

**SAN LUIS OBISPO COUNTY  
HEALTH COMMISSION**

Minutes of Meeting

Monday, March 14, 2016 (County Board of Supervisors Chambers)

Members Present: Lynn Enns (Chair), Kris Kington-Barker, Robert Campbell, David Clous, Claire Grantham, James Pope, Jean Raymond, Mary Jean Sage, Scott Smith-Cooke, Candace Winstead

Members Absent: Susan Warren

Speakers: Jen Miller (Food Bank Coalition of SLO County/Glean SLO); Stephanie Teaford, Stacey Hunt, Nicki Anderson (SLO County Food System Coalition); Dr. Aydin Nazmi (Cal Poly Food Science & Nutrition Program / STRIDE)

Agenda Item	Discussion	Action	Who/When
<b>1. Call to Order</b>	Meeting called to order by Chair Enns at 6:00 pm.	<i>Call to Order</i>	<i>Chair Enns</i>
<b>2. Introduction of New Commissioner</b>	Commissioner Sage introduced Candace Winstead, new Consumer Representative on the Health Commission.		
<b>3. Approval of Minutes</b>	Minutes of February 8, 2016 were approved as drafted.	<i>Feb 8, 2016 minutes approved.</i>	<i>All</i>
<b>4. Public Comment</b>	Chair Enns opened the floor to public comment with no response.		
<b>5. Presentation: Addressing Sustainable Food Systems</b>	<p>Commissioner Clous introduced tonight’s program “Addressing Sustainable Food Systems.”</p> <p><b><u>Food Bank Coalition of SLO County / GleanSLO</u></b>  <i>Jen Miller, Director of Programs</i>, provided a Power Point overview of the Food Bank, talking about how it fits into the food system, and how GleanSLO is involved with a focus on reducing food waste and feeding people. United Way recently released a study called the “<i>Real Cost Measure</i>” showing that 1 in 4 residents don’t have enough income to cover their basic needs. STRIDE and the Food Bank conducted a study a few years ago about food insecurity in SLO County – <i>The Paradox of Plenty</i>. The results showed that 1/3 of low income people in SLO County reported eating less than one serving of fruits and vegetables per day. Ms. Miller defined gleaning -- the harvesting or collection of fruits or vegetables that would otherwise go to waste. GleanSLO has approximately 500 active volunteers who go out to homes and commercial farms to “glean.” They also glean at farmer’s markets and conduct fruit drives at schools. Homeowners can register their tree online. Commercial farmers can get a tax credit. Ms. Miller showed a short video of the children’s farmer’s markets that they currently have in 14 schools. GleanSLO recently applied for a grant that will help fund them for the next 4 years. Also, they will be moving into a new building in Sept 2016. On 3/16, 4:15pm, they will be showing a video “Go Glean” at the Palm Theatre.</p> <p><b>Commissioner Smith-Cooke</b> asked about the eligibility screening process for the Food Bank. (<i>Ms. Miller advised that clients self-certify that they meet federal poverty level. No proof of income is required.</i>)</p> <p><b>Commissioner Smith-Cooke</b> asked about statistic that 40% of food ends up in landfill. (<i>Ms. Miller explained there is waste along the entire food chain, with about 40% of food never actually consumed -- waste begins in the field due to cosmetic perfection; there is waste at the processing facility &amp; retail store (spoilage, expired food, over-purchasing). The highest percentage of waste occurs in one’s refrigerator ...the food you think you will eat.</i>)</p> <p><b>Commissioner Smith-Cooke</b> commented that he has used “Glean at Home” and praised the program.</p> <p><b>Commissioner Smith Cooke</b> asked for the location of the new food bank building. (<i>near the SLO airport on Kendall Road.</i>)</p>		

**Commissioner Clous** asked about percentages gleaned from individuals vs. farmers. *(Ms. Miller estimated they have about 250 homeowners that have donated and just under 100 farmers, with the majority of produce (70%) from commercial farmers and 30% from homeowners.)*

**Commissioner Pope** asked about outreach to farmers. *(Ms. Miller explained that they haven't done a lot of outreach; farmers have contacted them. They average about 18 gleans per week, which requires a lot of coordinating & volunteer capacity. They are beginning to do more outreach to specific farmers.)*

**Commissioner Grantham** asked if they were on social media. *(Ms. Miller answered "yes" and that people can also subscribe to their newsletter online to receive updates on gleans that are happening.)*

**Commissioner Raymond** asked if they have talked with newcomer's groups. *(Ms. Miller advised that they have talked with the SLO newcomer's group. Commissioner Raymond advised there is also a newcomer's group in North County.)*

