



## Howard County Local Health Improvement Coalition

Food Security Committee

Virtual via Zoom

October 12, 2023, 11:00 a.m. to 12:00 p.m.

### Minutes

#### Members Present:

Annabelle Beavan, LindaBen Foundation, Inc.  
 Bernadette Bindewald, HC Health Department  
 Michelle Clark, HC Health Department  
 Alison Gerber, HC Dept of Community Resources  
 Laura Henderson, HC Health Department  
 Lois Joellenbeck, HC Health Department  
 Roslyn Jones, Rachell L Gray Community Foundation

Paloma León, Community Member  
 Lauren McGee, Chase Brexton  
 Chimezie Ndukuba, HC Health Department  
 Brian Ralph, Howard County Public School System  
 Kendra Robinson, HC Health Department  
 Nikki Savoy, Accessible Resources for Independence  
 Nette Stokes, Just Living Advocacy

#### Staff Present:

Lindsay Hall, HC Local Health Improvement Coalition  
 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
<b>Welcome and Introductions</b>	Ms. Sonya Lloyd, Community Engagement Coordinator, Howard County Local Health Improvement Coalition (HCLHIC), called the meeting to order at 11:02 a.m. 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: <a href="https://www.hclhic.org/home/meeting/2022?catelid=365">https://www.hclhic.org/home/meeting/2022?catelid=365</a> .
<b>Announcements</b>	<p>Ms. Lloyd shared information about the next quarterly full LHIC meeting to be held on October 19, 2023, at 8:30am. The meeting will be hybrid. There will be a presentation on CAREAPP and Maternal Infant Health plus networking and sharing opportunities.</p> <p>Ms. Lloyd announced a new LHIC workgroup called Growing Healthy Families, which will focus on improving birth outcomes for people of color in Howard County to advance efforts toward reducing health disparities. The first meeting will be held in November.</p> <p>Ms. Lloyd said the Harriet Tubman Foundation of Howard County and Martin Luther King Jr. Holiday Commission are hosting Pop Up Pantries on Oct 23<sup>rd</sup>, Nov 13<sup>th</sup>, and Dec 11<sup>th</sup> at Ridgely's Run Community Center in Jessup and at Hopkins Methodist Church in Highland 10am to 11:30am.</p>	<p>Agendas for past full LHIC Meetings: <a href="https://www.hclhic.org/home/meeting/2023?catelid=1">https://www.hclhic.org/home/meeting/2023?catelid=1</a></p> <p>Register for the Full LHIC Meeting: <a href="https://www.eventbrite.com/e/2023-hclhic-full-coalition-meetings-tickets-433126562207?aff=oddtcreator">https://www.eventbrite.com/e/2023-hclhic-full-coalition-meetings-tickets-433126562207?aff=oddtcreator</a></p> <p>Email <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a> to join the Growing Healthy Families workgroup.</p>

