardens).● Future planning for the government and FNC<ul style="list-style-type: none">○ Anne H. talked about how helpful it is to hear about the gaps in the city regarding food. It's important to identify places in the community to target for funding and support.○ Kim talked about how county district 6 is putting in a pollinator in the neighborhood (will be needing volunteers). Master gardeners have been helpful in setting this up. A co-op grocer may be created in the North End; could use support from FNC in the future. She emphasized the importance of making urban agriculture easier for people.○ Joann talked about the need for creativity and collaboration at the city and county levels. Examples include workforce solutions, skills training programs for people, and corner markets that sell healthy food. Food, water, shelter are everyone's basic human needs. Food access is
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	<p>prevalent in everywhere, both urban and suburbs. Short term and grassroots initiatives are needed.</p> <ul style="list-style-type: none"> ○ Joe talked about the Comprehensive Plan moving through the city council. Highland Park, Summit University and Payne Phalen will be involved in the district planning process. He suggested FNC partner with school districts and local arts organizations on food access and food justice issues. ○ Nadja talked about the need for collaboration and innovation on across sectors and the community. It’s important to bring everybody to the table. She mentioned the upcoming Food Access Summit taking place in Duluth from October 25-27. Planning has revolved around cross-sector collaboration to improve food access and having local government partners involved in this process.
<p>Updates from Subgroups</p>	<ul style="list-style-type: none"> ● Terese and Will discussed their work on the environment task force. The Family Values for Life tabling event was helpful in getting feedback for comments on the Ramsey County Solid Waste Management Plan. Due to widespread exposure (2000-3000 people showed up), FNC should consider the using the event for community engagement opportunities in the future. Diane also suggested FNC do tabling at the Ag building during the State Fair to promote the FNC and food justice. ● Carissa talked about how SHIP cannot always pay for giveaways at community engagement events. This sparked a question from Diane about why FNC doesn’t solicit funding outside of SHIP. Nadja talked about how SHIP does not need to be the sole funding source for FNC; other funding and sponsorships should be explored if they are not a not conflict of interest. Carissa mentioned that the FNC needs branding before buying stuff for tabling events. Developing a logo in next year would be ideal. ● Nadja described meeting with Lucy Thompson, the Principal City Planner in Saint Paul, about the future Comprehensive Plan. She mentioned there is no specific chapter devoted to food access, but food access is prevalent in all the chapters. The guide and checklist for evaluating comprehensive plan has been useful in this process. ● The discussion shifted to the importance of meeting with mayoral candidates and talking to them about food issues within the next month.
<p>October 2nd Community Listening Session Work</p>	<ul style="list-style-type: none"> ● Carissa talked about the World Café format. Jamie Bain took the original questions and remade them based on Food Charter. There will be an activity about exploring the question: “What does healthy eating look, sound, feel like to you?” Each table will brainstorm for 10-15 minutes on a topic using paper/markers. The table leads read out answers to the group. There will be time for people to talk/network. MLK Rec Center has capacity for 80 people. The Listening Session will potentially be catered by Afro Deli. ● The group discussed the planned topics (accessibility, affordability, availability, skills, and infrastructure). For the skills topic, FNC cannot do skills training but can refer to organizations that can. The discussion centered around how people in the community may lack skills to cook, garden, etc. ● The tables should ask questions that are simple and easy to understand. There was some worry with a few of the suggested World Café questions being hard to understand (e.g. 5A). Using plain and straight-forward language is important. Carissa will revise questions and send it back out to see what FNC thinks. Creating an icon for each table could make things easier for people to understand and navigate the tables, especially for non-English speaking folks.

	<ul style="list-style-type: none"> The group discussed whether there should be questions/tables catered to specific demographic groups (e.g. senior citizens). Demographics could be brought up within the main topics and act as conversation starters if people are struggling with a question. It could be useful to have a questionnaire (separate from sign-in) to track demographics of people who participated at the Listening Session and allow people to leave comments. It is possible that people may be wary of disclosing personal details; questionnaire will be kept anonymous. There were concerns that FNC cannot directly tackle certain issues brought up at listening session. The FNC can still pass on such issues to community partners to address.
<p>Updates and Announcements</p>	<ul style="list-style-type: none"> Patricia Ohmans <ul style="list-style-type: none"> Check out the Greening Frogtown newspaper which contains a cookbook of cultural recipes from Frogtown Frogtown Park and Farm is hosting Harvest Fest on October 7, 2017 from 11 a.m. to 2 p.m. Frogtown Green has a few events in September and October: (1) Bouquet Days in September with flower bouquet giveaways and community feedback needed for the lot at Dale/Lafond; (2) Free maple trees at Tree Frogs' Pop-Up Park available to good homes; (3) Volunteers needed to help plant trees and a raingarden in late October at Frogtown Park & Farm; (4) Hands-on nature workshops for families in September (Saturdays 1-4 p.m. at Hmongtown Marketplace). Call 651-757-5970 for more info on these events.
<p>Action Items</p>	<ul style="list-style-type: none"> Distribute Community Listening Session Flyers; English and translated flyers can be downloaded at https://goo.gl/m46DyR Provide feedback on World Café questions See you on October 2nd!

Minutes taken by: Howie Hsieh

Motion to adjourn (7:44 p.m.) passed by affirmation of the committee.

Next meeting

- Community Listening Session (Monday, October 2, 2017 at MLK Rec Center, 271 Mackubin St, St Paul, MN 55102)
- General Meeting (Monday, November 6, 2017 at TBD)