



# HSMP Healthy Food Panel Discussion Subcommittee

Thursday, April 11, 2024

# Agenda

1. Introductions
2. Panel Planning
3. Panel 1
4. Panel 2
5. Communications Plan
6. Action Items

# Introductions

- Brian Abell, Southern Maryland Tennis Foundation, CDAT Co-Chair
- Christine Allred, Univ of MD Extension SNAP-Ed
- Rihana Bouhoussein, Community Member
- Christine Delise, Aetna Better Health of Maryland, CDAT Co-Chair

# Panel Planning

- Locations for the event(s) would likely be at either the Leonardtown or Lexington Park branches of the St. Mary's County Public Library, as they are open until 8PM and would allow us to reach the proposed targeted audiences for the discussions.
  - Christine Delise provided SMCPL Meeting Rooms amenities [here](#).
- The group reviewed [Carroll Hospital's Mini-Nutrition-in-Media Course](#) for examples on how to format the discussion and event(s).
  - First session covers detox diets and cleanses
  - Follow-up sessions cover “hot topics” like ketogenic diets, intermittent fasting, and how to deal with nutrition misinformation on social media.
- The team discussed implementing two (2) events targeting different audiences during mid-July through late September of this year.

# Panel 1

## Targeted to Adults (18+):

- Proposed Speakers: Three or four panelists to discuss the different lifestyle/fad diets (without endorsing one) and promoting the USDA/My Plate diet as the best option
  - Lisa Kelley, The Real Food Studio (store) and owns a few restaurants
  - Christine Allred, UME Snap-Ed
  - Rihana Bouhoussein - community member
  - Moderator: Brian Abell
- Proposed Format: Evening at Lexington Park Library Tues, 9/10 or Wed, 9/11 (Labor Day is week prior on 9/2)
  - Refreshments if budget permits; perhaps catered/donated by The Real Food Studio?
  - Vendor tabling with relevant nutrition information
  - 1 ½ to 2 hours (time TBD):
  - Refreshments/vendor visits: 20 minutes, program: 45 minutes, Q&A: 15 minutes, vendor visits after: 15 min.
- Potential Vendor Tables
  - Food of the Good Earth
  - The Real Food Store
  - Health Dept
  - Snap-Ed
  - Aetna Better Health of Maryland – My Plate imprinted plastic plate giveaways

# Panel 2

## **Targeted to Adults with Children/Parents:**

- Proposed Speakers: Two to three panelists, possibly maternal health-focused
- Would be implemented after first event on a smaller scale
- The presentation could be hosted after a Story Time event at the library location selected (TBD)
- This could be a good event to partner with SMCHD language services team to provide translation. The library hosts Spanish-speaking story time and would be a smaller crowd to translate for.
- Bilingual outreach materials with relevant nutrition information for Moms

# Communications Plan

- Publicity plan for future panel discussions:
  - Use Farmer's Feeding St. Mary's 8/15 & 9/7 events to promote panel event with a possible target date of Tues, 9/10 or Wed, 9/11
  - HSMP social media/newsletters
  - HSMP members through their media channels

# Action Items

- **Christine Delise** will follow up with Amy Ford, Manager at the Lexington Park Library branch regarding proposed dates/time for first event and inquire if story time events are held in the fall.
- **Aniko Renee** will provide subcommittee meeting notes to HSMP leadership and will provide feedback on the upcoming CDAT monthly meeting slide discussing the subcommittee and nutrition education. A PDF version will be sent via email to CDAT co-chairs by Fri. 4/19
- No additional meetings have been scheduled at this time.



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