

Manchester Wellness Coalition
Meeting Summary
February 25, 2014

Attendees: Ray Berg, Jeff Wallace, Cherie Vannatter, Pat Vaillencourt, Lindsay Hannah, James Miller, Laura Seyfried, Matt Pegouskie, Amelia Woods, Shelley Hehr, Donna Clark, Marie Beaudoin, Ruth VanBogelen

1. Introductions

2. Intervention status updates:

- A. High School Healthy Chefs** – Donna Clark is the instructor. The program is held Tuesday after school for 8-10 weeks in the fall and spring. The program attendance is growing – averaging 7 students in the 1st year to having 13 students who attend weekly and another 10 students who come some weeks. The students learn about nutrition, and students can bring in their favorite recipe for a re-do to make it healthier.

Donna handed out a survey to students and parents last May and here are the results:

1) Student survey

- a) The reason you attend Healthy Chefs – overwhelming reason was “to experience making and tasting healthy foods”
- b) Do you share the food with your family – 84% yes
- c) Does your family use recipes from Healthy Chefs – 60% yes
- d) Rate the components of the program
 - i. Top 3, meeting time, instructors, meeting day and cooking at the Early Childhood Extravaganza
 - ii. Bottom 2, kitchen equipment, number of meetings a year (not enough)
- e) Most important things learned
 - a. Top 3, cooking techniques, trying new foods, shared recipes
- f) Additional comments: Let’s meet in the summer, let’s meet 2 x per week, etc.

2) Parents survey

- a. Do you believe the Healthy Chefs Program has made a difference in your student’s food choices? 50% yes, 50% no, but the no’s indicated that they already eat healthy
- b. Has your student shared information, recipes, food? 100% yes
- c. Would you encourage your student and others to participate? 100% yes

3). Comments from Coalition members:

Has the program hit the objective of engaging students not in other activities at school?
YES

Funding sources – could the students do catering? No, Donna doesn’t teach catering strategies, the students would need to take food safety classes. When they do serve to an audience, they have to pay a school food staff person to oversee the preparations. For students interested in catering, there is a consortium program for culinary arts in Saline, part of that program is the Beehive restaurant.

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B. Safe Routes to School –

- Melanie Woods is the coordinator working part time for this program.
- On Oct 9th Walk to school day, with walking school routes from 3 locations. MSU did a community analysis and conducted a survey of students and parents.
 - Survey results
 - Klager – 61.7% students are dropped off by vehicle, 23% ride bus, 2.94% walk to school
 - Middle School – 36% are dropped off, 38% ride bus, 13.64% walk
 - Top responses to the question “what would make walking to school better”, 1) walking with friends, 2) better and more complete sidewalks
- On Oct. 29th, there was a Walking Audit in which community members (adults and students) walked the different routes to take pictures and record issues.
- On March 11, MSU will provide their engineering proposal. Meeting is at 10 am in the Board Room at the Nellie Ackerson building.
- Melanie and Matt have written 2 grants to MDOT, one for \$1200 for Klager and one for \$1800 for the Middle School.
- Jennifer Mayes attended and presented at the Transportation Bonanza and talked about the Manchester SR2S program.
- Comments/questions from coalition
 - How many students live in the village? About 300
 - What would be the goal for % of students walking? 50% of those living in the village
 - Could busses drop students off for walking? No – timing won’t work, but parents could drop students at designated locations which would help the congestion at the start and end of school
 - This project is just getting started and will need continued support financially and with volunteers.

C. Community Read – 5 Healthy Towns work together on this project of selecting a book for the community to read and adding events related to the book. Last year, Manchester distributed 250 books and had several programs including REI backpacking workshop and Dr. Fletcher talking about canoeing. Book selection for this year is underway. Library will begin to plan the coordinated activities once the book is announced. This year it may not be speakers but something a broader audience would benefit from.

3. Review of Tentative Year 3 Interventions and Budgets.

- A list of interventions with proposed costs was provided in the email with the agenda and Ray will re-work the list based on feedback from the meeting
- The following questions, comments, suggestions were made by coalition members
 - Community and School Gardens/waterline – what is the waterline. This is trenching a line from the baseball field to the garden so that garden water can be metered, pressure would be improved, replace the hundreds of feet of hose going from Klager to the

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garden. The cost of this project (~\$5500) includes trenching (~\$3000) + cost to have a company come and use laser equipment to find underground power lines. The garden has been very successful for 2 years, is very tied in with school Community Ed programs and Klager classroom activities. One time investment into the garden project. Garden project has gotten approval from True Value to raise money there by asking customers to donate \$1 to the garden project.

- Nutrition program – working with grocery stores with a registered dietician. Haven't yet approached the grocery store to see if they would agree to a program and what the program would be – so may not be ready for Year 3 plan
- Add Safe Routes to School - \$9500 to continue what is being done
- Add a new intervention Kids Camp at Klager to provide funds for the students to attend swimming classes. Student would still pay the normal tuition, but the funds would be used to pay the extra expense (estimated at \$110 per student per week) of busing students to the pool for lessons.
- Add Kirk Park project – as not all funds have been raised yet, another year of funding from the coalition might complete that project which has lots of support in the community and has raised much funding from other sources
- Riverfront project – will not be ready for Year 3
- Community Center and Retirement Center – probably not ready for funds in Year 3
- Community Education program and Placemats/Plates could probably be combined
- MCS youth football, program needs ~\$50K to get started this year, then it should be sustainable. Expenses 1st year are equipments (helmets, etc.). Expected that between 150+ Manchester kids would be involved in this program each year (Man. Soccer has 250 kids). Program starts in August and goes into October with a Nov. recognition dinner. Most Manchester kids now participate in the Clinton program. 65% of those in the Clinton program have Manchester addresses. Program is for grades 1-6.
- Fitbit program – for high school students not engaged in sports, would be an after school program to help students develop the habit to exercise 60+ minutes a day. Program will be a grant application to BCBS this spring which require matching funds, BCBS - \$50K over 2 years, MWC - \$4200 over 2 years. Should know in July, August if this program is funded by BCBS.

4. Update on Education Outreach Planning for 2014 – Math and Science Night March 21, 2014 6-8 pm at Klager School

About 16 activities are scheduled for this event which is open to the public. Let Ruth know if you want an information table for the event – or if you would like to host an activity.

5. Review of our coalition Health Goals – in year 2 the plan listed 10 health goals. The list was distributed and will be discussed in detail at the next meeting

6. Miscellaneous

- \$500 Sponsorship for Manchester Fair Seniors Day – Ray has submitted this for the March 31 deadline to CWF

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- Feb 3 CAC meeting- Lori Kintz talked about sustainability of interventions by finding other sources of funding. It would be good to see repeating interventions have a decreasing request for funds.
- Healthy Workplace Awards – Ray sent form in the email with the agenda
- Michigan Recreation and Park Association – Matt nominated Manchester for an award because of the work on Shared Use Trail, Kirk Park, etc.