

HEAL NH Community Update Form

Full Name

Melissa Lee

E-mail

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Workplace

LRGHealthcare

UPDATES - Objective 1: All NH communities are built to support walking, biking and other active transportation options.

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.

UPDATES - Objective 2: All NH communities have access to indoor & outdoor recreation facilities within a reasonable distance.

1. We continue to promote the easy access to trails in the community of Franklin. We are working hard to distribute our Walking and Trail Guides and spread the word through the community.
2. We are finalizing a "Summer Activity Guide" for Franklin that will be distributed to families before the end of the school year. It will feature recreational opportunities and contact info for Franklin and Three Rivers communities.

UPDATES - Objective 3: All New Hampshire communities will have affordable, healthy food options within a reasonable distance.

1. LRGHealthcare is working with 4 local farms to offer a CSA program to their 1000+ employees this growing season. This will help to increase access to local healthy foods.
2. 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. Also, by working with the Conservation agency, we will be able to increase the SNAP benefits offered to consumers at the market.

UPDATES - Objective 4: New Hampshire institutions and businesses will provide and promote healthy food and beverage options.

1. LRGHealthcare CSA- applies to both healthy eating strategies
2. We are finalizing implementation of a Farmer's Market at the Bessie Rowell Community Center as part of a grant funded project called GROW. This market will serve young families who utilize the community center for various programs/services and also the community at large.

Do you have any images to share?

false

Additional Image

false

HEAL NH Community Update Form

Full Name

Alyssa Lemmermann

E-mail

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Workplace

Merrimack County Conservation District

UPDATES - Objective 3: All New Hampshire communities will have affordable, healthy food options within a reasonable distance.

1. Merrimack County Conservation District (MCCD) has added on more farmers' markets to its SNAP/EBT acceptance program. In addition to Concord and Penacook Farmers' Markets, MCCD has partnered with Contoocook and Danbury Farmers' Markets. Additional funding has been granted to expand this program into Wilmot and Franklin this upcoming summer.

2. MCCD is currently working with Concord Hospital to equip their year-round indoor farmers' market with the ability to accept SNAP/EBT.

3. All participating markets are a part of Granite State Market Match, which is a statewide nutrition incentive program that provides customers with the means to double their SNAP funds at farmers' markets.

Do you have any images to share?



GSMMLogoFinal.png

Add a caption for Image 1

Granite State Market Match is a statewide nutrition incentive program led by NH Food Bank and Wholesome Wave.

Additional Image

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HEAL NH Community Update Form

Full Name

Kim Adie

E-mail

kadie@nmymca.org

Workplace

YMCA of Greater Nashua

UPDATES - Objective 1: All NH communities are built to support walking, biking and other active transportation options.

1. Plan4Health Nashua, an initiative to bring Complete Streets thinking to Nashua, completed the audit of planning documents and a community guide to understanding complete Streets
2. Plan4Health Nashua presented materials to the Nashua Planning Board
3. Positive Street Art announced plans for another Active Living mural on the Heritage Rail Trail and workgroup members completed a Tree Street neighborhood survey to gather input on crosswalk enhancements that would encourage more walking and biking in the area

UPDATES - Objective 2: All NH communities have access to indoor & outdoor recreation facilities within a reasonable distance.

1. Amherst Street School implemented a "Walk to Disneyland" program that utilizes school facilities to promote increased walking
2. Merrimack YMCA child care facilities initiated expansion efforts
3. Prescribe the Y referral packets distributed to Nashua providers to enable increased access to YMCA facilities for local youth.

UPDATES - Objective 3: All New Hampshire communities will have affordable, healthy food options within a reasonable distance.

1. Elm Street Middle School's greenhouse garden was featured on NH Chronicle and the school is working to get cultivated produce to local food pantries.
2. Great American Downtown received a FNS license to accept SNAP/EBT at their 2016 expanded farmer's market.

UPDATES - Objective 4: New Hampshire institutions and businesses will provide and promote healthy food and beverage options.

1. Community partners Bishop Guertin High School and Leadership Greater Nashua combined resources to schedule the Food Play show in May 2016.
2. Nashua School District and Wellness Team initiated a planning group to consider farm to school initiatives.
3. Nashua Public Health and Community Services provided healthy snacks and free fruit infuser water bottles for city employees who attended a mini-health fair event.

Do you have any images to share?



20160224_Water Bottles.jpg

Add a caption for Image 1

healthy snacks and fruit infuser water bottles for City employees

Additional Image

false

HEAL NH Community Update Form

Full Name	Liz Clark
E-mail	eclark@goodwinch.org
Workplace	Strafford County Public Health Network
<p>UPDATES - Objective 1: All NH communities are built to support walking, biking and other active transportation options.</p>	<ol style="list-style-type: none"> 1. Our partners Strafford Regional Planning Commission created a creative video for a grant submission to build a complete street that incorporate art on route 108 2. Recently formed an Obesity/Nutrition work group that is working towards finalizing activities that tie in with one of our Community Health Improvement Plans objectives of increasing awareness and access to free/low cost physical activity opportunities
<p>UPDATES - Objective 2: All NH communities have access to indoor & outdoor recreation facilities within a reasonable distance.</p>	<ol style="list-style-type: none"> 1. Our partners Strafford Regional Planning Commission created a creative video for a grant submission to build a complete street that incorporate art on route 108 2. Recently formed an Obesity/Nutrition work group that is working towards finalizing activities that tie in with one of our Community Health Improvement Plans objectives of increasing awareness and access to free/low cost physical activity opportunities
<p>UPDATES - Objective 3: All New Hampshire communities will have affordable, healthy food options within a reasonable distance.</p>	<ol style="list-style-type: none"> 1. Recently formed an Obesity/Nutrition work group that is working towards finalizing activities that tie in with one of our Community Health Improvement Plans objectives of improving access and implementation of healthy eating strategies throughout Strafford County 3. Planning the implementation of the 2nd annual Somersworth Farmers Market with matching SNAP incentive program. Collaborated with a partner on a grant to support both the Somersworth Farmers Market and new Rochester Farmers market with matching SNAP incentive programs
<p>UPDATES - Objective 4: New Hampshire institutions and businesses will provide and promote healthy food and beverage options.</p>	<ol style="list-style-type: none"> 1. Through the Coordinated School Health initiative that is funded by the UWGS in two school districts, we have been in discussion with the Cafe Service Director in one of the school districts, to increase staff and student collaboration with food, and discussed the possibility of getting more local food into their schools
Do you have any images to share?	false
Additional Image	false