



Healthy Eating and Active Living Sub-Committee

MEETING MINUTES

MARCH 14, 2022

Attendance: Tiffany Neal, Amy Faus, Ashley Costello, Brenda Snow, Denise Lanza, Imge Uludogan, Jennifer Hopkins, Karen Long, Kristina Favo, Marisol Ortiz, Marla Klein, Payal Arora, Uta Steinhauer

- **Intro: Name, organization, role, specific background relevant to topic:** Committee members introduced themselves and described their role and background
- **Review Deliverables :** Tiffany reviewed the deliverables with the committee
 - ❖ First deliverable due by the **March 18th, 2022** : Finalizing the sub-committee's name and goal statement for the sub-committee.
 - It was suggested by Tiffany to rename the subcommittee to **Healthy Eating and Active Living**. This suggestion was strongly supported by the committee members as active living encompasses strategies to incorporate physical activity in daily routine.
 - The goal statement unanimously decided by the committee was to **Promote Healthy Eating and Active Living**.
 - ❖ Second deliverable due by **May 20th, 2022** : to draft an action plan based on the goal statement.
 - The action plan should include **broad strategies**
 - The strategies should include **action steps and descriptions**
 - Once finalized the action plan will be submitted to the Advisory council for edits and approval.
 - ❖ The deliverables for the third & fourth quarter of the year will be to select specific objectives and targets to achieve the goals.
- **Review SHIP 2020 strategies :** Tiffany shared the **strategies for Healthy Eating and Physical Activity from SHIP 2020**. There was a brief overview of the approaches and action steps taken to assist in the process of strategizing for the current goal.
- **Brainstorm on strategies for action plan based on the current goal statement:**
 - ❖ Public/Private business partnership eg: restaurants to improve food security, fitness centers/YMCAs being more resilient.
 - ❖ Make sure businesses know about the law that makes them exempt from liability when they donate food.
 - ❖ Include virtual outreach as a new option to reach people
 - ❖ Review community guide for evidence interventions

- ❖ Search engine for places to be physically active : The discussion included the following suggestions:
 - Partnering with resource networks
 - Encourage parks and other fitness orgs to put their info into NJ 211
 - Some resources like the app **All Trails**, **ParkRxAmerica** were shared by the committee members.
 - ❖ Keep marginalized communities in mind
 - ❖ Community gardens : Discussion on how community gardens can be a strategy to integrate healthy eating with physical activity with community participation.

<https://www.thecommunityguide.org/findings/nutrition-gardening-interventions-increase-vegetable-consumption-among-children>
 - ❖ Park maintenance to promote safety, open bathrooms, etc.
 - Volunteer park cleanup crews to address lack of budget/staff
 - ❖ Joint messaging/marketing:
 - Discussion on how a common message could assist in achieving the common goal for all programs, communities, and age groups. e.g., America Walks marketing strategy.
 - Shared marketing materials between all federal, state, county, municipality, and nonprofit programs.
 - ❖ Making sure schools meet the state/federal requirement for Physical Education in schools and assisting schools who cannot meet the goals. Increasing time for school recess.
 - ❖ Healthy choices for school lunch/breakfast options. Strategizing to make sure eligible students opt for free and reduced lunch program.
 - ❖ Make NJ SNAP application process more accessible. The current process needs advanced literacy and a lot of time which may be a barrier to access. Additional suggestions were to have the application available in multiple languages.
- The subcommittee will be meeting every 2 weeks and the next meeting is on **March 25th Friday @ 10:00am.**