

PAN Minutes
Precision Valley Physical Activity and Nutrition Consortium
Wednesday, November 18
Parks Place 3:30-5:00

**In Attendance: Kathy Muther, Mary Helen Hawthorne, Sharon Ayer,
Carolyn Scully, Nancy Schaefer, daylyn finnegan**

1. Farmer's Market

Mary Helen reported out information that she learned from Deb Luse, a member of the committee. The Farmer's Market group meets the second Wednesday of the month at 9am at the Royal Diner. At the last meeting potential locations mentioned were the transfer station, the Commons, and the Family Center, (though the beginning of the Toonerville Trail has not been ruled out—daylyn.) They need to be set up to serve low-income customers who used EBT cards. They have to have low or no cost to vendors to interest them in selling their goods at a start-up market. The hospital has showed signs they might be involved. There is a possibility of a grant from NOFA (Northeast Organic Farming Association) but they need somebody to write it.

2. Wellness Week

Since there will be no Wellness Fair this year (the energy is being focused on Wellness Events for Educators), we discussed how to proceed and boost attendance of the events. Carolyn suggested it be right after school and Nancy said it should be part of an in-service. Kathy asked the message of the events: to help teachers lead healthier lives and maybe it'll then influence the children they teach. Carolyn and Nancy concluded that a half-day in-service can benefit more educators at once.

3. Logo Discussion

daylyn passed around logo ideas that both she and Mona submitted. They liked the Nancy Lanoue vegetables in a pan logo that daylyn had a mock-up of but suggested Mona could do a better job of it. Also suggested to help was an art teacher at the high school and the graphic artist department at the Technical School.

4. Consortium Member Update

Carolyn has a food survey coming out that kids can take on-line. It will not be school-wide, but will encompass enough children in each grade to get an idea of how the whole school feels towards health and food, but not specifically on menu items at the schools. We talked about how at the recent Nutrition Meeting, our student representative brought up the idea that water be easier to get at the school (without having to buy bottles or drink from the water fountain.) Sharon said the Edgar May Rec Center has a water system that taps into the water lines to the gym and members can fill up their water bottles whenever they want. A system like this was discussed at the Nutrition Meeting as a way to spend some the Wellness Dollars the school is earning currently.

Sharon said the Rec Center installed mobilfit, which is an interactive personal trainer. There is a kiosk set up in the gym but members can also access it from their personal

computers. Members can track their process and get special routines to work out with. They also hired a nutritionist on staff that any of their members can have access to. She is also working with the Prescription for Wellness members and is hosting mini-labs once a month. They will run another Biggest Loser contest in January and they have a middle school weights and cardio class that Frank is running with 5 kids signed up.

Kathy said the Head Start office moved to Windsor Center. We discussed the new 2010 FDA guidelines.

Mary Helen said that there is a Thanksgiving celebration at St. Mary's Parish that the Family Center is helping out at. They need volunteers to deliver food to homebound residents and have food for area residents at the church.

Nancy Schaefer said 30+5 started cooking in the schools. She mentioned the program got their first cooking cart, which is in Union Street school. We clarified what the fruit and veggie grant that the local schools have with Carolyn and talked about submitting some of the things the kids are cooking to be on the menu in the upcoming months. We also discussed collaborating with Café Services by repeating a 30+5 taste test item in the cafeteria and 30+5 can help the Café Service workers prep the item. The first venture will be guacamole.

If anything in the minutes is inaccurate, please inform daylyn at dfinnegan@svahec.org. The next meeting is in February, so enjoy your holidays!

Future meetings:

Thursday, February 25, Springfield

Tuesday, March 23, Bellows Falls

Thursday, April 29, Springfield

Also: Check us out on Facebook (under PAN Consortium) and become a fan! The Minutes will be posted there, as well.

PAN Consortium

*Promoting healthy options and change for children and families
through improved nutrition and physical activity.*