



Livingston Parish FCS Advisory Leadership Council Meeting Minutes

Meeting Date: Wednesday, March 31, 2010
Time: 10:00 – 12:00 a.m.

Location: Livingston Parish Health Unit

Meeting Called to Order: Natasha Pittman
Facilitator: Natasha Pittman

Minutes Prepared: Natasha Pittman

Members in attendance:

Kelly Bittola	DSS/ OFS Community Specialist
Carolyn Carpenter	LVFC
Rhonda Grace	DSS/ OFS Community Specialist
Nelda Graham	LVFC
Pamela Nevle	LVFC
Natasha Pittman	LSU AgCenter
Valerie Vincent	LSU AgCenter

The meeting was opened by Natasha Pittman who welcomed Council members and began introductions. Natasha Pittman reviewed the agenda, informed members of the roles, structure, and responsibilities of the Advisory Council and the members. The mission and vision of the La Cooperative Extension Service and LSU Ag Center were addressed using a PowerPoint handout entitled “Understanding Extension”.

The following Family and Consumer Science Initiatives were discussed:

1. Family Resource Management
2. Nutrition and Health
3. Family and Child Development
4. Leadership & Volunteer Management

Members of the Council were informed that their names and the minutes of the meeting were going to be posted on the Livingston Parish LCES website. Additionally, members were informed that they were to sign agreement forms on these terms. Advisory Council members were informed of the date, time and location of the Parish Overall Advisory Council which includes FCS, 4-H and Agriculture Advisory Council members. Those representing the FCS Advisory Council on the Overall Parish Council included: Mary Broussard, Connie Arceneaux

(absent) and Sharon Martin (absent). Connie Arceneaux currently serves as Chair of the Overall Parish Council for a 2-year term of office ending in 2010.

Natasha Pittman discussed the top concerns from the FY2010 Advisory Council meeting and explained some ways those concerns have been addressed:

- Nutrition education in both Head Start centers in the parish through providing lessons to the children and by sending home parent information regarding what their children learned and ways to continue that education at home. Additionally, lesson plans have been provided to Head Start teachers to continue the nutrition education throughout the week including games, songs, tasting activities, etc. Parent workshops have also been conducted at the Livingston Head Start Center in Walker.
- Smart Bodies was offered in two public schools in cooperation with a Healthy Livingston Parish grant from the Baton Rouge Area Foundation. This train the trainer program offers interactive hands on learning, physical activity and an educational exhibit called Body Walk. As part of the expanded program this year we were able to hold a Healthy Family Fun day at North Park which included a walk around the new walking trail, health screenings, flu shots, etc. Educational sessions were held at school open houses, PE equipment was given to the two participating schools, and each school was eligible to send two classes on a field trip to the Fast Food Farm in Gramercy.
- One school this year offered a breakfast for parents and children which included a parent nutrition education session once the kids returned to class. The session addressed the topic of weight bias and the importance of healthy lifestyles regardless of size, and how to keep an open line of communication with kids.
- MyPyramid was explored at a summer camp to low-income kids in Denham Springs. Kids involved were able to taste new foods, and even learn to prepare their own healthy snacks and meals.
- America On the Move was offered in most Livingston Parish libraries and advertised throughout the parish in the local newspapers, at the libraries, and on the LSU AgCenter Livingston parish website. Additionally a social networking website was created to compliment the program, and Smart Portions classes were offered to provide support and education to participants.
- We also continued to distribute educational materials at food banks and commodity distribution sites, visit health fairs, education through the 4-H program, provide support and programs from community partners, as well as continue to support the Food Stamp Office Resource kit placed in the Livingston Parish Office of Family Support.

Natasha discussed the County Health Rankings for Livingston Parish and explained that our parish situation remains the same as it has in recent years. Our primary FCS focus for the parish will be nutrition rather than nutrition and family resource management due to the retirement of our Family Resource Management agent, Laura Lea Perault. Additionally, as in the past, nutrition education available in the parish will focus mostly on low-income target audiences. Natasha then reviewed the target audiences of the Family Nutrition Program along with the program goal, subject matter offered, and how FNP determines eligibility of audiences.

Natasha then opened the floor for questions, discussion and suggestions to generate ideas and to assist committee members get a better idea of FCS as it relates to the parish situation and the Family Nutrition Program. Members were asked to write questions and issues on a piece of colored paper and place them on a sticky wall for group discussion, then were asked to write ideas, suggestions and programming related issues on a separate sticky wall. Comments from wall were read aloud, clarified, discussed and expanded.

The top issues related to expanding FNP education in Livingston Parish were to partner with LVFC to expand America On the Move programming into FNP eligible schools to create walking programs and monthly nutrition education sessions; partner with the new North Oaks hospital once opened in Livingston to offer education where appropriate; partner with the Family Resource Center in Walker to distribute nutrition education information and conduct workshops; set up FSORK kits at Medicaid application centers; offer educational workshops in Class A childcare facilities; offer Master Nutrition volunteer program in Livingston; nutrition education table at school open houses; partner with library summer programs – if Natasha can't because of FNP restrictions, then possibly the LVFC can assist; offer educational programs and materials at Council on Aging meal sites. There was much discussion about Livingston Volunteers for Family and Community (LVFC) assisting in program implementation to help fill the needs in the parish.

The meeting was adjourned by Natasha Pittman at 12:00pm.