



Howard County Local Health Improvement Coalition

Food Security Committee

Virtual: (Zoom)

August 3, 2023, 11:00 a.m. to 12:00 p.m.

Minutes

Members Present:

Barbara Allen, James Place, Inc.

Erin Ashinghurst, Accessible Resources for Independence

Michelle Beadle Holder, Food at the Center

Annabelle Beavan, LindaBen Foundation, Inc.

Bernadette Bindewald, HC Health Department

Michelle Clark, HC Health Department

Alison Gerber, HC Dept of Community Resources

Tiffany Holtzman, Howard Community College

Alice Lee, HC Health Department

Paloma León, Luminus Network for New Americans

Tricia Mangold, HC Health Department

Lynn Mejia, LindaBen Foundation, Inc.

Brian Ralph, Howard County Public School System

Beck Ramsing, Johns Hopkins School of Public Health

Carrie Ross, Community Action Council

Jacqueline Scott, HC Dept of Community Resources

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	Ms. Sonya Lloyd, Community Engagement Coordinator, Howard County Local Health Improvement Coalition (HCLHIC), called the meeting to order at 11:00 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: https://www.hclhic.org/home/meeting/2022?catelId=365 .
Announcements	<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. We will have boxed breakfast for those attending in person.</p> <p>Ms. Lloyd shared a new Howard County Health Department (HCHD) grant opportunity called the Tobacco and Chronic Disease Grant which seeks to fund faith-based & community-based organizations to reach populations identified as having a known health disparity related to tobacco/vape use, diabetes, and chronic disease; and to advance health equity efforts. Applications are due on September 1, 2023.</p> <p>Ms. Lloyd announced that the LHIC has provided \$4,150 to the Community Ecology Institute (CEI) to build and maintain community gardens at Bryant Woods and Talbott Springs elementary schools. These gardens will allow the schools to pilot the implementation of interactive nutrition education</p>	<p>Agendas for previous full LHIC Meetings: https://www.hclhic.org/home/meeting/2023?catelId=1</p> <p>Register for the Full LHIC Meeting: https://www.eventbrite.com/e/2023-hclhic-full-coalition-meetings-tickets-433126562207</p> <p>Apply to Tobacco & Chronic Disease Grant: https://www.howardcountymd.gov/health/tobacco-and-chronic-disease-grant</p> <p>Read the press release for the community gardens: https://www.hclhic.org/member</p>

	<p>activities for all grade levels. Michelle Beadle Holder, Food at the Center, announced she will be at the Howard County Public Library System (HCLPS) Carnival in Ellicott City on Saturday, July 5th at 11am doing a healthy food demonstration.</p> <p>Ms. Annabelle Beavan, LindaBen Foundation, Inc., said her organization will be teaming up with Columbia Community Care (CCC) this weekend for a free food and healthy snacks distribution.</p>	<p>ship/media-releases Watch WMAR video on the gardens: https://www.wmar2news.com/local/students-in-howard-county-gain-their-green-thumbs</p> <p>HCPLS H3 Carnival: http://hclibrary.org/h3/</p> <p>Any additional announcements email: lhic@howardcountymd.gov</p>
<p>Previous Meeting Recap</p>	<p>Ms. Lloyd gave a brief recap of the Food Security Committee’s previous meeting in June 2023:</p> <p>The Howard County Food Pantries & Hot Meals brochures (all locations and city-specific) are on the HCLHIC website in PDF format and can be printed by anyone. Available languages: English, Spanish, French, Korean, and Chinese.</p> <p>A Food Map Poster was created and printed to promote the food connection map. The Food Map Poster is 16 x 20 and includes a QR code that will take you directly to the Food Connection Map website.</p> <p>Request print copies of any of the food brochures and food map poster by filling out the request form on LHIC’s website.</p> <p>Mr. Brian Ralph, Director, Food and Nutrition Services, Howard County Public School System (HCPSS), gave a presentation on the free Summer Meals Program at HCPSS. This program runs June 21, 2023, to August 4, 2023, from 12:30 to 2 p.m. Monday through Friday.</p> <p>Reena, LHIC Director, led a discussion based on the Food and Nutrition Security Survey Data results from the Fall of 2022. The survey was for specific residents facing barriers to nutrition and food and to figure out the needs within the community. The LHIC will launch two Roundtable Sessions in September 2023 based off these survey results.</p>	<p>Access the food map: https://www.hclhic.org/foodmap</p> <p>Request Form for pantry brochures or Food Connection Map Poster: https://docs.google.com/forms/d/e/1FAIpQLScuzkD9HyS3LcfHf4EAWNIRdUgeee-mYIOT1_fi6T-IKan1A/viewform</p> <p>Brian Ralph, HCPSS, brian_ralph@hcpss.org</p> <p>Reena Rambharat, LHIC, brambharat@howardcountymd.gov</p>
<p>Deep Run ES Pop Up Food Markets</p>	<p>Ms. Carrie Ross, Community Action Council (CAC), updated the group on bridging the Summer meals gap for HCPSS kids once the HCPSS free Summer Meals Program ended on Friday, August 4th. HCPSS students do not start back to school until August 28th. In response to this, Ms. Ross said CAC will have three free pop-up Food Markets at Deep Run Elementary School in Elkridge on the following Fridays in August: August 11th, August 18th, and August 25th from 12:30pm to 2pm.</p> <p>Ms. Ross said they expect 50 families in the first week. There will be provided non-perishable items such as black beans, granola bars, grits, hand sanitizer, pasta, peanut butter, rice, macaroni, and cheese. Perishable purchased for these mobile markets are bananas, apples, potatoes,</p>	<p>Carrie Ross, CAC, email: cross@cac-hc.org</p>