**Commissioner Kington-Barker** asked about the location of the 14 schools where they have children's farmer's markets. *(Ms. Miller advised that the markets are at schools throughout the county. In the summer, they will also be starting a breakfast bag program for kids.)*

### **SLO County Food System Coalition**

**Stephanie Teaford, Community Liaison with STRIDE**, provided a Power Point overview of the SLO County Food System Coalition, founded in June 2011, bringing together stakeholders from farming, processing, distribution, retail, consumers, and waste management to generate changes that will strengthen the local food system. The coalition meets quarterly and has four workgroups: EBT (Electronic Benefit Transfer) at Farmer's Markets, Community Cafes, Farms-to-School and Food Hub. Ms. Teaford talked about the EBT at Farmer's Markets Workgroup, explaining that EBT is the means by which the Federal Supplemental Nutrition Assistance Program (SNAP) benefits are issued. California's program is called Cal Fresh. This Workgroup aims to increase the number of farmer's markets that accept EBT as a form of payment and to create a plan to increase Cal Fresh participation rates in SLO County. There are four markets in North County and one in SLO that accept EBT. Recently, the North County Farmer's Market Association received a grant to provide matching funds to Cal Fresh clients. For every dollar swiped off their card, clients will receive \$2.00 to purchase fresh produce. These funds will be available in April. The SLO Downtown Association has set a 2016 goal to accept EBT for Cal Fresh clients at Thursday night farmer's market. SLO County has one of the lowest enrollments for qualified Cal Fresh clients in the state and California has one of the lowest enrollments for qualified clients in the nation.

**Stacey Hunt, CEO of Ecologistics**, continued the Power Point presentation providing an overview of the Community Cafes Workgroup. The idea of Community Cafes came during a presentation by One World Everybody Eats, an organization that established a network of community cafes throughout the country. The idea behind Community Cafes is to allow people who are food insecure to be able to go in and get a meal on a sliding scale. The Community Cafes Workgroup is working on creating a pilot project in San Luis Obispo with a goal of finding establishments (restaurants, churches, grocery stores with delis) to offer a sliding scale meal on a particular day of the month the establishment chooses. The list of participants would be available online and each participant would have a sticker in their window with the day of the month it has selected. An application for a seed grant from The Pollination Project to launch this effort has been submitted.

**Nicki Anderson, Farm Manager and Educator for City Farm SLO**, continued the Power Point presentation talking about the Farms-To-School Workgroup and the Food Hubs Workgroup. The USDA

and the California Farms-To-School Network define Farms-to-School as three components: procurement (bringing healthier food into the schools), school gardens, and agriculture & nutrition education. It is under these three components that the Farms-To-School Workgroup is focusing their energy. Their vision is that every student and school community in SLO County is engaged in a local food and farm culture. The mission is to bring together a diverse set of stakeholders to promote and support Farm-to-School activity through school gardens, procurement, agriculture and nutrition education that is integrated into academic standards. The Food Hub Workgroup is studying and designing a business plan for a food hub in San Luis Obispo and currently coordinating with Harvest Santa Barbara to help connect local producers with institutional food buyers. They recently hired a local consultant to help write a business plan.

**Commissioner Smith-Cooke** asked if any farmer's markets in South County accept EBT as a form of payment. *(Ms. Teaford explained that they do not, but they are hopeful that EBT will soon be available at Thursday's night farmer's market and then expand into other San Luis Obispo sponsored markets.)*

**Commissioner Smith-Cooke** asked if SLO City Farm is similar to neighborhood gardens. *(Ms. Anderson explained the difference. SLO City Farm is a result of the City's 1994 General Plan. SLO City Farm is a 19 acre parcel of farmland located along Highway 101 near Madonna Shopping Center with a purpose to be maintained as sustainable agricultural production and provide citizens with educational opportunities to learn about food production and local food systems. They are still building infrastructure, with plans for a building & pergola to use as a hub for resources and educational activity.)*

**Commissioner Pope** asked how many acres were in production at SLO City Farm. *(12 acres are in production; one acre is being preserved for a bike path and another acre will be preserved for a farm stand/office/occasional gathering place.)*

**Commissioner Sage** asked about electronic food hubs. *(Ms. Anderson advised there are several: AG link (to see what farmers are selling), Crop mobster (for families, local restaurants looking for smaller quantities), Community Garden Harvest, and the CA Dept. of Food & Ag has plans for a market place, specifically for schools.)*

