

Attendees: Cynthia Mika, Jessica Brierly, Michelle Blankas, Ashley Vaughan, Alycia Rock, Max Newman, Amanda Snyder, Tim Paulitz, Pat Rathmann, Melinda Schab, Ryan Lazo, Nancy Chaney, Amy Johnson, Marilyn VonSeggern, Max Mohan,

Presentations

Moscow Food Co-op: Food Access and Education with Max Newland

- 12.3% of all households in the US suffer from food insecurity, however in Latah Co. 17.8% and 19.9% in Whitman Co. qualify as food insecure – well above the National average
- FLOWER program at Moscow Food co-op: 10% discount off all items at the Co-op except the hot food bar and beer/wine
 - 2017 savings: \$8220
 - Offered to those who are enrolled in SNAP, Medicaid, EBT, WIC
- FED Initiative
 - Sample recipes and make them accessible to people who are food insecure / low income
 - 5 ingredients or less + kitchen staples (salt, oil, etc.)
 - Accessible to people of all dietary types, free of the top food allergens
 - Cost effective and use fresh ingredients
 - Provided by Alice Ma, WSU dining
- Healthy Eating on a Budget
 - Free class
 - similar to FED, more complex recipes
 - try to stay within a budget of \$1 or less per serving
- Dime in Time
 - Rewarding people for bringing in reusable bags/cups
 - 10 cent credit, customer can choose to have this discounted from purchase or can donate to a local nonprofit/charity featured for that month. The featured nonprofit will receive the total donation after the end of the month.
- Partnerships
 - Bulk food repackaging programs with Community Action Center
 - Helps to buy food for the local food banks
 - Weekend food for kids
 - WSU Center for Civic Engagement
 - Backyard Harvest
 - And several others

Eat Smart Idaho with Jessica Brierly

- Helps families and adults learn healthy eating, smart shopping, food safety, quick meal preparation, budgeting food
- Supported by two USDA grants: SNAP (Supplemental Nutrition Assistance Program) and EFNEP (Expanded Food and Nutrition Education)
- Offer education to 39 counties in Idaho
- All age groups from pre-kindergarten to senior citizens
- Teach classes at emergency food sites, food stamp offices, adult rehabilitation centers, public housing sites, and schools with high numbers of free and reduced lunch participants (50% or more)
- Use a number of different curriculums based on audience
 - Go, Glow & Grow
 - Choose Health: Food, Fun & Fitness
 - Eating Smart Throughout the Lifecycle
 - Partnerships with Cooking Matters for lessons and/or grocery store tours
 - Always provide a snack at each lesson
 - POP – Power of Produce (summer program in cooperation with Moscow Food Co-op and Moscow Farmers' Market)
- Policy, Systems & Environment
 - Promoting healthy food banks and pantries
 - Supporting local food drives and healthy donations
 - MyPlate and other healthy signage for food banks
 - Smarter lunchroom initiatives
 - Cooking demonstration videos
 - Physical activity project
- Eat Smart Idaho is driven by the USDA and its current partnerships to offer programming

Brainstorming Food Summit Themes

- We have about 12 who indicated they would like to be on the 2019 Food Summit
- We will brainstorm a list of themes for Food Summit 2019 this meeting, then we will discuss and vote during our May meeting
 - Marketing healthy foods (including sustainable alternative protein sources), changing perceptions of foods and food preferences
 - Introduce something different/interesting
 - Broadening our food horizons
 - Focus on sustainability of food
 - Food waste / food recovery
 - Climate change
 - How we raise livestock / cattle
 - Food and pollination/pollinators

- Re-evaluating our relationship with food, changing the way we eat and how we think about food
- “Re-imagining Food”
- Shifting cultural reasons / attitudes towards what we eat
- Include historical methods for food preservation / heritage skills
- “The Future of Food”
- Feeling **empowered** to change and make a difference in the community
- Our influence on policy as a coalition, and to reimagine our food system
- Our responsibility as environmental stewards
- The little changes we make as individuals that make a bigger difference as a whole
- Motivation of the individual to make a difference (food and climate change)
- Could include a “Stories to change the world” competition – reimagine the future related to environmental sustainability, writing competition for little stories that are later shared.

Upcoming PCFC Monthly Meetings

- Next meeting is **May 17th at 11:30am – 1pm in MOSCOW @ the 2nd Floor Conference Room, Gritman/Federal Building (220 E 5th St., Moscow, ID)**

Announcements:

- Free public lecture on pollination and fruit crops tonight, 5pm at the 1912 Center
- Palouse Environmental Sustainability Coalition featured movie, OR7 the Journey - based on this famous wolf's story, next Monday at the Kenworthy @ 7pm (doors open at 6:30)
- Palouse Tables Project meetings:
 - Tuesday May 22, 2018 at Armory in Pullman – 5:30-7:30pm
 - Tuesday May 29, 2019 at 1912 Center in Moscow – 5:30-7:30pm
- May 15th Campus Community Forum at the Pitman Center:
<https://www.cce.wsu.edu/events/campus-community-forum/>

