



Aitkin County Health & Human Services

204 FIRST STREET NW
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FAX # 1-218-927-7210

AITKIN COUNTY HEALTH & HUMAN SERVICES ADVISORY COMMITTEE

Meeting Minutes

March 4, 2018

Committee Members Present:

Robert Marcum
Joy Janzen
Joell Miranda
Carole Holten
Kevin Insley
Beverly Mensing
Kari Paulsen
Maureen Mishler
Marlene Abear
Roberta Elvecrog
Kristine Layne

Commissioner Mark Wedel

Others Present:

Joel Hoppe

Guests:

Erin Melz, Public Health Supervisor
Hannah Colby, Public Health Educator
Brea Hamdorf, Public Health Nurse
Shawn Speed, Clerk to the Committee

Absent:

Commissioner Bill Pratt
Jon Moen
Penny Olson

I. Call to Order

- a. Robert called to order the regular meeting of the Aitkin County Health & Human Services Advisory Committee at 3:34pm on April 4, 2018 at Aitkin County Health & Humans Services in the large conference room.

II. Approval of April 4, 2018 Agenda

- a. Roberta moved to approve the agenda, Beverly seconded the move to approve the agenda as presented, all members voting yes to approve the April 4, 2018 agenda.

III. Approval of minutes from March 7, 2018 meeting

- a. Joy moved to approve the minutes, Roberta seconded the move, all members voting yes to approve the March 7, 2018 minutes.

IV. HHS Director Comments – Cynthia Bennett

- a. Cynthia spoke to the committee briefly before it officially started about how she would like to pull together a workgroup of a select few of the committee members to try to do more projects and to get more involved in what HHS does day to day.
- b. Joell, Kristine, Bob, Kari, Carole, and Maureen expressed interest in being a part of the workgroup.

V. Committee Member Input / Updates – Must be informational in nature, relative to Aitkin County Health & Human Services and not exceed five minutes per person.

- a. Kristine talked about Riverwood being awarded a grant to work on the new Opioid program that Riverwood is starting in conjunction with Little Falls hospital.
 - i. Will be hiring an additional RN and Pharmacist to help with tapering people off of these drugs.
 - ii. Partnering with Public Health and Law Enforcement.
- b. Joell talked about the May 5th Hill City Hornet Hustle for Hunger 5k Walk/Run, flyer attached.
- c. Maureen talked about the volunteer appreciation event that is being put on by Aitkin County CARE and ANGELS on April 20th at the Waukenabo Town Hall to promote and inform people about volunteer opportunities available.
- d. Roberta talked about the McGregor Community meal that was served by the Advisory Board and that it went really well.

VI. Community Health Assessment Briefing – Brea Hamdorf

- a. Brea gave an update to the committee about the Community Health Assessment and the background of why it is done and what it is required for.
- b. Asked each member to fill out a survey and to take a handful with them to give to their friends and neighbors to fill out.
- c. Invited all the members to attend the stakeholders meeting on May 17th to help determine the top 10 key areas that will then be forwarded on to the fair to determine the top 3 key areas.
- d. Mentioned that you can fill them out by hand on the hardcopies or there is also a link to Survey Monkey where you can fill it out online.

VII. Healthy Food Access in the County – Hannah Colby

- a. Hannah presented her Healthy Eating in the Community presentation, slides are attached.
- b. Members participated in a food buying on a limited budget simulation.

VIII. Comments:

- a. Feedback from the HHS Board Meeting – Roberta and Kari – March 27, 2018
 - i. Kari and Roberta talked about what went on at the Board meeting, minutes of that meeting are attached.
- b. Committee Members scheduled to attend upcoming HHS Board meetings in 2018:

April 24	Kristine Layne	Joell Miranda
May 22	Beverly Mensing	Marlene Abear
June 26	Kevin Insley	_____
July 24	_____	_____
August 28	Bob Marcum	_____
September 25	Carole Holten	_____
October 23	Jon Moen	_____
November 27	_____	_____
December 18	Bob Marcum	_____

IX. Adjournment

- a. Motion by Joy to adjourn the meeting, seconded by Joell, all members voting yes to adjourn the meeting at 5:00pm.