	<p>eggplants, berries, snap peas, oranges, and onions. Ms. Lloyd said the LHIC will provide 125 reusable bags filled with resources and health education materials for the families that attended the food markets.</p>	
<p>Substance Use Disorder & Food Insecurity</p>	<p>Ms. Barbara Allen, Executive Director of James Place, Inc., led a discussion on food security issues as it relates to residents deeply impacted by substance use disorder needs and treatment/recovery programs. James Place, Inc. is a nonprofit that helps people transition from treatment or incarceration into recovery housing. Ms. Allen said the three priorities for these people are the following in most importance: housing, transportation, and food.</p> <p>Substance use and mental health issues go hand in hand. Howard County has people who are suffering from opioid addiction and alcohol use disorder. People who have alcohol addictions often suffer from malnutrition. Many men and women in recovery are staying in housing programs or living at home are food insecure.</p> <p>Ms. Allen shared that International Overdose Awareness Day (IOAD) is August 31, 2023. This is an annual event that James Place, Inc., will be at along with the HCHD teaching Naloxone training at St. John’s Episcopal Church in Ellicott City from 6pm to 8pm sharing information and resources. This is a community event that is free and open to the public.</p> <p>Ms. Michelle Clark, HCHD, asked Ms. Allen what food resources her clients needed the most. Ms. Allen said her clients often needed help setting up documentation – like getting a Social Security card and signing them up for SNAP benefits. She also said that within the recovery houses they have a community building program which includes a food sharing plan, food shopping together, and cooking meals together.</p>	<p>Barbara Allen, James Place Inc., jamesplaceinc@comcast.net</p>
<p>Nourishing the Futures Grant</p>	<p>Ms. Annabelle Beavan, Founder/Executive Director of LindaBen Foundation, Inc., discussed the new grant her organization received called Nourishing Futures: transforming health, nutrition, and environmental outcomes in Howard County. This grant encompasses three programs: Food As Medicine RX (FAM Rx), Eat Right, Be Bright, Shake It Up, and Gleaning + Urban Farming.</p> <p>Ms. Beavan shared that LindaBen was founded in 2020 in Columbia, MD as a non-profit volunteer-based organization with the belief of bringing food and resources to the people by making it more accessible, affordable, acceptable, and accommodating with healthy food and healthy lifestyle advocacy. They have a mobile food market to bring food directly to the people. Ms. Beavan said LindaBen focuses a lot of their efforts in the Columbia, Elkridge and North Laurel parts of the county based off the ALICE statistics on poverty in Howard County.</p> <p>Ms. Beavan shared the overview of the Nourishing Futures</p>	<p>Annabelle Beavan, LindaBen Foundation, Inc., abeavan@lindabenfoundation.org</p> <p>Lynn Mejia, LindaBen Foundation, Inc., lmejia@lindabenfoundation.org</p>

	<p>Grant. The Food as Medicine program via the Mobile Food Market (MFM) provides food and nutrition aids through interventions that support health and wellness of individuals. The focus of this program is to improve nutrition security but goes beyond just food assistance. Provides intentional, fresh food, organic, locally produced food with educational awareness. The MFM goes to Harpers Choice School, Longfellow School and Senior Centers, along with some hotels.</p> <p>The second program: Eat Right, Be Bright Shake It Up Workshops focuses on health and wellness equity through school partnerships by having activities that incorporate kid friendly lifestyle intervention activities in the schools.</p> <p>The third program is the Beyond Food Gleaning which partners with local farmers in reducing food waste by rescuing perfectly good food to eat that is imperfect produce and other healthy perishable items.</p>	
<p>Wrap up and Next Steps</p>	<p>Ms. Lloyd will send out the meeting minutes in the next week. The Food Security Committee will next meet on Thursday, October 5, 2023, at 11:00am to 12:00pm.</p>	<p>Email lhic@howardcountymd.gov with any questions.</p> <p>Presentations and minutes will be posted on http://www.hclhic.org/</p>

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