

Howard County Local Health Improvement Coalition

Food Security Committee

February 7, 2023, 11:00 am – 12:00 pm

Virtual (Zoom)

Minutes

Members Present:

Erin Ashinghurst, Accessible Resources for Independence
Melanie Berdyck, Giant Food
Bernadette Bindewald, HC Health Department
Erika Chavarria, Columbia Community Care
Johnia Curtis, HC Health Department
Willie Flowers, HC National Association for the Advancement of Colored People
Alison Gerber, HC Department of Community Resources
Natalie Hall, HC Health Department
Laura Henderson, HC Health Department
Lois Joellenbeck, HC Health Department
Alice Lee, HC Health Department
Paloma Leon, Luminus Network
Courtney Mellberg, HC Community Action Council

Sydney McAnallen, HC Health Department
Chimezie Ndukuba, HC Health Department
Brian Ralph, HC Public School System
Becky Ramsing, Johns Hopkins Center for a Livable Future
Stephanie Reid, HC Health Department
Kendra Robinson, HC Health Department
Razan Sahuri, University of Maryland Extension- HC
Jake Smith, Accessible Resources for Independence
Weida Stoecker, Maryland Department of Agriculture
Nette Stokes, Just Living Advocacy
Theresa Taylor, Community Ecology Institute

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 and Introductions	<p>Ms. Sonya Lloyd, Howard County Local Health Improvement Coalition (HCLHIC), called the meeting to order at 11:00 a.m. Ms. Lloyd provided a welcome to members in attendance. She reviewed the meeting goal of gathering partners to discuss collaborative efforts to address food and nutrition insecurity in Howard County.</p> <p>Ms. Erin Ashinghurst, Accessible Resources for Independence (ARI), introduced a new staff member to the group, Mr. Jake Smith, who will focus will on Veterans and Independent Living.</p>	<p>Members are asked to review previous meeting minutes at: https://www.hclhic.org/home/meeting/2022?catelid=365.</p>
Updates from last meeting	<p>The last meeting, the following were discussed:</p> <p>Ms. Natalie Hall, Howard County Health Department (HCHD) gave a presentation on CAREAPP, a web-based tool that helps people find food, health, housing, transportation, education, and employment resources in Howard County.</p> <p>The Howard County Food and Nutrition Resource Guide is now updated and on the HCLHIC website.</p>	<p>CAREAPP website: https://findhcreources.org/. To contact Natalie Hall with any questions about CAREAPP email nhall@howardcountymd.gov.</p> <p>Food and Nutrition Guide: https://www.hclhic.org/healthy/eating. Email hclhic@howardcountymd.gov</p>

Topic/Agenda	Discussion	Action/Follow-up
Announcements	<p>Ms. Lloyd shared information about the next quarterly full LHIC meeting to be held on April 20th at 8:30am.</p> <p>Ms. Reena Rambharat, HCLHIC, gave a brief update on the Howard County Food & Nutrition Survey that was completed last Fall of 2022.</p> <ul style="list-style-type: none"> • Launched an extensive food and nutrition survey to residents in need, facing barriers to food access. • Received 406 responses and includes information on zip code and race. • The survey was translated into Korean, Mandarin, Spanish, English, and French languages. • Analyze the data and present the findings at the April 2023 Full LHIC Coalition meeting. • Future Roundtable Session regarding survey data. <p>Ms. Weida Stoecker, Maryland Department of Agriculture, spoke about the Farmers Market Nutrition Program that is raising the maximum amount given to the Senior Community. Seniors will receive booklets in July and is asking members to promote. Seniors apply through the local Department of Aging in Howard County and they will be providing posters to put up in the Senior Centers.</p> <p>Ms. Alison Gerber, Howard County Department of Community Resources, manages both the Congregant Meal Program and Home Delivered Meal Program through HC Office on Aging and Independence, she will be releasing the Farmers Market Coupon booklets in July 2023 to the Senior population.</p> <p>Mr. Willie Flowers, Howard County National Association for the Advancement of Colored People (NAACP), is working on the Healthy Kids Meal Menu legislative effort to encourage restaurants to have healthy meals for kids on their menus.</p> <p>The Howard County NAACP has a plot of land Community Supported Agriculture (CSA) on Freetown Farm which includes seniors. Mr. Flowers will help spread the word on the coupon booklets.</p>	<p>Agenda for full LHIC Meeting can be found on the website: https://www.hclhic.org/home/meeting/2022?catId=1.</p> <p><u>Register</u> for the Full LHIC Meeting: https://www.eventbrite.com/e/2023-hclhic-full-coalition-meetings-tickets-433126562207.</p> <p><u>Any announcements</u> to share with members, please email the LHIC team at: lhic@howardcountymd.gov</p> <p>Members are asked to share information about the Farmers Markets Coupon booklets within their communities.</p>

