

Waukesha County Nutrition Coalition Minutes

February 28, 2023

Attendance: Christy Bond- Waukesha Head Start/Early Head Start; Lisa Topp- Waukesha County WIC; Katy Maas & Jill Herz- Waukesha County UW-Madison Extension FoodWise; Courtney Klepp- Aging and Disability Resource Center; Nancy Munoz- Catholic Charities; Judy Rintelman- Eagle's Wing Free Clinic; Yvette Hernandez -Hebron House; Judith Amorsen & Maria (Carroll University student)- Eras Senior Network; Rosa Zibell- Waukesha Free Clinic; Chloe Bingenheimer- Community Smiles Dental; Michael Egly- Food Pantry of Waukesha County; Miranda Page-Southeastern Wisconsin Regional Planning Commission (SEWRPC).

A Regional Food System Plan- Presenter: Miranda Page

The Southeastern WI Regional Planning Commission (SEWRPC) is working on a Regional Food Plan for 7 counties in southeastern Wisconsin (Kenosha, Racine, Milwaukee, Ozaukee, Walworth, Washington, and Waukesha). *From distributed brochure: "SEWRPC has been the official areawide planning agency for land use and infrastructure in Southeastern Wisconsin since 1960. SEWRPC plans are advisory to local and state government and address land use, transportation, housing, water supply, water quality, parks, natural areas, and many more issues such as the regional food system."* The food system includes production, processing and manufacturing, distribution, point of sale, consumption, and food waste. The final food system plan will include a report on the findings and recommendations. Recommendations will be designed to guide local and state government on providing healthy, fresh desirable food for everyone. Emergency food access will also be mapped in the report. It will be reviewed by environmental justice task force and other community members. Drafted chapters are available on the website, and they continue to collect info: www.sewrpc.org/RFSP

How can WCNC members help? Provide your input! Comment cards were distributed during the meeting, and comments can also be submitted on the website. There will be a public outreach session in the near future (date TBD).

Group discussion regarding food access: Food access can be challenging for those walking to get groceries, especially for seniors. Charitable food access has changed a lot over the last few years, given many pandemic-related changes to the food system. In Milwaukee, they have done Piggly Wiggly grocery trucks (SNAP, debit/credit accepted)- Hunger Task Force helps fund this.

WCNC Updates- Michael Egly

We will be restarting the WCNC advisory committee, which will help us plan future WCNC meetings. Everyone is welcome to attend the advisory committee between 10-10:30 at the end of the regular meeting. Our next WCNC meeting will be on April 25 at Community Smiles Dental (the Waukesha location on Barstow).

Thanks to all who have responded to the WCNC survey so far; please respond if you haven't already.

Do you have ideas for future meeting topics? Please let us know.

Agency Updates:

Head Start/Early Head Start- Christi Bond: Head Start is at full enrollment, both in Waukesha and Oconomowoc. Early Head Start program is also full. The home-based program involves home visitors who visit 1x/week, working to support kids' developmental milestones and helping families.

Waukesha County WIC- Lisa Topp: Due to the formula recall, WIC families could choose a variety of other brands. That flexibility is ending today; families can now only buy Similac products. Allowing alternate sizes of Similac will continue until end of April. In-person visit exemption continues, but starting to see more people at the clinic. Waiting to hear how that will change with public health emergency ending. Farmers Market checks will begin June 1. Through grant funding, Waukesha County Breastfeeding coalition is providing Pumpspotting, an app for breastfeeding moms which can help them to find a clean, safe area for them to breastfeed their baby. The app also the app offers peer-to-peer mom support as well as support from trained Lactation Consultants, and more. Check out the flier additional details [download here](#). (Lisa will send some info to include with the WCNC minutes).

UW-Madison Extension Waukesha County FoodWise- Katy Maas & Jill Herz: Waukesha FoodWise team is now fully staffed. Over the past 6 months, have hired 3 new nutrition educators, including 1 bilingual educator who started yesterday. Working in several schools in the Waukesha school district providing youth lessons. Always recruiting parent programming, especially Eating Smart & Being Active (ESBA) program for parents of young children. Recently began two successful ESBA parent series that Katy has taught, one at Hawthorne with parents and another here at the Library. Also working on partnering with Extension 4H program to outreach to afterschool groups for hands-on nutrition and food prep lessons.

