



SEPTEMBER MEETING MINUTES

Date: September 9th, 2010

Time: 10:00 a.m. - 11:30 a.m.

Location: Compass Center – 210 Alaskan Way South, Seattle, WA 98104

In Attendance:

Joyce Zeigen – Northwest Harvest
Barbara Cerna – NW Harvest
Michael Gregory – Phinney Neighborhood Association
Jaime Jamison – Teen Feed
Dagmar Cronn – South Park Seniors
Peter Quenguyen - South Park Seniors
Jason Gortney – Children’s Home Society WW
Brent Herrmann – MCC
Norm Hummel – Seattle UGM
Derek Wertz – NW Harvest
Rachel Butler – Food Lifeline
Jerrimi Hoffman - FLL
Fe Arreola – City of Seattle
Amber Montgomery – Genesis House
Shayne Kraemer – MPC Staff
Hollianne Monson – YWCA Angelines
Doug Luna – Seattle Indian Center
Valerie Chandler – Seed of Abraham
Matt Fox – ROOTS
Eve – Food Not Bombs
David Giles – Food Not Bombs

Topics of Discussion:

Fourth session of Nutrition seminar presented by Ginger Donald and Bridget Nichols of Bastyr University. Please see attached PowerPoint handouts.

Committee Updates:

Emergency Preparedness: Announced that they will be meeting on September 14th to further develop their plans for an emergency response network that will be centered in each neighborhood throughout Seattle. In addition, the committee will continue to make calls to their local agencies to see if they have a response plan in place.

Steering Committee: Met on September 6th and discussed the proposed agency procedures for the committee decision making process. The Steering Committee also made the selections for the 2010 MEHA recipients. Please mark your calendar for the event on October 18th at 9am at the Palace Ballroom.

Bulk Purchasing: Upcoming purchases of City Funded Bulk Foods are:

- 200 cases chicken breast – October 25th
- 85 cases canned peaches – November 1st

- 85 cases of mandarin / tangerines – November 8th
- 100 cases of Kirkland frozen mixed veggies – November 15th
- 85 cases penne pasta – November 22nd
- 85 cases chicken breast – November 29th

Agency Updates / Shared resources: No Announcements

Other Business: MPC staff asked how multi-cultural populations have affected agencies in the difficult economy and have they seen a more diversified need in their programs? Agencies in attendance responded that they have seen an increase in more diverse dietary needs due to an expansion of multi-cultural meal guests. It was announced that the October meeting will be centered on cultural diversity and how to best meet the needs of a diverse community. The areas of conversation may include diverse religious cultures, ethnically based food needs, and language barriers in diverse communities.

Partner Updates:

City of Seattle –Fe Arreola: The City needs holiday meal schedules so we can inform meal guests throughout the City where to go for holiday meals.

Food Lifeline – Rachel Butler: FLL will be closed for the Thanksgiving Holiday

Northwest Harvest – Joyce Zeigen: NW Harvest is currently holding a food drive to beat the world record for the most food collected at one time in Tacoma. Please help support them. Derek Wertz will be joining MPC meetings from NW Harvest in his new position.

Seattle Human Services Coalition – Shayne Kraemer: The City of Seattle is facing a severe budget crisis and we need our members to help testify to the importance of system support provided by MPC and to recommend that there are no cuts to human services. The upcoming public hearings are:

September 29th at the Northgate Community Center – 10510 5th Avenue NE at 5pm

October 13th at SSCC in the Brockey Center 6000 16th Avenue SW at 5pm

October 26 at Seattle City Council Chambers – at 5pm.

NEXT MEETING: **October 14th at 10am in the Compass Center – Cultural Diversity in meal programs and how to meet nutritional needs while honoring cultural diversity.**

Meals Partnership Coalition
Recap of Nutrition Presentations

Ginger Donald and Bridget Nichols
Compass Center
210 Alaskan Way South, Seattle

INTRODUCTION


Access to high quality foods can make the difference between excellent or declining health in those facing food insecurity.

A Public Health Report, *Nutrition and Health Services Among the Homeless*, cited a national study of homeless adult outpatients where nutritional deficiencies were 20 times more prevalent among the homeless than among housed ambulatory health care users.

INTRODUCTION

For the populations that you serve, food is not just a means to reduce hunger.

You provide the one key element they need to maintain their health and lower the risk of chronic disease - FOOD!



