

Healthy  
Eating  
Research



**NOPREN**  
Nutrition & Obesity  
POLICY RESEARCH & EVALUATION NETWORK

# Summer Speaker Series for Students 2024

# Getting Started!

- Update your name on Zoom, if needed
  - *Right click on your Zoom box, click “rename”*
- Type your name and institution into the chat box!
  - *Question: Which best describes you?*
    - *Ex. Undergraduate Student, Dietetic Intern, Masters Student, Doctoral Student, Post Doc, Public Health Practitioner, Researcher/Professor, Other*
- Remember to keep yourself on mute.
- Type your questions into the chat box.

# NOPREN HER Summer Series for Students

## Schedule and Topics

- June 12: Food Policies in Schools - More than just Lunch!
- June 26: Food is Medicine: What does it mean?  
Where are we going?
- July 10: Leveraging Food Service Contracts at 4-year Public Universities to Understand Meal Plan Costs and Affordability
- July 24: Policy Systems and Environmental Strategies to Support Young Children's Diet and Health
- **August 7: Collaborating Successfully across Sectors toward Nutrition Security**
- August 14: Student Presentations

The series will take place  
on Wednesdays from  
**4:00 - 5:00 pm EST**

For more information or to register:

<https://nopren.ucsf.edu/her-nopren-summer-speaker-series-students-2024>

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Session 5: Collaborating Successfully  
across Sectors toward Nutrition  
Security

# Rural Food Access Work Group

## **Work Group mission:**

To advance the conduct of collaborative research that addresses the environmental, policy, and economic issues related to rural food access.

## **Activities:**

We (1) convene researchers and practitioners via monthly webinars focused on emerging findings and relevant methods, and (2) facilitate the engagement of interested members in WG-related research projects.

**Meetings are the 3rd Thursday of the month from noon-1 pm EST.**

***Please contact Kate Garrity ([kategarr@umich.edu](mailto:kategarr@umich.edu))  
to be added to our listserv.***

## Our Premise:

Working across sectors is not only advantageous, but essential, to improving food and nutrition security, especially in communities that have been marginalized, underserved, or disinvested from over prior generations (*e.g.*, rural communities).

## ***But how?*** → Today's Learning Objectives:

1. Characterize the unique challenges of and opportunities for nutrition security cross-sector collaborations in marginalized, underserved, or disinvested communities.
2. Discuss at least 3 concrete strategies for facilitating successful cross-sector nutrition security collaborations.

# Today's Presenters



**Molly Sowash**

*Sustainable Agriculture Director, Rural Action  
Owner and Operator, MoSo Farms*



**Kate Garrity**

*Registered Dietitian  
PhD Candidate, University of Michigan*





**Molly Sowash**

**Sustainable Agriculture Director**

[molly@ruralaction.org](mailto:molly@ruralaction.org)



**MoSo Farm**

**MoSo Farm Owner Operator**

[@mosofarmin](https://www.instagram.com/mosofarmin)

