MEALS PARTNERSHIP COALITION

"The Meals Partnership Coalition works to utilize private and public resources to ensure that safe and nutritious meals are available to hungry people."

APRIL MEETING MINUTES

Date: April 14th, 2011

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

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

In Attendance:

Brent Herrman – Millionair Club
Diane Carmel – Chicken Soup Brigade
Don Jensen – Community Lunch on Capitol Hill
Elizabeth Martinez – Meals on Wheels
Ref Lindmark – Blessed Sacrament
Matt Fox – ROOTS
Katelyn Stickal – Teen Feed
Kate Murphy – Hunger Intervention Program
DeAnne Elmore – Seattle Indian Center
Jennifer Chen – WAPI/FASA
Valerie Chandler – Seed of Abraham
Rachel Butler – Food Lifeline
Lan-Vi Tran – Food Lifeline
Norm Hummul – Union Gospel Mission
Karen Jackal – ACRS
Sharon Poole – Noel House Programs
Holliane Monson – YWCA Angeline's
Angela Wilhite – El Centro de la Raza
Linda Berger – Hunger Intervention Program
Laureen Lapitan – Heros for the Homeless
Shayne Kraemer – MPC
Whitney Lewis – MPC
Dannette Allen – MPC
Beverly Graham – OSL (via phone)

Special Guests:

Fe Arreola – City of Seattle, HSD
Al Poole – City of Seattle, HSD
Dannette R. Smith – City of Seattle, Director HSD

Topics of Discussion:

The main topics of discussion for today were:

1. **Hot topics:** Updates on Olympia legislation, Seattle mid-year budget $17 million shortfall, nutrition seminars and 2011 membership renewal.
    - Nutrition seminars offer a great opportunity for meal programs. They are 1 hour and run by Bastyr students. Email Shayne if interested.
    - Send in membership renewals! Even if you can't afford $100 dues you can still be active members.

- Food handlers classes being offered by MPC through Oct. Many meal providers have received positive feedback about the online food handler classes. Don and Ref both got good feedback. Shayne explained other implications – online makes it easier to cheat and you can't ask questions to instructor.
- Shayne reminded coalition to PLEASE make him aware of any and all community engagement opportunities in which they think MPC should participate or might benefit from. He has missed out on important meetings because of lack of communication.

2. May MPC fundraising event at FareStart.
   - Shayne reminded coalition about event and encouraged participation. Read off a few of the auction items and summarized the menu for the night.
   - Whitney thanked volunteers for signing up and gave heads up about email to be sent out with a date for volunteer training
3. Discussion with Dannette Smith, Director of HSD.
   - Shayne welcomes Dannette, Al Poole and Fe to meeting.
   - Shayne starts by saying they will be discussing 1) data and 2) how to increase support of meal programs
   - Discussion highlights:

Ref: There are questions regarding data collection: What are meal programs required to do? There is also a philosophical concern about collecting data from vulnerable clients and a desire to protect those accessing meal programs.

Dannette: The city wants to develop standards for data collection together. They want to be able to tell a story.

Ref: They want to show clients hospitality. Don't want to be invasive with questions. There are always different volunteers and asking too many questions is not appropriate. They are concerned about protecting the privacy of the people they serve.

Dannette: This is an opportunity to strike a balance. The city does not want to infringe upon anyone.

Ref: Who do we serve?

Dannette: Right now we don't collect meaningful data. What does data collection mean? What does data do? Data collection will be a part of the expectation. There is still time for dialogue to occur surrounding these questions. Wants to work together.

Matt: Collecting data with youth is a challenge. Safe harbors is too intimidating. The demographics used internally are more meaningful than safe harbors. Data is a barrier to building relationships.

Dannette: The city does not want to be intrusive. Don't panic. They have to be able to tell a story with #'s to be able to continue the investment. Anecdotal evidence must be supported by data.

Al Poole: Practical application is that there is a budget crisis. More and more data is the lynchpin of how we compete for resources. We can't compete without data.

