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REACH

Building Connected Communities – REACH’s Role in Advancing Community Priorities, Partnerships, and Action Across Central Pennsylvania

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What Makes a Healthy Community?

- Health happens where we live, learn, work, and play
- Multiple sectors contribute to health
- No single organization can do this alone



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What Connection Looks Like in Practice: Building Environments That Support Healthier Living



The Active Communities Tool Assessment Modules

The Active Communities Tool (ACT): An Action Planning Guide and Assessment Modules to Improve Community Built Environments to Promote Physical Activity

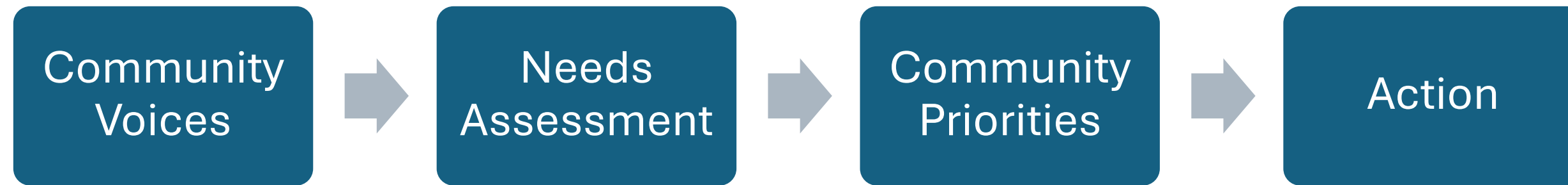


<https://www.cdc.gov/physicalactivity/community-strategies/active-communities-tool>



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Community Priorities Drive Our Work

