



June 14, 2010 – Meeting Notes

Attendance: Meg Klepack, Amanda Goldstein, Heather Bell, Jan Riordan, Mandy Davis

### **Check Ins:**

Mandy to circulate card for USM to thank them for new website.

Everyone should continue to explore fundraising ideas for continuation of BFC. Contact Mandy if you have ideas for grants or if your organization would like to take over management of the Council next year.

### **Speakers**

August is still up in the air.

October – Joseph Kiefer from Foodworks

December – maybe Jenn McGowan

Other ideas: consider someone from the Attorney General's Obesity initiative, Farm2Plate (or maybe a broader public F2P meeting in lieu of a regular council meeting), Produce for the People

Mandy to circulate IC Thursdays calendar PDF

### **Guest Speaker: Jan Riordan from Greater Burlington YMCA**

*See attached powerpoint and handout for additional information*

#### **Pioneering Healthier Communities**

Policy-focused – about making impactful changes statewide

Selection process – 36 chosen by Y-USA. 18 per year.

1<sup>st</sup> step – put together a “dream team” to help develop and implement changes. Looking for people who can effect policy. Then awarded between \$40-60K from the Center for Disease Control to accomplish goals.

Develop community action plan. Focused on physical activity and healthier nutrition.

1. Work with restaurants to establish guidelines for nutritional labeling. // Smart Meal Program in Colorado
2. Establish initial location to launch Corner Store Initiative.
3. Identify a school to conduct pilot program for activity-based curriculum on a daily basis.

It's luck to be in Burlington because a lot of nonprofits and gov't doing great things, like Local Motion. While other communities focus on getting bike paths, we have some great ones already!

#### Status Updates for Action Plan

1. 3 restaurants are currently having their menus analyzed. Then they'll have 3 months to update their menus with logos and labeling. One is Bueno Y Sano. Goal: 10-12 restaurants participating. If you know of any restaurants that would be interested, let Jan know. Also, Burlington Public Schools will be piloting its own labeling program next year.
2. Corner Store Initiative modeled after a similar program called "Healthy in a Hurry" in Louisville, KY. Looking to identify a corner store, create a section with healthier choices priced competitively and work with School Community Gardens to sell food at corner stores
3. Considering piloting activity-based curriculum at Barnes or Wheeler. Also working to implement recess and structured play for every student everyday.

#### Upcoming Events

##### GoFIT! Greater Burlington 2010

- 3 month community based program, linking through [gethealthyvt.org](http://gethealthyvt.org) to tools where participants can log steps and keep food journals
- Will hold 3 nutrition workshops, probably at the Winooski YMCA.
- Culminates in everyone climbing Mt. Mansfield together – taking actual steps together!

#### Potential Collaboration with BFC Members

Maybe City Market could get help with nutritional labeling for the hot bar?

Maybe the Intervale Food Hub could help recruit GoFIT! Participants through the CSA as well as restaurants.

Maybe partners could collaborate on nutrition classes, ideas, curriculum, resources and delivery.

We can all help advertise the different components of the action plan.

If you'd like to learn more or get involved, contact Jan at:

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