

NUTRITION & PHYSICAL ACTIVITY TASKFORCE
Meeting Summary

Date	1.2.25		
Type of Meeting	General Coalition Meeting		
Attendees	Marissa Flanders, Samara Moschiano, Jenna McCarthy (Community Service Solutions/CalFresh Healthy Living); Cassidy Moyer (Mammoth Disposal); Stephanie Riley Stai (Mono County WIC Director); Carolyn Balliet (Mammoth Salvation Army); Lara Walker (First 5), Margee Near (Mono Co- PHD)		
Recorder	Marissa Flanders		
TOPIC	DISCUSSION	ACTION or F/U	WHO
UPDATES: Food Waste Prevention, NPAT website, Healthy through the Holidays, National Nutrition Month®	<p>Food Waste Prevention, Recovery, and Redistribution:</p> <p>Jenna McCarthy- discussed ongoing efforts to reduce food waste and SB1383. Anthony, TOML, mentioned in a previous meeting that he will be in touch with Vons and Grocery outlet for documentation on food waste early in 2025.</p> <p>Cassidy Moyer- primarily focused on disposal issues currently but will be reaching out to Mammoth Elementary School for composting presentations when school resumes.</p> <p>Caloryn- received a call on Christmas Eve from a condo complex with 60-80 pounds of canned goods to donate. Would normally only have a few pounds of canned good and would throw it out. Carolyn/Salvation Army working on setting up pickup system to receive future donations, big or small.</p> <p>Lara Walker- suggested obtaining more details about the Salvation Army, including its address, hours of operation, and other relevant information for future participants.</p> <p>Jenna McCarthy- created a working document to organize potential food donors and distributors, which could assist in managing a subcommittee in the future.</p> <p>Carolyn- suggested adding Rite Aid as a resource for donations, noting that they have previously provided handouts, including one left for the church.</p> <p>NPAT website:</p>	<p>Carolyn to send Jenna and Lara the updated Salvation Army flyer with winter information</p> <p>https://www.monocountynpat.com/</p>	<p>Carolyn</p>

	<p>Chelsea has made some updates to the NPAT website since it was last discussed in July's meeting.</p> <p>If you would like to be listed on Member page or your info needs updated, please send your logo and/or contact info to Jenna</p> <p>If you have nutrition and physical activity resources you'd like to be shared, send to Jenna.</p> <p>Lara- recommended first 5 website has lots of resources for physical activity</p> <p>Healthy through the Holidays:</p> <p>Jenna McCarthy- Community Service Solutions shared healthy holiday recipes throughout season on social media (Instagram and Facebook)</p> <p>Carolyn Balliet- mentioned that the Westin donated 50 turkey dinners to Social Services, Behavioral Health, and the Salvation Army for distribution, marking the 10th consecutive year of this contribution. The donations were made through referrals, with Benton picking up 10 meals. The Sheet and Mammoth Times reported this service.</p> <p>Jenna- Mammoth Rec Center put on a Tree Lighting and Skate with Santa events.</p> <p>Carolyn Balliet- mentioned that she attended, and attendees who donated presents for the Angel Giving Tree received free skating ticket. People also donated food for IMACA.</p> <p>Margee Neer- shared healthy recipes, smoothie taste tests at MUSD's Parent University in December</p> <p>National Nutrition Month®</p> <p>Jenna McCarthy- CFHL will partner with MUSD and Oral Health for a RYD event in March</p> <p>Stephanie Riley Stai- can set up a National Nutrition Month display at the Mammoth Library like last year, featuring additional raffle items for members who participate by completing a questionnaire along the line of 'Submit your favorite</p>	<p>Logo and contact info to Jenna</p> <p>Resources to Jenna</p> <p>Lara to send First 5 physical activities link from website to Jenna</p> <p>Contribute items for display. Need to drop off at WIC before March.</p>	<p>Any</p> <p>Any</p> <p>Lara</p> <p>Any (CFHL will donate cookbooks, Cassidy has stickers)</p>
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	<p>way to involve your children in the kitchen.’ Last year, Courtney, a former CSS employee, donated a blender. This year, Stephanie hopes to receive funds or donations for a SodaStream.</p>	<p>Contact Stephanie if you can provide SodaStream or prize funding</p>	<p>Any</p>
<p>NEW BUSINESS: Coalition Reflection and Next Steps</p>	<p>Why are we doing this?</p> <p>Jenna McCarthy- initiated a conversation about the future direction of the NPAT coalition. What are the advantages of reflection and goal-setting?</p> <p>Lara Walker- emphasized the importance of accountability, including setting a clear timeframe and regularly evaluating progress.</p> <p>Cassidy Moyer- stressed the need to establish goals that help prioritize and effectively manage tasks.</p> <p>Samara Moschiano- suggested conducting an inventory of past achievements to help shape future objectives, highlighting the significance of intentional goal setting.</p> <p>Jenna McCarthy- emphasized desire to shift toward community-focused efforts, prioritizing policy and systems change, and setting clear goals for the year. She also highlighted the risk of getting stuck in a "hamster wheel" of routine tasks, which can lead to complacency, and encouraged the group to acknowledge what is working well and celebrate their successes. Shared the challenges the coalition has faced in the past but highlighted positive developments, including increased members and more consistent participation. She noted potential benefits of creating a strategic plan with clear, specific goals to effectively guide the coalition's efforts moving forward.</p> <p>NPAT Mission Statement Review, Coalition Purpose</p> <p>Jenna McCarthy - NPAT is a County Nutrition Action Partnerships (CNAP). Shared document on origin, purpose of CNAPs.</p> <p>NPAT Subcommittee in 2021 voted on this mission statement (found on NPAT website):</p> <p>“The Nutrition and Physical Activity Taskforce (NPAT) is a coalition of engaged community members who promote healthy eating and physically active lifestyles throughout Mono County, California.</p>	<p>Share CNAP document</p>	<p>Jenna</p>

