

HEAL Community Network Updates

From May 11, 2016 HEAL Community Network Meeting



Community	Healthy Food Access	Healthy Food in Institution	Active Transportation	Active Recreation
Winnepesaukee HEAL/Region	<p>Goal: Increase access and consumption of healthy food for low income communities. Led by Ally Hutchins at Partnership for Public Health Grow Initiative:</p> <ul style="list-style-type: none"> • Pop up Farm Stand (Thursdays) at Bessie Rowell Community Center and Lochmere Meadows (low affordable apartment community). Will promote healthy eating- Beans and Greens working with us to provide produce to sell. • Cooking Matters and Mobile Food Cart: includes food prep demos by Lakes Region Child Care Services, mobile food cart transported between sites • Harvest Boxes- Goal: Increase access and consumption of healthy food for low-income communities. <ul style="list-style-type: none"> ○ contain produce from local community members, farmers, and leftover produce from their pop up farm stand and mobile food cart. ○ free for community members at Franklin City Hall, Pines Community Center, Laconia Community Center, and Gilford Library. • Gleaning: Encouraging community members and farmers to grow extra “row” for baskets. 	<p>Lakes Region/LRGHealthcare</p> <ul style="list-style-type: none"> • Expanding CSA* options for employees at LRGHealthcare locations. working with 4 local farms. • Baby Friendly Hospital practices at LRGHealthcare. 	<ul style="list-style-type: none"> • Expansion of WOW (Winnepesaukee, Opechee, Winnisquam) trail Laconia to Belmont! 	<ul style="list-style-type: none"> • Pleasant Street Elementary School has a local donor that is completing their school walking path.
Laconia- Taylor Community	<ul style="list-style-type: none"> • Extended hours of food service to increase food access. 	<ul style="list-style-type: none"> • Now offering Gluten Free options through food services. 		<ul style="list-style-type: none"> • Working on a hiking nature trail behind Taylor Community

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	<ul style="list-style-type: none"> Gardens at Taylor. Grow a row for Got Lunch! 	<ul style="list-style-type: none"> Improved selection of fruits and vegetables with meals. 		<p>for residents and non-residents.</p> <ul style="list-style-type: none"> Walking Club Pool access open to community
Franklin	<ul style="list-style-type: none"> As part of the Winnepesaukee HEAL GROW project: <ul style="list-style-type: none"> Implementation of Harvest Boxes in Franklin and Northfield and across Winni region. It is connecting gleaning and local gardening initiatives to provide easy access to local produce. Hosting GROW Pop Up Market at Bessie Rowell Community Center. Franklin Farmers Market: working with Granite State Market Match- Merrimack County Conservation District- Alyssa Lemmerman—to double SNAP. Franklin HEAL is partnering with the Merrimack County Conservation Organization to increase access for residents to our Franklin Farmer's Market. Through a grant from Franklin Savings Bank, we will be piloting a transportation/bus service to and from the market on Tuesday afternoons this summer. This is also a collaboration with the B-M CAP organization as they will be providing the bus service. Our hope is to increase accessibility to our Farmer's Market initiative. Piloting a Fruit and Vegetable Rx program for Franklin Head Start Families. 	<p>LRGHealthcare</p> <ul style="list-style-type: none"> Expanding CSA* options for employees at LRGHealthcare locations. working with 4 local farms. Baby Friendly Hospital practices at LRGHealthcare. 	<ul style="list-style-type: none"> We are very excited that as a result of our Franklin for a Lifetime Project that a community engagement project is taking place and is involving multi-age residents in a bench design and implementation in downtown Franklin. We realize that if we want to have an age friendly community that encourages walking and utilization of our downtown, that we need to have places for people to sit and rest. Franklin hasn't had seating in the downtown area other than in our parks. This project will bring 5 benches to the downtown area. A donation from a local resident has made this financially possible. Installation should occur in late Spring or early Summer 2016. 	<ul style="list-style-type: none"> Published a summer activity guide for families that will be distributed to local schools prior to summer break.