Sharon: Will you use data from the past? There is a desire for low barrier data collection.

Al: Depends on who the audience is. The Seattle City Council has been liberal in the past but this is changing. They are asking for more data. We haven't cut basic food programs. We know that we are asking for more, more is being asked of HSD. Data is necessary.

Dannette: This must be a partnership.

Don: Doesn't want barriers. Monthly surveys are used. How far will data collection go? They don't want to scare people away.

Dannette: She doesn't see meal programs doing the intake and assessment portion of data collection. That is asking too much. But she needs numbers to advocate on a city level. She needs the data at her fingertips. She needs it to bring to the city council. What are the implications of these programs with regards to homelessness? She doesn't envision meal programs doing an intake – that would be invasive.

Brent: There is a cost to collecting data. There is no budget for this.

Dannette Allen: Many meal programs don't get city funding. They might not collect data in the same way. Why the emphasis on families? Collecting data on families and individuals is equally important. Both populations matter.

Al: Meal programs will be at the table to decide on data collection methods. HSD struggles with data. They recognize that there is a change afoot, but won't apologize for it. They have to ask the questions. They NEED data. HSD has been a constant advocate for meal programs and need their help to continue advocating.

Dannette Allen: Understands change. But there is a concern for privacy and respect. These populations have already been stripped of so much.

Dannette Smith: Is a bit offended. She wants to uphold people's dignity. She understands respect and is offended that people think she doesn't understand it. Wants to be efficient and humane. If you want to get rid of homelessness you must begin with women and children. She is here to serve people. She wants to partner.

Don: Why the shift from single adults to children and families?

Dannette S: She is not going to get rid of services for single adults. Wants to strike a balance to serve everyone. Seattle's homeless are unique. Must address diverse population needs over time i.e. youth, people with mental health conditions, single women, DV victims etc.

Shayne: Time is up.

Dannette S: Please contact her – dannette.smith@seattle.gov (206)684-0263

Al: The meal provider RFP will possibly be due next year.

Sharon: How will MPs be involved?

Al: We will contact you.

Ref: The city should also collect anecdotal evidence. Thanks Dannette, Al and Fe. Meal programs appreciate the work you do.

Fe: Thanks to DeAnna – she has really stepped up in Doug's absence.

Partner Updates:

Food Lifeline – Rachel Butler:

- NW Harvest conference this Friday
- FLL conference materials on website
- FLL website has been restructured, more user friendly
- Holiday closure dates posted on website

Seattle Food Committee Update – Karen:

- EFAP contract
- Nutrition fair

Seattle Human Services Coalition – Shayne Kraemer: Finished meeting with council members. They want human services to retain funding. Conlin is becoming more interested in supporting human services. RFI process.

Don: 3rd meal added to community meal every Thursday at All Pilgrims Christian Church at 5 PM.

Brent: Next Thursday FLL, MAC meeting. Tell Brent what to share.

Rachel: FLL would love to know ways that they can help support meal programs. Give specifics.

Laureen (Heroes): They are having a fundraising event – Let them Eat Cupcakes. May 14th – 15th

WA Food Coalition – no updates.

CLOSED SESSION: Funding options for MPC (Members only)

Shayne: In light of the RFI that is currently out and the recent budget cuts by the city, MPC must decide what to do to ensure its future. These are three options we currently have to consider as a coalition:

1. Partnership with Solid Ground (Split RFI funding under contract to Solid Ground)
2. Maintain fiscal sponsor relationship with OSL & seek outside funding
3. Dissolve Coalition

Outcome:

General consensus was reached that option 2 was thought best, and that MPC would pursue funding and remain with OSL as fiscal sponsor.

NEXT MEETING: May 12th, 2011 The Compass Center

As meal program providers it is important for us to understand the complex nature of the food systems that we interact with on a daily basis. Below you will find an explanation of terminology that is widely used to describe these systems. These terms are often used without proper definition. Gaining a better understanding of them will not only empower you to read food labels more carefully and plan your menus with a keener eye for incorporating whole, nutritious ingredients, but you will also be more informed. Enjoy!