<p>Food Bank Updates</p>	<p>Ms. Courtney Mellberg, Community Action Council Howard County Food Bank, gave an update on the following: Emergency SNAP benefits come to a close at the end of February 2023 after 3 years. This amount is approximately \$82.00 less per person. CAC saw a 26% increase in Food Bank recipients. CAC has a network of partner food pantries with an increase of 40% of people visiting. CAC added two additional partner pantries, one at Hanover Hills ES and the other at Howard HS. The Food Bank is teaming up with the HCHD and planning a mobile pantry at Owen Brown Place Residences in April. CAC is planning to have a food pantry in the Western part of Howard County.</p> <p>Ms. Laura Henderson, Howard County Health Department Women, Infant and Children Program (WIC), has been allowing phone appointments but will be going back to physical in-person appointments in August 2023. This is still pending. The increased dollar amount that recipients receive lasts only until September 2023.</p> <p>Ms. Rambharat mentioned having a collaboration / partnership at food pantries that CAC attends to share resources including in the western part of Howard County.</p>	<p>Please email any questions for Courtney Mellberg to: cmellberg@cac-hc.org</p>
<p>Owen Brown Place Container Garden Project</p>	<p>Ms. Lloyd provided an update on the details of the Owen Brown Place Container Garden Project also known as the <i>Owen Brown Place Planting Party</i> in May 2023.</p> <ul style="list-style-type: none"> • The HCLHIC donated a total of 189 garden boxes and grow bags to Owen Brown. • The HCLHIC also donated two large wooden lettuce tables that will be placed in the back-patio area of Owen Brown. • The goal is to give residents 1 grow bag & 1 garden box to plant vegetable seedlings. • The HCLHIC will purchase bags of soil-free media, fertilizer, vegetable seedlings and watering cans. <p>Ms. Theresa Taylor, Community Ecology Institute (CEI), offered the assistance of Freetown Farm with supplying low cost plants, based on residents' interests/needs.</p> <p>Ms. Razan Sahuri, University of Maryland Extension SNAP- Ed, spoke on her involvement including the assistance of the Master Gardeners to provide training and education. Ms. Sahuri will present a nutrition component that will include providing recipes and a free food tasting on how to use their vegetables. Master Gardeners will give a presentation on container gardening and taking care of their vegetable plants, including growing and harvesting.</p>	<p>If interested in volunteering with the Pop-Up Pantry or the Owen Brown Place Planting Party, please email: lhic@howardcountymd.gov</p>

<p>Partner Food & Nutrition Resource Guide</p>	<p>Ms. Lloyd provided an update on HCLHIC’s HC Resource Guide for Food Assistance and Nutrition Education programs. The final version is shared with partners and is currently placed on HCLHIC’s Healthy Eating webpage.</p> <p>Promotion Ideas/Brainstorming:</p> <ul style="list-style-type: none"> • Email the Resource Guide to every program/pantry listed in it, so that the organization will cross promote the document and send updates to the LHIC if anything changes with the pantry. • Ms. Taylor, CEI, offered to post the Food Guide at the newly updated community engagement center with a QR code to link it to the LHIC webpage and to re-share the Guide. • Ms. Sahuri offered to add the Food Guide to UME’s Facebook and website pages. Ms. Hall suggested sharing the Food Resource Guide with the following organization: Grassroots, Howard County Public School System (HCPSS), 50+ Centers. • Create a 1x a week social media post highlighting a “pantry of the week” or a “food pantry update.” • Ms. Stephanie Reid, Howard County Health Department, suggested taking an informal video of the pantry and giving tips and ideas to share how the process works with the public. • Ms. Mellberg, CAC, said the Howard County Food Bank did a video FAQ with a first-person point of view to orient the clientele to using the pantry. • Ms. Ashinghurst noted that accessibility is important when accessing a food pantry for clients that use a wheelchair, walker, cane, or mobility aid. 	<p>Please help promote the finalized version of this guide by sharing with your communities. Food Resource Guide: https://www.hclhic.org/healthy/eating</p> <p>Prince George’s County Social Media Post on Food Pantry listings: https://www.instagram.com/p/Cn7SKATP3Ly/.</p>
<p>Food Brochure & Connection Map</p>	<p>Ms. Lloyd stated that a Food Resource Brochure will be created from the information in the Partner Food & Nutrition Resource Guide. The Food Brochure will include a simple and accessible design that will be translated into 5 languages. The brochure will have both digital and print versions available to the public. The brochure will include a QR code to the Howard County Food Connection Map. The food brochure will be shared with partner pantries in the Spring of 2023.</p> <p>Ms. Johnia Curtis, Epidemiologist HCHD, is spearheading the Howard County Food Connection Map and shared the draft version with the rest of the Committee. Ms. Curtis said they added extra layers from Johns Hopkins Center for a Livable Future and Howard County Government.</p> <p>Ms. Henderson, HCHD WIC, will promote the Food Connection Map on the WIC website when complete.</p>	<p>St. Mary’s County Food Connection Map: https://healthystmarys.com/food-connection-map/</p>

LHIC Healthy Eating Webpage	Ms. Lloyd shared the HCLHIC Healthy Eating webpage with the Committee and requested feedback from the group. The following feedback included having more pictures on the webpage and keeping things simple, easy to read and easily accessible in finding resources.	LHIC Healthy Eating Webpage: https://www.hclhic.org/healthy/eating
Meeting Polls	<p>Ms. Rambharat launched 2 poll questions in planning the next Food Security meeting in April 2023. The Committee will now have a set meeting schedule that meets bi- monthly and meeting in-person some of the time.</p> <p><u>Poll results:</u> 38% very likely and 62% somewhat likely to attend an in-person meeting. Tuesday AM and Thursday AM received the highest votes for scheduling meetings.</p>	
Next Steps and Wrap-up	Ms. Lloyd will send out the meeting minutes in the next few weeks. The next Food Security Committee meeting will be in April 2023.	Email lhic@howardcountymd.gov with any questions.

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