

Healthy Impact Nampa Meeting

August 17, 2017

Nampa Civic Center

ATTENDEES: Janie Burns, Vickie Holbrook, Clint Child, Dan Mangeac, Alex Hackett, Karla Nelson, Sheri Ainsworth, Jean Fitzgerald-Mutchie, Mayor Bob Henry, Heidi Hart, Amy Stahl, Matt Davison, Amy Bowman, Olga Menchaca, John Vance, Joey Palmer, Paula Kellerer, Mari Ramos, Michael D Grey, Jackie Yarbrough, Brittany Sullenger

JEAN: Recap and Review

Vision for a Culture of Health: All Nampa residents regardless of where they live, their race or ethnicity, education level or income have the opportunity to live a healthy life.

What will I do? Communicate the why. Focus on the strengths of others before their barriers

What will we do? Link arms with intention to ensure that all residents have the opportunity to live their healthiest life. Make Nampa a place that lives our vision.

VICKIE: Please visit this web for information. We've also created an email address.

<http://cityofnampa.us/healthyimpact> email: healthyimpact@cityofnampa.us

KARLA: Consistent Priority Areas & Needs: education/employment, transportation (need for more routes and greater coverage, bicycle and pedestrian infrastructure), food access (no market's in the area/no vehicles), affordable housing (rentals and owners, need for more diverse and accessible housing, rehabilitation of existing homes, make code enforcement more of an importance on some properties), homelessness

Areas of Higher Need (HCA) map and metrics (will be on the website).

Chris Danley will keep updating this information. Hopefully we see positive progression.

JEAN: Walked through Chris Danley's report (excel spreadsheet)

Issue of floodplain and floodway in Tract 201 and 202

OLGA: CRA (Community Reinvestment Act) – used to only be 202, but now it's 201 also. So it's part of the area of higher need now.

JEAN: Chronic disease (diabetes, obesity) also growing. High number of kids living in these census tracts. Jean requested that Olga do an info pitch about CRAs.

We are an action-oriented committee. Some people will come forward and present some ideas. We want to show people we're serious about this. When we link arms, there's nothing we can't do.

JANIE BURNS
MOBILE FARMERS MARKET

Janie is the president of Boise Farmer's Market and member of the Treasure Valley Food Coalition. She lives in the Nampa impact area and has a farm. We don't eat anything that's grown in this area. Most of what we grow is fed to cows or transported something else. We're not using what we grow to feed our own people. Boise Farmer's Market is reaching out and seeing "how can we serve all members of our community?" The Mobile Farmers Market goes to 12 sites within the city (Boise) and delivers food that we grow in our area. We don't use this asset all the time. How can we use those wheels to bring food from local growers and fresh produce to Nampa citizens? Janie offers this asset to Nampa. This is not a long-term solution. We can demonstrate a market to the Nampa Farmer's Market to have them say "we should do a mid-week market." Create the program and market, and the goal would be to transfer that to the Nampa Farmer's Market. Cost: insurance, gas, etc. \$150/day. Can use this fall as a trial period. Nampa Chamber of Commerce trying to find sponsors for four of those days. With enough time, we can ask growers to grow certain things.

Question: What is the food distribution process? Usually you have one grower who has one item and it's not enough of a draw to get people there. How do you get the synergy to get enough folks to grow to get people to use the market? Answer: Boise Farmer's Market drew 6,000 customers and 80 growers. They aggregate the produce on the van so it shows 12-13 growers. It's not a single grower, it's many. They can come in with a fully stocked van and take EBT. Boise doubles their EBT dollars. May be an idea for Nampa. Next year they're implementing a prescription program. Terry Reilly just got funded for this. Then you have financial incentive to purchase fresh fruits and produce.

Olga Menchaca offered to pay for one day.

Mayor Bob Henry offered to pay for three days.

Debbie Kling agreed to pay for one day.

Nampa Chamber of Commerce plans to get sponsors to as well.

Mobile market concerns and thoughts:

- What do they want to eat?
- Bilingual
- Van needs to go beyond tract
- Senior housing

How many days do you need a commitment to bring the mobile van over? If they call it a pilot project, they can come once. It takes a lot of times (4 weeks) to get people used to it. They can come one day per week for the rest of the growing season (September and October). Average frost isn't until mid-October.

Have sites been identified on the North side? The Good News Church is a great location. Terry Reilly Health Services on 16th is also a good location.

