

## 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, January 23, 2018

1:00 – 2:30 p.m.

Teleconference call line: 1-847-377-3200

Participant #: 0136027

Lake County Health Department

3010 Grand Ave

Waukegan, IL 60085

Room 2C

### **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

<b>Discussion Item</b>	<b>Presenter</b>	<b>Action</b>
<b>1. Welcome</b>	Emily	<i>Opening Remarks November Meeting Recap</i>
<b>2. 2018 Organizational Updates on Food Initiatives - Informal</b>	Team	<i>Share your organization's programs and goals</i>
<b>3. Faithful Families National Training</b>	Maria	<i>Brief Training Overview</i>
<b>4. Faithful Families Pilot</b>	Dale & Maria	<i>Plans for piloting the program - Discussion</i>
<b>5. Closing Remarks</b>	Dale	<i>Announcements &amp; Next Steps - Discussion</i>

### ***Next Meeting***

February 13<sup>th</sup> at 1:30pm

Lake County Health Department

3010 Grand Ave

Waukegan, IL 60085

For more information, contact:

Maria Acosta [Eatwell@lakecountyil.gov](mailto:Eatwell@lakecountyil.gov) (847) 377-4885

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

## 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:** The purpose of the Eat Well Action Team is 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

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)

David Fries  
Catholic Charities

Paul Geiselhart  
Audubon Society

Peggy Brayden  
Waukegan School District 60

Robin Brown  
Midwest Dairy Council

Jesus Villanueva  
Erie HealthReach

Jeanne Ang  
Elvis Munoz  
Advocate Health Care

Jana Gach/ Julie Krohn  
LCHD Nutrition Services

Scott Jewitt  
Northern Illinois Food Bank

Mallory Bejster  
Lake County Health Center  
Governing Council

### Meeting Notes – January 23, 2018

1:00 – 2:30 p.m.

Lake County Health Department  
3010 Grand Avenue, Waukegan

Attendees: Maria Acosta, Dale Kehr, Jana Gach, Emily Weber, Scott Jewitt, Paul Gieselhart, Jon Ashworth, Ashley Styx (in place of David Fries), Paul Bravo (LCHD intern)

### Welcome

Introductions and a recap of November's Eat Well meeting was made. The action team did not meet in December due to scheduling for the holidays and Faithful Families National Training. Emily Weber is now a Co-chair of the Eat Well Action Team.

### 2018 Organizational updates on Food Initiatives

Members shared their organization's food access and nutrition goals and programs for 2018.

1. **Liberty Prairie Foundation** – The foundation is working on streamlining efforts to increase access to fresh local food. They recently released the RFP for a microgrant program that supports local food projects. The grant provides \$500 to \$2,500 to organizations that would like to pursue food projects. They will continue with their gleaning program. Produce is distributed to food pantries and local organizations such as Beacon Place and Roberti Community House. Their Beacon Place program will run for its fifth year. The program provides nutrition and growing education. The foundation will be piloting at the Veterans Closet to bring produce and supply samples to veterans. A major initiative this year is the launch of their Grow Lake County website which focuses on Lake County's food system. The website will contain maps of farmers market locations, restaurants that serve local food, and community gardens.
  - a. The University of Illinois Extension may be able to assist the Liberty Foundation continue with some of their programs after the departure of their summer interns.
  - b. A link to the Grow Lake County will need to be added to the LWLC website once it has been published.
2. **Northern Illinois Food Bank** – One of their key initiatives is to identify gaps using their PRAN map, which shows the proximity of communities to resources and informs them about the food needs to select strategies to meet those needs and connect others to appropriate resources. The food bank is currently distributing food at the Highwood rec center twice a month until June. The organization needs to find a more permanent location in that community and would like to develop more partnerships with community organizations in Highwood. They have relationships with Nuestro Center and Family Services. The food bank would like a multi-faith organization to provide resources in the Highwood area.
  - a. There are opportunities for the food bank to partner with the health department and a family center in Highwood.
  - b. There are inconsistencies in the data that they collected and what pantries are experiencing.