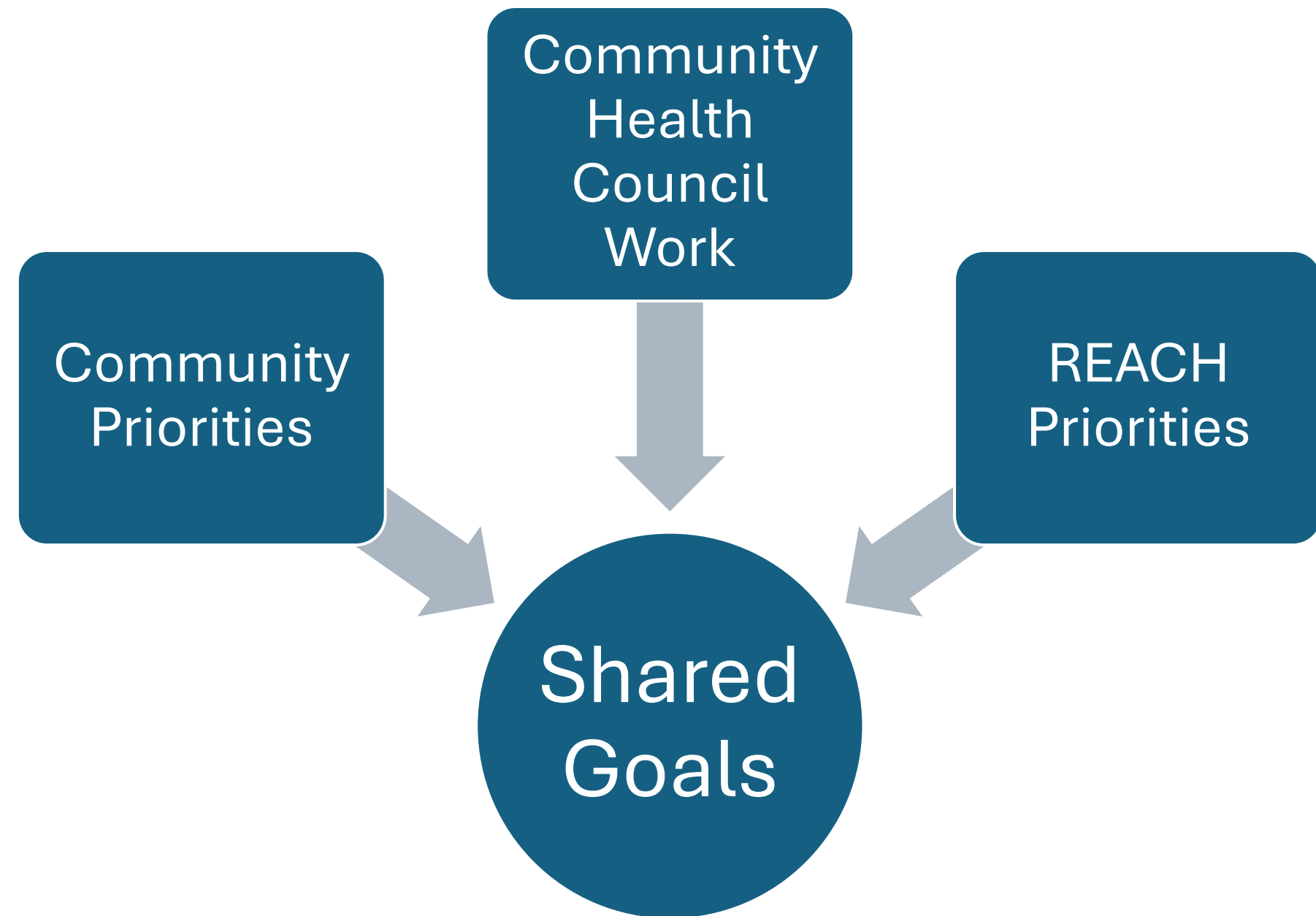


- REACH conducts needs assessments during Years 1 and 5
- Community members identify priorities
- Community priorities guide REACH strategies



Building on Existing Community Strengths

- Community Health Council was already leading important work
- Priorities aligned naturally
- Building on existing efforts creates greater sustainability



