

OPHCC Meeting Minutes
November 2019

Welcome report: Leslie

Old Business: Monica, OPHCC

Per Mark (in Spokane) - Community Thanksgiving Dinner (had 200-250 in past years) had difficulty finding high level production cooks this year.

- Molina came forth with \$5,000 (250 bags) to feed the people who would have been fed during that dinner - Molina working with Sequim and Port Angeles food bags - Thanksgiving bags for Sequim and break bags for Port Angeles
- Submitted Group Health Grant at end of October, we are not getting it. 680 applied and they're giving out 80 grants.

New Business

- Applied for the Haller Grant and were approved for \$4,000 towards 5210 supplies and marketing. Receiving funds in December.
- Sign up for Partner Spotlights for 2020!
- Meeting dates and locations distributed - ask Leslie if you need a digital copy
- Happy Birthday Monica!!

Partner Spotlight: Port Angeles Food Bank

Emily Dexter, Executive Director

- Tomorrow (11/21/19) is our annual food-a-thon. KONP will be on air with the Lion's Club, and we will be raising money to support the Food Bank. Typically we raise \$30,000-\$50,000
- Served 9,804 households in 2018, about 20,788 people
- 2% 0-2, 23% 3-18, 50% 19-54, 24% 55+
- Only 10% of clients are homeless - 44% have some college education
- Most are experiencing some kind of financial crisis at the moment (40%)
- 21% come because of the high cost of childcare
- Where does food come from? Grocery rescue program: 64,000lbs from Grocery Rescue Partners
- Food also comes from emergency food providers: Food Lifeline, Northwest Harvest, Feeding America
- Donating cash to the food bank is better than buying food and donating: the food bank has greater buying power.
- Points based grocery store model. Least nutritious food costs more points. All of Clallam County is welcome, families can visit 2x per month, those experiencing homelessness can shop weekly.
- Shopping hours M/W/F 11-3:30, open late 2nd Wednesday, 2nd Thursday 11-12 for Seniors and those with disabilities.
- Providing 540+ Friday Food bags to students
- Break bag: beginning of winter break and spring break, kids can get two large tote bags with pantry essentials, produce, meat, eggs, milk, cereal and snacks

- Satellite pantry with Boys & Girls Club - large chest freezer with frozen entrees, baked goods, veggies and pizza
- Pirate Pantry at Peninsula College - opened September 25th (Hours: 11:30-2:30pm on Wednesdays) - close to approval for adding them as a Food Lifeline Network partner
- Text FOODATHON to 44321 tomorrow to give!

Community Building Project: Andra Smith, Sequim Food Bank

- Reach out to people you work with in Forks, Neah Bay and further west to join OPHCC - first 2020 Forks meeting is in May
- Forks - December 11th - School district is creating school wellness policy
- Sequim Farmer's market - Anniversary in June, big community celebration with opportunity for participation
- 5210 cookbook?
- Gleaning produce - 5 fruits and vegetables to get you started on 5210
- 5210 tips for lower income / lower resources (canned vegetables/frozen veggies count!)
- Free community fitness classes
- Produce rx
- 5210 / "Fitness Fair" or "Wellness Fair"
- Supporting each other by sharing wellness policies / consolidating wellness policies
- Point of purchase information: 5210 in grocery store checkouts, reception desks etc.
- Restaurants: 5210 healthy meal option
- "Cooking for Dummies" - what can we do with pantry basics? Healthy cooking on a budget / healthy cooking with food bank basics / 5 ingredient recipes (less intimidating, less expensive)
- Mosaic: Health Fair in March 2020
- Mosaic: Lunchtime Yoga on Thursdays - free
- Sequim School District will have kitchen available for community use on weekends and summer
- 5210 Community Facebook Group
- Rethink your drink campaign
- Monthly focus (focus on 5, focus on 2, focus on 1, focus on 0)
- Shore Aquatic Center will open in June 2020, offering free community health classes - reach out with ideas

Partner Updates

#ClallamGives - multiple organizations

- Coming up on December 3rd, please share the news
- If your nonprofit is participating, join us at KSQM tomorrow to record your PSA
- Website is clallamgives.mightycause.com
- Text CLALLAM to 8448446844

Sequim Free Clinic: Patty Lebowitz

- Working on Wellness on December 8th: Why Loneliness is so Toxic
- Raffling off 2 Adirondack chairs and winners announced that day

Bodhi Tree: Shelly Strattono

- Community Food Bank Benefit on Thanksgiving Day 9-10AM at Bodhi Tree 2711 Lakeway - Donation only

Parenting Matters: Patty Waite

- Breakfast with Santa, please take one if you can post it somewhere
- Only fundraiser of the year - \$10 breakfast for adults, \$5 for children

United Way: Minnie

- Adverse Childhood experiences are influencing health: 5/10 leading causes of death are associated with adverse childhood experiences
- Exploring NEAR sciences including on December 10th, 12-2PM

Thanksgiving Meals:

- Trinity United Methodist Church (requires reservation)
- Serenity House

Sequim Farmer's Market: Eli

- This Saturday the 23rd and December 21 from 9AM - 3PM
- Holiday shopping

PBH: Rebekah Miller

- Dine to Donate Tonight
- March 2020 - Stephanie Land "Maid"

Dungeness Valley Lutheran Church: Russ Britton

- DVLC Yuletide Fundraiser and sale benefiting local nonprofits
- Saturday November 23 9am - 3pm

Compassion Clallam: Marilyn

- Charter for compassion signed by City of Port Angeles
- Used Monica's policy, procedure and environment as a way of explaining how the government could be involved in compassion
- Everybody eats program is moving forward- little food pantries are up and others getting ready to go
- 2 classes- one at Peninsula College and one at Port Angeles High School

No meeting in December. Next meeting January 15th – KSQM Community Room – 1-3PM

Submitted by Jessica Hackett