## 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:** *The purpose of the Eat Well Action Team is 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.*

3. **Nutrition Service** – The health center would like to focus on doing more community outreach in Highwood since the number of patients being served has decreased. The WIC program will be using the Ready Set Baby curriculum for providers and health staff to deliver a consistent message to expecting mothers. This curriculum is also being used in hospitals. Breastfeeding support for mothers has expanded with the addition of four peer counselors. The health centers in Waukegan and North Chicago are continuing their summer gardens and other locations will have Earth boxes. Starting in July, patients will be able to use their WIC vouchers (\$8-\$11 per month) at the farmers markets to purchase fruits and vegetables. This year the health center would like to increase the number of local farmer's markets participating in the voucher program.
  - a. Northshore Health Center will try to attend food distributions at the Highwood rec center to provide people with information.
4. **University of Illinois Extension** – They are working with 13-15 teachers to install raised beds for gardening at their schools. The teachers are from Lake Villa, Waukegan, Johnsburg, Winthrop Harbor, Zion, and Mundelein. Five teachers have received grants from the Farm Bureau to help support this work. The master gardeners are providing education about how to maintain a garden.
  - a. The University of Illinois Extension has many resources for individuals and organizations that are interested in gardening, food pantries or other food/nutrition related topics. Contact Dale if you would like more information.
  - b. Community Workers are providing nutrition education to adults while the Educator and Program Coordinator are doing assessments for food pantries, school lunchrooms, preschools providing healthy messaging, and additional resources.
5. **Live Well Lake County** – The committee is working on coordinating efforts across the county and connecting other to resources.
6. **Audubon Society** – They are working on their Birds in My Neighborhood program in partnership with Open Lands. They will be conducting 4 classes on bird education. They are also planning the One Earth Film Festival that will be hosted in several locations in Lake County. One of the film will be about food choices.
  - a. Paul will share the film festival flyer with Maria to send it to the EWAT members.
7. **Catholic Charities-** They are half way through their fiscal year, so they are continuing their initiatives. They have regular food pantries and a Care Cupboard pantry that is specifically for their HIV/AIDS clients. People can obtain food from the regular food pantries once a month and the Care Cupboard participants can obtain food once a week. They have been randomly surveying their food pantries clients to ensure that Catholic Charities is meeting their immediate food needs. The survey is more open ended. They will also plan their garden for the summer in March. Volunteers for the garden are welcome.
8. **LCHD prevention services (health equity)** – The health department will be working with two Waukegan schools (an elementary school and a middle school) to conduct the School Health Index (SHI). The SHI assesses the school health environment, which includes the physical space and what is being implemented. They initially wanted to work with the Round Lake School District, but they were unable to connect with them.
  - a. Scott sits on the Round Lake School District board and can assist in future outreach to the school.

## Faithful Families National Training

During the two-day training, the Faithful Families creators from NC State shared best practices with participants, explained the program curriculum, evaluation, and integration of policy, systems and environmental changes. There were numerous speakers that shared their experience implementing the program or research with shared use agreements and faith communities. Participants were given numerous resources and a hard copy of the curriculum. They also had a lesson demonstration and teach back. Faithful Families staff will be conducting quarterly webinars to connect organizations throughout the US and provide support.

## 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: The purpose of the Eat Well Action Team is 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.*

### Faithful Families Pilot

Dale and Maria have been working on an agenda for the February 15<sup>th</sup> and March 16<sup>th</sup> Faithful Families trainings. The first training will be for individuals who will be facilitating the program while the second training will be for the lay leaders. Lay leaders from Calvary Presbyterian Church have confirmed their presence in the lay leader training. The team would like to work with Mt. Sinai in North Chicago, but Emily and Maria have not received a response from Odessa, a member of the faith community about possible dates to meet to discuss the training and pilot program.

- a. Scott will reach out to Odessa and get back to the group.
- b. The team should brainstorm about a second faith community to pilot the program in case Mt. Sinai is unable to participate.
- c. Paul can assist in promoting the program to other faith communities via St Joseph's Parish in Libertyville.
- d. The health department has an evaluation partner implement the faithful families program in Rockford.

### Closing Remarks

The Co-chairs would like to be as inclusive as possible and recognize that not every organization will assist with the Faithful Families program. Therefore, moving forward, the team will discuss other initiatives, work on coordinating efforts, and support collaborations.

Members are encouraged to send agenda items.

### Next Meeting:

February 13, 2018

1:30pm in Room 2E

Lake County Health Department

3010 Grand Avenue, Waukegan

1. Update on progress in Highwood/Highland Park efforts – NIFB and LCHD
2. Grow Lake County Website