	<p>Ms. Lloyd discussed October as being Walktober, a month-long celebration of our State’s official exercise and a call to action to promote walking for physical activity and improved health for residents of all ages and abilities. There are 45 physical activity events in Howard County.</p> <p>Ms. Lloyd shared that the Food Connection Map was recently updated by Howard County Health Department’s (HCHD) Epidemiology team. Please check to see if there are any additional changes needed.</p> <p>Ms. Lloyd also said that the food map posters and food brochures are on the HCLHIC Healthy Eating webpage and that print copies can be requested by filling out the form.</p> <p>Ms. Annabelle Beavan, LindaBen Foundation, said their Mobile Food Market is providing food pantry items, fruits and vegetables at the Bryant Woods Elementary School parking lot and is getting good community foot traffic. She said it runs every second and fourth Saturday of the month from 3pm to 5pm. Anyone in the community can attend, there are no requirements, prefers that people sign up attend ahead of time. Ms. Beavan will send over the English and Spanish flyers.</p> <p>Ms. Roslyn Jones, Rachell L Gray Community Foundation, announced that they have relocated from Columbia to Elkridge. The Foundation provides The Emergency Food Assistance Program (TFAP) on the second Saturday of every month from 10am to 12pm. Ms. Jones also said they have a Pantry on the Go program with varying times and dates every month changes monthly. The next Pantry on the Go is October 30, 2023, 4pm to 6pm and on November 12, 2023, 4pm to 6pm. A full listing of the dates and times are on their website.</p>	<p>Pop Up Pantry: 443-386-0405 or 443-280-1935. Website: <a href="https://www.howardcountymd.gov/OHRE-mlk">https://www.howardcountymd.gov/OHRE-mlk</a></p> <p>Walktober: <a href="https://www.howardcountymd.gov/walktober">https://www.howardcountymd.gov/walktober</a></p> <p>Food Connection Map website: <a href="https://www.hclhic.org/foodmap">https://www.hclhic.org/foodmap</a>.</p> <p>LHIC Healthy Eating webpage: <a href="https://www.hclhic.org/healthy/eating">https://www.hclhic.org/healthy/eating</a>.</p> <p>Request print copies of food brochures and food map posters: <a href="https://docs.google.com/forms/d/e/1FAIpQLScuzkD9HyS3LcfHf4EAWNIRdUgeee-mYIOT1_fi6T-IKan1A/viewform">https://docs.google.com/forms/d/e/1FAIpQLScuzkD9HyS3LcfHf4EAWNIRdUgeee-mYIOT1_fi6T-IKan1A/viewform</a></p> <p>Sign up for LindaBen Mobile Market: <a href="https://signup.com/client/invitation2/secure/75849282096/false#/invitation">https://signup.com/client/invitation2/secure/75849282096/false#/invitation</a></p> <p>Ms. Roslyn Jones email: <a href="mailto:rlgcommunityfoundation@gmail.com">rlgcommunityfoundation@gmail.com</a> Rachell L. Gray Foundation website: <a href="https://www.rlgcommunityfoundationhelp.org/">https://www.rlgcommunityfoundationhelp.org/</a></p> <p>Email <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a> with any other announcements.</p>
<p><b>Deep Run ES Pop Up Food Markets</b></p>	<p>Ms. Lloyd said that Ms. Carrie Ross, Community Action Council (CAC), Howard County Food Bank, was not able to attend this meeting today. Ms. Lloyd then shared that CAC hosted three (3) Mobile Markets at Deep Run Elementary School in August to provide food items for families to fill the gap between the end of the free Summer meals program and the start of school for Howard County Public School System (HCPSS) students and families. This initiative was part of the HCLHIC's Food Security Committee's efforts and resulted in 4,492 pounds of food distributed to 502 individuals within 113 households. Food items included dried and canned goods plus apples, oranges, bananas, potatoes, onions, green peppers, habanero peppers serrano peppers, salad mix, peaches, and sweet peppers.</p>	<p>Members interested in assisting with the student meals over the breaks are asked to email <a href="mailto:LHIC@howardcountymd.gov">LHIC@howardcountymd.gov</a></p>

<p><b>Future HCPSS Pop Up Food Markets Discussion</b></p>	<p>Ms. Reena Rambharat, LHIC Director, led a discussion based on the HCPSS students being on winter break from December 25<sup>th</sup> to January 2<sup>nd</sup> and the food gap for students during this time, as well as, during Spring Break.</p> <p>Ms. Rambharat mentioned that since the Deep Run Pilot pop up pantry was successful, then what can be done during Summer 2024. She posed the question is their capacity to expand additional sites, which sites, when should planning begin, earlier would help with promotion.</p> <p>Ms. Jones would like to assist with the gap in student lunch meals during the winter break at the Rachell L Gray Community Foundation Pantry in Elkridge. She said this food pantry has helped to supplement Summer meals during the school break for the students. She said Duckett’s Lane Elementary School is close to their pantry.</p> <p>Ms. Nette Stokes, Just Living Advocacy, said she would like to see more pantry support for Elkridge area schools including Duckett’s Lane Elementary School, Elkridge Elementary School and Elkridge Middle School. Ms. Stokes said families in Elkridge have trouble with access to transportation. It would be beneficial to the low-income families on the Route 1 corridor in Elkridge, Jessup and Savage and some additional inclusivity. Ms. Stokes does a big annual Back to School drive in Elkridge every year.</p> <p>Ms. Beavan said she would like to help support Laurel Woods Elementary School in North Laurel, Harper’s Choice and Longfellow Schools and continue to provide food. She is exploring possible meals for the kids along with fruits and vegetables and prescriptive meals, curating food for students with nutritious, culturally appropriate foods.</p> <p>Mr. Brian Ralph, Director, Food and Nutrition Services, HCPSS, said he will identify locations where need is heaviest and come up with 5 sites that are appropriate to facilitate these pop-up pantries during the winter break. HCPSS might be able to provide a skeletal staff along with promotion of these free meals. Mr. Ralph said there is also the potential to have free lunch meals for students during the Spring Break. Mr. Ralph said they started planning for the Summer Meals program and should have a clear idea of sites by end of November.</p>	<p>Coalition members willing to assist with the student meals are asked to email us at <a href="mailto:LHIC@howardcountymd.gov">LHIC@howardcountymd.gov</a></p>
<p><b>UME SNAP-Ed Nutrition Education at HCPSS</b></p>	<p>Ms. Rambharat spoke about the nutrition education and collaboration with HCPSS and University of Maryland SNAP-Ed program, University of Maryland Extension – Howard County at two schools, Bryant Woods, and Talbott Springs Elementary Schools.</p> <p>Ms. Rambharat shared information about this collaboration: Gardens were set up at each of the schools and will include</p>	