Matt Davison – concern. They won't eat that food in a lot of cases. Wants to make sure they want these types of food. Jackie w/ Idaho Food Bank said with the variety of product, they request fresh produce and would like it. Idaho Food Bank also offers a cooking and nutrition class. Food distribution is gone in about 1.15 hours. Over 80 families helped. There is a mobile pantry at Lakeview Church and Good News

Church. They've been giving a recipe book to people. Alex Hackett grows thousands of pounds of produce in the community garden. A good idea is to have recipes specific to what is on the truck. Janie Burns will be back after the growing season for an update.

JEAN: Jean and Sheri will create a distribution spot map. Create awareness for these dates of the food truck via PeachJar through the Nampa School District, Idaho Press-Tribune, social media, church community, Boys & Girls Club, etc.

KALLEN MUTCHIE FRUIT AND VEGETABLE HUT

Kallen is an elementary student. She attended a City Council meeting where they were talking about a grocery store shuttle. The shuttle didn't get funded right now. Jean was feeling a little deflated. Kallen said she had an idea. Kallen's idea is a fruit and veggie hut where people can have access to fresh fruits and vegetables. This hut could be located in North Nampa. The hut offers walkable access to people. Brings healthy food into people's neighborhood. Nancy Canary from Farmer's Market would like to run it. The owners are open to selling the Grub Hut, located across the street from Nampa Civic Center. High Five would like to donate \$5,000 toward this as a pilot project. They are hoping to put it as a permanent fixture at Terry Reilly on 16th.

SHERI: Was thinking about Terry Reilly parking lot, because of coming prescription program. Heidi Hart (TRHS) needs to think about the logistics of this idea.

CLINT: Depending on the price, you've seen that already in this room there's a lot of support for this idea.

SHERI: An idea would be for the Skyview High School carpentry students to build a possible hut.

HEIDI HART: Census tracts 201 and 202 – two different groups (young families/Hispanic, older disabled). Build in something like a "Meet Me Mondays" walking program.

TRACY HITCHCOCK CREATE COMMON GOOD

Tracy is the CEO at Create Common Good, a Boise-based non-profit enterprise. Skills training and job employment. It's an 8-week program about food safety/kitchen safety. They learn recipe execution, professionalism (teamwork/punctuality), resume building and interview skills. Everyone leaves with a Gmail account and knowledge on how to look for a job online. They also receive two letters of recommendation from the company. So far, they have seen great results. The average outgoing wage is \$9.40. Recently, they are getting in to the \$11-12 range to be a prep line cook. They are partnering with people who offer benefits. They've partnered with Delaware North (food service at the airport). Supermarket delis are a good place for these individuals to work. They have a nutritious snack program. Trainees manage and put together nutritious snacks. They manage the program through dollars from St. Luke's and \$5,000 from United Way. They've partnered with Women & Children's Alliance Daycare, Girls on the Run, Family Advocates, Frank Church Community School, etc. They would love to get into Snake River Elementary as a pilot. With those grant dollars, they can subsidize 40-50% to offset the cost. It costs them \$3000 per trainee. The trainee has to pay \$10/week for the training. If they cannot pay, they

can volunteer their time. Nine out of ten of the students who come to them are unemployed. Create Common Good can help train people on production lines. They have an 86% job placement rate and around 70% graduation rate.

How might we partner with the Hispanic Cultural Center? There's already a computer lab, kitchen and meeting rooms. They can start in Nampa with \$150,000. With school food and the USDA, there are a lot of rules and regulations on what you can do with the leftover food. Taking food out of the cafeteria is a no-no. It has to be thrown away. They would like to get snacks into hands of kids, and take leftovers on the weekends to the kids.

Olga Menchaca is on the board for the Hispanic Cultural Center. They will be in discussions with each other. A portion of the \$150,000 start-up cost is for salaries. This is for the first year. Once they are started, they would like to be self-sustained through grant dollars and donations.

Are you eligible to be refunded for job training through the Dept. of Labor? They haven't tapped into that yet.

Community Council of Idaho have their employment training program and they will place these individuals depending on their wants. Olga will follow up with Irma, the CEO of this council.

JEAN and TRACY – getting self-sufficient helps out a lot. This gives people a skill and they are able to get employed and get on their feet. They discover their own self-worth and potential.

