



Advisory Council for Aging & Independence Services
NUTRITION SUBCOMMITTEE

Oct. 4, 2023 | 12:00 PM

Mid-City Senior Nutrition Program
Park de la Cruz Community Center: 3901 Landis Street, San Diego, CA 92105

Virtual Participation
Call in: (669) 444-9171
Meeting ID: 856 3957 4995
Passcode: 538719
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AGENDA

***Attachment**

- 1. Call to Order:** Susan Mallett, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 4)
- 2. Statement (Just Cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable.** (possible Action)
- 3. Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
 - b. Approval of Sept. 6, 2023 Meeting Minutes (Action)*
- 4. Mid-City Senior Nutrition Program (Serving Seniors)**
- 5. Next Meeting:** TBD
- 6. Adjournment**

*This meeting is public, and the location is ADA accessible.
If you are planning to attend and need special accommodations,
please call (858) 495-5885 at least three days in advance of the meeting.*

Supporting documentation and attachments for items listed on this agenda may be viewed at Aging & Independence Services, 5560 Overland Avenue, Suite 310, San Diego, CA 92123, or received by calling (858) 495-5885.

Advisory Council for Aging & Independence Services

Nutrition Subcommittee

September 6, 2023

Call in:(669) 444-9171

Meeting ID: 856 3957 4995

Passcode:53819

MINUTES

Members		Absent Members	Guests
Attendance:	Susan Mallett, Chair Shirley King, Recording Secretary Bradlyn Mulvey Jaqueline Simon Kristine Stenberg	Ethel Larkins	Catherine (Kate) Mahoney
Staff			
Charli Brand, RD, AIS Public Health Nutrition Manager			
Item	Outcome		
1. Call to Order	Susan Mallett, Chair, 1 PM a. Welcome & Guest/Member Introductions b. Confirmation of quorum (four): (five present)		
2. Statement (Just Cause) and/or Considerations of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable.	No action taken.		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: (no announcements) b. Approval of August 2, 2023 Meeting Minutes (Action) [M/S – Jaqueline Simon/Bradlyn Mulvey Unanimous approval]		

4. Guest Speaker	<p>Kate Mahoney, MPH, Community Health Program Specialist, Maternal, Child and Family Health Services, Chronic Disease and Health Equity, County of San Diego presented a Zoom lecture entitled 'Asset Based Approach to Improving Food Access in San Diego. She highlighted two programs: the Live Well Community Market Program and BrightSide Produce, a student-driven, social venture with San Diego State University. The underlying rationale for these programs is the fact that the zip code where one lives can influence one's life expectancy. The goal of these programs is to build the fair opportunity to be as healthy as possible with healthy food choices and healthy lifestyles where one lives. Under the umbrella of SNAP-ED, the CalFresh Healthy Living Program is entering its fifth cycle for its core and sustained funding for obesity and chronic disease prevention. Through the period from 10/2019 to 10/2023 some of the outcomes achieved are 17 retailers enrolled in the Community Market program, 18 community gardens, three farmers' markets and 33 food pantries are participating, and five small farms have increased produce capacity. Going into the fifth cycle some anticipated outcomes are technical assistance to the food systems such as local small farms and community gardens, the completion of Live Well Community Market Program Guide and the design and implementation of an active transportation program.</p> <p>The Community Market Program improves and promotes access to healthy, affordable foods, increase the availability fresh produce at local, small markets and to connect the community stakeholders to build healthier neighborhood environments. The program provides technical assistance to store owners in Mid City area, especially the ethnic markets for the redesign of store space and equipment. Market owners are connected to funding sources for equipment purchases and connected with other owners for bulk purchasing.</p> <p>The BrightSide Produce program is a student-drive, social venture project from San Diego State University Business School. Student interns analyze the areas of need in Mid City and South East San Diego and pinpoint the biggest impact of introducing produce to neighborhood liquor stores. The students procure the produce, deliver to the stores, set up the produce displays, buyback any unsold inventory and give away the leftovers or compost. The funding source is from the CDC through SD REACH.</p>
5. Next meeting	<p>October 4, 2023, 12 Noon at the Park De La Cruz Recreation Park, Senior Dining Program, 3901 Landis Street, San Diego, CA 92105</p> <p>The November meeting will be conjoined with the Healthy Aging Subcommittee on Nov. 13, 2023 at 2:15 PM. The guest speaker will be the County Chief Dental Officer, Dr. F. Whyte, DMD, MPH</p>
6. Adjournment	Meeting adjourned at 2:05 PM

Respectfully submitted by Shirley King