



Food & Nutrition Coalition Meeting Minutes
November 11, 2020, 8:30am – 10:00am

Facilitator:	Kam Sudberry		
Meeting Attendees:	Aaron Estrada, Abigail Bishop, Alyssa Rickman, Alyssa Stickney, Anikka Van Eyl, Belisa Melton, Bree Bode, Brianne Robach, Brittany Mastenbrook, Carola Carassa, Deanna Howland, Deja Van Oeveren-Goss, Emily Madsen, Erin Skidmore, Gordie Moeller, Heather Milks, Kamara Sudberry, Karrie Brown, Kelly Glas, Kelly Hagemeyer, Liz Washington, Michelle Helner, Nancy Cromley, Phillip Greene, Shawn Keener, Shelby Brown, Wafa Haddad, Wende Randall <i>(List may not be complete- please contact Brianne if you were on the call but are not listed here.)</i>		
Time Convened:	8:35	Time Adjourned:	10:01

Welcome and Reflection	
Empathy and Sympathy	
Discussion	
<p>Empathy is the skill and ability to tap into our own experiences to connect with the experiences of others. shared the 4 attributes of empathy:</p> <ol style="list-style-type: none"> 1. Perspective taking – having the ability to look at the world as others see it. 2. Nonjudgmental – requires self-awareness and mindfulness 3. Understanding other’s feelings – removing situation and focusing on the feeling 4. Communicate your understanding – can feel risky <p>Empathy matters. It leads us towards connection and builds relationships. Compassion is being open to practice empathy; it is a 2-way street. Those seeking empathy are coming from a place of hurt, want to know that they are understood.</p> <p>On the other hand, sympathy is not doing all 4 things above. This can push into hurt and disconnection. As humans, we tend towards sympathy rather than empathy. Can work to move the conversation towards empathy through seeking further understanding</p> <p>Reflection:</p> <ul style="list-style-type: none"> • Important to continue developing and learning empathy skills, and important to practice these skills • Suggestion to watch the very short video It's Not About the Nail. Reminds of the need to be present with the other person, through our own discomfort (and not make it about ourselves) 	
Shaping the Narrative: Shared Vocabulary	
Discussion	
<p>Over the past few months, the group has discussed words and phrases that we are tired of hearing, data and story-telling, who owns the data, how to change and reshape the narrative in a way that puts community members first. Today’s activity is a continuation of these conversations. The activity focuses on words and terms that are commonly used in the food system. Breakout groups went through these words and provided thoughts and potential definitions for each word. Link: https://docs.google.com/presentation/d/1o0StLu5o0LMEBjxh2YHmrTXB7VVabejc0DQc21IVM/edit?usp=sharing</p>	



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Debrief and Reflection	
Discussion	
<p>The large group reflected on the activity. Reflections include:</p> <ul style="list-style-type: none"> • Seems that some terms are used interchangeably, even if they are not interchangeable • Language is powerful in framing how we approach the food system • Unintended consequences are possible if common language is not understood • Requires honest conversation and leveling of power dynamics • It may feel hard to use these words from a place of empathy as they are one-dimensional and people are not one-dimensional • Many terms have gotten co-opted and are tossed around to make our work sound good. Do we know where terms and ideas originated and does our work really reflect what we talk about? <p><u>Action Item:</u> As you continue to process and have these conversations, continue to think about relationships that words have, both from a personal and organizational perspective. What connotations do these terms have? Are we using them out of empathy or sympathy? Who are we centering?</p> <p><u>Next Steps:</u> Today’s activity is leading back to the September activity. At future meetings, the group can look into taking messaging from templates and consider how we can convey what we want in messaging around our local food system.</p>	
Organizational Updates	
Discussion	
<p><u>Feeding America</u> – Thanksgiving distribution planned for November 24th, pre-registration will be required</p> <p><u>Mel Trotter</u> – they are changing the process for turkey drop and Thanksgiving dinner this year, please let Brienne know if you would like to connect with Mel Trotter.</p> <p><u>Salvation Army</u> – three weeks left for Christmas sign-ups</p> <p><u>YMCA</u> – they have some capacity to distribute lunches to participating organizations, if you'd like to be involved, contact Aly at arickman@grymca.org</p> <p>Please practice social distancing, wear a mask, and stay safe, all!</p>	
Adjourn	