MACRONUTRIENTS

Macronutrients include Protein, Carbohydrate, and Fat

These nutrients provide the structure and energy source for every cell in our body. All three are required to maintain health.



MACRONUTRIENTS

The main function of macronutrients is to provide energy, counted as calories.

The three functions of macronutrients		
Provide energy	Promote growth and development	Regulate body functions
Carbohydrates	Proteins	Proteins
Proteins	Fats	Fats
Fats	Vitamins	Vitamins
	Minerals	Minerals
	Water	Water

PROTEIN



The body uses protein to build, maintain, and repair tissue, and for the regulation of many chemical processes.

The recommended range of intake for adults is 10% to 35% of total calories each day.

Food sources: meat, poultry, pork, fish, eggs, dairy products, legumes, whole grains.

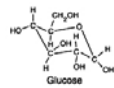


PROTEIN FUNCTIONS

- Enzymes and Hormones
- Immunity
- Structural Elements
- Fluid Balance
- Acid-Base Balance
- Transport Proteins
- Provides energy
- Lubrication of joints



CARBOHYDRATE



Carbohydrates are the body's preferred fuel.

Glucose is the only fuel normally used by brain cells. Because neurons cannot store glucose, they depend on the bloodstream to deliver a constant supply of this precious fuel.

The recommended range of intake of carbohydrates for adults is 45% to 65% of total calories each day.

CARBOHYDRATE



Food sources rich in carbohydrates are widely available: bread, cereal, rice, beans, pasta, milk, fruit, vegetables, candy, pastries, desserts, fruit juice and sweetened beverages.

It is best to choose complex carbohydrates for the benefit of fiber and higher nutrient content. Complex carbohydrates include fiber and starches. Foods rich in complex carbohydrates include vegetables, whole grains, peas, and beans.

FAT



Types:

- Saturated (solid at room temperature)
- Unsaturated (poly-, monounsaturated; liquid at room temperature)
- Hydrogenated ("trans"; solid at room temperature)

The human body can synthesize most fatty acids but cannot make the health promoting polyunsaturated omega-6 and omega-3 fatty acids.

The recommended range of fat intake for adults is 20% to 35% of total calories each day.

FAT

Most people get way too much polyunsaturated omega 6 fat in the form of highly refined vegetable oils in their diet vs. omega 3 fat.

Omega 3 fatty acids with EPA and DHA have potential health benefits, which include reducing risk of heart disease, type 2 diabetes, some kinds of cancers, arthritis, and depression.

The best sources of omega 3 with EPA and DHA are cold water fish: salmon, mackerel, herring, tuna, trout, and anchovies.



MICRONUTRIENTS

Micronutrients include all of the vitamins and minerals found in food.



This year, we have discussed

- Vitamins A, C, D, E, K, B6, B12
- Calcium, Sodium, Potassium, Iron, Zinc, Folate

FAT SOLUBLE VITAMINS



Vitamins A, D, E, and K are considered "fat soluble" which means they do not dissolve in water and they are stored in the body in fat or in the liver.

Because these vitamins are not flushed out of the body like water soluble vitamins, they can reach toxic levels in the body with over-supplementation.

FAT SOLUBLE VITAMINS

	A	D	E	K
Function	Supports immune system and good vision	Calcium absorption, bone health, immune function	Antioxidant, skin, and blood health	Blood clotting, bone mineralization
Foods	Orange foods: cantaloupe, pumpkin, carrots	Canned salmon, egg yolk, fortified juice and milk	Oils and nuts Almonds and sunflower oil are great sources!	Dark leafy greens: Broccoli, kale, spinach.

B VITAMINS AND DEFICIENCY

There are 8 B vitamins. They support cell metabolism and are associated with energy.

- **B6:** banana, potato, chicken, beans
 Deficiency: macrocytic anemia (red blood cells are too small) and heart disease.
- **B12:** animal products - beef, egg, chicken.
 Deficiency: numbness, tingling, staggering, disorientation. Can mimic drunkenness! Vegans should be aware that they need to supplement this vitamin.
- **Folic acid (B9)** Dark leafy greens, fortified cereals.
 Deficiency: causes neural tube defects for babies of women who don't have adequate levels early in pregnancy.

