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## COMMUNITY & ECONOMIC DEVELOPMENT OFFICE

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### **Burlington Food Council Meeting November 11, 2005**

**Present:** Bonnie Acker, Edmunds PTO; Linda Berlin, Health and Food Sciences-UVM; Kara Buchanan, parent; Dan Cahill, Parks and Rec. Dept.; Megan Camp, Shelburne Farms; Jen Cirillo, Sustainable Schools Project; Michelle Cranwell-Schmidt, VT Dept. of Rural Studies; Doug Davis, BSD Food Service; Caroline Homan, City Market Outreach Coordinator; Dana Hudson, Shelburne Farms; Rachel Jolly, Edmunds Community Service Coordinator; Mercedes Lyson, Burlington School Service VISTA; Aziza Malik, Healthy City VISTA; Abbie Nelson, NOFA-VT; Frank Pace, Smokejacks; Megan Peek, Barnes Wellness Committee; *Staff:* Betsy Rosenbluth & Emily Hilliard, Legacy Project.

#### **I. Updates**

- The FEED Conference “Weaving School into Wellness” is this coming Monday, Nov. 14<sup>th</sup> at the Sheraton in So. Burlington.
- American Flatbread is holding a fundraiser for the BSFP on Tues. Nov. 15<sup>th</sup>. That evening, \$8 from every flatbread sold will be donated to the Burlington School Food Project to buy organic produce from the Intervale.
- Legacy Town Meeting will be the evening of Dec. 8 from 5:30-8:00 pm in Contois of City Hall. The community dinner will be catered by Sugar Snap, with a menu composed of BSFP recipes, and made from Intervale produce.
- Green Mountain Coffee Roasters has agreed to fund the BSFP with \$25,000 per year for a three-year period. They also would like some of their employees to become involved as volunteers, i.e. in finances, marketing, etc. Would like a press release to go out, possible around the next Taste Test Dec.6<sup>th</sup> or 8<sup>th</sup>. Sue at Green Mountain would like to meet people involved in the project.
- An anonymous donor will most likely at least match Green Mountain’s donation for the first year. These funds will be used to support the FC work plan and carry out the actions.
- There has been a bill drafted in legislature to support the farm-to-school program in Vermont. The next meeting will be Dec. 9 from 2:30-4:30 in Montpelier. It includes a mini-grant program and training of food service personnel.

#### **II. Barnes Food and Wellness Committee Presentation**

A. Megan Peek gave a presentation on the Barnes Food and Wellness Committee

- Megan Peek is one of the members of the Barnes Food and Wellness Committee. She and other members, Siobhan Donnegan and Tiffany Tillman, received a grant for \$7,700 for the Food and Wellness Committee at Barnes. This committee consists of parents, teachers,

and school food service staff. The focus is on Food, Nutrition, Taste Tests, and physical activity. It is supported by the fresh fruits and veggies in the classroom program.

- At the Community Dinner at the Barnes Open House, the Committee served the BSFP pesto pasta, made salads with local ingredients, and served apples and carrots. They surveyed 35 families that evening.
- The committee went to the staff meeting and offered to support field trips related to food, farm, and nutrition.
- The Wellness Committee has created a fund with City Market. They have put in \$200, City Market has matched it, and other donors have contributed, creating an \$800 fund to buy food from the Co-op.
- This could help fund the sampling of raw foods in the classroom. The committee may start samples in classrooms, exposing kids to ingredients they may see used in foods in the lunch line. They could also sample foods that kids aren't usually exposed to.
- Many Milers would like to do a project for kids. They would like to set up a free after-school program focusing on nutrition, hygiene, and physical activity. This needs to be administered by volunteers at school. They are hoping it will be a school-wide effort.
- Barnes will hold its Harvest Dinner on December 1<sup>st</sup>. It is a free community dinner with a focus on local foods. Minestrone, veggie lasagna, and other BSFP recipes will be served. Kids will help to serve and prepare the meal.
- The committee would like to consider and improve the cafeteria environment.
- It is important that the committee's work is connected to the curriculum of sustainability (and it is). The other school themes are Health and Nutrition, and improving the identity of the school.
- City Market member workers will be the link between Barnes and City Market, serving as go-betweens to purchase and deliver food, giving presentations and volunteering on field trips, etc. Contact Caroline if you are interested in this. The Co-op will be holding a Mini Food-Education Membership Drive in the near future with trainings in December.
- Chef Frank Pace (Smokejacks) is interested in doing cooking demonstrations in the school.
- There is a small kitchen space at Barnes, but there is also access to the kitchen at the VNA Family Room, which is a block from Barnes.
- The after-school program coordinator at Barnes is interested in health and fitness programs. Angela (the SSP VISTA) is working with her to develop a healthy cooking program.
- Barnes could have a themed month "Bean Month" etc. to centralize the activities.
- The Barnes Wellness Committee could be featured in the next BSFP newsletter.