Aging & Disability Resource Center- Courtney Klepp: Courtney is the new Health Promotion Coordinator with the ADRC and she has started nutrition outreach at congregate meal sites for seniors. Congregate sites currently open include Muskego, Waukesha-La Casa, Sussex, Mukwonago, Oconomowoc, Brookfield, and Menomonee Falls.

Catholic Charities- Nancy Munoz: Catholic Charities connects people with resources and services, directing clients that need help and support (brochure distributed). Many walk-in clients, as well as clients that come on a regular basis for support. Spanish speaking staff are available to help connect people to services such as setting up appointments, etc. Behavioral health services available in English and Spanish: available over the phone/ video for Spanish; don't currently have a staff member to provide this in-person. Sliding fee scale is 200% of federal poverty limit, so services for most clients would be free. Will also do home visits if needed.

Eagle's Wing Free Clinic- Judy Rintelman: Eagle's Wing clinic is located in Mukwonago. Have seen a decrease in census in the past few years. Open 4 days/month pre-covid, now open for 2 days. Also, it has been hard to staff. ProHealth provides lab and xrays. Refer out to Waukesha Free Clinic or Lake Area Free Clinic for some services. Have been looking for hypertension diet for Spanish-speaking patient, wondering if coalition members had any resources. (Rosa has resources - will send to Judy). Anticipate that patient census may increase with end of public health emergency and Badgercare unwinding, which will occur at the end of May.

Hebron House- Yvette Hernandez: Hebron House provides shelter sites in Waukesha. The Women's shelter currently houses 10 women, the Sienna House has 18 men, the Jeremy house moved locations and has 7 individuals. Working with youth ages 18-24 in rapid rehousing/ transitional housing for homeless. Also providing services for those in recovery with opiate addiction.

Eras Senior Network- Judith Amorsen: Maria (student from Carroll University Public Health Program) is attending WCNC meeting today - she will be working with them until May. Providing transportation for seniors and adults with disabilities in Waukesha County, for needs such as food pantry, grocery shopping, medical appointments. Friendly phone call program is ongoing. Not fully staffed yet. New mobility manager will be starting in two weeks; they will be available to answer transportation questions for anyone with need in Waukesha County.

Waukesha Free Clinic, Rosa Zibell: Preparing for public health emergency ending, anticipating that there will be increased need. Always hiring and recruiting volunteers. Using grants from the pandemic, piloting specialty clinics. Diabetic clinic has been popular; now providing 4 clinics per month for diabetic patients (used to be 1 per month). Type 1/Type 2 patients have many needs (medical, food, transportation) plus limited budget and language limitations. Looking into the possibility of providing continuous blood sugar monitors and insulin pumps for Type 1 patients, and moving towards new drugs for Type 2 to help bring A1C numbers down. Nutrition is important for these patients. Working with Carroll University to see if students could help some of the clients. Piloting other clinics- currently have cardiology, pulmonology, obgyn, PT.

Community Smiles Dental- Chloe Bingenheimer: Providing services to children, pregnant women, adults with special needs. Wait list at both clinics. Working through staffing shortages. Two locations- on Barstow in Waukesha and in Menomonee Falls. Materials provided in waiting room regarding end of public health emergency.

Food Pantry of Waukesha County, Michael Egly: Preparing for the end of the public health emergency. FoodShare emergency allotments ended in February. Already hearing from clients that they have received those notices. Anticipate that they will be seeing more people. Hiring: opening for warehouse position, as well as FoodShare outreach assistant. Karen Tredwell announced her retirement- will retire after her 26th anniversary with the food pantry. If you have a client that needs food assistance, please reach out and will accommodate as best they can.

Emailed updates:

New Berlin Food Pantry, Barb Jacob: New Berlin food pantry is awaiting Boy Scout drive in March and Postal Drive in May. Our client numbers are steady.

2023 Meetings: February, April, June, August, October

Next Meeting: April 25, 2023 at 9AM

Community Smiles Dental

210 NW Barstow Street, Suite 305

Waukesha, WI 53188