

Healthy Eating in Hard Times

Introduction

Dr. Jennifer Vines, SW Washington Deputy Health Officer

Dr. Jennifer Vines has her undergraduate degree in Romance Languages from Dartmouth College in Hanover, New Hampshire and graduated from Brown University School of Medicine in 2002. She completed a 4-year training program in family medicine and preventive medicine at Oregon Health & Science University in Portland and earned a master's of public health degree in health management and policy from Portland State University. She has lived in the Portland area for almost 8 years and has split her time between primary care clinic and health officer positions in various counties. She currently works one day a week seeing patients for Outside In, a non-profit organization in downtown Portland that focuses on serving at-risk youth and uninsured adults. She is the deputy health officer for Region IV SW Washington (Cowlitz, Clark, Skamania and Wahkiakum Counties) and the health officer for Columbia County.

Speakers

Monica Monteon, Cowlitz County Health Department

Monica Monteon has her undergraduate degree in Biology from Gustavus Adolphus College in St. Peter, MN and Master's degree in Population Health Sciences from the University of Wisconsin- Madison. She spent three years in Ecuador as a rural health Peace Corps Volunteer before coming to Longview, Washington as the epidemiologist for Cowlitz County Health Department in 2008.

Jason Cook, AmeriCorps Member

Jason Cook is an AmeriCorps national service member in his second term. His service includes working with the Cowlitz Community Environmental Health Assessment (CEHA) work group to study and develop action plans to address environmental health issues. For Cowlitz on the Move his primary work has been to research and document the local food system and support the implementation of strategies to increase access to healthy affordable foods. At home he is a gardener, mountain biker, home-brewer and a darn good cook.

Michael Torres, Lower Columbia CAP

Michael Torres is the Director of Community Services at Lower Columbia CAP. He leads a staff of 82 wonderful people to provide our community with emergency food services, USDA commodity distribution, homeless prevention and recovery, senior nutrition and meals-on-wheels, In-home care for seniors, Long Term Care Ombudsman services, volunteer placement and management, health insurance advice, and rural transportation. He was previously Executive

Director of Northwest Service Academy, one of the largest AmeriCorps programs in the country; and also served 12 years in the U.S. Navy, including service in Iraq and Afghanistan.

Van Youngquist, Farmer

Van graduated from WSU in 1961 with a degree in Dairy Science. He worked as a National Fieldman for the Holstein-Friesian Association for three years covering seven Western States. Van purchased his Longview farm in 1965 and operated a Registered Holstein Dairy until 1985. The farm now grows fresh market produce. Van served as a County Commissioner for 20 years.

Rob Stockhouse, Farmer

Rob is a retired college professor from Pacific College where he taught Botany for 33 years. Rob and his wife Diane reside on a 2 acre farm on Puget Island in Wahkiakum County. For the last 6 years, they have been raising vegetables and operate Two Islands Farm Market that sells farm produce. They also operate as a CSA.

Ian Thompson, Northlake Elementary School Garden

Ian Thompson is a local remodeling and renovation contractor with two children in Longview schools. He has been running the garden program at Northlake Elementary since 2008, and has led the effort to plant a large fruit orchard there in February 2010. In that time he has seen children's lives changed as they encounter fresh food, hard work, and the miraculous natural world. Ian is surrounded by a community of fellow laborers who are increasingly dedicated to the goal of seeing a garden in every school. To this end they have formed Lower Columbia School Gardens; collaboration that includes WSU Extension, Longview Parks and Recreation, Cowlitz on the Move, LCC Biology Department, Pathways 2020, Longview School District, and countless local businesses and families that will help schools build and maintain garden and orchard programs. Ian is a leader in school gardens for our children and community.

Carla Coffey, WSU Master Gardener

Carla has been a WSU Master Gardener for three years. She and her family reside in Kalama where she is actively involved with the Kalama Community Garden. She is currently the President of the WSU Master Gardener Foundation for Cowlitz County and works with several elementary schools in developing their school gardens.

Amy Ellings, Washington State Department of Health

Amy Ellings is the Nutrition Coordinator for Washington State Department of Health's Nutrition, Physical Activity and Obesity Prevention Program. Amy's roles include managing Washington's Fruit and Vegetable Nutrition Program and working with communities, schools and worksites to help make their eating environment healthier through policy and environmental changes. Amy received her bachelor's degree in Nutrition/Dietetics from SUNY Oneonta in New York State and her master's degree in Public Health from Portland State University.