	<p>nutrition education lessons provided by Ms. Razan Sahuri, Nutrition Educator with UME SNAP-Ed program, using approved All Read for Health books for different grade levels with a focus on the new school gardens. Parents will have the option to sign up to Text2BHealthy (they will receive messages 2 times per week with nutrition and physical activity tips to keep your family healthy) and parents of Pre-kindergarten and Kindergarten students can sign up for Text4HealthyTots.</p> <p>Ms. Rambharat said that families will also receive Grow Kits and seasonal gardening newsletters. Ms. Sahuri will conduct a tasting event at the cafeteria. Parents and teachers will be trained to offer virtual or in person workshops such as growing and cooking with herbs. Ms. Rambharat said that HCHD and UME plan to have a big celebration around Earth Day in April 2024. The goal is to expand to a few other Title 1 schools in the next year.</p> <p>Ms. Rambharat opened the floor up to the Committee for discussion on any partners potentially interested in the Earth Day Celebration next year? Any other thoughts on collaborations?</p> <p>Ms. Beavan said she would like to collaborate with the LHIC on this initiative during the Earth Day Celebration. She said Longfellow Elementary School and Harpers Choice Elementary School have their own small gardens. She is interested in having a garden toolkit for schools to follow when implementing and maintaining school gardens.</p>	
<p><b>Food Security Roundtable Summary</b></p>	<p>Ms. Rambharat gave a summary on the two food security roundtables held in September where partners in various organizations gathered to share solutions based on the Howard County Food and Nutrition survey completed earlier this year. The following five themes emerged from these roundtable discussions:</p> <ol style="list-style-type: none"> <li>1. Increasing community and container gardening (school gardens, cultural foods, accessibility, land development),</li> <li>2. Decreasing food waste (food storage policy, food retail rescue, grocery store partnerships).</li> <li>3. Increasing communication and awareness of resources (utilizing CAREAPP screening tool, Community Health Workers (CHW), faith-based organizations, MRC volunteers, community outreach and engagement).</li> <li>4. Education with increased training (staff trainings, cultural competency, plain language, streamline translation system, trainings for residents including financial and nutrition literacy, gardening, cooking skills).</li> <li>5. Schools including early childhood, HCPSS, and Howard Community College (HCC) (automatic enrollment of eligible students/families in programs, policy on free and universal school meals).</li> </ol>	

	<p>Ms. Rambharat opened the floor to thoughts and feedback on the food security roundtable summary. She said the full Report and Action Plan will be shared soon which includes exploring a Food Council in Howard County with the community voice as the center.</p> <p>Ms. Savoy enjoyed the Food Security Roundtables, thanked Ms. Rambharat for putting it together, and was happy to finally meet people in person instead of on a screen. She said it was very collaborative and innovative to brainstorm; plus, incredibly productive to discuss these issues.</p>	
<p><b>Wrap up and Next Steps</b></p>	<p>Ms. Rambharat said that the next meeting will be in December and asked committee members what they would like to see discussed then or any future food security meetings? This could include suggestions for potential speakers, topics, in-person meetings or site-visits.</p> <p>Ms. Stokes shared we need to consider equity and service when helping marginalized people in need. We need to reach everyone in Howard County, including providing access and not leaving anyone behind. Transportation is difficult for people outside of Columbia, we need to make sure it's accessible to everyone in all the areas.</p> <p>Ms. Rambharat said we need to use out of the box thinking, connecting with faith-based organizations and CHWs.</p> <p>Ms. Beavan said regarding the future Howard County Food Council, we should raise awareness and strategize on food insecurity and hunger by sharing the Hunger Report like the one done by the Capital Area Food Bank. How do we navigate other ways to provide food and assistance to the Howard County community? Ms. Beavan said we need more volunteers to help with growing and moving forward to help even more people.</p> <p>Ms. Lloyd will send out the meeting minutes and Zoom invite in the next week. The Food Security Committee will on Thursday, December 14, 2023, at 11:00am to 12:00pm.</p>	<p>Email <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a> with any questions.</p> <p>Minutes will be posted: <a href="http://www.hclhic.org/">http://www.hclhic.org/</a></p>

Respectfully submitted by,  
Ms. Sonya Lloyd, MA  
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