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| **Communities build what they dream. Families get what they need. Children thrive.** |

Present: 26

**AOK Network Meeting Notes:**

* Introductions
	+ What are you looking forward to in the new year?
* Workgroup Updates:
	+ *Food Resource & Access:*
		- Community Garden for 2023: volunteer hours
		- Food resource guides
		- Sites to find local food resources:
			* <https://eat-move-save.extension.illinois.edu/>
			* <https://riverbendfoodback.org/findfood/>
			* <https://freedge.org/freedge-yourself/>
	+ *Health & Wellness*
		- ECMH Kits: one spring, one summer
		- Expectant parent mental health kit
		- ECMH event at Community Garden
		- Cultural Eating Event
		- HEALNL event at community garden spring/summer
	+ *Learning through Play*
		- Hug-A-Book Events
		- LTP planting seedlings
		- Take home sensory kits: indoor and outdoor
		- Parent group: support group, parent cafes, single mom group
		- Collaborating as a network for Week of the Young Child
* 2023 AOK Events
	+ *Collective learning event with speakers*
		- Another event this year
		- Last year – COVID Kids
		- Shared through network – available to everyone
		- Previous propositions:
			* Child mental health
		- Current propositions
			* Maternal disparity – racial dive in maternal care and outcomes
			* Workforce recruitment/retainment – How do we address these issues?
	+ *Lunch and Learn Event Topics*
		- Workforce recruitment/retainment
		- Doulas
		- Birth to Five Illinois – Action and Family Council information
		- Information about local companies/agencies – helps with referrals and recommendations (Early Head Start/SAL)
	+ *Resource Fair*
		- Last year in June – overlapped with other holiday wasn’t as big of a turnout as hoped
		- Potential 2023 Date: April 1st (Saturday) to kick off Week of the Young Child activities
		- Location possibilities: Spirit, Mind, and Body Center (YMCA), Mercado on Fifth Center, Esperanza Center
		- Start planning now for advertisement and scheduling purposes
		- Social media campaign for Week of the Young Child and resource fair events
		- ROE will be having a resource fair this year after not having one past couple of years due to pandemic
		- Traveling resource fair – possibility
* Network Updates:
	+ More representation in Steering Committee – feel free to sign up
	+ Presentations from partners during Network meetings
		- Presentations could be about your program or a topic that you specialize in
	+ Don’t forget to request yellow pages or food resource guides – we still have numerous to hand out to the community members that need these resources
* Parent Ambassador Update
	+ Flyer made
	+ Position Description made
	+ Survey made
	+ Looking for two parents within the community who have children birth to five to help advocate for other parents (parents as partners)
	+ Stipend available for parent ambassadors
	+ If you know of people who are interested or know of potential candidates send them my way! Contact Autumn Glass at autumng@foreverychild.org or 309-736-7170 ext 130
* Partner updates:
	+ *QCON:*
		- Still interviewing for open position(s)
		- Zero Suicide – 16 people trained to train their organizations as well as coordinate their own trainings to bring knowledge to the community
			* Changes the way we talk about mental health
			* Information and referral process is a struggle particularly with mental health
			* Ideal to have a clear streamline path for referrals regarding mental health to lower the suicide rate and bring awareness to mental health
	+ *Safe from the Start:*
		- Fully staffed for the first time in awhile
		- Newest Play Therapist is Lauren – specializes in Art Therapy
		- If you have any referrals to make to help build client base send them to catherineb@foreverychild.org
	+ *Community Education*
		- Parent volunteers for parent support groups needed
	+ *Early Head Start*
		- 168 slots usually however with new program 15 new slots are available – new program is located in East Moline
		- Literacy Event – February 14th – Avenue of the Cities in Moline
		- New program for Skip-A-Long in relation to their PI (prevention initiative) program
		- Interested in presenting a vision for upcoming year (Lunch and Learn)
	+ *CASA (Court Appointed Special Advocates)*
		- New Training starting this weekend – Weekend Warrior
			* 30 hours of training in two weekends
			* Have 6 people attending
	+ *University of Illinois Extension*
		- Winter Wellness February 25th @ Singing Bird Lodge in Black Hawk Park
		- To promote hygge – cozy feeling
		- Had presentations and booths last year
		- This year focusing more on a booth set up
		- Tayler and Mitchell will send out more information about this soon
		- Outdoor scavenger hunt with tokens to collect and a soup kit upon token collection
		- Also will be fully staffed with snap-ed department
* Presentation: University of Illinois Extension – Snap-Ed by Tayler Louscher and Mitchell Walker
	+ *What is University of Illinois Extension?*
		- Research taken at the university level and implemented in all 102 counties in Illinois
		- Address multiple sectors at once
		- University of Illinois Extension primarily works in Rock Island, Mercer, Henry, and Stark Counties
	+ *Illinois Nutrition Education Programs (INEP)*
		- Provide nutrition education to individuals and families in communities
		- Nutrition security as big of a problem as food scarcity
	+ *Social ecological model*
		- Good framework for social wellness
		- Snap-Ed focuses on the policy, environment, and community levels
	+ *Opportunities for Partnership*
		- Variety of options
			* Food access and nutrition security
				+ People need access to **quality** food
			* Serve on committees and coalitions
			* Help with self-assessments to support program planning
			* And so much more
	+ *Riverbend Food Bank*
		- Working closely with RBFB
		- Ensuring they have more nutritious food items available to families and individuals who come to their food pantry
		- Adopt nutrition policy that follows various cultures and diversities within community
		- Survey was distributed and focused on four main groups
			* People living in rural areas
			* People of color
			* Immigrants or Undocumented citizens
			* People of Spanish descent
		- Wrote nutrition policy based off of survey responses
	+ *Floreciente Community Garden*
		- Writing grant to get funding for garden
		- Run by people in the neighborhood and benefits people in the neighborhood (Floreciente)
		- Recently started community garden committee
		- Good opportunity for more than just a garden
		- Committee meetings for the garden start up in February
		- A lot of growth and opportunity
	+ *Go NAP SACC (website)*
		- Certified technical assistance providers
		- Different categories that focus on health and wellness
		- Helps to come up with a plan at agencies and organizations
	+ *Staff trainings*
		- Gateway approved
		- Trainings available:
			* Healthy mealtimes, etc
	+ *Eligibility Requirements:*
		- Operate on federal grant
		- 50% or more of CACFP
		- 50% or more of families receive help with childcare through CCAP, etc
	+ *Family Programming*
		- Get kids excited about eating healthier and gives parents the resources to do so
		- Eat, Play, Grow
			* Designed for children and their caregivers
		- Eat. Move. Save Booths
			* Interactive booth at events with recipes to share, games for kids, etc.
	+ *Adult Programming – Family and Adult Direct Education*
		- CREATE Better Health
			* Adult cooking curriculum
			* Helps families be creative with food
			* Has easily accessible ingredients