

**Hillsdale County  
Great Start Parent Coalition Meeting  
September 15<sup>th</sup>, 2010  
Location: CAA, Hillsdale, MI**



## Hillsdale County Great Start Coalition Meeting Minutes from 9/15/10

Attendees- 9 parents signed in for the September Healthy Foods on a Budget Meeting.

After introductions the meeting started promptly at 6:00 pm. The parents had the opportunity to make a meal for their children and take the food to the childcare area. Parents returned to room to fix their own plates. Parents took opportunity to visit with the other attendees at this time.

Around 6:30 the group discussed healthy eating on a budget. Healthy food packets were reviewed as a group. Brief discussion took place about the topic. Questions were answered. To keep with the theme of healthy eating we provided several healthy snacks that you could make for your child that reused some ingredients to cut down on the grocery bill. Demonstrations were done making frogs shaped from green apples, green grapes, cream cheese and 2 chocolate chips for the eyes. Banana/strawberry parfaits and smoothies were also prepared in class as another hands on activity.

During open discussion at the end of the meeting parents voiced their concerns about the healthiness of school lunches. Parents believe that the lunches are not fulfilling daily requirements.

Positive points, parents enjoyed sitting down and eating a dinner that was provided as well as provided daycare.

One family would like to see transportation be provided for the meetings.

Future meeting ideas involved... teaching children optimism and helping with transitions/bedtime routines.

A discussion was had about providing parents with jobs during the meetings.

Meeting was adjourned @ 7:30 pm.

Next meeting will be held October 20<sup>th</sup> at 6:00 pm at the Community Action Agency.