Artificial Colors -

Artificial Colors, Artificial Flavorings, and Artificial Fragrances are derived from petroleum and coal-tar.

Artificial colors are added to foods to make them look more appealing, however, they contribute nothing nutritionally. In fact, artificial colorings and artificial flavorings may contribute to hyperactivity in children.

The following is a list of artificial colorings, still on the market, which may be unsafe.

Blue No.2. Industry studies have shown an increase in brain tumors among rats fed this additive, which is used in baked goods, cereals, snack foods, ice cream, confections, cherries, pet foods, and beverage powders.

Citrus Red No. 2. This is restricted to coloring the skins of oranges sold in produce departments, and has induced cancer in animals.

Red No. 40. Any artificially colored red, orange, brown, or purple food is likely to contain Red 40. Specific uses are gelatins, puddings, dairy products, confections, beverages and condiments. Research reveals that Red 40 may cause tumors in the lymph glands.

Red No. 3. Some evidence exists that this additive may be harmful, but clear evidence is lacking. It has shown adverse effects on blood and may also cause mutation of the genes. Its use in now banned in cosmetics. It is used in cherries in fruit cocktail and in canned fruits for salads, confections, baked goods, dairy products and snack foods.

Yellow No. 5. This additive has been found to cause allergic reactions. As of July 1, 1982, manufacturers are required to list this additive on labels of foods that contain it. It is used mainly in candy, desserts, cereals, and dairy products. Foods that contain Yellow No. 5 are custards, beverages, ice cream, confections, preserves and cereals.

Blue No. 1, Green No. 3, and Yellow No. 6. No evidence of hazard has been found in these last three additives. However, they may cause an allergic reaction, and products containing them may be required to be labeled in the future.

Artificial Preservatives -

Designed to increase shelf life of products. Some well known artificial preservatives are: BHT, nitrates, sulfites, sulfur dioxide, BHA, etc. Many artificial preservatives are incriminated for their potential to become carcinogenic, increase hypertension, and provoke allergies.

BPA

Bisphenol A, or BPA, is an industrial chemical used to **line food cans, children's juice cartons, make plastic cling wrap, dental sealants, non-breakable plastic water bottles**, etc.

There are some *serious* questions as to how **BPA affects hormones** as it is easily leached into

our food and water.

BPA is considered a xenoestrogen, meaning a substance that **adversely affects** the estrogen in our bodies.

Certified Organic -

In order to be certified, an independent testing company tests a grower's or manufacturers product.

In order to be "certified organic", products must have been grown and processed according to organic standards (federal definition) and must maintain a high level of quality.
To be certified as 100% organic, a product or crop must not have been grown with pesticides, utilized genetic modification, used human sludge as fertilizer, or have been irradiated.

A crop has had to rely on the health and richness of the soil for its growth. The richer the soil, the more enzymes a crop has. Since this is the case, growers, with integrity and time, make every effort to maximize soil fertility using natural systems like crop rotation, fallow fields, and bug-eating animals (ducks in the rice fields, for example), and composing.

To be organic means not only growing crops without the use of chemicals, but also applying natural, even sophisticated, agricultural techniques. Certifying companies therefore include inspections of farm fields and processing facilities, keep detailed record keeping, and periodically test soil and water in order to ensure that growers and handlers have met the standards of organic set by the federal government.

Conventionally-Grown -

Crops or products grown or produced with the aid of pesticides and "modern" growth aides.

Conventional farming is dependent on chemicals to raise disease-free crops. At the moment, the majority of crops grown in the USA, are grown using conventional farming methods.
However, the demand for "cleaner foods" is growing rapidly. Why, organic foods can now even be found in the grocery aisles of Vons, Ralphs and Albertons!

There is good reason for a growing dissatisfaction with conventional crops. USDA data, shows that 73 percent of conventionally grown produce contains at least one pesticide residue.