SODIUM/POTASSIUM BALANCE

Instead of simply limiting sodium, now some dieticians are starting to consider instead a balance between sodium and potassium (electrolytes in the blood).

Limit

Sodium Sources: processed foods, soup, pickled foods, condiments, salty snacks.

Increase

Potassium Sources: fruits and vegetables (bananas, melon, avocado, beans, potato)

MINERALS



• Iron: an antioxidant, important for energy production and muscle integrity. Deficiency associated with anemia. Found in meat, raisins, lentils, potato.

• Zinc: highly important for immune function and reproduction. Found in seafood, red meat, poultry, nuts and seeds.



• Calcium: important for bone strength and health. Found in dairy products and fortified foods. Especially important for women or underweight persons.



DISEASE STATES

Chronic conditions commonly seen among people who are homeless include:

- Hypertension
- Diabetes (II)
- Cardiovascular Disease
- Dehydration
- Dental Problems
- Gastrointestinal Problems
- Immune Deficiency Diseases



DISEASES THAT INTERFERE WITH NUTRITION

Dental problems and gastrointestinal problems in particular will interfere with the ability to access proper nutrition. Tips we had about these barriers include:

- Soft foods (eggs, hot cereal, potatoes, soft cooked vegetables) It is important that soft foods are still appetizing!
- Mild foods that are not spicy and have anti-inflammatory properties such as mint, olive oil, sweet potatoes, oranges, and apples.

WE CAN HELP SUPPORT IMMUNE FUNCTION WITH FOOD!

The common problems with many disease states in the population you serve is immune function and inflammation.

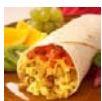
The best way to help these people is to offer balanced, easy to eat, flavorful, food with as much variety as possible. Experiment different meats, oils, fruits, vegetables, spices and grains.

The rest is up to the individuals you serve.



OUR MENU DEVELOPMENT

Throughout the year, we have developed 3 weeks worth of menus: one for breakfast, lunch, and dinner. In each one, we strived to achieve balance, health, and creativity. Here are the menus we developed one last time:



BREAKFAST

Day 1	Day 2	Day 3	Day 4
Egg burrito with beans and salsa	Oatmeal prepared with milk	French toast (whole grain bread)	Vegetable Frittata
Fresh fruit	Dried Fruit and Nuts	Blueberry compote	Fresh fruit
Milk	Orange juice	Milk	Milk

Day 5	Day 6	Day 7
Pumpkin pancakes	Potato Cakes w/salmon	Scrambled eggs
Blueberry compote	Sour cream and cheese toppings	Pumpkin mini muffins
Milk	Fresh fruit	Milk

LUNCH

Day 1	Day 2	Day 3	Day 4
Tuna pasta salad	Beef Taco Salad with beans and salsa	Chicken Stir Fry with rice	Turkey Chili with Baked Potato
Fresh fruit		Orange	Apple sauce
Milk	Juice	Milk	Milk

Day 5	Day 6	Day 7
German Potato Cheese Soup	Tuna Melt sandwich	Meatloaf
Toasted Bread	Green salad w/carrot, radish and cucumber	Mashed Potato
Juice	Fresh Fruit Milk	Asparagus Milk

DINNER

Day 1	Day 2	Day 3	Day 4
Middle-Eastern inspired Chicken with dried/frozen fruit and rice	Lasagna with Squash and Kale	Extreme Veggie Flatbread	Bean Cassoulet
Salad Milk	French Bread	Salad	Brown Rice
	Salad Milk	Baked Apple Dessert	Salad Milk
		Milk	

Day 5	Day 6	Day 7
Pasta with Chicken and Thai Peanut Sauce	Chicken with onion-apple sauce	Herb & Lemon Roast Chicken
Cucumber Salad	Roasted Potatoes Spinach	Rice Salad with Kale
Milk	Milk	Milk

CHALLENGES

The highest level of nutrients comes from organic meats, produce, whole grains and high quality oils.

Opportunities for change:

- Consistent availability of whole foods - seasonal vegetables and fruits, whole grains, meat and poultry free of antibiotics and preservatives.
- Preparation time - additional resources may be required to plan and prepare meals from whole foods.
- Preparation Technique - cooking with whole foods such as whole grains and leafy green vegetables may require additional knowledge and training.
- Acceptability - participants are not as familiar with many whole foods.

Thank you for the opportunity to work with the Meals Partnership Coalition