

Agency Advisory Board

6/8/2018 Meeting Notes

In attendance: Kerm Bossard; TOI-Spencer Van Etten Community Food Cupboard, Nancy Myers; Lansing Food Pantry, Mary Beth PrechtI; Blessed Sacrament, JodyLynn Mosher; C.C. Chemung/Samaritan Center, Kathy Greene; Addison Community Food Pantry, Anne Haus; Trumansburg Food Pantry, Alycia Anthony; Tioga County Rural Ministry, Jack Seman; CHOW-Broome Council of Churches, , Vickie Steck; FBST, Matt Griffin; FBST, Amanda Stuart; FBST, David Russell; FBST, Randi Quackenbush, FBST; Lisa Mallacoccio, FBST; Missy Knowles.

Meeting called to order at 11:10am

- **Reflections:** “Joy is the best makeup” ~Anne Lamott (Matt)
- **Introductions:** Welcome to Mary Beth PrechtI from Blessed Sacrament Food Pantry, representing Chemung County.
- **Working Agreements Review:** (on 2nd page of agenda) Honor your time.
- **Review & approval of October meeting minutes:** Kerm B. motion to approve, Alycia A. second; all in favor

Review & Updates:

- Agency Feedback
 - Anne H. – Tompkins Coalition will be struggling a bit, but it will work out. Nancy M. – Will not be returning as chair of Tompkins Coalition
 - Kerm B. – With the advent of the Peas (Peer) group, is the county coalition necessary? Anne H. - I get way more out of the Peas group. Nancy M. – Lansing was packed. (Last location of Peas Peer group) Kerm B. – We’re struggling to get people to the coalition meetings (Tioga County). Alycia A. – The problem for me is, I am a Zucchini so they haven’t met in over a year. Matt- The two meetings have different goals. Peer groups are more bottom up whereas the coalition meetings are business focused, at least from the Food Bank’s perspective. Kerm B. – But we don’t get people there. Matt- So how do we get people to the table? Anne H. – Sometimes it’s like hearing things twice. Nancy M. – We have now gone to quarterly meetings so we’re not feeling “meeting’d out”. Anne H. - At our coalition all but three pantries attend.
 - Mary Beth P. – Plastic bags were a topic that came up in discussion along with security. The concern is that they’re (plastic bags) eventually going to go away- they’ll have to start bringing their own reusable bags. Matt- What’s the status of the legislation? Kerm B. – It’ll happen in some cities first. Matt- This might be a good topic for the Food Banks Association of New York to discuss. Nancy M. - My concern is it can be a health hazard. I don’t know what’s in the bags they are bringing back. Kerm B. – Problem is with Fidelis bags is that the larger families end

up using boxes instead to carry all the food. Anne H. – I reuse the plastic bags from my own house, but I know what has been in them.

- Matt- What did you mean by “security” Mary Beth? Mary Beth P. – It first started out with the training here in Elmira. We talked about having someone talk to volunteers. A lot of clients come in with backpacks and that is one of the concerns. Vickie- A lot of people expressed this at the coalition meeting. Matt- So, I am thinking about telltale signs and having procedures in place. Mary Beth P. – We actually found a gun on the property. Matt- I suggest that law enforcement may have good tips.
- Kerm B. – We talked about truck deliveries and MFP truck deliveries at the coalition meeting and we’ve got that solved or it’s a case that they’re not able to do anything about. Matt- We’re planning an MFP 101 for September. Nancy M. – A lot of these issues have been resolved at the MFP Advisory Board meeting yesterday.
- Food Acquisition (Missy & Lisa)
 - Missy – We wanted to touch base with you about food products, what we donated and not, and what food we purchase
 - Lisa – We have been getting in frozen veggies. We have broccoli florets, green beans, California blend so that you can have your cauliflower. This flyer shows what veggies are available, we do not currently purchase frozen fruit. We do offer some of these in cans, like we have canned corn and canned carrots. What we’d like to know is, what you would like to see available and what you actually have room for? Anne H. - Frozen fruit is available? Missy- Not yet, but it can be if you’d like. Jody M. - Frozen spinach. Lisa- That is in stock right now.
 - Lisa- What about condiments? Missy- Is it a thing? Oil, mayo, ketchup, etc.? Would you purchase these? Anne H. - Oil, ketchup and mustard, we’d purchase if there’s enough HPNAP. Kathy G. – Olive oil.
 - Missy- Tim, our COO, is interested or considering getting repack spices. He’s got some samples and sample bottles and we wanted to share with you and get your feedback. The cost would be half to a third of the cost at retail. Matt- These would be HPNAP eligible. Unanimous- Yes. Kerm B. – My only concern is that sometimes spices lose their flavor over time. Missy- The sizes would be like these (the samples passed around) Matt- Keeping spices in a dark room will help preserve their flavor. So the tops five were cinnamon, garlic, thyme, oregano and cumin. Jody M. – I would like to see onion powder and pepper. Nancy M. – With recipes coming in, it would help move the spices, like with thyme. Missy- Good.
 - Lisa- Anything else on the staples list that you would like to see? Kerm B. – Smaller sizes of peanut butter, like for backpacks.
 - Missy- Anyone know why people aren’t ordering soup? Kerm B. and Mary Beth P. – We are ordering soup. Lisa- Our suppliers are having a hard time getting cream of mushroom and chicken noodle from the manufacturers. Mary Beth P. – We

