

Howard County Local Health Improvement Coalition

Food Security Committee

Virtual via Zoom

February 22, 2024, 10:00 a.m. to 11:00 a.m.

Minutes

Members Present:

Annabelle Beavan, LindaBen Foundation
Bernadette Bindewald, HC Health Department
Justin Chen, The Community Ecology Institute
Laura Crovo, Grassroots Crisis Intervention
Nancy Ervin, University of Maryland, SNAP-Ed
Laura Frantz, Christ Memorial Presbyterian Church
Nicole Guimarães, Luminus Network
Courtney Harangozo, HC Office on Aging & Independence
Sharice Hendrickson, Laurel Advocacy & Referral Services, Inc.
Roslyn Jones, Rachell L Gray Community Foundation

Rachel Krut, Johns Hopkins Howard County Medical Center
Lauren McGee, Chase Brexton
Alli Milner, Laurel Advocacy & Referral Services, Inc.
Chimezie Ndukuba, HC Health Department
Brian Ralph, HC Public School System
Kirk Rookwood, The Healthy Church
Carrie Ross, Community Action Council of Howard County
Jackie Scott, Howard County Department of Community Resources and Services
Benjamin Wade, Christ Memorial Presbyterian Church
Tricia Zadjura, Howard Community College

Staff Present:

Ashton Jordan, HC Local Health Improvement Coalition
Sonya Lloyd, HC Local Health Improvement Coalition
Reena Rambharat, HC Local Health Improvement Coalition

Topic/Agenda	Discussion	Action / Follow-up
Welcome	Ms. Sonya Lloyd, Community Engagement Coordinator, Howard County Local Health Improvement Coalition (HCLHIC), called the meeting to order at 10:02am. She provided a welcome to members in attendance, shared the meeting goal of gathering partners to discuss collaborative efforts to address food and nutrition insecurity in Howard County.	Members are asked to review previous meeting minutes: https://www.hclhic.org/home/MeetingYears/365
Previous Meeting Recap	<p>At the previous meeting, Ms. Lloyd shared that the following food security resources were updated: the food pantry and hot meals brochures, the food connection map, the food provider resource guide, and the CAREAPP Food Pantries and Hot Meals Favorite's List.</p> <p>Ms. Rambharat shared some key findings from the Food Security Roundtables Report on short-term and long-term solutions to collaboratively work together.</p>	<p>LHIC Healthy Eating page: https://www.hclhic.org/healthy/eating</p> <p>Food security roundtables report: https://www.hclhic.org/Content/Upload/page/04b52e73-f61f-40ba-</p>

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Announcements	<p>Ms. Lloyd shared information about the next quarterly full LHIC meeting on April 18, 2024, at 9:00am to 11am. The meeting will be hybrid via Zoom and at the HCHD Ascend One Building in Columbia.</p> <p>Ms. Lloyd shared the new "FirstCall For All" program from Centennial Medical Group. This allows people who are uninsured to receive urgent care without payment due up front. They hope to reduce ER overcrowding by doing this.</p> <p>Ms. Lloyd shared a new opportunity with partners to collaborate with the Dancel Y in Ellicott City. The Y is interested in promoting partner resources, flyers, and materials on the 2nd Wednesday of every month from 9am to 11am in their main lobby. They are providing free breakfast to their members. They hope to incorporate this activity into monthly health observances. If partners are interested in collaborating either by tabling or providing resources for the community and having the Y display the materials, please email the LHIC. The LHIC will help coordinate this collaboration.</p> <p>Ms. Lloyd shared that the registration for the 3rd Annual Light the Night 5K for Suicide Prevention on March 22, 2024, from 7pm to 8:30pm is now open.</p> <p>Ms. Roslyn Jones, Rachell L Gray Community Foundation, announced two fresh produce drops happening at 6327 Meadowridge Road in Elkridge on Monday, March 11 and Monday, April 8 from 4pm to 6pm.</p> <p>Ms. Jones also shared information about Project Hope, a free community-based program providing free clothing, shoes and household items to families and individuals in need. The Hope chest will next be open on March 30, 2024 from 10am to 12pm at 6327 Meadowridge Rd, Elkridge.</p> <p>Ms. Laura Crovo, Grassroots Crisis Intervention, said Scouting for Food is next month with the Boy Scouts and Cub Scout of America. They will be collecting food on Saturday, March 9th and Saturday, March 16th for the Day Resource Center.</p>	<p>Agendas for past full LHIC meetings: https://www.hclhic.org/home/MeetingYears/1</p> <p>Register for the Full LHIC meeting on April 18, 2024: https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtdtcreator</p> <p>FirstCall for All website: www.FirstCallForAll.com and contact is Deb Poquette: dpoquette@centennialmedical.com.</p> <p>Register for Light the Night 5K for Suicide Prevention: https://www.bullseyerunning.com/event/3rd-annual-light-the-night-5k-for-suicide-prevention/</p> <p>Email lhic@howardcountymd.gov with any other announcements.</p> <p>Fresh Produce Drop questions can be directed to the Rachell L Gray Community Foundation at 443-796-5162.</p> <p>Learn more about Project Hope: https://www.rlgcommunityfoundationhelp.org/upcoming-events.</p>
Food Security Updates	Ms. Lloyd introduced, Ms. Reena Rambharat, LHIC Director, to review the Food Security Committee Action Plan and provide an update on starting a Food Council in Howard County.	