What REACH Does

FOCUS AREAS



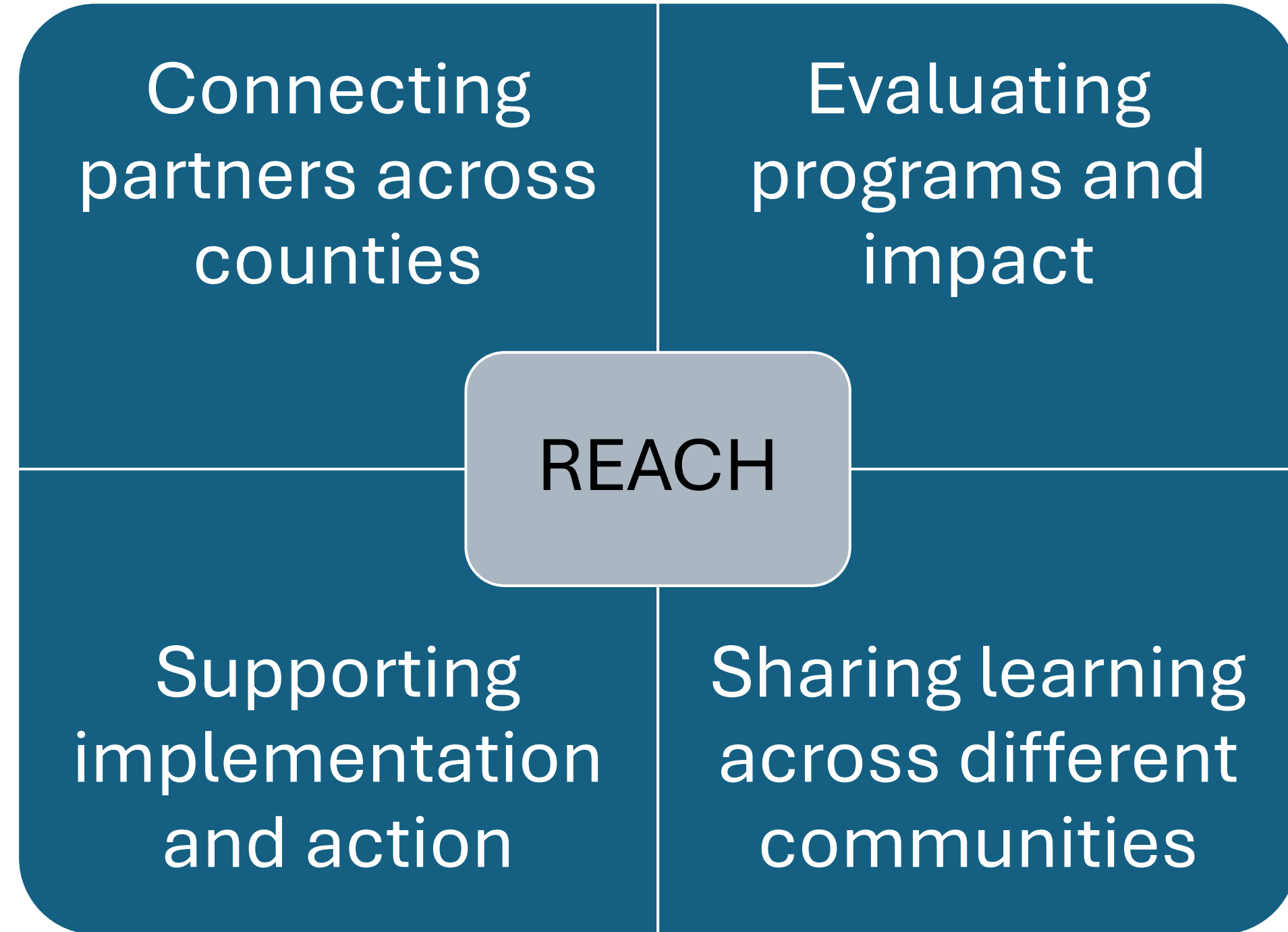
Nutrition



Physical Activity



Early Care
& Education



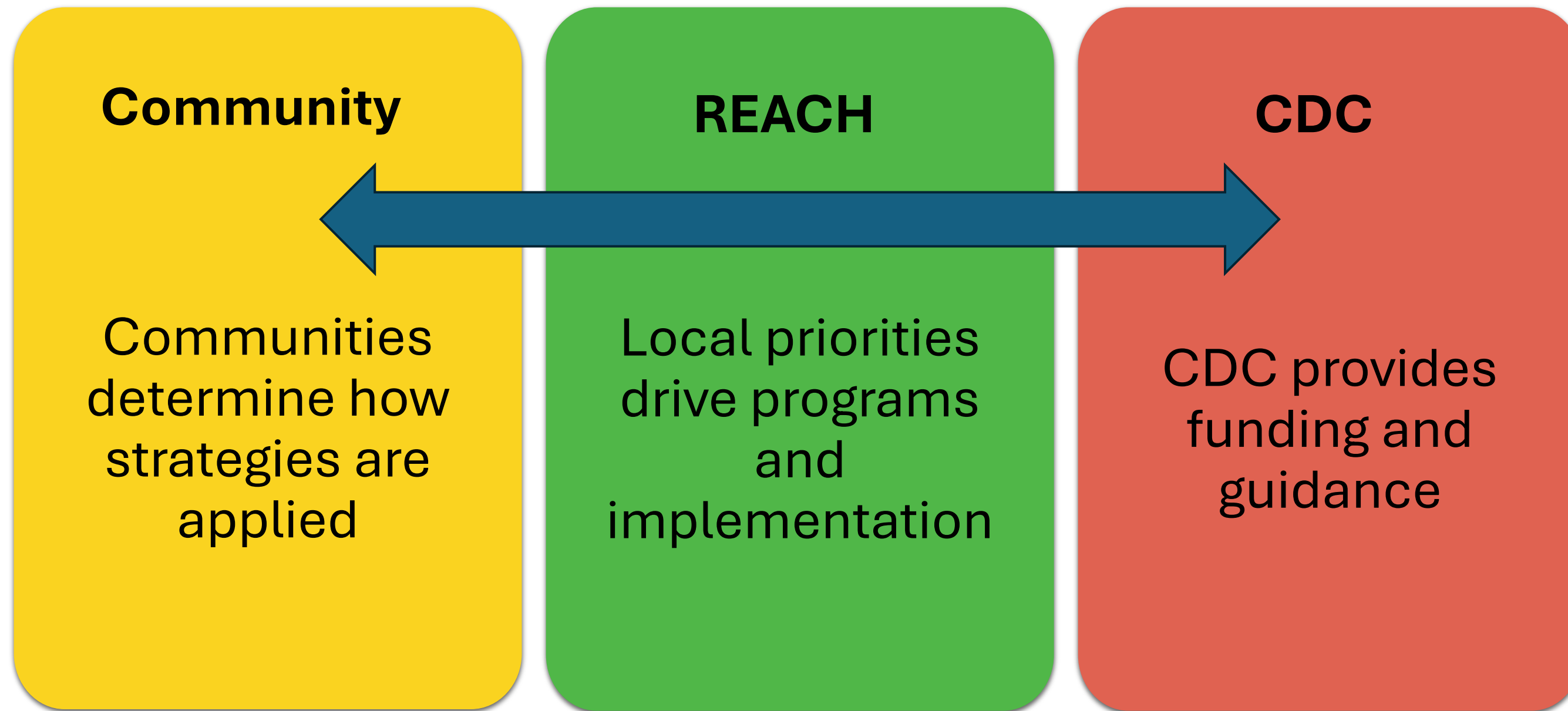
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REACH as a Connector



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Local Priorities, National Impact



Meeting Communities Where They Are: REACH Culturally Preferred Foods Project

- Community-informed food access
- Cultural relevance
- Inclusive approaches to nutrition

Caribbean | Dominican Republic

The Dominican Republic is the second largest nation in the Caribbean. The Dominican Republic comprises the eastern two thirds of the Island of Hispaniola, sharing a border with Haiti. The most commonly spoken language is Spanish. In central Pennsylvania, neighbors of Dominican descent are the third largest non-European ancestry group, after Puerto Rico and Mexico. Dominican cuisine reflects its history, having roots in African, Spanish, and Indigenous (Taino) cultures.