#### B. What is going on at other schools?

- Amy Watmough and Dan came up with a plan with City Kids after school program, composed of Champlain, Flynn, CP Smith, and Edmunds. They talked about snack time in these programs.
- Many of these programs have difficulty determining between a snack and a meal.
- November 30<sup>th</sup> will be the first workshop with the staff of these programs. They are in contact with the YMCA and the Boys and Girls Club.
- There is a need for shared language with "healthy" and the need for a dialogue so the providers have ownership of this new language/program.

### **III. Intervale/ONE Community Connections Project**

- Betsy presented the Project Description to the FC. This project was presented to the Legacy SC who suggested that it be presented to the Food Council.
- Betsy asked what the Food Council thought about the Intervale/ONE project becoming an FC project and broadening the focus to the entire family and not just school children.
- Linda said that there is an obvious overlap with the FC, but the circle is not complete. She sees there being an overlap of key people as well, but not completely. Not all of the expertise and focus of the FC members coincides with the needs of the Intervale/ONE project. There is an overlap of FC three goals, but the FC would inevitably have to readjust their goals. Would this mean adjusting the FC focus and compromising some of their existing work? A distraction from our stated priorities? This could be a potential derailment of the Action Plan.
- Bonnie saw the Intervale/ONE tie-in with the FC work in three ways:
  - 1) Healthy City
  - 2) Emphasis on ethnic and cultural diversity. Idea of community garden plots
  - 3) Attitudes and behaviors before and after a program → focus on food and celebration.
- There needs to be another group talking about specific access to the Intervale.
- It also would be better to have a group that fits better with the racial and socioeconomic composition of the ONE.
- There could be a subgroup of the FC involved in the Intervale/ONE project.
- There are people at the Ward 2/3 NPA meetings who could have an interest in joining the dialogue on the Intervale/ONE project.

### **IV. Implementation of the One-Year Work plan**

#### **A. Marketing**

- Abbie proposed an identifiable sign for each school that is involved in a school food project. NYC and North Carolina have these in their school that say, “The Farmers in our System are...” or “We use local product”. This gives people the chance to see the monthly theme, get publicity, etc. An identifier would be great.
- We could also produce a short video about the BSFP. Need to determine who the video is designed for, but could be used for other FC’s and Farm-to-School Programs around the country. Cabot can fund videos. Then video clips could be put on a BSFP website featuring stories of different partners/stakeholders/students/teachers/parents, etc.
- Schools could fly “Food Flags” on the flagpole.
- Need to document how we are moving towards our goal, speak to successes not activities. Need stronger parent communication.

#### **B. Edmunds Farm Assembly**

- A 2<sup>nd</sup> grade parent at Edmunds Elementary organized an all-school assembly with a chef and a farmer. At the assembly, Guy, the principal of Edmunds, announced that every student will go on field trips, participate in Taste Tests, grow food, and cook in the classroom, this year. This was not organized by anyone from FEED or the FC.
- This sends a message to us for communication. Can expand district-wide.
- The Curriculum and Policy Committee of the School Board recommended that the FC work plan be presented to the full School Board for support. If accepted, it will become a part of Burlington School culture.

#### **C. Food, Farm and Nutrition Local Hero Award/ Town Meeting**

- This will be awarded at the Legacy Town Meeting on Dec. 8<sup>th</sup>.
  - Should we have one person from each “C”: Classroom, Cafeteria, and Community?
  - It’s okay to have 3 in the first year to make a point: farmer, food service worker, teacher.
  - Will be based on the applications we receive.
  - Sugar Snap is catering but should we have Flatbread too? We could buy pizza from the School Food Service and put our own pesto on it. Or could put our own pesto on flatbreads.
- D. Professional Development for the Food Council**
- Need to have learning opportunities for the Food Council members. Could hear from the CECH. Can learn about issues related to the FC work so its members are better informed. We can have nutrition pieces and elements of healthy snacks.
  - The FC could attend the Nov. 30<sup>th</sup> workshop, although it will be directed to after-school providers.
  - FC needs to know more about marketing. Would Dept of Health do something on social marketing?
  - These Prof. Dev. Sessions could be embedded within the FC meetings. Could have 20 minutes of program time. Can hear from state-wide initiatives, the Boys and Girls Club. Could watch films such as “The Red Wagon” and the Wisconsin Farm-to-School Film.
  - This will help us to reach our audience better. We can also check up on Farm-to-School initiatives around the country and progress.

#### **V. Miscellaneous**

- Doug will be receiving an award on Nov. 17<sup>th</sup> from the Burlington Education Association.
- Summer Food Programs will be put on next meeting’s agenda. A VISTA has been hired and will be working on this program. Could he come to the next meeting? We should invite the Campaign to End Childhood Hunger.

**Next meeting December 5 , 9:00-11:00 am CR 12, City Hall**

**\*\**Burlington Food Council on the web:***

**<http://www.cedo.ci.burlington.vt.us/legacy/foodcouncil.html>**