

The Food System and Healthy Eating Workshop

PLAN4Health – Miami Valley Workshop Series

Montgomery County Business Solutions Center
Wednesday, October 9, 2024
2:00 PM to 3:30 PM

AGENDA

- I. **Welcome and Warm Up Activity** (10 minutes)
 - Individual Brainstorming Activity
 - *Influences on our food environment*
- II. **Miami Valley Food System and Healthy Eating Briefing** (30 minutes)
 - Presentation by MVRPC and Food Equity Coalition
- III. **Small Group Activity and Discussion** (35 minutes)
 - Small Group Discussion
 - *Identify any strategies related to each goal that could be implemented to improve our regional food environment and/or bolster healthy eating.*
 - *Identify which group would be the most appropriate to take ownership of each strategy*
- IV. **Wrap Up** (15 minutes)
 - Small Group Reporting and Wrap Up Activity
 - *Identify your top strategy to improve our regional food system and/or bolster healthy eating.*

1.5 AICP CM Credits Available (Event #9297229)