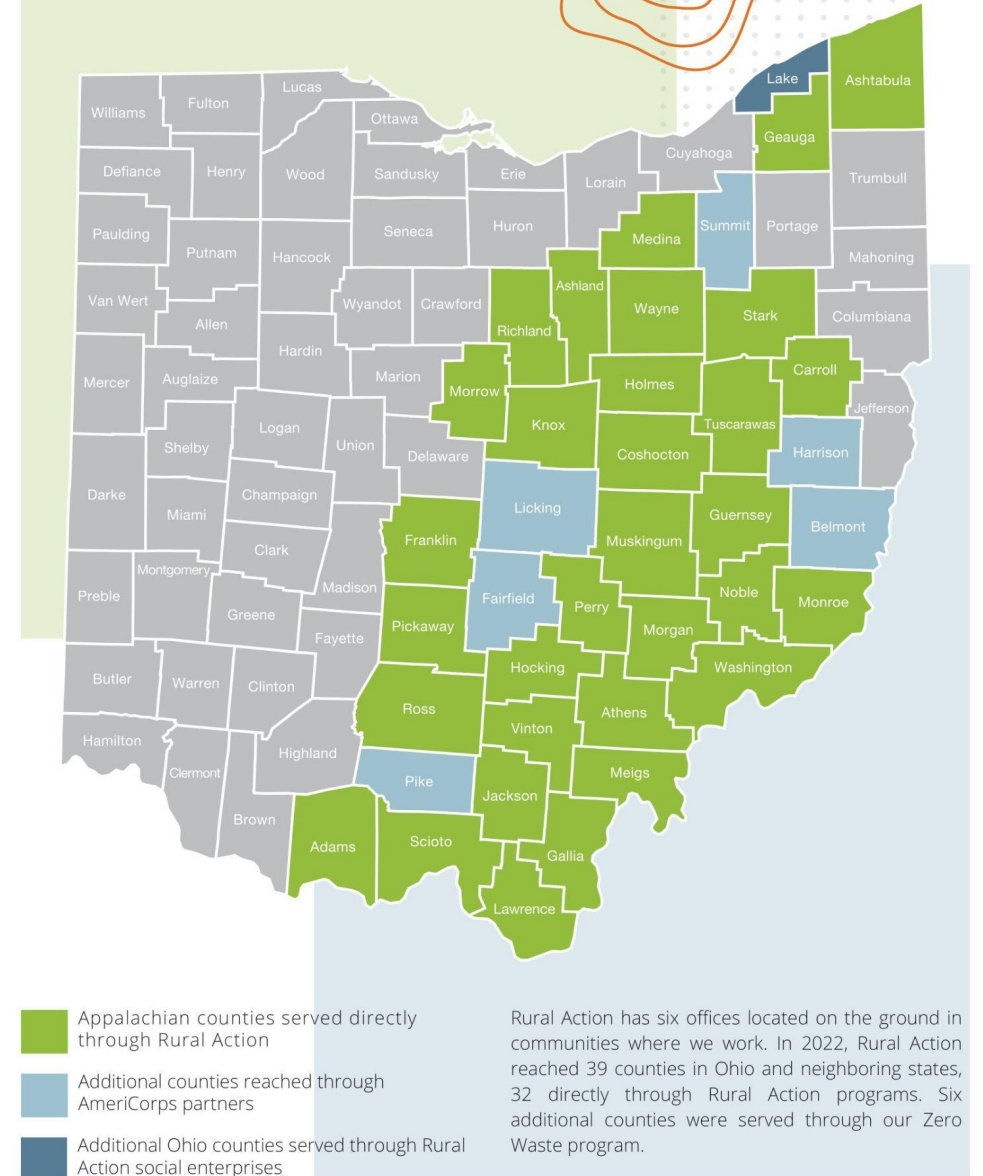


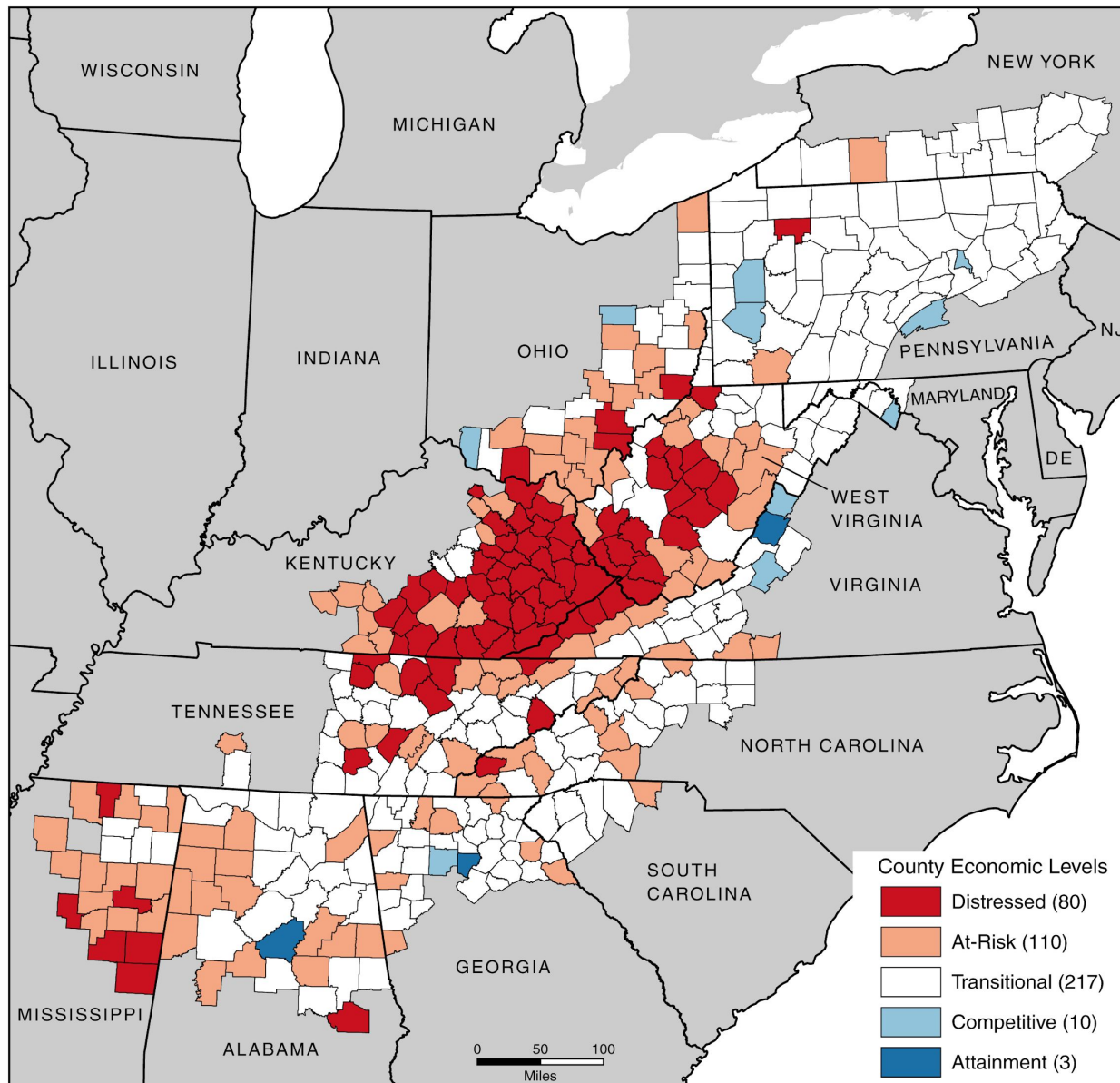
# Rural Action

Thriving Communities, Healthy Environments

- Serving Appalachian Ohio since 1994.
- Our **Mission** is to build a more just economy by developing the region's assets in environmentally, socially, and economically sustainable ways.

## Where We Work





Created by the Appalachian Regional Commission, June 2019

Data Sources:

Unemployment data: U.S. Bureau of Labor Statistics, LAUS, 2015–2017

Income data: U.S. Bureau of Economic Analysis, REIS, 2017

Poverty data: U.S. Census Bureau, American Community Survey, 2013–2017

Effective October 1, 2019  
through September 30, 2020

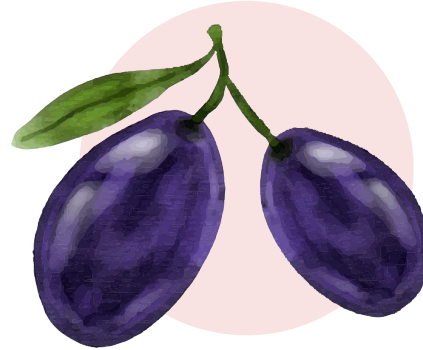


# Sustainable Agriculture Program

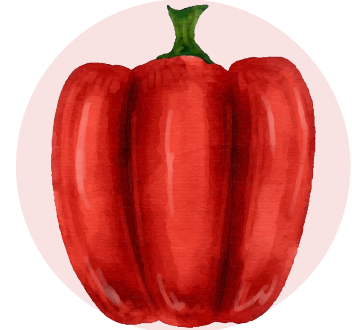
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**Food Hub Development**