Robert Marcum, Chairperson

Shawn Speed, Clerk to the ACH&HS Advisory Board

The following documents were included in the packet of information sent to the members for review prior to the meeting or distributed at the meeting:

- Copy of the agenda for the April 4, 2018 meeting.
- Copy of the minutes from the March 7, 2018 meeting.
- Copy of the March 27, 2018 H&HS Board meeting minutes.
- Copy of the Health Food Access in the County Presentation
- Copy of the CARE Appreciation Luncheon Handout
- Copy of the Hill City Hornet Hustle for Hunger 5k Run/Walk Flyer

IMPACTING HEALTHY FOOD ACCESS IN RURAL COMMUNITIES

Aitkin County



Grocery Shopping On A Budget



**Group Activity: Healthy Food
Access Equity Exercise**

What does a family do when they go grocery shopping but don't have enough money to purchase everything they need?



With a very small budget to work with they shop carefully trying to stretch every dollar.

SCENARIO 1

Mona Grey retired from her job one year ago after many years. She receives her monthly pension, of \$670 a month, plus her Social Security check of \$840, for a total monthly income of \$1510.00. After rent, electric/water/phone bills, and medical payments, she has \$50 a week, or about \$7.14 per day to spend on groceries for breakfast, lunch and dinner. What groceries can Mona purchase and not be hungry?

Nutrient Dense

Item (Breakfast)	Price	Amount Purchased
Better Oats Instant Oatmeal	2/\$5.00	\$2.50

Item (Lunch)	Price	Amount Purchased
Dole Salad- Baby Spinach	\$1.99 each	\$1.99

Item (Snack)	Price	Amount Purchased
Cottage Cheese	2/\$5.00	\$2.50 each
Canned Pears	4/\$5.00	\$1.25 each

Item (Dinner)	Price	Amount Purchased
Smoked Sausage	2/\$6.00	\$3.00 each
Steam fresh Sweet Peas	\$0.88	\$0.88
Uncle Bens Wild rice	3/\$5.00 or \$1.67 each	\$1.67

Grocery Total: \$14.28

Calorie Dense

Item (Breakfast)	Price	Amount Purchased
Jimmy Dean Breakfast Bowl	2/\$5.00	\$2.50

Item (Lunch)	Price	Amount Purchased
Swanson- Hungry Man Dinners	2/\$6.00 or \$3.00 each	\$3.00

Item (Snack)	Price	Amount Purchased
Lay's Stax Potato Chips	4/\$5.00 or \$1.25 each	\$1.25

Item (Dinner)	Price	Amount Purchased
Bagel Bites- Pizza Snacks	2/\$4.00 or \$2.00 each	\$2.00 each

Grocery Total: \$8.75

SCENARIO 2

Lauren and Alex Ruiz have three children, ages 4, 6, and 10. One and a half years ago, Alex was injured and has not been able to work, and receives disability. And Lauren works full time. To supplement the single income, the family has used mostly all of their savings. After bills, the family has \$560 a month to feed the whole family. Though that seems like a lot, the family only has \$140 a week or \$20 per day to spend on food for the 5 people in the Ruiz family. What can the Ruiz family buy?

Nutrient Dense

Item (Breakfast)	Price	Amount Purchased
Kellogg's Cereal	3/\$8.00	1 Box= \$2.67

Item (Lunch)	Price	Amount Purchased
Bakery Fresh Dinner Rolls	\$2.49 (12 ct.) each	\$2.49
Oscar Mayer Deli Fresh Meats (Turkey)	\$3.99 each	\$3.99
Kraft Sliced Cheese	\$2.99 each	\$2.99

Item (Snack)	Price	Amount Purchased
Bolthouse Baby Carrots	\$2.29 each	\$2.29

Item (Dinner)	Price	Amount Purchased
Essential Chicken Breasts	\$6.99 each	\$6.99
Steam Fresh-Sweet Peas	\$0.88 each	\$0.88
Yams	\$.79/pound	\$1.58 (2 lbs.)

