



MEETING MINUTES

Under the provisions of G.L. c. 30A, MetroWest Moves conducted an Open Meeting on
Thursday, February 26, 2015

9:30 a.m. – 11:00 a.m.

Edward M. Kennedy CHC

354 Waverly Street

Framingham, MA 01702

I. Call to Order

- a. **Meeting convened:** February 26, 2015 at 9:30 a.m.
- b. **Members present:** Roberto Santamaria, Sam Wong
- c. **Others in attendance:** Maria Evora-Rosa, Marissa Garafano, Melissa Green, Janie Hynson, Marianne Iarossi, Paula Kaminow, Amanda Ryder, Jamie Terry

II. Community Updates:

- **Complete Streets:** Framingham provided an update on their complete streets policy. They are currently working with a UMass studio class to conduct a Greenways program for the town. This will include an inventory of bicycle/pedestrian facilities.
- **Safe Routes:** Melissa Green provided an update on SRTS activities in Northborough and Hudson. More details are included below under "Work Plan Updates".
- **Hudson:** Alex and Sam went to a Marlborough BOH meeting. The BOH is experiencing challenges related to transition and recent staff turnover. Alex and Sam presented an updated flyer about MetroWest Moves and the 2014-2015 workplan. Hudson BOH is also working with their food inspectors to incorporate healthy dining. The food inspector is also a registered dietitian so they may restructure her contract to include some of these responsibilities in her role. Sam has talked with public health/nutrition graduate students and may potentially set up a summer internship process to help with nutritional analysis and healthy dining. This could be done through a regional structure rather than Hudson alone.
- **Framingham:** A couple of weeks ago Alex DePalo and Marissa Garafano hosted a Healthy Eating meeting as part of the MetroWest Community Health Improvement Plan. They discussed how to transport food to clients (mobile pantries, volunteers picking up food at the pantry, getting fruits/vegetables to food pantries, contracts with CSAs, community gardens); when food pantries are open/how clients can access them/restrictions to utilizing them. The United Way, Greater Boston Food Bank, Callahan Senior Center, Marlborough CDC, etc. attended.
- **Maria Evora-Rosa (DPH):** DPH will be releasing funding opportunities for non-Mass in Motion communities, which could be shared with



Framingham ★ Hudson ★ Marlborough ★ Northborough

MetroWest Moves



Southborough. There was another funding opportunity released but communities who receive Prevention and Wellness Trust Funding were not eligible to apply.

- **LHIP/Restaurants:** Two Brazilian restaurants (Fres Café and Terra Brasilis) are still participating in the Healthy Dining Initiative. Extravaganza's owner was hurt so the restaurant is currently closed. Smyles Froyo in Hudson closed.
- **Edward M. Kennedy CHC:** The CHC is working with Cooking Matters. They would like to start spreading the word to their patients about the Healthy Dining Initiative as well as provide information about local physical activity resources (e.g., Outdoors Rx). Paula is interested in having a mobile food truck on site at the CHC.

III. USDA RFA: Community Food Projects Competitive Grant Programs (CFPCGP) due 3/17/15

- **Two types of grants available:** 1) project implementation (maximum \$125,000/year); 2) 1-3 year planning projects (\$35,000) – MetroWest Moves is interested in applying for the planning project opportunity.
- **Required dollar for dollar match:** The dollar for dollar match can include in-kind time or rent, etc.
- **Applicant:** Framingham Planning Department is interested but does not feel that they have the capacity to apply for the grant. The Steering Committee decided that JSI should be the lead and would serve as the coordinator of the planning.
- **Planning Project Ideas:**
 - **Community Gardens:**
 - Work with Pelham Apts. to expand community gardens; use this produce to supplement mobile market at Edward M. Kennedy CHC.
 - Community garden land is sometimes owned by the city; Northborough has community gardens in the schools and gardens managed by the Recreation Department (some are town owned on Recreation land) – the gardens have been very successful in Northborough and are low cost/maintenance; this year there are more people that want plots than are available; they are considering adding some plots beside the Senior Center; they have their own Facebook page, share recipes, have a recipe board on site; the Eagle Scouts built these beds relatively inexpensively, the issue is the cost of a fence around the garden (~\$6,000). If DPW is willing to give a small amount of hours, it could be a pretty low cost project.
 - In Hudson, their fence was funded by Lowe's and soil was donated by an organic farm. Home Depot will also donate materials but cannot donate labor. This is how Everett got

their raised bed gardens. The Home Depot is in Natick. Whole Foods has a foundation which perhaps would donate.

- **Mobile Food Trucks:**
 - A couple weeks ago Hudson approached the Health Foundation of Central MA to do a planning and feasibility study on mobile food trucks; they declined due to lack of sustainability when they did this in Worcester.
- **Schools:** Northborough has a new food service department director who wants to be involved.

I. Work Plan Updates:

a. Complete Streets:

- The next CIC meeting is on March 9th. Barry Keppard (MAPC) will provide an update on the work that they have been doing related to developing a prioritization tool.

b. Safe Routes to Schools:

- Melissa Green and Janie Hynson have a meeting with Jodi Fortuna, Hudson Superintendent following this meeting to discuss Safe Routes to School in Hudson (creating a task force, redistributing the surveys, increasing SRTS activities).
- Safe Routes to School/My School Commute Surveys will be distributed in several Northborough schools in March.

c. Healthy Dining:

- Edward M. Kennedy raised the idea of using “secret customers” to check restaurant compliance.
- The Coordinator provided a draft of the healthy dining inspection checklist. Jamie Terry suggested listing the restaurants and their contact information on the back side of the document.
- Framingham has 4 inspectors; they may create a Food Protection Coordinator Inspector position who could take on this responsibility. This person may be the only inspector (or 1-2) in the future (for ~400 restaurants). Inspections have to be done twice per year and the FDA says that one full-time inspector can cover 150 establishments in a year. Framingham is therefore in a period of transition.
- For currently non-participating restaurants, a question could be added such as “Are you interested in learning about suggestions to increase healthier options?” – The Coordinator will develop a 1-page flyer with resources/tips for how to add/modify meals to make them healthier and share this with the group for feedback. It

should be eye-grabbing and use bullets (ex: smaller portions will save you money); see Hudson Institute report as an example.

- We may consider setting aside some resources each year to recruit a few restaurants. Perhaps the graduate summer interns (mentioned previously) could be recruited to assist.

d. **Other funding opportunities:** Check the Yale Center for funding opportunities – they are trying to get involved in Massachusetts.

IV. Action Items

- a. Steering Committee members should let the Coordinator know who has received the Active Living newsletter.
- b. Steering Committee members should be responsive to JSI emails in the coming weeks regarding the USDA proposal including providing letters of support and matching contributions.
- c. The Coordinator will update the healthy dining inspection checklist.
- d. The Coordinator will develop a 1-page flyer with resources/tips for how to add/modify meals to make them healthier and share this with the group for feedback. It should be eye-grabbing and use bullets (ex: smaller portions will save you money); see Hudson Institute report as an example.

V. Administration

- a. **Approval of meeting minutes:** The Steering Committee did not vote on whether the meeting minutes from August 2014-January 2015 can be approved. This will be postponed until the next meeting.
- b. **Next meeting date/time:** April 23, 2015 from 9:30am-11:00am

VI. **Adjourn:** The meeting adjourned at 11:00 a.m.