Conventionally grown crops are six times as likely as organic ones to contain residues of more than one pesticide. Also, the efficacy of pesticide use is dropping--insects are becoming "immune" to the toxins that killed preceding generations, and crop yields are dropping, not rising, as more pesticides are used. Ground water is becoming more polluted, and pesticides linger and accumulate in our livers long after conventionally-grown foods are consumed, or tainted water is drunk.

Ever wonder why there is an increase in auto-immune diseases? Could it possibly be due to the inability of the immune system to rid toxins which pervade our environment?

Free-Trade -

Crops that have been bought from the farmers at a competitive and living wage rate. Reinforces the farmer to plant and maintain the earth, decreases the profits to the middle-men. Free trade is fair trade.

Genetically Modified Foods -

Foods that have been produced by genetic transfers between species. For example, tomatoes which have been spliced with DNA from moths, or pesticides like "Round Up Ready" by Monstanto which have been manipulated into soybean genes so that the pesticide can never possibly be washed off, and will eventually kill anything that eats it, starting with the smallest living things, such as insects, and ending with...?

The most widely grown GM foods are soybeans, corn, cotton (used for cottonseed oil) and oilseed rape, or canola. Other approved GM foods include chicory, tomato (US and EU), melon, papaya, potato, squash, sugarbeet, rice (US only), salmon, peas, rice, etc.

Current Genetically Modified Organism (GMO) Crops -

Soybeans, Corn, Tomatoes, Potatos, Sugar Beets, Farm-Raised Salmon, Cotton, Wheat, Rice, coffee, onions, Canola, and now, Grass, Peas, Alfalfa, even goats and silk. :(
For updated genetically altered crops, see www.greenpeace.org, www.newscientist.com or www.organicconsumers.org.

GMO crops are more prolific than you may think. Over 80% of all corn and soybean grown in the USA has been genetically-modified.

Growth Hormones -

Growth hormones are added to livestock to increase their girth and therefore, price per pound at the time livestock is sold to a meat processing plants, or to increase their milk production. The most widely used growth hormones are rBST and rBGH (genetically-engineered). Growth hormones have recently gotten a lot of attention, as they are passed from livestock to the consumer. Hence, are children, like the livestock, are larger than their genetic predisposition and are maturing at a much earlier age. To read more on rBGH or rBST, click onto this article by Rachel.org on Dangers of Hormones in Milk. Or, the link between Breast Cancer and Beef Hormones.

Hydrogenated Fats –

Fats created by heating vegetable oils at a high temperatures and dousing them with hydrogen gas to form more stable oils with longer shelf lives. The problem with these *"trans fats"*, are that the body does not recognize them, and therefore cannot readily assimilate them.

Hydrogenated fats increase the risk of coronary disease, decrease HDL (good cholesterol) and increase LDL (bad cholesterol) and increase the potentiality for diabetes, among other disrupting effects like breast, lung and skin cancer. See Atkins Center.com for a lengthier analysis.

Irradiation –

Irradiation is exposure to penetrating radiation.

When foods are irradiated, natural digestive enzymes in foods are damaged, or "killed". The foods change molecularly.

Irradiation on fats create free radicals and the fats become rancid. The free radicals combine with existing chemicals (like pesticides) in the food to form new chemicals, unidentifiable by our bodies. Free radical consumption has been incriminated in many cancers.

There have been no long-term studies on the effects of a diet that includes consumption of foods frequently irradiated, or observational studies on infants or children whose diets have consisted on irradiated foods. However, studies on animals fed irradiated foods have shown increased tumors, reproductive failures and kidney damage.

No wonder the kidneys, liver and other excreting organs begin to suffer,-- irradiated foods are considered a toxin by the body.

Irradiated foods at processing plants include meats, vegetables, fruits and juices.

Irradiated foods from your microwave include anything you put into that microwave and heat. Even the molecular structure of water changes when zapped in a microwave.

Irradiated foods have just been approved to be fed as lunch to our children in schools by the FDA and USDA.

