



October Coalition Meeting

**Warrensville Heights Branch of
the Cuyahoga County Library**

October 12, 2018

Welcome and Introductions

Welcome Shayla!!

Strategic Plan Progress

- Goal: Take stock of our progress in 2018 on the Strategic Plan
- Refine objectives where warranted
- Get as far as you can – we are going to roll this activity over to November as well

Working Groups

- Please select the health priority working group that you would like be involved with or have an interest in supporting.
- Use worksheets provided to capture progress, propose additions and/or revisions, and provide comments



This project is generously sponsored by the Mount Sinai Health Care
Foundation

Why Good to Go Foods?

- Limited access to healthy, affordable and convenient foods for children, families, and ECE providers
- Rising rates of obesity, hypertension, and diabetes impact many communities and disproportionately affect communities of color
- Rise in popularity of convenience and fast food meals for families with busy lives
- Families with limited household budgets have significant barriers to purchasing and consuming healthy foods

Good to Go Foods Concept

- Social enterprise providing fresh, delicious, affordable meals to providers and families they serve
- Support for providers, provider staff, and families in making healthy choices including healthy recipes and family engagement activities
- Convenient pick up locations at providers and other community locations



Good to Go Foods

So, what's in the bag?

A SYSTEMS
APPROACH



A LIFETIME OF
HEALTHY HABITS



PERKS FOR PROVIDERS
& PARENTS



What's next for Good to Go Foods?

- Talking with more parents and caregivers to better understand what type of meals would meet their needs
- Develop potential menu options with local team that has worked for an ECE provider
- Test menu items and pilot program with providers and families

Interested in learning more?

Have ideas?

We would love to talk with you!

We're also interested in talking with parents and caregivers about this idea and learning what types of meals would make it easy for their families to eat healthier. Please contact us if you can help make connections to families. Thank you!



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EAHS Updates

- New EAHS materials! Please take and disseminate
 - Infographic
 - Healthy Family checkpads
 - EAHS placemats

EAHS Resource Guide

- We heard you loud and clear!
- Our goal is to make EAHS a comprehensive resource hub for early childhood health and wellness.
- We intend to both update and further populate the Resource page on the EAHS website.

Resource Info Needed

Name of organization

Website

Contact Person, email, and phone number

Intended Audience

EAHS Health Priority that resource fits

Brief Description of Resource

EAHS Resource Guide

- Please provide us information in 1 of 2 ways:
 - Email us at info@earlyageshealthystages.org

OR

- Visit the local resource page on the EAHS website and fill out the form

Health Champions

- Opportunity to apply is open. Deadline to apply is October 19, 2018
- Selected Health Champions will be announced at the November EAHS meeting

Next Meeting

November 9, 2018

- Agenda:
 - Working groups: Taking stock of our progress on the strategic plan
 - Social Media campaign
 - Update: EAHS Project with Tufts University