Grocery Total: \$23.88

Calorie Dense

Item (Breakfast)	Price	Amount Purchased
Bagels	2/\$3.00	\$1.50
Peanut Butter-Skippy	\$2.29	\$2.29
Simply Orange Juice	\$2.99	\$2.99

Item (Lunch)	Price	Amount Purchased
Kraft- Macaroni & Cheese	2/\$7.00	\$3.50
Strawberries	\$2.99	\$2.99

Item (Snack)	Price	Amount Purchased
Capri-Sun Juice Drink	2/\$4.44	\$2.22
Cheez-It	\$1.99 each	\$1.99

Item (Dinner)	Price	Amount Purchased
DiGionio Pizza	2/\$11.00	\$5.50

Grocery Total: \$22.98

SCENARIO 3

Bill Moder is a disabled veteran, who receives a military pension. Due to his disability, Bill cannot drive. He lives in an area that is not easily accessible to the larger grocery stores. After his monthly expenses Bill is left with \$300 a month to purchase food for himself. He can only carry about two bags of food at a time. Therefore, he needs to buy food twice a week. He can only spend \$9 or \$10 a day for food in order for his money to last all month.

Nutrient Dense

Item (Breakfast)	Price	Amount Purchased
Oui Yogurt	4/\$5.00	\$1.25
Strawberries	\$2.99	\$2.99

Item (Lunch)	Price	Amount Purchased
Bakery Fresh Dinner Rolls	\$2.49	\$2.49
Oscar Mayer Deli Meat	\$3.99	\$3.99

Item (Snack)	Price	Amount Purchased
Strawberries (purchased @ B)		

Item (Dinner)	Price	Amount Purchased
Essential- Canned Veggie	4/\$2.00	\$0.50
Same as Lunch (Bun with Meat)		

Grocery Total: \$11.22

Calorie Dense

Item (Breakfast)	Price	Amount Purchased
Pillsbury Sweet Roll	2/\$4.00	\$2.00

Item (Lunch)	Price	Amount Purchased
Stouffer's Lasagna Meal	2/\$7.00	\$3.50

Item (Snack)	Price	Amount Purchased
Left-over Sweet Rolls	0	0

Item (Dinner)	Price	Amount Purchased
Stouffer's Fit Kitchen Meal	2/\$7.00	\$3.50

Grocery Total: \$9.00

SCENARIO 4

Arabella Campbell is a student who works part-time and attends school full-time. She lives in a boarding house and prepares her own meals separately from her roommates. She has a small refrigerator and a microwave oven she primarily uses to prepare her meals. Her budget to buy food is about \$200 a month depending on her expenses. What can you buy for Jane to eat for about \$7 a day?

Nutrient Dense

Item (Breakfast)	Price	Amount Purchased
Kellogg's Cereal	3/\$8.00	\$2.67

Item (Lunch)	Price	Amount Purchased
Dole Salad	\$1.99	\$1.99

Item (Snack)	Price	Amount Purchased
Essential Everyday Fruit (Frozen)	2/\$4.44	\$2.22
Oui Yogurt	4/\$5.00	\$1.25

Item (Dinner)	Price	Amount Purchased

Grocery Total: \$8.13

Calorie Dense

Item (Breakfast)	Price	Amount Purchased
Jimmy Dean Breakfast Bowl	2/\$5.00	\$2.50

Item (Lunch)	Price	Amount Purchased
Skippy Peanut Butter	\$2.29	\$2.29
Bagels	2/\$3.00	\$1.50

Item (Snack)	Price	Amount Purchased

Item (Dinner)	Price	Amount Purchased
Bagel Pizza Snack Bites	2/\$4.00	\$2.00

Grocery Total: \$8.29

SCENARIO 5

Rory Teal is a single mother of 2 children, ages 3 and 1 years old. She attends job training classes, while her children are in a subsidized child care program. She receives \$562 in SNAP benefits, but must provide breakfast and lunch for her children's daycare. Her daily limit is between \$16-17 dollars a day in order for her benefits to last all month. Can you purchase breakfast, lunch, and a dinner for the 3 of them for up to \$17 a day?