Organic –

According to the Federal guidelines, labels on products will be acceptable using the following criteria:

- Foods labeled "100-percent organic" must contain only organically produced raw or processed products.

- Foods labeled as "organic" must be at least 95 percent organically produced ingredients (excluding water and salt).

- Foods that contain 50-95 percent organic ingredients can use the phrase "made with organic (specific ingredients)" and list up to three such ingredients on the main label.

- Foods that contain less than 50 percent organic ingredients can not use the word "organic" on the main label, only on a side label that lists all ingredients.

We do not know how this will play out once the requirements take place. However, we highly recommend your reading the entire ingredients on a product before purchase, regardless of what that front label may say. And avoid non-organic products and by-products of the crops listed

under GMO above, until someone can prove that they will not harm us or our environment in the long-run.

rBST –

Recombinant Bovine Somatotropin (rbST) is a genetically engineered, synthetic bovine hormone created through (rDNA) technology.
rBST/rBGH is given to cows to increase their girth and milk producing abilities. rBST/rBGH, has an extra amino acid (methionine) added to its' DNA chain.
These growth hormones, (rBST and rBGH), appear to pass through into the cow's milk, and into the end-consumer of the milk.
So, it looks like we too are getting growth hormones. :(

Surfactants -

There are three primary types of surfactants, cationic, anionic, or non-ionic.

Anionic surfactants are used as active ingredents in products like hair shampoo, hand dish washing liquids, toothpastes, washing powders and flakes. Anionic surfactants may cause skin irritation, skin ailments, and damage to developing eyes. An example of an anionic surfactant is sodium lauryl sulfate.

Cationic surfactants are anti-bacteria agents. They are found in disinfectants, antiseptics, germicides and sanitizer products. Cationic surfactants are toxic substances and may cause corrosive burns of the mouth and throat if ingested.

Non-ionic surfactants are generally regarded as non- toxic. Non-ionic surfactants (NIS) are composed of alcohols and fatty acids.

There is some concern about the biodegradability of anionic and cationic surfactants, and they role they may play in the disruption of aquatic ecosystems.

Hudson's Baked Tilapia with Dill Sauce

allrecipes.com

Rated: ★ ★ ★ ★ ½

Submitted By: KHUDSON3
Photo By: What a Dish!

Prep Time: 10 Minutes
Cook Time: 20 Minutes
Ready In: 30 Minutes
Servings: 200

"Baked tilapia seasoned with Cajun and citrus served with a creamy sauce of fresh dill and lemon."

INGREDIENTS:

- 200 (4 ounce) fillets tilapia
- salt and pepper to taste
- 3 cups and 2 tablespoons Cajun seasoning, or to taste
- 50 lemon, thinly sliced
- 12-1/2 cups mayonnaise
- 25 cups sour cream
- 2 tablespoons and 1/4 teaspoon garlic powder
- 1 cup and 1 tablespoon fresh lemon juice
- 6-1/4 cups chopped fresh dill

DIRECTIONS:

You have scaled this recipe's ingredients to yield a new amount (200). The directions below still refer to the original recipe yield (4).

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
2. Season the tilapia fillets with salt, pepper and Cajun seasoning on both sides. Arrange the seasoned fillets in a single layer in the baking dish. Place a layer of lemon slices over the fish fillets. I usually use about 2 slices on each piece so that it covers most of the surface of the fish.
3. Bake uncovered for 15 to 20 minutes in the preheated oven, or until fish flakes easily with a fork.
4. While the fish is baking, mix together the mayonnaise, sour cream, garlic powder, lemon juice and dill in a small bowl. Serve with tilapia.