#### **Cal Poly Food Science and Nutrition Department / STRIDE Program**

**Dr. Aydin Nazmi, Director of STRIDE Center and Associate Professor in the Food Science and Nutrition Department** presented a Power Point overview of STRIDE (Solutions Through Research in Diet & Exercise) and the SLO Hunger-Free Communities project. STRIDE's goal is to translate research and science into actionable programs and policy that will improve communities. STRIDE was created in response to the obesity crisis in the US. Dr. Nazmi provided an overview of the SLO Hunger-Free Communities project, one of STRIDE's projects to characterize vulnerable populations in SLO County. The study was conducted primarily with the Food Bank, but also in partnership with 50 community agency partners. The objectives of the project were to characterize the factors associated with food insecurity among vulnerable populations in SLO County. This was not a general population sample, but looking at people who were vulnerable, low socio economic status or living in underserved regions in the county. This was a food security assessment and also a county-wide food store evaluation. The survey was conducted Jan to Nov 2011, with face-to-face interviews with more than 800 community members. Dr. Nazmi presented data from the survey. In summary, the study showed there is a lot of food insecurity among vulnerable populations in SLO County; families with children are most affected and this is linked to under-employment, cost of living, poverty. Only about 1/3 of those who are eligible for assistance programs are utilizing them and the Food Bank is most utilized. Food costs vary by region and the

	<p>healthier food items are less available at stores.</p> <p><b>Commissioner Clous</b> asked about plans for follow-up or actions on identified needs from the SLO Hunger-Free Communities project. <i>(Dr. Nazmi advised that data from the study was used to create the Paradox of Plenty Report, a community roadmap for overcoming hunger in SLO County, with approaches that can be taken in achieving a sustainable food system. Ms. Teaford added that the same grant that allowed for the study also necessitated our county to create the SLO County Food System Coalition.)</i></p> <p><b>Commissioner Campbell</b> asked why 1/3 of those eligible for Cal Fresh are not accessing the program. <i>(Dr. Nazmi explained that SLO County is one of the lowest in the state for those who are eligible and not signed up. He believes there is a lack of knowledge, information and education on what it takes to be eligible. The eligibility process is also a bit overwhelming. Ms. Miller added that many other counties have dual enrollment, so when you qualify for Medi-Cal, you are asked if you would like to be in Cal Fresh. SLO DSS also requires you come in person, so transportation can be a problem.)</i></p>		
<b>6. Health Agency Report</b>	No report tonight.		
<b>7. Health Commissioner Updates</b>	<p><b>Commissioner Sage:</b> Reported that the Community Based Organization/Preventive Health Grant (CBO/PHG) committee is near the end of this year’s process. She and Commissioner Kington-Barker are on the committee and recently were involved in the site visits. The Committee is recommending \$374,000 in PHG funds and \$893,900 in CBO funds. Recommendations will go the Board of Supervisors for final approval at the budget hearings in June.</p> <p><b>Commissioner Raymond:</b> Reported that she attended the Adult Services Policy Council on March 4<sup>th</sup>. Mark Shaffer from Ride-On presented and talked about the <i>Mobility Services for All Americans</i> (MSAA) grant from the Department of Transportation that Ride-On recently received. Currently, Ride-On is gathering information from community members on transportation needs in the community. The survey is available online. Other speakers at the meeting included Todd Allen who talked about RouteMatch software and Kathleen Karle who talked about traffic safety.</p> <p><b>Commissioner Smith-Cooke:</b> Reported that the SLO County Commission on Aging has a meeting scheduled this Friday, 3/18, 10:00 AM, at the Vet’s Hall, with a panel discussion on “Care Transitions.” Speakers include Commissioner Raymond and social workers from two hospitals.</p>		
<b>8. Committee Report</b>	No reports tonight.		
<b>9. Prospective Future Items</b>	<p><b><u>April 11, 2016:</u></b></p> <ul style="list-style-type: none"> <li>• Trauma Informed Care (Commissioner Warren coordinating speakers)</li> </ul> <p><b><u>Upcoming:</u></b></p> <ul style="list-style-type: none"> <li>• Janice Campbell, Agricultural Commissioner’s Office, would like to provide an update on the Pesticide Use Enforcement Program – date TBD.</li> <li>• Jean Raymond suggested inviting Mark Shaffer from Ride-On Transportation to talk about the outcome/results from the MSAA grant &amp; survey.</li> <li>• September 2016: Commissioner Clous is arranging presentation from Planned Parenthood.</li> <li>• Commissioner Smith-Cooke would like to look at ways the commission could do more about dental access, dental care for older adults, fluoride. Chair Enns suggested taking this to the Community Education Committee for discussion and to look at initiatives. Involve Kathleen Karle in discussions.</li> </ul>		
<b>10. Adjournment</b>	Meeting adjourned at 7:55 pm.	Adjournment	All