Nutrient Dense

Item (Breakfast)	Price	Amount Purchased
Bagels	2/\$3.00	\$1.50
Strawberries	\$2.99	\$2.99

Item (Lunch)	Price	Amount Purchased
Peanut Butter	\$2.29	\$2.29
Bakery Fresh Dinner Rolls	\$2.49	\$2.49

Item (Snack)	Price	Amount Purchased
Carrots	\$2.29	\$2.29

Item (Dinner)	Price	Amount Purchased
Arctic Shores Cooked Shrimp	\$5.99	\$5.99
Uncle Ben's Wild Rice	3/\$5.00	\$1.67

Grocery Total: \$19.22

Calorie Dense

Item (Breakfast)	Price	Amount Purchased
Cinnamon Rolls	6 ct. pkg. Bakery Fresh	\$2.99

Item (Lunch)	Price	Amount Purchased
Kraft Delux Macaroni Cheese	2/\$7.00	\$3.50

Item (Snack)	Price	Amount Purchased
Ritz Crackers	2/\$4.00	\$2.00
Kraft American Singles	\$2.99	\$2.99

Item (Dinner)	Price	Amount Purchased
DiGiorno Pizza	2/\$11.00	\$5.50

Grocery Total: \$16.98

- ❖ What items would you purchase for the allowable dollar amount or what healthy meal would you make?
- ❖ Please describe your experience: What was it like planning and shopping for a healthy meal with the budget described in your scenario?
- ❖ What are some of the potential issues the family or individual in your scenario may face when trying to access healthy food?
- ❖ If the scenario in this exercise were your everyday experience, would it be feasible to consistently access healthy foods?
- ❖ What are some of the things from this exercise you can apply to work toward increasing healthy food access for people? Please list.

WHAT IS HEALTHY FOOD?



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Minnesota
FOOD CHARTER
For Our Healthy Future



Farm2School



Legislation



Access to Capital



More Producers
(Young Farmers)



Regional Vision



The Northland Food Network

Aitkin, County's Food Access







AITKIN FARMERS' MARKET

AT THE BUTLER BUILDING
EVERY SATURDAY
THROUGH OCTOBER



Aitkin County

FAST AND



SOMETHING NEW!



Thank You

**Hannah Colby, RD, LD
Public Health Educator
SHIP Coordinator**

218-927-7271

hannah.colby@co.aitkin.mn.us

Shopping on a Budget Worksheet

Breakfast

Item	Price	Amount Purchased

Breakfast Total \$ _____

Lunch

Item	Price	Amount Purchased

Lunch Total \$ _____

750 Curtner Avenue
San Jose, CA 95125
T 408-266-8866
F 408-266-9042

4001 North First Street
San Jose, CA 95134
T 408-266-8866
F 408-266-9042

1051 Bing Street
San Carlos, CA 94070
T 650-610-0800
F 650-610-0808



Snack

Item	Price	Amount Purchased

Snack Total \$ _____

Dinner

Item	Price	Amount Purchased

Dinner Total \$ _____

Grocery Total \$ _____



HEALTHY FOOD ACCESS EQUITY EXERCISE

Instructions: Using the provided shopping flyer put together a healthy meal that includes fresh fruits and vegetables and is low in sodium, fat, and added sugar. Keep in mind the concepts below, and the questions, on the proceeding pages, you will answer as you go through the exercise. Please keep notes on planning the meal and any barriers to accessing meal supplies. Think about your surroundings in regard to environmental issues, walkability, transportation issues, safety, time, and anything that may impact your access to healthy food.

The purpose of this exercise is to provide an experience that increases understanding of food access issues and the perspective of someone who faces barriers to healthy food access.

Concepts:

Public Health Healthy Food Access Definition—increase access to fruits and vegetables, decrease access to sodium, saturated fat, and added sugar in schools, childcare, work-sites, hospitals, and other community locations where people eat or get food. **Note:** this is only one definition of many definitions of healthy food access that people in the community may understand and use.

Healthy Food Access Strategies: Community activities and actions that improve/increase access to healthy foods for all people in the community by focusing on policy, system, and environmental (**PSE**) changes that increase access to healthy food for people in the community who have the most difficulty getting healthy foods (**Health Equity**).

Health Equity: When every person has the opportunity to realize their health potential the highest level of health possible for that person without limits imposed by structural inequities. Health equity means achieving the conditions in which all people have the opportunity to attain their highest possible level of health.