prefer not to order the foil packets. Vickie- Why is that? Mary Beth P. – They have a lot of sodium and additives.

- Missy- How about any other meatless options? (Negative headshakes) How about dairy? What kind would you like to see, like string cheese? Anne H. - Cottage cheese. Jody M. – Sour cream and cream cheese. Kerm B. – Butter. Missy- We did research for some prices, it's pricey. Missy- So, string cheese? (Five headshakes for string cheese) Mary Beth P. – Shredded cheese goes better than blocks. Anne H. – If we could get the smaller sizes of shelf stable milk, like 8oz. Kerm B. - We'd order that.
- Agency Services & Nutrition, Other FBST News (Dave)
 - Agency Celebration 2018 survey results
 - Pros: Learning new things; PantryTrak and CFCs, food, sharing ideas with other agencies and networking
 - Cons: Sitting so long, temperature of the room, and some of the questions were negative
 - Scores:
 - Location of Agency Celebration: 4.8
 - Packet Contents: 4.47
 - Food and Beverages: 4.63
 - Opening Remarks: 4.32
 - CFC Workshop: 4.15
 - PantryTrak Workshop: 3.98
 - Keynote Speaker's Presentation: 4.39
 - Agency Awards: 3.63
 - Nancy M. – With the people at my table it might be a better thing next time to recess after lunch. There was too much noise. Kerm B. – Only thing negative was the PantryTrak. Matt- Good point. It was a PowerPoint with no equipment. Maybe having kiosks in the hallway during breaks would have been better. Anne H. – Agency awards after the keynote speaker may be better because everyone leaves early. Do the Agency Celebration before lunch.
 - Matt- Feedback on CFC. There is some interest there, we have 5-10 agencies creating a survey for people they serve. Agencies are interested in pursuing a membership card and changing the language from client to member. The fruits and vegetables prescription program. These are good discussion topics maybe for September? Also, utilizing clients as a volunteer source.
 - Matt- PantryTrak, we have 27 sites that are interested in moving forward. We are filling the PantryTrak Specialist position soon. We're moving to the

scanning barcode system. Using a handheld scanner and a key tag unique to households. It's the kind of key tag like Wegmans or Tops uses. This does not add a lot of time to the intake process. We hope to equip PantryTrak in all MFP by the end of 2018 and in 2019 do the bulk of the work for brick and mortar pantries. We've purchased the scanners so there would be no cost to pantries.

- Advocacy & Education (Randi)

- Information on the Trauma Informed Care framework.
 - We're working through the Speakers Bureau on how Adverse Childhood Experiences (ACE's), which is a questionnaire looking for 10 specific traumas, and how it affects you long term. We're using the Speakers Bureau women because they have been affected by trauma. A lot of schools are adopting it along with not for profits. It's important that the question asked isn't "What's wrong with you?" but rather "What happened to you?" Places of resilience are encouraging bright spots in someone's life and this is connected to CFC. This is really important at the agency level. Does anyone have any ideas about moving ahead? Alycia A. – It reflects on Tom Ruda's keynote talk, that people with trauma are hyper vigilant and just the wrong word could be severe. Just because you don't mean it doesn't mean they aren't affected. Randi- Maybe explore this in some upcoming peer groups or the next Agency Celebration? This clearly reminds me of the bishop story who smiled at a man on train that was planning to kill himself but wrote to the bishop later explaining that he didn't because of that smile. How can we (FBST) be that source of resilience? Kerm B. – I think this would be a good training for the fall. Jack S. – The person who did the training, would they be willing to do more? Randi- I am sure she would be. We'll be screening the documentary Resilience, about how trauma affects the brain.
- Randi- Some Advocacy and Education updates. Summer meals will be starting in June and July. There's a Facebook page for every county and promo cards. So encourage people to like the Facebook posts. Kerm B. – The Van Etten site is listed on the Tioga card but not the on the Chemung card- it should be on board. Randi- About 10% of kids that get free and reduced lunch do participate and in Chemung County they do feed the parents as well. Matt- The HPNAP Seed Grant was applied for to use for feeding adult meals at Mother Teresa's Cupboard in Endicott.
- Randi- Policy Update- You've all been added to the Advocacy Newsletter and the Farm Bill is being debated. They are trying to use the Farm Bill to do welfare

reform and in New York State there's a higher level of SNAP recipients. The Bill would affect those receiving SNAP to tell the government every month if they are working or looking for work. It was originally voted on in May and it failed. It goes back up for vote on June 22nd. Kerm B. – Is the House Bill coming up revised? Randi- We don't know yet. We had a call in day, which was the biggest response that I've ever had.

