

BANPAC Rethink Your Drink Committee
June 24, 2013

Conference Line: Teleconference Line: 866.708.7495 Participant code: 9154555# Leader code: 5711557#

Agenda

Chairs: Jennifer Gross, San Mateo Co Health Services and Ericka Doolittle, Alameda County Nutrition Services

Participants: Madoka Gaspar, Nutrition Program Manager, (Second Harvest Food Bank of Santa Clara and San Mateo Counties); Gwenn White (Contra Costa County Health Services), Julie Engberg (San Mateo-Foster City School District); Shalini Singh Anand and Tyson Jue (FIRST 5 Santa Clara), Vanessa Merlano (Santa Clara County Public Health Dept.), Stephanie K. Nguyen (BANPAC Intern), Susan Karlins, BANPAC Coordinator (Santa Clara County Public Health Department)

3:00 Introductions and BANPAC Update: Jennifer Gross

3:15: Rethink Your Drink Update from Around the Region

Susan sent out the potter materials to participants; please email us if you haven't received. **Final reminder: Use online tracker for funding.**

San Mateo/Foster City School District: Julie Engberg: Using Potter book in K and Grade 1 in their schools; Rethink Your Drink workshop at an assembly at College Park Elementary School using reading the book, fruit and veggie costumes, and an Otter puppet; many children know about the book already.

San Francisco Dept of Public Health: Laura Brainin-Rodriguez: Her project is supporting CNAP members in developing wellness policies w/ a 100% healthy beverage standard, including Mission Headstart Program, CNAP and SF WIC; She conducted a series of classes at WIC site about sugar label reading etc. reached 35 June 14 at SF WIC. They provide materials in Chinese, Spanish and English.

Santa Clara County Vanessa Merlano; SCC RYD launch May 8—75 attended in San Jose. Provided resources including latest *Network* approved curriculum; Dexter and Martina; and Potter. SCCPHD started a RYD work group which includes FIRST 5 and KP. One project has been providing workshops at school assemblies. One of 10 classes to elders is RYD. At the large Festival in the Park—had a MyPlate coloring activity in which kids wanted water to be on MyPlate! Attendance was in the 1,000s). On behalf of several grants we do RYD at schools and in Gilroy too for both younger and older students.

FIRST 5 Santa Clara: continues to champion Potter the Otter Shalini Singh and Tyson Jue: Potter the Otter: An Adventure was developed with CDM. FIRST 5 is now creating a mobile version of this play. Order books and learn more at their updated website PotterLovesWater.com which includes tips for parents and caregivers. Planning readings of Potter at KP Pediatrics in July. Potter

went to Festival in the Park on Saturday. A Potter spinning wheel with prizes was also featured. FIRST 5 recently launched a Potter the Otter Loves Water campaign in collaboration with the Santa Clara Co Dental Society. 1500 Santa Clara Co dentists have received Potter books. Water refill stations are underway in collaboration with the SCC Water District. Two more Potter books planned: one on PA, in collaboration with CDPH and one on Healthy Eating. Contact Shalini. FIRST 5 is funding the hydration stations at the airport and other places. Installing 3 other water stations at CDM; also partnering with SCCPHD is working with cities in SCC; and with at least one hydration station at each school Water District to install at schools with/without early childhood component.

Contra Costa Health Services, Gwenn White: Juneteenth 300 people in Richmond; 800 at Cinco de Mayo San Pablo; Powerplay and Pittsburg Unified for Summer kick off 1200; African American Baby Shower; Unity in the Community in Bay Point (500); 150 at Fruit & Veggie in San Pablo; Food Bank last week. Shrunk RYD label cards to post it note size and put cubes in sugar in small containers. Gwenn will send a pic to Susan of exhibit.

Alameda County Nutrition Services: RYD water promo in Oakland classrooms of 30 schools; provided pitchers and mint so they could make spa water. This summer will do direct education to youth and youth-related CBOs, libraries and summer feeding sites. Considering using Yummy Curriculum for adolescents. Vanessa mentioned that it has great handouts. Grade 3-4 is best. Can get a hard copy of the curriculum—with glossy handouts on the FNS website available at <http://tn.ntis.gov/>

San Mateo County Jenn Gross Policy and Planning is funding the BANPAC consultant (Dan McClure) to work with more cities and CBOs this year. Can share RYD fliers if we ask. Happy to disseminate RYD fliers to anyone in need.

Second Harvest Madoka Gaspar: Nutrition staff bringing RYD materials to community classes. Use Martina and Dexter materials a lot. If participants measure out the sugar in an amount of sugary drink it seems to increase the effectiveness of the educational intervention. Kids love the stickers—using them at Family Harvest and Produce Mobile sites.

3:45 Adjourn **Next Meeting July 22, 2013 at 3PM.**