Policy, System, Environment (PSE): Policy interventions may be a law, ordinance, resolution, mandate, regulation, or rule (both formal and informal). Systems interventions are changes that impact all elements of an organization, institution, or system. Environmental interventions involve physical or material changes to the economic, social, or physical environment. Many times these changes challenge the way things have been done and can be very uncomfortable for people in the community. Sometimes the reaction is “that will never work” or “things aren’t that bad” but sometimes people collectively decide that it is time for change and community transformation. Both feelings are always present in the community and during transformations they become stronger.

Please continue to the questions on page two.

1. Your Family/Individual Scenario:
2. What items would you purchase for the allowable dollar amount or what healthy meal would you make?
3. Please describe your experience. What was it like planning and shopping for a healthy meal with the budget described in your scenario?
4. What are some of the potential issues the family or individual in your scenario may face when trying to access healthy foods?
5. If the scenario in this exercise were your everyday experience, would it be feasible to consistently access healthy food? Why or why not?
6. What are some of the things from this exercise you can apply to working to increase healthy food access for people, especially for those who have the most challenges accessing healthy food? Please list.

Other Observational Notes:

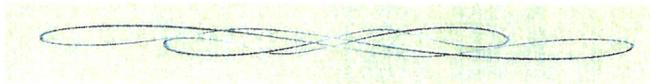
Discuss your experience and your responses to the questions with your colleagues and note any highlights or important points below:



P65
Nov. 19



WE THANK YOU!



You Are Invited to Be Our Guest for a Volunteer Appreciation Luncheon & Information Program

Where: Waukenabo Town Hall,
36797 Grove Street – Palisade

***Hwy 169 to County Road 3 (Grove Street)
and go West 1.3 miles – on left side of road.*

When: Friday, April 20, 2018

Time: 10:30 - Register

10:45 - Fraud Prevention

11:45 - Free Lunch

*Afterwards, there will be speakers
from R.S.V.P. and AAAA to talk
about additional volunteer
opportunities & upcoming training
programs.*

R.S.V.P.

By April 13th, Please.

To ANGELS -

(218) 768-2762

To Aitkin County CARE -

(218) 927-1383

Do you have a friend or neighbor
who is interested in learning
more about volunteering for
CARE or ANGELS?

Please invite them to join us!

An RSVP is a must for lunch
counts.

**“The unselfish effort to
bring cheer to others will
be the beginning of a
happier life for ourselves.”**

– Helen Keller



*Held jointly by
Aitkin County CARE,
ANGELS, and Rides for
Health*

2018



Hill City Hornet



Hustle For Hunger Walk/Run

Benefitting the Hill City Area Food Shelf

Saturday May 5, 2018

This event brought to you through Hill City Community Education & the Hill City School & Community Health Team

- ♦ 9:00 - 9:45am - Race day registration at Beerbower Memorial Park
- ♦ 10:00am - Race Begins
- ♦ 11:00am - Award Ceremony

All times are approximate

Registration Information

Pre-Registration Fee \$20

Race Day Registration \$25

Pre-Register by 4/21 to be guaranteed a T-Shirt on race day!



Please bring a non perishable food item to be donated to the local food shelf

Please mail pre-race registration to:

Hustle for Hunger 5K
C/O Joell Miranda
PO Box 253
Hill City MN 55748

Please contact Joell Miranda with any questions: 218/259-6026

Make checks payable to: Hill City Area Food Shelf

2018 Hill City Hornet Hustle For Hunger Walk/Run

Name _____

Address _____

City _____

State _____ Zip _____

Email _____

Phone _____

T-Shirt Information

T-Shirt Size (circle one):

S M L XL 2X 3X 4X No Shirt

Female Male

12 and under 13 - 17

18 - 39 40 & up

ALL NEW SPORT-TEK SHIRTS THIS YEAR!

Waiver:

I release the directors, Hill City School, City of Hill City, sponsors and all associated with the race of any and all liability that may result from being part of the race/event. I realize that running or walking may cause adverse health conditions if I am not in proper physical condition and that I should check with my doctor before participating in this event.

Signature: _____ Date: _____