	<ul style="list-style-type: none"> • Proposal for food council in HC created and is in the review stage. • Focus will be on upstream policy initiatives to address food and nutrition insecurity from Roundtables' report and others. • Work will incorporate the voice of community members and specific partners based on the agenda items to be pursued. • Work will continue downstream in the Food Security Committee such as pop-up pantries, community, and container gardens, etc. and by other partners. <p>Ms. Annabelle Beavan, LindaBen Foundation, noted the importance of a Food Council and the connection to health through high quality food and fresh produce.</p> <p>Mr. Justin Chen, The Community Ecology Institute (CEI), said CEI spoke with Montgomery County and learned about Manna Food Center, an organization that receives funding from Montgomery County and contracts with local farms to purchase fresh produce and culturally appropriate foods. Mr. Chen said a Food Council in Howard County would offer more support to farms to grow fresh produce for food assistance programs and for food assistance programs to purchase fresh produce from the farms.</p> <p>Ms. Rambharat reviewed the LHIC Action Plan for the Food Security Committee activities over the next year and noted the following additions and updates:</p> <ul style="list-style-type: none"> • Continue collaborating with partner Pop-Up food pantries. • Food pantry spotlight series to include voices of those impacted by food insecurity. • Placing food connection map in all provider offices. • Establishing community gardens in all HC schools including pre-schools. <p>She noted potential addition and gathered feedback on them:</p> <ul style="list-style-type: none"> • Improving meal delivery services for older adults and individuals with disabilities. <p>Ms. Courtney Harangozo, HC Office on Aging & Independence (OAI), said they have noticed post-COVID, an increase in individuals wanting medically tailored meals. OAI has a new pilot program that delivers medically tailored meals to homebound residents 60 years and older in Howard County. Individuals are screened before they receive meals and are diagnosed with either diabetes, heart disease, or kidney disease, and have limited mobility. The individual receives delivery of meals once per week that includes 6 frozen entrees with milk, bread, fruit. OAI is partnering with Moveable Feast on this program and said there is an opportunity to grow this program.</p>	
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Seed Project Update	<p>Ms. Lloyd discussed a new project that LHIC is working on for the Spring of 2024 with Owen Brown Place residences. Last year, LHIC received a small grant to set up container gardens with herbs and vegetables for the residents of Owen Brown, a low-income, senior, diverse community in Columbia with 188 apartments.</p> <p>LHIC is receiving donated vegetable seeds from Clark's Ace Hardware in Columbia. The LHIC needs help from the community to grow these seeds into seedlings. We would like to donate the vegetable seedlings and extra seeds to the Owen brown residents in the Spring/Summer season.</p> <p>Ms. Lloyd shared a seed starting resource with the group from the University of Maryland Extension. The YouTube video explains how to start seeds in recycled milk jugs. She also shared that the Elkridge library is hosting at Seed Starting Demo class on March 23, 2024 at 11 a.m. Registration opens on March 9th.</p> <p>Ms. Lloyd said that the community can help by:</p> <ol style="list-style-type: none"> 1. Growing the vegetable seeds into seedlings using milk jugs (or other means) and then drop off at Owen Brown Place. The address is: 7080 Cradlerock Way, Columbia, MD 21045. You can call the office at: 410.381.9544 to arrange drop-off. 2. Individuals interested in assisting can email LHIC@howardcountymd.gov and we will coordinate with you to pick up the seed packets. 	<p>Recycled milk jugs seed starting video: https://www.youtube.com/watch?v=4vodR8aO6w</p> <p>Register for the seed starting class at Elkridge Library: https://live-howardcounty.pantheon.site.io/event/seed-starting-219046.</p> <p>If interested in the seedling project, email Lhic@howardcountymd.gov.</p>
Community Action Council Food Bank	<p>Ms. Lloyd introduced Ms. Carrie Ross, Food Bank Director, Community Action Council of Howard County (CAC-HC). Ms. Ross discussed the Spring Break Pop Up Pantry at Duckett's Lane Elementary School in Elkridge on Monday, March 25, 2024; from 12 to 2 pm to bridge the gap for when students are off this week. Ms. Ross invited partners to contact her if interested in tabling at this event.</p> <ul style="list-style-type: none"> • TurnAround, Inc. a human trafficking non-profit will provide resources. • HCHD support: reusable tote bags; Community Health Workers CHW), and health resources • United Health Care: Patrice Tucker will provide educational materials; and measuring cups, storage containers, whisks, spatulas and/or oven mitts. • Rachel L Gray Foundation: Roslyn Jones will attend and assist with resources. • CAC: Carrie Ross - Flyer creation and will contact school to get information out and will focus on produce and canned goods. 	<p>CAC Food Bank website: https://cac-hc.org/</p>
Project G.R.O.W	<p>Ms. Lloyd introduced, Ms. Sharice Hendrickson, Self-Sufficiency Program Mobility Mentor, Laurel Advocacy & Referral Services, Inc. (LARS) to discuss their newest client focused program to help people grow their own balcony gardens throughout the growing season. This program includes assistance from the Master Gardeners of the University of Maryland Extension. During this program, LARS clients will learn the fundamentals on how to have their own garden.</p> <p>Ms. Hendrickson said that LARS was motivated to start this program because they noticed that many of their clients enjoyed receiving fresh produce. They also noticed a need for fresh vegetables because some of their clients have health conditions such as high blood pressure, diabetes,</p>	<p>LARS website: https://www.laureladvocacy.org/</p>

