



Breastfeeding Coalition

Mission Statement

The Healthy Kent Breastfeeding Coalition exists to improve the health and well-being of infants and families through education, outreach and advocacy to promote and support breastfeeding and the use of human milk.

Minutes of Meeting: April 23, 2018

Attendees: Annie Jones - Secretary (Metro Health), Barb Hawkins Palmer – Chair & Treasurer (Healthy Kent/KCHD), Kaela Milbury (KCHD)

Current Chair: Barb Hawkins Palmer

Agenda Items

I. Introductions

II. Minutes review

III. Updates

1. Breakfast Break for Breastfeeding

- June 7 8:15-11:45am
- Partnering with Healthy Kent Perinatal Mood Disorder Coalition
- Plan of events:
 - Presentations from the following:
 - Dr. Madhavi Nagalla from Pine Rest
 - Dr. Marguerite Morgan from Arbor Circle
 - Dr. Robyn Hubbard from Spectrum Health
 - Stacey Figg - Doula/mom who experienced PMD
 - Kelly Wysocki Emery, IBCLC
 - Kerrie VanWeelden - Pine Rest Mother-Baby Program social worker
 - Panel discussion

2. Laker Challenge Trainings

- Moms Helping Moms Breastfeed (MHMB) is using some of the money awarded from the Laker Challenge to send 2 of the MHMB Mentors to the PMAD training in October, held through Postpartum Support International. They will also use some of the awarded money to send a few mentors to the Grand Rapids CLC training in October.

3. Non-profit status

- Discussed possibility of branching off MIBFN's 501(c)3 status instead of using Metro as fiduciary, or instead of being independent non-profit which comes with a lot of red tape



- Benefits of being non-profit:
 - Apply for grants more easily
 - Pay no tax when coalition purchases are made

IV. Partner sharing

- a. Free cooking classes being offered by KCHD. ***See flyers at end of these minutes.***

Follow Up Steps:

<i>Action</i>	<i>Responsible</i>	<i>Deadline</i>	<i>Follow-Up</i>

Next Meeting:

Monday, May 28, 2018 11:30 a.m.-1:00 p.m.
Kent County Health Department, Lower Level, Lake Superior Conference Room.

Minutes recorded by: Annie Jones

Today's Mom Class

A FREE 6-week nutrition and physical education program for moms-to-be

Each lesson in the **Today's Mom** program contains interactive learning activities, a food tasting, and time for pregnant moms to share experiences and stories.

Topics for the 6-week series include:

- **Hello Baby:** Relief for common pregnancy discomforts, how baby grows, importance of physical activity
- **Building Baby:** Healthy eating and weight gain, relaxation techniques during pregnancy & labor



- **Feeding Baby:** Reading food labels, Special nutrient needs during pregnancy
- **Fun in the Kitchen with Baby:** Food safety for you and your baby, easy menu planning, importance of the Kegel exercises
- **On the Run with Baby:** Making healthy food choices at fast food restaurants, low-fat foods, staying active throughout pregnancy
- **Welcome Home Baby:** Feeding baby, physical activity after child birth

- This is a 6-week class
- Each class is 1.5 hours
- Free to attend
- Limited seating, register soon

To register, call 616-632-7282

Classes will be held at the
Kent County Health Department
 700 Fuller Ave NE
 Grand Rapids, MI 49503

Dates of classes:
 September 11, 18, 25 &
 October 2, 9, 23, 2018

Time of class:
 5:30 p.m. -7:00p.m.

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Today's Mom

La mamá de hoy es una semana GRATIS de 6 semanas programa de nutrición y educación física para las futuras mamás.

Temas para la serie de 6 semanas incluyen:

1. Hola Bebe:

Aliviar la incomodidades comunes del embarazo, como crece el bebe y la importancia del ejercicio.

2. Desarrollo del Bebe:

Comer sanamente y subir de peso sanamente para usted y sus bebe, tecnicas de relajacion durante el embarazo y nacimiento.

3. Alimentando al Bebe:

Leer las etiquetas nutricionales y los nutriente especiales necesarios durante el embarazo.

4. Diversión en la Cocina con el Bebe:

La seguridad alimenticia para usted y su bebe y planificacion facil del menu.

5. En Movimiento con el Bebe:

Estrategias de como tomar decisiones sanas en lugares de comida rapida, comer comidas de baja grasa y mantenerse activa durante el embarazo.



Los Detalles:

Donde:

Kent County Health Department,
700 Fuller Ave NE
Grand Rapids, MI 49503

Cuando:

Cada Miercoles, Mayo 2, 9, 16, 23, 30 y
Junio 6, 2018

Horario:

5:30-7:00 p.m.

Espacio limitado, por favor registrese lo antes posible.

Registrese:

Ingrid Aguayo 616-632-7898 o con Julie Brooks at 616-632-7282

Email: aguayofu@msu.edu



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HEALTHY FOOD, HEALTHY FAMILIES!

WHAT

The 6-week class is designed to teach families:

- Helpful cooking and healthy eating tips
- The food groups and why our body needs a variety of foods
- Food labels and how to use them to choose foods that are right for you
- The power of planning so you can buy a greater variety of food each month
- Food safety, for you and your family

Class will include cooking demonstrations and taste testing.

WHERE

Kent County Health Department
700 Fuller AVE NE
Grand Rapids, MI 49503

WHEN

July 17,24,31 and August 7,14,21, 2018
6:00 p.m. –8:00 p.m.



MORE DETAILS...

Cost: Free!

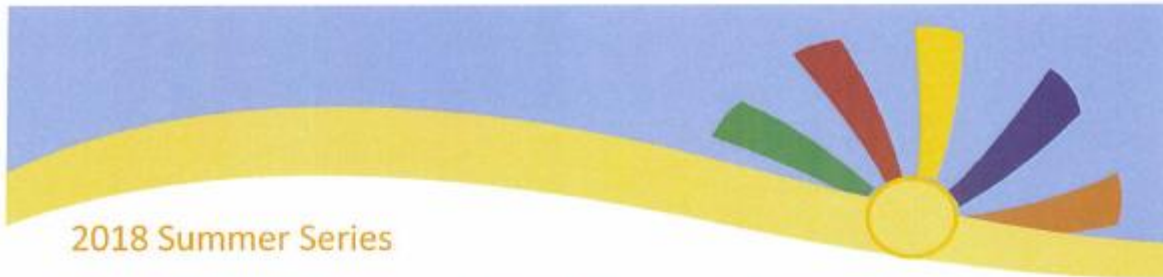
Participants who attend all 6 classes will receive a small gift for the completion of the program.

Limited seating!
Sign up today
by calling

Julie Brooks at:
616-632-7282

Brought to you by





2018 Summer Series

Healthy Harvest Nutrition & Cooking Class

The Healthy Harvest is a **FREE** program that includes **6 classes** which focus on using produce found at farmers markets and in home gardens.

The classes include:

- Cooking demonstrations & taste testing
- Cooking tips on using fresh herbs from the garden, and an introduction to blanching and freezing
- Education on MyPlate

Participants that attend all 6 classes will receive a cookbook.

**Classes will be held at the
Kent County Health Department
700 Fuller Ave NE
Grand Rapids, MI 49503**

**June 5, 12, 19, 26 & July 3, 10, 2018
from 5:30 p.m. to 7:30 p.m.**

**Seating is limited. Register today
by calling 616-632-7282.**



**HEALTH
DEPARTMENT**
Caring today for a healthy tomorrow

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