

August 1, 2017

Fresh Conversations Training – Coordinators

10 a.m. to 4 p.m. Lunch in East Village

Location: Iowa Association of Community College Trustees, 855 E Court Ave, Des Moines

Communication

Monthly calls

Facebook page

Online surveys

Communication between coordinators and facilitators

Monitoring

Revised tool for fidelity (Sarah)

Construct reviews of newsletters and guides (Sarah)

Lunch followed by open agenda time (What's on your mind?)

Resources

ISUE nutrition programs for seniors (Sarah Francis)

Spend Smart, Eat Smart (Jennifer)

National nutrition resources and senior hunger/malnutrition advocacy (Carlene)

Discussion about visual aids and other education enhancements (bulletin boards, etc.)

Topics and Recipes – Discussion and Brainstorming

Annual Training for facilitators (Share resources and outcomes from training – ideas for FY18)

Recruitment of Facilitators



August 2, 2017
Fresh Conversations Training with Coordinators and Nutrition Directors
Location: Botanical Garden, DuPont Room

Light Breakfast at 8:00 a.m. Lunch provided around noon

Welcome and introductions (**Training begins at 8:30**)

Fresh Conversations updates from AAAs: (Each AAA will respond to one topic at a time. Nutrition Directors and program coordinators can provide information.)

- Program delivery (reach, expansion plans, recruitment and retention of facilitators)
- Involvement of community partners (How do you involve community partners in FC?)
- Publicity or invitations to community leaders and legislative offices to visit a FC meeting
- Barriers and opportunities (What obstacles do you face? Where do you see new opportunities?)

Public Health BRFSS Data for Older Iowans (Cathy)

- Making the connection to healthier food and health promotion programs:
 - How do you partner with produce box or garden donation programs such as Growing Together and/or food banks/food pantries?
 - How do you connect Fresh Conversations to other evidence-based programming such as Matter of Balance, Better Choices Better Health or ISU health promotion programs?
- What are you most excited about for FY18? What keeps you up at night?
- Annual training for your facilitators – highlights

Afternoon 1 to 4

- Update from ISU Extension (Sarah Francis)
- Update from IDA (Carlene)
- Update from IDPH SNAP-Ed (Doris and Suzy)
- Iowa Senior Hunger Network (Jennifer)

Nutrition Directors meet with Jill, Marilyn and Carlene (contract administration)

Coordinators meet with Doris and Jennifer