**Farmer Support**



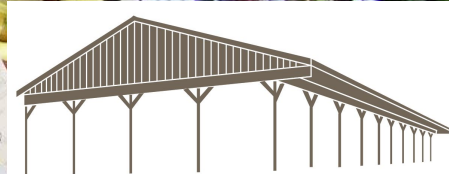
**Farm to Institution**



**Local Food Access**



**Appalachian Staple Foods  
Collaborative**



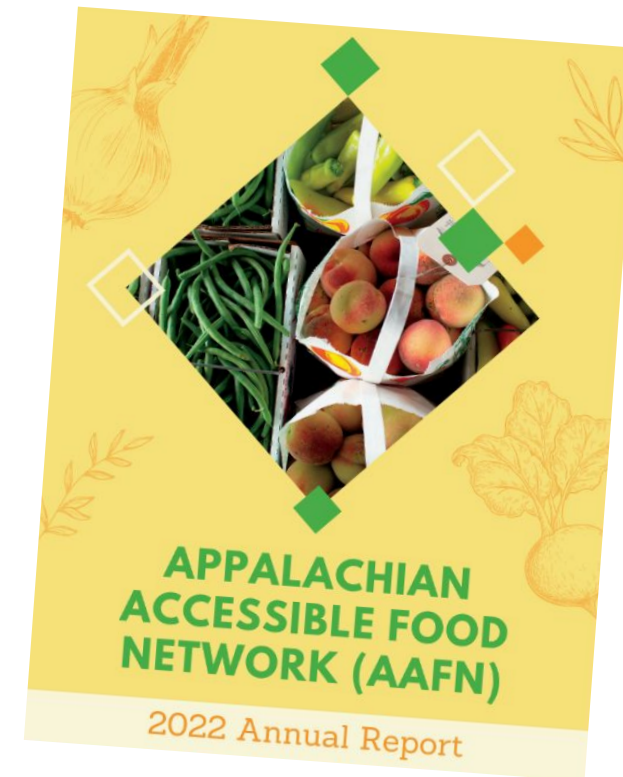
# CHESTERHILL PRODUCE AUCTION

A RURAL ACTION SOCIAL ENTERPRISE



# Local Food Access

- **Appalachian Accessible Food Network (AAFN)**
  - Three partnering non-profits
  - Southeast Ohio Food Bank
- **Projects include:**
  - Farm to School
  - Produce Prescriptions
  - Country Fresh Stops
  - Buying Club - Local Food for All



**“It is a significant challenge for Ohio to acknowledge that more than one quarter of the population, in a prominent farm state, is unable to afford the food they need.” - Ken Meters**



What is your favorite item of produce that grows locally near you?



# Produce Prescriptions

- **Weekly shares of seasonal, local produce for healthcare patients managing difficult health conditions and/or experiencing food insecurity.**
- Rural Action's role is to...
  - purchase bulk amounts of local produce from the Chesterhill Produce Auction and other local producers
  - package the produce into mixed bags of seasonal fruits and vegetables
  - deliver them weekly to clinics that serve as pickup sites
- Healthcare provider's role is to...
  - refer patients to the program
  - communicate with patients about pickup times and reminders
  - track data for evaluation





# 1. Procure local produce



## 2. Pack shares



# 3. Load vehicles



## 4. Deliver to 7 clinics (6 counties)



# 5. Healthcare clients pick up produce share



# What makes it work?

→ **Our strength is our deep partnerships.**

- ◆ Going back 30 years in some cases → collaboration, trust take time
- ◆ Trusting relationships with farmers, other non-profits, healthcare providers
- ◆ **We depend upon each other.**

→ **We have had to work through challenges** over the partnership's lifecourse.

- ◆ Strategy 1: Formalizing the partnership → Appalachian Accessible Food Network
  - Common vision + mutually-reinforcing activities + shared impact reporting
- ◆ Strategy 2: Regular AAFN meetings/continuous communication
- ◆ Strategy 3: Staff liaison that works at the intersection of multiple organizations

→ **We have leveraged unique assets** and opportunities:

- ◆ Local food sourcing as a “leader in the state” according to Ohio Dept of Ag.
- ◆ Strong local growers with a food hub to aggregate produce

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# Working toward cross-sector collaborations: strategies for trainees

**Kate Garrity, MS, RD**

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Ph.D. Candidate

University of Michigan's School of Public Health

Department of Nutritional Sciences



# Strategies for Trainees

## → **Be Proactive** in building your network

- ◆ Reach out to scholars who inspire you (e.g., after conference or webinar)
- ◆ Join relevant organizations/associations and participate in their activities
- ◆ Expand your mentoring committee to include non-academics

