

Advisory Council for Aging & Independence Services

**Nutrition Subcommittee**

May 3, 2022 | 1 pm

Call in: (669) 900-9128  
 Meeting ID: 931 0213 2512  
 Passcode: 383698

**MINUTES**

<b>Members</b>		<b>Absent Members</b>	<b>Guests</b>
Attendance:	Susan Mallett, Chair Shirley King, Recording Secretary Bradley Mulvey Jackie Simon		Ethel Larkins
<b>Staff</b>			
Charli Brand, RD			
<b>Item</b>	<b>Outcome</b>		
1. Call to Order	<b>Susan Mallett, Chair, Called to order at 1:00 pm</b> a. Welcome & Guest/Member Introductions b. Confirmation of quorum (3): (Four present)		
2. Continuance of Teleconferencing Meeting Option Pursuant to Government Code 54953(e)	Approval of teleconference meeting (Action)[M/S - Mallett/Mulvey] Unanimous vote		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: None b. Approval of April 5, 2022 Meeting Minutes (Action) [M/S –(King/Mulvey):Unanimous vote		

<p>4. Guest Speaker Alberto Cortes, Chief Executive Officer, Mama's Kitchen</p>	<p>Susan Mallett invited Mr. Cortes at the recommendation of Amanda Schultz Brucha of the San Diego Hunger Coalition to discuss his agency's program of medically tailored meals. Mr. Cortes used the term 'food as medicine' as his agency's focus. Mama's Kitchen was founded in 1990 to serve the client population of those with AIDS during a time when those individuals were underserved. The organization has always been volunteer driven, now with the addition of 33 employees, and has evolved from relieving hunger to specialized nutrition for those with chronic conditions such as cancer, heart disease, high blood pressure and diabetes. Currently 700 clients of all ages receive cold and frozen three meals a day by home delivery twice a week. There is no fee nor any income limit - 97% of clients are under the Federal Poverty Level. The mission incorporates evidence-based interventions to reduce health care costs, improve quality of life and impact lives through the improvement of chronic conditions.</p> <p>Mama's Kitchen is a member of the state's Food is Medicine Coalition as well as the National Advisory Coalition. The organization's goal is to join scientific research with local health care providers and has been participating with a four-year intervention study through 2023 evaluating MediCal costs of those with congestive heart failure.</p> <p>Mr. Cortes explained that health care providers send referrals to one of the three registered dietitians who work from a baseline diet - DASH to design the therapeutic meals. The dietitians perform an intake to establish the dietary goals and give education and support to the clients. Food preferences are considered; however those requiring a Kosher diet are referred to Jewish Family Service. There are 300 referral partners - family/community clinics, private physicians and health care groups. Mama's Kitchen's volunteers are trained to observe the changing circumstances of the clients in the event more health attention is needed. At the end of twelve weeks clients are reassessed and recertified for ongoing service ,if needed. There is no waiting list so once accepted the client is served immediately. Twenty-five per cent of the program's costs are supported by the government and the remaining from private donations.</p> <p>Mr. Cortes stated the overall objective of the organization's work is to make this intervention an integrated part of the health care system.</p>
<p>5. General Discussion</p>	<p>Susan Mallett reminded members that the San Diego Hunger Coalition reported the low enrollment in the CALFresh by IHSS clients. Questions were raised about the barriers to the participation and the importance of this benefit to these clients. Charli Brand agreed to find out how IHSS clients are generally screened for eligibility in CALFresh. Charli Brand reported that there is no timeline set yet for the distribution of the Farmers' Markets vouchers.</p> <p>Susan Mallett suggested that the committee's position paper could focus on the public promotion of the importance of good nutrition for healthy aging with the awareness of the resources to prevent the factors of health impairments. Social isolation is being studied by the Healthy Aging Subcommittee, and there could be some tie-in with these efforts.</p> <p>Susan Mallett suggested that the June meeting be open to start framing the keys areas of the position paper with a special attention to 1) what can be added to the program; 2) what is the 'ask'. Susan agreed to send to Jackie some of the major findings from the committee's past meeting speakers.</p>
<p>6. Next Meeting</p>	<p>June 7, 2022</p>
<p>7. Adjournment</p>	<p>Meeting adjourned at 2:14 pm</p>

Respectfully submitted by Shirley King