	<p>With a focus on health equity, we work to advance policies and practices that can decrease chronic diseases in all Mono County residents. We are committed to inclusion and invite all stakeholders to participate in the planning and coordination process.”</p> <p>Member Feedback (Survey)</p> <p>Jenna McCarthy- Asked members to take survey with CNAP purpose/NPAT Mission Statement in mind (will get email invite).</p> <p>Invited more discussion on survey topics.</p> <p>Margee Neer-expressed appreciation for the meetings as a way to stay informed about activities and foster connections within the public health department. She values the collaborative nature of the group and the inclusion of diverse perspectives, emphasizing the importance of involvement at various community levels. Margee suggested setting yearly goals to maintain momentum, such as focusing on physical education in schools, and proposed holding an in-person meeting once a year and experiencing each other’s programming more.</p> <p>Stephanie-shared her appreciation for the coalition, particularly its diversity and the opportunity to hear about community involvement and varying perspectives.</p> <p>Jenna McCarthy- discussed the importance of setting goals, noting that the coalition's biggest challenge is a lack of clarity regarding its purpose. She shared Courtney had started a Strategic Plan for NPAT, but it hadn’t received member feedback. Perhaps now that we have more members and consistent attendance, it’d be good to develop a plan together.</p> <p>Lara Walker- mentioned the need to reintroduce certain initiatives to strengthen the coalition's effort–perhaps representing the coalition at Health and Safety fairs or Kidapalooza. Excited there’s a Strategic Plan to work from.</p> <p>Jenna McCarthy - Survey results will be shared at March’s meeting.</p>	<p>Take NPAT survey</p>	<p>All</p>
<p>ROUNDTABLE (Other program updates/asks)</p>	<p>Cassidy Moyer- promoting the Mammoth Disposal Facebook page, met with members of the Rotary Club, will be providing tours of the transfer station to increase community engagement. She noted that Anthony has reached out for content to include in the town newsletter.</p> <p>Lara Walker- suggested adding website links for activities aimed at young children and mentioned the upcoming Health and Safety Fair this summer. She also</p>	<p>Lara to send info on health and safety to Stephanie or look at website</p>	