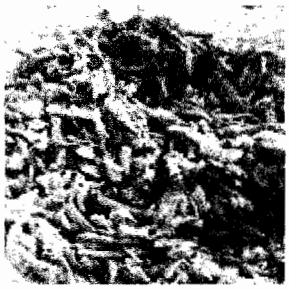
Nutrition Information

Servings Per Recipe: 200
Calories: 284

Amount Per Serving	Amount Per Serving
Total Fat: 18.6g	**Total Carbs:** 5.7g
Cholesterol: 62mg	Dietary Fiber: 1.5g
Sodium: 598mg	**Protein:** 24.6g

Asian Coleslaw

allrecipes.com



Rated: ★ ★ ★ ★ ½

Submitted By: RRITCHESKE
Photo By: chri55y98

Prep Time: 30 Minutes
Ready In: 30 Minutes
Servings: 200

"This is a three cabbage slaw - green, red, and napa - but the real delight is the dressing. It is made with creamy peanut butter laced with brown sugar, fresh ginger, and garlic - and a bit of oil, vinegar, and soy sauce."

INGREDIENTS:

7-1/2 cups rice wine vinegar
7-1/2 cups vegetable oil
6-1/4 cups creamy peanut butter
3-3/4 cups soy sauce
3-3/4 cups brown sugar
2-1/2 cups minced fresh ginger root
1-3/4 cups and 2 tablespoons minced garlic
100 cups thinly sliced green cabbage
40 cups thinly sliced red cabbage
40 cups shredded napa cabbage
40 red bell peppers, thinly sliced
40 carrots, julienned
120 green onions, chopped
10 cups chopped fresh cilantro

DIRECTIONS:

You have scaled this recipe's ingredients to yield a new amount (200). The directions below still refer to the original recipe yield (10).

1. In a medium bowl, whisk together the rice vinegar, oil, peanut butter, soy sauce, brown sugar, ginger, and garlic.
2. In a large bowl, mix the green cabbage, red cabbage, napa cabbage, red bell peppers, carrots, green onions, and cilantro. Toss with the peanut butter mixture just before serving.

Nutrition Information

Servings Per Recipe: 200
Calories: 184

Amount Per Serving	Amount Per Serving
Total Fat: 12.6g	**Total Carbs:** 16.1g
Cholesterol: 0mg	Dietary Fiber: 3.4g
Sodium: 514mg	**Protein:** 4g

Stuffed Cabbage Rolls

allrecipes.com

Rated: ★ ★ ★ ★ ½

Submitted By: Judy
Photo By: Em

Prep Time: 20 Minutes
Cook Time: 40 Minutes

Ready In: 1 Hour
Servings: 200

"Cabbage leaves are stuffed with ground beef, rice and onion, then simmered in tomato soup. Works great on the stove or in a slow cooker."

INGREDIENTS:

- 16-2/3 cups water
- 8-1/3 cups uncooked white rice
- 200 cabbage leaves
- 25 pounds lean ground beef
- 6-1/4 cups chopped onion
- 25 egg, slightly beaten
- 1/2 cup and 1 teaspoon salt
- 2 tablespoons and 1/4 teaspoon ground black pepper
- 25 (10.75 ounce) cans condensed tomato soup

DIRECTIONS:

You have scaled this recipe's ingredients to yield a new amount (200). The directions below still refer to the original recipe yield (8).

1. In a medium saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
2. Bring a large, wide saucepan of lightly salted water to a boil. Add cabbage leaves and cook for 2 to 4 minutes or until softened; drain.
3. In a medium mixing bowl, combine the ground beef, 1 cup cooked rice, onion, egg, salt and pepper, along with 2 tablespoons of tomato soup. Mix thoroughly.
4. Divide the beef mixture evenly among the cabbage leaves. Roll and secure them with toothpicks or string.
5. In a large skillet over medium heat, place the cabbage rolls and pour the remaining tomato soup over the top. Cover and bring to a boil. Reduce heat to low and simmer for about 40 minutes, stirring and basting with the liquid often.

Nutrition Information

Servings Per Recipe: 200
Calories: 223

Amount Per Serving	Amount Per Serving
Total Fat: 13.1g	**Total Carbs:** 13.3g
Cholesterol: 69mg	Dietary Fiber: 0.9g
Sodium: 657mg	**Protein:** 12.8g