

Manitowoc County

Aging & Disability Resource Center Nutrition Project Council MINUTES

Date: Monday, November 13, 2023

Location: Kiel Meal Site – Kiel Community Center
510 Third St., Kiel, WI 53042

Members Present: Emily Siemers, Gary Thomas, Virginia Coffman, Laura Apfelbeck, Kevin and Diane Hagerty.

Meeting called to order at 1:00 p.m. by Emily Siemers.

Motion made by Emily Siemers seconded by Kevin Hagerty, to accept the agenda for November 13, 2023.
Motion carried.

Introduction to the Kiel Meal Site was given. It serves about 40 home delivered meals per day. It is open to congregate meals and serves 1-2. Meals are provided through the Eagles Club from Chilton.

Evaluation of the program:

- Meal prioritization of home delivered meals is going well. Trained I&A specialist is using a trial form and is 2 months into it. 8 total are to be trained by the first of the year. The standardized form will likely continue and be used throughout the state. It is currently being used for clients that are starting the program. Long-term clients are to be re-evaluated yearly and short-term clients are to be re-evaluated as needed. One standardized procedure for prioritization needs to be completed by the first of the year. It was questioned if the form is available in other languages. It is not at this time.
- The Algoma congregate meal site will close mainly due to lack of participation and budget. Home delivered meals will continue through the Kewaunee site. Kevin questioned how the decision is made if a site is worth remaining open. Emily replied many factors contribute to the decisions. Council supported decision.

Planning updates:

- The Aging Plan 2022-2024 Nutrition Goal was reviewed. The goal is to be able to partnership with a local farmer to get fresh produce to the homebound. Requests for submissions of farms interested received no responses. Wilfert Farms has been secured to bring the produce to the meal sites for start up next summer. It will start with 30 participants. Produce will be individually packaged and delivered in 3 separate bundles that must meet the required monetary worth of \$35 total. The 3 bundles that are planned are: July – strawberries, peas in the pod / August – slicing and pickling cucumbers, cherry tomatoes, sweet corn, kohlrabi / September – potatoes, apples, squash. We are only 1 of 2 counties in this region to begin this. It was mentioned that the Extension has handouts available that include how to care for this produce and recipes.
- Events planned for November, December and January include Site Manager Training which has taken place at the Farm Discovery Center. It was very informative and included multiple speakers. There will be a Thanksgiving meal with Froedert Hospital for 46 Manitowoc city participants. On December 14th the WOMT “Be My Guest” program will feature Emily Siemers, Nutrition Program Coordinator. If anyone has requests for topics, please forward those to Emily.
- Holiday closures and meal cancellations due to inclement weather will be included in the upcoming newsletter. TV and radio stations that air cancellations will be listed, as well a list of pantry items to have on hand as a precaution.

Meal site and home delivered reports:

- Congregate meals for Manitowoc County: Aug – 485, Sep - 460, Oct – 460. The highest month was June at 500.
- Home delivered meals: Aug – 5000, Sep – 4080, Oct – 4300. The highest month has been May and Aug at 5000.

Other input:

- The Nutrition Satisfaction Surveys have been completed. These have been submitted to the state and the state will compile results and get back to us. Some noted suggestions were for more salads, more soups in winter, more fish and alternative types of rice, such as brown rice and wild rice.
- A note from a recipient was read and requests were for more salads, more sweet potatoes, more fruit for dessert instead of sweets and a concern about salad that was withered.

Next meeting: 1:00 p.m. on Feb. 13, 2024 at the ADRC Office (1701 Michigan Ave, Manitowoc, WI in the Education Room).

Emily Siemers made a motion to adjourn the meeting at 2:00 p.m. Seconded by Kevin Hagerty. Motion carried.

Respectfully submitted by Diane Hagerty.