## → **Develop foundational skills**

- ◆ *e.g.*, effective communication, community-engaged research, project management

## → **Show up and be engaged**

- ◆ Be present in meetings! Take notes, speak up
- ◆ Observe how things work in practice → flexibility, adaptability are key

**These strategies can be accomplished via classes, webinars, trainings, involvement in associations, internships, and hands-on project experiences!**

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Q&A

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Breakout Rooms

# Choose Your Room - Discuss Strategies for Success...



**Molly Sowash**

*Practitioner/Org Perspective*



**Kate Garrity**

*Trainee Perspective*



**Jennifer Garner**

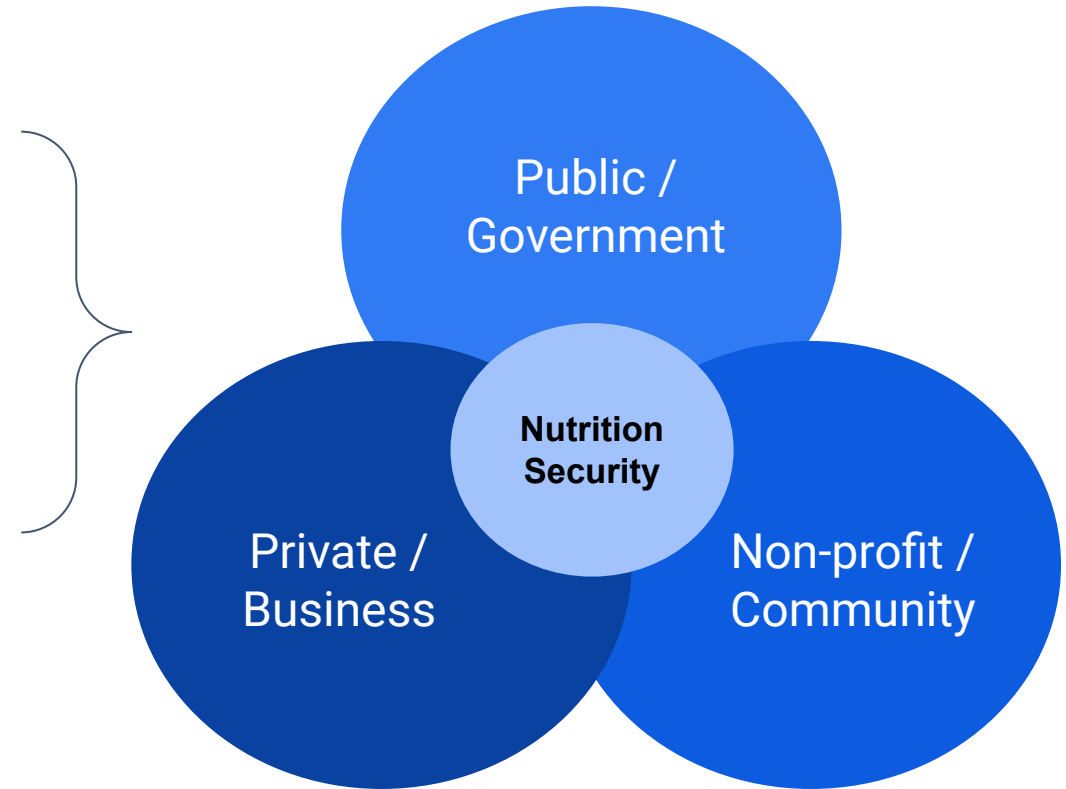
*Researcher Perspective*

# Bringing it all together...

## Summer Speaker Series 2024:

- June 12: Food Policies in Schools
- June 26: Food is Medicine
- July 10: University-based Food Service
- July 24: PSE Strategies for Child Health

## Cross-Sector Collaborations





**Please fill out the session evaluation after today's session.**

- You should be directed to fill it out after the call ends OR you may scan the QR code on the right.

**Join us for the next session of the speaker series!**

- Wednesday, August 14 from 4:00 - 5:00 PM ET
- Student Presentations and Posters



To view past recordings, visit <https://nopren.ucsf.edu/her-nopren-summer-speaker-series-students-2024>