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Henniker	<p>Henniker Lions Club Community Garden:</p> <ul style="list-style-type: none"> • Getting ready to plant for this year • Increasing farm to school exposure • Provided organic food last year: 4,000 lbs. to 4 different community food pantries. 	<ul style="list-style-type: none"> • FRAC: Nutrition standards for childcare, schools, and institutions have been updated! They have not been updated since 1968! Help your communities adjust to the changes. 		<ul style="list-style-type: none"> • Lions Club 5K June 5th. Need participants! 100% of all money goes to community.
Concord Capital Area Wellness Coalition	<p>Concord Hospital Local Agricultural Fair to promote farmers market and healthy eating (May 25th 10-2)</p> <ul style="list-style-type: none"> • Promoting local farmers • Fruit and vegetable Rx program for SNAP/EBT participants • Concord Hospital Farmers Market in Café. <p>Healthier Option Kiosk:</p> <ul style="list-style-type: none"> • Point of Sale comparison of conventional snack foods versus healthier options. Selling healthier options at ½ prices. Looking to see if this will increase the sale of healthier options. 	<ul style="list-style-type: none"> • Fruit and Vegetable Rx project. Jason Aziz has more information. • See to left for more info in this category. 	<ul style="list-style-type: none"> • Mayors Walk- happening soon! • Downtown Signage on Concord Main Street Kiosks “I prefer to walk” 	<ul style="list-style-type: none"> • Concord Trail System. CAWC contemplating a “fitness program” centered around completion of the Concord Trail System. • Rock n Race happening soon to benefit the Concord Hospital Payson Center.
Merrimack County Conservation District	<ul style="list-style-type: none"> • Partnering with Concord Hospital to bring SNAP/EBT acceptance program and Granite State Market Match to their year-round indoor farmers market. • SNAP/EBT acceptance program and Granite State Market Match is being brought to New London Farmers Market and Franklin Farmers Market. A transportation program will be piloted at Franklin Farmers Market, providing a bus route from low income and senior housing to the market. (See above under Franklin’s Update) 			

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Nashua	<ul style="list-style-type: none"> Some work with Nashua Farmers Market is moving forward—have applied for FNS to accept SNAP. Nashua’s early childhood network is working towards identifying an initiative to improve early childhood environments including access to good nutrition. 	<ul style="list-style-type: none"> Nashua is a Beacon Community for the Farm To School Initiative (NH Food Alliance). In the planning process. 	<ul style="list-style-type: none"> Plan 4 Health Nashua continues to promote complete streets policy implementation with municipal leaders. Plan 4 Health being recognized at the national level! 	<ul style="list-style-type: none"> Nashua installing first “creative crosswalk” at Holman Stadium. NRPC is developing a parks and recreation mapping tool. Nashua Summer Fun Calendar includes many free active recreation options for families. CHIP Chronic Disease workgroup connecting with Leadership Greater Nashua to promote 5-2-1-0 at a Family Fare Event. Results includes a donation to chronic disease prevention.
New London	<ul style="list-style-type: none"> At New London Hospital we partner with Spring Ledge Farm who is once again offering both the <u>Garden in the Tray (veggie plants)</u> for \$20.00 and the <u>2016 Summer CSA* (fruits and veggies) Program</u> for \$22.00 per week to our employees. The Garden in a tray is delivered to NLH at the end of May and the CSA bags are delivered weekly until fall. Upcoming healthy eating education seminar for New London and Newport communities. Re: Dietitian, local foods, and affordability. SNAP/EBT program new to New London Farmers Market this year! 	<p>New London Hospital:</p> <ul style="list-style-type: none"> Vending machine now 50% healthy foods. No sugar sweetened beverages. New lactation policy at NLH New Healthy Nutrition Policy (re: café, catering, vending machines, etc.) Weekly wellness meal. SW needed for daily pending. 		<ul style="list-style-type: none"> Powerline walking trail in New London (partnership with town, hospital, and Eversource)- agreements near completion and work with start afterwards.

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Strafford County	<ul style="list-style-type: none"> • Strafford County PHN partnered with Seacoast Eat Local on an HNH Food Insecurity Grant to support the managing, marketing, and SNAP EBT match program for the Somersworth Farmers Market and the SNAP program at the new Rochester Farmers Market. We received it!! • Seacoast Eat Local also received a grant to do a mobile Farmers Market in 4 towns in Strafford County! 	<ul style="list-style-type: none"> • The coordinated school health initiative through the Strafford County PHN has partnered with the new Farm-to-School Beacon Community project (NH Food Alliance) in Somersworth to work together on reaching both our goals of increasing healthy food access in the schools in Somersworth. 	<p>Strafford Regional Planning applied for a grant (still pending) to improve the street infrastructure on Route 108.</p>	
Healthy Monadnock 2020		<ul style="list-style-type: none"> • Engaging worksites with 20+ employees to adopt policy, system, and environmental changes to decrease tobacco, increase physical activity, and increase healthy eating to enhance employee health. <p>Schools: Working on:</p> <ul style="list-style-type: none"> • Healthy celebrations policies/protocols in schools. <p>Options:</p> <ul style="list-style-type: none"> ○ No food ○ Healthy food ○ 50% healthy foods <ul style="list-style-type: none"> • Doing workshops for staff in schools around this topic. 		
Upper Valley HEAL				<ul style="list-style-type: none"> • Working with Lebanon Plays to create safe play spaces for children 0-5 yrs. • Working with Enfield to implement non-motorized

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				boating ramp on Lake Mascoma. <ul style="list-style-type: none"> Completed Canaan Elementary new play space to promote active play in an edible landscape.

* CSA = Community Supported Agriculture