**Nutrition and Physical Activity Committee Meeting Notes**

**Tuesday, January 10, 2017**

**10:00AM-11:30AM**

**Introductions and Promising Practices:**

Alyson Wiley

Center for Healthy Communities CSU Chico, excited to be working with SERF sites and Tehama All Stars.

Chita Royal

Chico State student studying Nutrition, primarily Dietetics. Works at the Butte County Center for Healthy Communities and is currently implementing

Harvest of the Month with produce tastings for elementary, middle and high school students. Have also introduced Drexel curriculum, Cooking Matters with low budget recipes for youth engagement.

Beth Birk

Recreation Specialist at the SERF after school program

Works directly with line staff to help them create curriculum involving nutrition and physical activity. Born in 1999, the program serves all 23 public schools in Tehama county; successful curriculum includes CATCH and SPARK and Take 10.

Debbie Highly

SERF-Antelope Facilitator

As an alternative to free play, liaisons choose activity out of the Catch Box Energizer to create a more structured through out program, during snack, meal time and breaks.

Anna Colby

California Food Policy Advocates

Policy update to come.

Gloria Haley

Chico Unified School District recently received the Carol White Physical Education Grant for 2.1 million over 3 years to support after school programs in the Chico area.

Focus on increasing physical and nutritional education program with current progress on the First Key Program; Based around Golf and the 9 core values.

Pep Grant recipients:

<https://www2.ed.gov/programs/whitephysed/2016awards.html>

Steve Fowler

Consultant for afterschool programs

Rising topic as well as a public health issue of addiction prevention for young people. Being brought up in in policy and funding communities, creating a strong push for bringing afterschool awareness into the greater field.

Bruno Marchesi

Seeing more afterschool programs working with local health departments to promote local resources such as famers markets around the community to benefit participants and families. Programs are becoming a trusted resource of information.

**Youth Engagement presentation by SERRF Expanded Learning Program**

Safe Education and Recreation for Rural Families

Beth Birk; Recreation Specialist

Debbie Highley; Antelope, Tehama County

GO FAR: Go Out For A Run with 1800 kids across county. This annual event is a highlight of the program and is curriculum based with exercises and virtue lessons on topics like kindness, sportsmanship, etc. Primary areas of program include, homework help, reading and math tutoring, writing and vocab development, support for English learners, academic games and activities.

Antelope School serves 154 students and is a DASH award program and Healthy Behaviors learning site. Site Promising Practices include Junior Staffing for 5th graders to help with math and reading, homework, and being a good role model, as well as Go Far for strong character building, encourages parents and families to get out and run.

**CASRC**

Angela Amarillas, Alameda County Office of Education

CASRC's website <https://www.californiaafterschool.org/index>

CASRC Supports Expanded Learning Professionals by providing a resource lending service to all California Regions. The expert reviewed library has been thoroughly reviewed by teachers, EXL program staff, nurses, and university professors. Research based information is provided about best practices and are user friendly for professionals of the field who have limited availability to build their own curriculum. Any adult that works with students in an educational capacity, in the state of CA, is eligible to register, not just ASES or 21st CCLC. Check out and shipping are free, and lasts for 4 weeks. Another signature service is online trainings for professional development designed for expanded learning staff and administrators.

**State Policy Update**

Anna Colby, California Food Policy Advocates

CFPA’s 2017 Legislative Priorities:

Count Me In: Expanded Access to Nutritious School Meals

Ensures that schools districts use Medical to identify students for free and reduced priced meals, and highest poverty schools will use options to serve meals free of cost. California was granted the opportunity to use Medical data as a force to identity low-income students. Cal Fresh and Cal Work resources are already in use for identification; The Bill is simply asking for new data for identification. The state would need to make data available, and districts would use this as primarily source. Once the rate is improved of identified students for free and reduced priced meals, districts will use federal provisions to provide meals free of cost for all students.

Empower CA Food Assistance to Act for Californian’s

Would build in flexibility to current California food and nutrition assistance, when federal assistance is unavailable. It will expand structure to provide CA nutrition assistance through EBT. It would increase flexibility and would not provide new benefits, but will allow state to choose to if they wish to in the future. This flexibility could provide food assistance for drinking water in areas that have unsafe drinking water.

Budget Ask: Drinking Water Release for Struggling Californians

This would allow for emergency supplemental and nutrition benefits when households must use CAL benefits to purchase drinking water when current water quality is a threat.

Breakfast After the Bell Case Studies: Click the link to read more.

<http://cfpa.net/breakfast-after-the-bell-school-district-case-studies>

**Traveling Apple Policy Update**

A Memo from USDA was released in August 2016 as a part of the Supper or Meal Program, a program can now allow a student to take one vegetable, fruit of grain eligible offsite to be eaten at another time. The snack must however be from the student’s own plate/serving. Find more information via the link below.

<http://www.afterschoolnetwork.org/post/update-traveling-apple-policy-and-new-guidance-usda>

California AfterSchool Network: Additional NuPA Resources can be found here: <http://www.afterschoolnetwork.org/nutrition-and-physical-activity>

**NUPA Committee Update**

There is an opening as a co-chair for the NUPA Committee. Responsibilities include attending 8 meetings (4 planning meetings of 1 hour and 4 committee meetings of 1.5 hours). For more information or if you are interested in becoming a co-chair or know of anyone who would be a great co-chair, please email me at [zcouture@afterschoolnetwork.org](mailto:zcouture@afterschoolnetwork.org)

Next committee meeting dates (all Tuesdays):

* March 21, 2017
* May 16, 2017
* September 12, 2017