- Randi- Hunger Action Month (HAM) is in September. The day before our next meeting (September 13th) is Go Orange Day, so pass it around. So how do we engage all of our stakeholders to take action?
 - Activity Results
 - What have you/ we done that you like?
 - “Fill the plate” photos
 - Story collection with volunteers and clients
 - FBST volunteering at agencies during the month
 - Turn Orange Day
 - What new idea do you have?
 - Summer Recap
 - What have you not liked/felt was effective?
 - The spoons (Spoonتمبر)
- Randi- So what didn't work? I see spoons, okay. So what did work? Jack S. – Hunger Walk in September. Nancy M. – We have a table set up with information and we all wear orange and people start asking “why”. And it is also a good form or recruitment. Randi- Folks (volunteers) sat down with people and wrote for them (clients) and this allowed for more engagement and more connection between them.
- Randi- Let's talk about any new ideas. Who wrote “Summer Recap”, tell me more? Jack S. – Summer Recap, is just talking about what happened over summer. Randi- Anyone interested in hosting a Hunger Tour? Jody M. – Sure, you would need to talk to Suzi. Matt- Getting pics of people and joy. How impactful that is. Kerm B. – Our school has a program that for \$200, creates 30-sec ads for us and inserts it on the TV. I don't see why we can't spend the money and share results like, “ We provided X number of meals for the hungry.” We advertise the need but never the results.

Discussion & Decisions

- HPNAP Grant Timeline (Dave)
 - Planning on a July 9th release of the HPNAP Operational Support-Capital Equipment grant, Food grant and Seed grant application. Jody M. - One date? Anne H. and Nancy M. – Yes, one date.

- There would be a due date of September 17th for all grant applications.
- The review of Operational Support grants would be by/on October 9th with decisions and notifications by October 25th.
- We would need a review committee of approximately four people for the Seed grant and at least three more people for the Operational Support review- one from each county -Tioga, Tompkins and Steuben. Alycia A. – What’s the commitment? Vickie- About 22 hours of commitment. Dave- The Seed grant can be anyone. Kerm B. – I would be interested in a blurb, an update on which agencies were awarded and what they’re doing with it. Dave- Turning Point in Bath is using their award to fund a prescription fruits and vegetables program and Mother Teresa’s will be supporting weekend bags, adult lunches and a pantry staff to be present during summer meals.
- Nutrition Workshop Topics (Dave)
 - What are some different Nutrition workshop topics you’d like to see offered at Coalition meetings?
 - Whole grain
 - Rethink Your Drink
 - Misleading labels
 - Sodium/Low sodium versus reduced sodium
 - Non meat proteins
 - Gluten free

Matt- Sugar-free items are hard to find. Would it be beneficial for Dave to highlight menu items that are better? Kerm B. – It would be a way to acclimate people to new foods.

- Color Coded Shopping Menu (Dave)
 - Possibly looking into making a color coded shopping menu (red, yellow, green). Unanimous- Yes!
 - Multiple studies around hunger-relief agencies and nutritional ranking systems show that a customized menu and even internal guides increase the amount of fresh produce and nutrient dense foods distributed while reducing the percentage of unhealthy foods given out.
 - The Mazon Study surveyed 196 food banks and of those without a tracking system 31% of their inventory distributed unhealthy (sugar sweetened beverages, sweet snacks, savory snacks, and candy). 30% of their inventory distributed was fresh fruits and vegetables.
 - With the tracking system, 17% distributed unhealthy and 37% distributed healthy.
 - Agencies with no nutrition policy or guidelines distributed 41% unhealthy and 31% healthy.

- Agencies with a formal policy and ban saw 18% unhealthy foods distributed and 37% healthy.
- 54% of food banks use a system to track nutritional quality of their inventory.

Matt- Maybe down the line, incentivizing agencies using “green category” products instead of penalizing use of “red categories”.

Jody M. – When does this HPNAP amount need to be spent by if application come out July 8th? Matt- End of September.

Meeting adjourned at 12:59 pm. Motion by Kathy G., seconded by Jack S., unanimous.

- **Agency Advisory Board Meeting Dates (2nd Friday, 11 am-1pm) with Key Focus Topics:**

September 14th: Innovative Network Ideas, Plans for Next Year

December 14th: to be determined

Meeting adjourned at 12:59pm

Submitted by A. Stuart