



Food & Nutrition Coalition Meeting Minutes
 August 14, 2019, 8:30am – 10:00am

Facilitator:	Kamara Sudberry, Eleanor Moreno		
Meeting Attendees:	Kamara Sudberry, Eleanor Moreno, Cait Melamed, Eugene Sueing, Heather Hughesian, Emily Schichtel, Ayanfe Free, Jim Holkeboer, Gordie Moeller, Carola Carassa, Julie VanGessel, Garrett Ziegler, Mallory Timyan, Pat Murray, Carissa Patrone, Deanna Howland, Erin Skidmore, Kendra Valkema, Chelsea Totten, Eugene Sueing, Alyssa Stickney, Milagro Minch, Yesenia Velasco, Abigail LaLonde, Alyssa Rickman, Catherine, Trish Alabo, Carol, Brianne Czyzio		
Time Convened:	9:40	Time Adjourned:	10:05

Introductions			
Approval of Minutes		From July 10, 2019	
Motion by:	Jim Holkeboer	Support from:	Trish Alabo
Discussion	None		
Amendments	None		
Conclusion	Motion Passed		
Culinary Medicine		Kevin Vos, Dr. Kristi Artz	
Discussion			
<p>Spectrum Health serves much of southwest Michigan. They strive to see each of their employees and patients as people who deserve healthy and nutritious food. Spectrum Health is committed to a triple bottom line – people, planet, prosperity. The Culinary Medicine program works to address the root causes of health issues and also focuses on what is best for the planet.</p> <p>One program provides training to medical students, fellows, and clinicians Participants learn nutritional science, culinary skills, and how to create healthy recipes. Following the program, staff are encouraged to pass this information on to their patients. They also work with GRCC Culinary Institute students to teach the importance of cooking with healthy foods. This interconnectedness is helping change the food system as a whole in western Michigan. The Standard American Diet (S.A.D) is often based on the environment people are in and their access to foods and education. This diet is mainly processed foods and animal products which leads to unhealthy and is bad for the planet. They instead want to shift the mindset to the ‘win-win’ diet which is has little animal products or processed foods, and highlights culturally appropriate foods. The Culinary Medicine team is working to create system change to bring these philosophies into everyday interactions at Spectrum. They also offer community classes for families to learn these skills. The FamilyKitchenRx programs accepts families through doctor referrals. Classes and dieticians work with families and focus on foods that are locally available.</p> <p>Spectrum Health Catering is working to change their menus in the catering system to ensure it is a wrap around experience. This is included in new employee orientation.</p> <p>Michigan Street Market and Grill: Spectrum wanted to ensure their cafeteria was infused with local, healthy food. They know that buying locally would have a huge impact into the local economy. They used research on placement and pricing to encourage people to purchase fresh foods. They have seen a change in the number of people who purchase fresh foods as compared to processed foods. They spend about 22% on local produce and are working to expand this percentage. Spectrum has been</p>			



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thinking about how the dollars they spend as a large institution can impact the local economy if they buy locally.

For more information, reach out via email to Kevin: kevin.vos@spectrumhealth.org

Food for thought: ‘There are no healthy people on an unhealthy planet’

Action Items	Person Responsible	Deadline

3 Things: Presentation Follow up

Discussion

Groups got into action teams and reflected on the Culinary Medicine presentation, thinking about the following questions:

- What questions do you have? What clarity is needed?
- What did you learn/gain?
- What is “your” call to action?

Groups reported out on what they learned from the presentation and their calls to action moving forward.

Action Items	Person Responsible	Deadline

Announcements

Discussion

HWMUW RFP will be available on September 1. Please check out their website for more information. Grand Rapids African American Health Institute’s Rhythm Run is this Saturday, the 17th, at 8:30am at MLK Park.

West Michigan Latino Health 5k run/walk is next Saturday, the 24th, at 9:00am at Roosevelt Park.

Adjourn

Next Meeting: September 11