	<p>and other health conditions. She said it gives clients the opportunity to take control of their own health.</p> <p>Ms. Hendrickson said that many of their clients are experiencing very stressful conditions and that gardening can help relieve stress and anxiety. She said the program has received a great response with over 56 participants. LARS will keep the registration open for another couple of weeks. They are planning workshops including some Spanish-speaking workshops for their clients; and they anticipate having this program continue next year.</p>	
Free Summer School Lunch Program	<p>Ms. Rambharat introduced, Mr. Brian Ralph, Director of Food and Nutrition at Howard County Public School System (HCPSS). Mr. Ralph discussed this year's free Summer Lunch program and ways that partners can assist.</p> <p>Mr. Ralph said the Summer Lunch program was going to be different this year because two major Summer School programs are not going to be operating: the Black Student Achievement Program (BSAP) and the Gifted and Talented Program at Cradlerock, Lake Elkhorn and Wilde Lake Middle Schools. The schools are re-organizing where the Summer School program and Summer Lunch location sites will offer in 2024. HCPSS are looking at 8 potential sites that are not confirmed yet: Bollman Bridge E.S., Ducketts Lane E.S., Swansfield E.S., Ellicott Mills M.S., Oakland Mills M.S., Atholton H.S., Hammond H.S., Howard H.S. They hope to finalize this information in a week or so. This will be discussed at the next Food Security Committee meeting in more detail.</p> <p>Ms. Ralph will provide a list to the LHIC of all the lunch programs being held during the Summer, where meals will be provided free of charge, locations of open sites and the duration of open sites. Mr. Ralph hopes the East Columbia Brach Library will be one of the open sites and looks forward to the assistance of the Food Security Committee in filling gaps.</p>	
Wrap up and Next Steps	<p>Ms. Lloyd wrapped up the meeting and said the next meeting will be end of April with the date and time to be determined. Minutes will be shared in the next week.</p> <p>Ms. Rambharat noted that this will be Sonya's last meeting as LHIC Coordinator as she will be transitioning to another role in the Health Department. We are appreciative of her assistance with the Committee. Any questions can be directed to our email at LHIC@howardcountymd.gov.</p>	<p>Email lhic@howardcountymd.gov with any questions.</p> <p>Minutes will be posted: http://www.hclhic.org/</p>

Respectfully submitted by,
Ms. Sonya Lloyd, MA
Community Engagement Coordinator
Howard County Local Health Improvement Coalition