MARI RAMOS FAMILY COMMUNITY RESOURCE CENTER

Coordinator for Family Community Resource Center (FCRC) at Snake River Elementary. Mari has been talking to Idaho Food Bank about getting food there. She has a lot of needs. Has a room and not much else. Kids are coming to school without eating much over the weekend, or clothing that fits. It's not just food and clothing that these kids need. Many come from homes where there are language barriers, domestic violence and unemployment. What she envisions for this FCRC is a center for the entire family and the community. What she would like to see is nutrition classes, healthcare, dental care, job services, resume writing classes and job interview skills. Bring these skills to the families and communities. FCRC is the best place for things like this. Schools are seen as a place they can trust. Information from the schools is credible. If they can come to the school and get information from the community at the school, this is information they can trust. SPECIFIC items that are needed: clothes, shoes, socks, underwear, partner for dental care, financial management classes, partners that can teach these courses, learn how to rebuild credit, books. Would also like a mentor program, such as a reading buddy. Also needs plastic bins to organize supplies, couches, diapers and toilet paper. Get connected with the Idaho Diaper Bank to take care of the diaper needs. This is the first FCRC out of many that will happen. Terry Reilly can bring medical and dental services to the school on a rotating basis. **ASK OF MARI:** create a wish list. She is in the process of getting this ready. We will send it out as soon as we can.

JACKIE YARBROUGH IDAHO FOOD BANK

Update on food distribution into senior areas (Senior Food Box Program). Has been providing food services through church food pantries, Boise Rescue Mission, etc. Has a list of emergency food partners in Canyon County. North Nampa Food Security Meetings – has taken a look at the needs coming to the top. Has worked to directly solve some of those issues. As a result, started working with Snake River

Elementary for their food pantry. Already have several food pantries operating in Nampa schools, as well as backpack programs. The school pantry program is an expansion of the backpack program. Provides food for everyone in the home. Gave fridge/freezer unit to Snake River Elementary this summer. In addition, she has a list of the food pantries and the days and times that service is happening and available. There are six days of the week when people can get food. There is no food access in North Nampa area when you cross the bridge. Snake River Elementary is the only food access point. Looked at access that wasn't there and partnered with Nazarene Care House. They put together a mobile pantry that comes every month to the Nazarene church and has been happening since May. Has seen huge success with it. Over 80 families were served last month and they ran out of food the last time they were there. Would like to infuse support into the community. Concerned about the seniors in North Nampa. Not a lot of transportation access. Idaho Food Bank has a senior food box program that is targeted toward low-income seniors. Saint Vincent DePaul is the food box location right now. Would like to start working with the low-income senior complexes so the boxes are carried right to their door. Boxes are about 30-35 lbs. Has been doing a lot of health care partnerships. Idaho Food Bank always needs volunteers. **JACKIE'S ASK:** to move forward with the senior food box programs, they need volunteers to get these food boxes to the seniors directly. Boxes go out once a month. 65 boxes were delivered recently. It used to be at 120 boxes, but the seniors are unable to get to the location to pick up their boxes. **ASK OF JEAN:** Jackie will send her documents electronically to be put on the website. Jackie will also create a list of needed food pantry items.

HEIDI HART: Idaho Food Bank has made a huge philosophical change recently. In the past, the perception was to give them what was available. Now it is starting to help people understand that people need healthy food. Heidi appreciates this change.

JACKIE: Cooking Matters programs was brought on 5 years ago, and now 50% of what is moving through the Idaho Food Bank is fresh produce.

DAN MANGEAC: Good News Community Church. A lot of people come to the doors looking for food. A lot of them don't have transportation. They have a heart for the community. They have a vision of being in that food desert, a place where people are fed and where people are given hope. Land on the side of church will be made into a permanent food bank location. Would like to feed 100 families per week. Need financial support or building supplies.

KARLA NELSON

BLOOMBERG MAYOR'S CHALLENGE – Call for ideas!

The idea needs to be new and something we can implement. Think big, be bold and uncover new or unexpected and, ultimately, shareable ideas that tackle today's most urgent problems facing cities.

Challenges: Effective community engagement, transportation, food access, childhood education, adult training and education, housing affordability, deciphering city codes and policies.

HEIDI: Idea regarding housing in census tracts 201 and 202. Houses are aging. 70% are owned by landlords, not owner occupied. Most are rental houses and houses that landlords aren't putting money into to maintain. A lot of houses are unoccupied, lowering home values. Money for housing and

sidewalks would be nice.

JOHN VANCE: Allow CWI carpentry student to go and do projects on housing in that area. Landlords don't want to put money into the homes. Have students do beautification of the façade. Replacing the door and painting. Floodplain is a deterrent of spending money in this area.

MICHAEL: Job Corp would like to do some of the carpentry work.

JEAN: ACTION COMMITMENT - Lead a subcommittee around affordable housing or homelessness. In the interim, have some work done in between these main larger meetings.

NEXT MEETING: September 21 at 2 PM