



Priority 3: Improve access to healthy choices and healthy environments for parents and children, to increase healthy eating, physical activity, and breastfeeding.

Three strategies were discussed at the September meeting.

1. Promote breastfeeding in the workplace by promoting the HRSA Business Case for Breastfeeding Toolkit.
2. Advocate for statewide programs that improve access to local, healthy foods for school lunch programs.
3. Increase physical activity opportunities outside the school day using volunteers, partnerships, etc. and remove barriers to participation.

These strategies cover such a broad range of Action Steps that it would be difficult to address each one with our limited number of volunteers. **Strategy #2 was chosen** as the initial strategy to address because it currently has momentum from several other groups, such as the Alaska Food Policy Council (AFPC) and the State Division of Agriculture Farm to School (FTS) Program.

Action Steps for Strategy #2 were developed at the September meeting.

1. Develop an easy to understand “dashboard” of existing local foods programs (e.g. Sitka Fish to School Program) and their impact/success.

Action Steps:

- Debi Cruz with the AK Department of Commerce has data on the Nutritional Alaskan Foods in Schools (NAFS) grant.
- AK Division of Ag has data and stories on their FTS Program grantees.
- The “dashboard” idea has currently not been developed, but fits in with the activities of the AFPC Schools Work Group.

2. Gather school “success” stories around local foods in schools.

Action Steps:

- Currently being gathered by the AFPC Schools WG and the Alaska School Nutrition Association (AKSNA)

3. Work with Partners to advocate for continued funding for school nutrition programs, such as FTS and NAFS.

Action Steps:

- The AFPC Legislative and Schools Work Groups and AKSNA are currently developing an advocacy strategy.



4. Be ready to mobilize networks to support advocacy actions: facebook, phone tree, community events.

Action Steps:

- The AFPC Legislative and Schools Work Groups and AKSNA are currently developing an advocacy strategy.

5. Work to develop a sustainable local foods program in the school lunch program.

Action Steps:

- This action is longer-term, but something the AFPC Schools Work Group is interested in addressing after focusing on the above actions.

We recommend that AK Alliance for Healthy Kids members who are interested in working on these Action Steps should join the AFPC Legislative or Schools Work Groups. These work groups are open to anyone and they would welcome your help! Each group meets monthly by teleconference. Please let Diane Peck know if you would like more information and/or are interested in participating in one of these groups at diane.peck@alaska.gov.

We will also keep all AK Alliance for Healthy Kids members apprised of the advocacy actions to support access to local, healthy foods for school lunch programs. Sign up for e-mail updates and find more information at www.akhealthykids.org.