

## Eat Well Action Team

### *Live Well Lake County Vision Statement:*

*Achieving the highest level of health and wellness for all in Lake County.*

### *Mission Statement:*

*To empower those who live, work, and play in Lake County to have access, resources, skills and knowledge to eat healthy by cultivating strong collaborations and aligning community efforts.*



### **Eat Well Action Team**

Tuesday, May 15, 2018

1:30 – 3:00 p.m.

Lake County Health Department  
3010 Grand Ave  
Waukegan, IL 60085  
Room 2E

### **Eat Well Action Team**

Dale Kehr, Co-chair  
**University of Illinois Extension**

Emily Weber, Co-chair  
**Liberty Prairie Foundation**

Maria Acosta, Co-chair  
Rachel Mintle, Technical Support  
**LCHD/CHC (Lake County Health Department and Community Health Center)**

Jeannie Ang  
Elvis Muñoz  
**Advocate Health Care**

Paul Geiselhart  
**Audubon Society**

David Fries  
**Catholic Charities**

Jesus Villanueva  
**Erie HealthReach**

Jana Gach/ Julie Krohn  
**LCHD Nutrition Services**

Robin Brown  
**Midwest Dairy Council**

Scott Jewitt  
**Northern Illinois Food Bank**

Peggi Braden  
**Waukegan School District 60**

Mallory Bejster  
**Governing Counsel**

<b>Discussion Item</b>	<b>Presenter</b>	<b>Action</b>
<b>1. Welcome</b>	Dale	<i>Member updates</i>
<b>2. Membership recruitment and long-term goals</b>	Emily	<i>Follow-up discussion on membership recruitment</i>
<b>3. Data mapping</b>	Maria	<i>Intervention/ program mapping activity and identification of data needs</i>
<b>4. BOX resources</b>	Dale	<i>Discussion</i>
<b>5. Closing Remarks</b>		

### ***Next Meeting***

June 19, 2018 at 1:30pm  
Lake County Health Department  
3010 Grand Ave  
Waukegan, IL 60085

For more information, contact:  
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Lake County Health Department and Community Health Center,  
3010 Grand Avenue, 2<sup>nd</sup> Floor, Waukegan, Illinois 60085

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David Fries/ Ashley Styx  
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Peggy Brayden  
Waukegan School District 60

Jesus Villanueva  
Erie HealthReach

Jeanne Ang/ Elvis Munoz  
Advocate Health Care

Monica Wood/ Julie Krohn  
LCHD Nutrition Services - WIC

Scott Jewitt  
Northern Illinois Food Bank

Mallory Bejster  
Lake County Health Center  
Governing Council

### Meeting Notes – May 15, 2018

1:30 – 3:00 p.m.

Lake County Health Department  
3010 Grand Avenue, Waukegan, IL

Attendees: Maria Acosta, Dale Kehr, Emily Weber, Jeanne Ang, Peggi Braden, Monica Wood, Ashley Styx, Paul Geiselhart

### Welcome

- Members gave a brief update about their organization. The team welcomed new team member, Monica Wood from Lake County Health Department's Nutrition Services. Advocate Health Care is incorporating food insecurity screenings to their diabetes centers.
- Catholic Charities is having a 'Dirt Day' for their client garden. They are also continuing with their client food pantries.
- The Waukegan School District approved their new District Wellness Policy. This policy will forbid external foods apart from their food service meals to be brought into the schools. This policy is now into effect and will also help establish wellness teams into the schools.
- The Lake County Audubon Society will reschedule their nature walk with GO Gurnee. They have connected with Thomas Jefferson School Middle School in Waukegan to conduct programing. They are also planning on working with Lamb's Farm to refurbish their garden and conduct programming. They are planning on developing and implementing a campaign to make restaurants give out straws to customers upon request.
- The Liberty Prairie Foundation (LPF) is starting their gleaning program in June and need volunteers. They are also distributing produce to Beacon Place and doing programing. LPF is collecting seeds from farmers to distribute across the county as part of their seedling program.
- University of IL Extension trained 8 teachers on gardening for preschools, elementary and middle schools. Teachers came from North Chicago, Round Lake, Mundelein, Zion and other school districts. They will be having a plant sale on Saturday.
- LCHD is meeting with a Waukegan elementary school to review their action plan to improve their school's health and wellness. The school expressed an interest in the 5-4-3-2-1- GO! campaign which the health department is licensed to use.

### Membership recruitment

After further reflection, the co-chairs have decided to broaden membership based on the action team's goals instead of the interventions. Sam Martinez from Advocate Health Care will be the team's representative for faith communities and may assist in the Faithful Families expansion. The action team brainstormed on potential members for the action team. Sectors to recruit from include: regional office of education, organizations working with older adults, local townships with food pantries (townships gather for a regular meeting), food service provider (Preferred, Aramark, Sodexo), and restaurant (research restaurant associations in Lake County).

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### Membership recruitment cont.

The team has agreed that external organizations should be invited as guest speakers for the group to learn more about their work and increase awareness of specific efforts. Ideas for guest speakers include someone from TopBox and someone who work with early childhood centers.

Co-chairs have drafted a formal membership invitation letter to recruit members and will develop a list to invite potential members to the June meeting.

### Data mapping

The team conducted an activity to initiate the development of a map of partnership intervention and programs. Members were asked to share what their organization is doing related to food access and in what community. The information will be consolidated with information from members who were not present at the meeting.

### Other items

- Action team members are encouraged to follow the Farm Bill which will affect people who use SNAP vouchers.
- The team should consider having a campaign to promote awareness about where to obtain food such as food pantries and farmers markets.
- Pantries need to obtain fresh produce, so the Grow Lake County website can connect farmers to pantries looking for donations. School gardens can also serve as a donor to pantries since some schools cannot use the produce that students grow. Gardens, however, should be sensitive to pantry clients and grow culturally appropriate foods.
- Gardeners can also sign a contract to obtain free seeds but must donate a percentage of the produce grown.
- The team should build a site for members to share educational material.

### BOX

Dale created a BOX folder for the action team as a test site for cross-sharing. This site will be populated with more material and open to all members.

### Closing Remarks & Action Items

More discussion will follow about the group powerpoint and educational material sharing folder.

*?Co-chairs will reach out to other organizations to recruit members. ?*

### Next meeting

**June 19, 2018 at 1:30pm**

**Lake County Health Department Room 2E**