Food List

Bolded foods are commonly available for order from Central Pennsylvania Food Bank.

VEGETABLES

Avocado
Beets: Fresh & Canned
Bell Peppers: Green & Other Colors
Cabbage
Carrots
Cucumbers
Eggplant
Green Olives
Lettuce
Plantains
Potatoes
Okra
Onions: Red & Yellow
Scallions
Starchy Root Vegetables:
Batata, Malanga (*known as Yautia in DR*), Yam (*white insides*), Yuca/Cassava
Tomatoes

FRUITS

Apples
Bananas
Coconuts
Guava
Limes
Mangoes
Oranges
Papaya
Pineapple
Raisins
Strawberries
Watermelon

DRINKS

100% Fruit Juice
Coconut Water
Coffee

PROTEIN

Beef: Ground beef
Chicken
Eggs
Fish:
Tilapia, Bacalao (salted codfish),
Canned Tuna, Sardines
Goat
Peanuts
Pork:
Leg, Shoulder, Chop
Salami
Shrimp

BEANS & LEGUMES

Canned & Dried beans are both used, but dried beans may be preferred.
Black Beans
Garbanzo Beans/Chickpeas
Kidney Beans
Lentils
Pigeon Peas
Pinto Beans
Red Beans

DAIRY

Butter
Cheese (*Mozzarella is popular*)
Coconut Milk
Condensed milk
Evaporated Milk
Milk
Yogurt

SPICES, SEASONINGS & HERBS

Adobo
Allspice
Cilantro: Fresh
Cinnamon
Cloves
Culantro: Fresh
Cumin
Garlic: Fresh & Powdered
Nutmeg
Oregano
Paprika
Salt & Black Pepper
Sazón Goya
Turmeric

COOKING ESSENTIALS

Bouillon Cubes & Broth
Cooking Oil:
Coconut, Olive & Vegetable Oil
Distilled White Vinegar
Mayo
Sugar: White & Brown
Tomato Sauce

GRAINS

Bread
Cornmeal: Yellow
Flour:
Masa (*Masa Harina*), **All Purpose**
Oats
Pasta, including Spaghetti
Rice

Cultural Cuisine

Caribbean | Dominican Republic

Notable Meals

- **Sazón** (*also known as Sofrito*)
A flavor base for many recipes, made by blending green bell peppers, red onion, scallions, cilantro, culantro, garlic, oregano and lime juice. Variations exist.
- **Moro con Gandules**
Pigeon peas & rice, simmered with bouillon, tomato sauce, coconut milk & homemade sazón, topped with green olives.
- **La Bandera Dominicana**
The national dish of the Dominican Republic, it is a plate of rice, red beans, meat (beef, chicken, pork), and a salad.
- **Pollo Guisado**
Chicken based stew with onion, garlic, green olives, and homemade sazón
- **Espaguetis**
A Dominican version of spaghetti, made with salami, bell peppers and olives.

HOLIDAYS OBSERVED

New Year's Celebrations
Independence Day (*February 27*)
Lent & Easter
Mother's Day & Father's Day
Thanksgiving
Nochebuena & Navidad
(*Christmas Eve & Christmas*)

INGREDIENTS FOR THE HOLIDAYS

All Holidays
Pork Shoulder, Potatoes (fresh),
Beets (canned or fresh), Rice, Pigeon Peas

Lent
Frozen Fish

LESS PREFERRED FOODS

Canned Chicken
Canned Potatoes
Brown Rice



Sources: Feedback gathered from 43 Dominican neighbors during focus groups at food pantries, 9 qualitative interviews with Dominican Neighbors, information from Culture, Foodways & Counseling. Second Edition: A Guide to Culturally Sensitive Nutrition Care in the United States and Belly Full: Exploring Caribbean Cuisine Through 11 Fundamental Ingredients and Over 100 Recipes by Lesley Enston.



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Lasting Change Takes Time

- REACH 1.0: 2018-2023
- REACH 2.0: 2023-2028
- Systems and environmental change requires time and sustained efforts

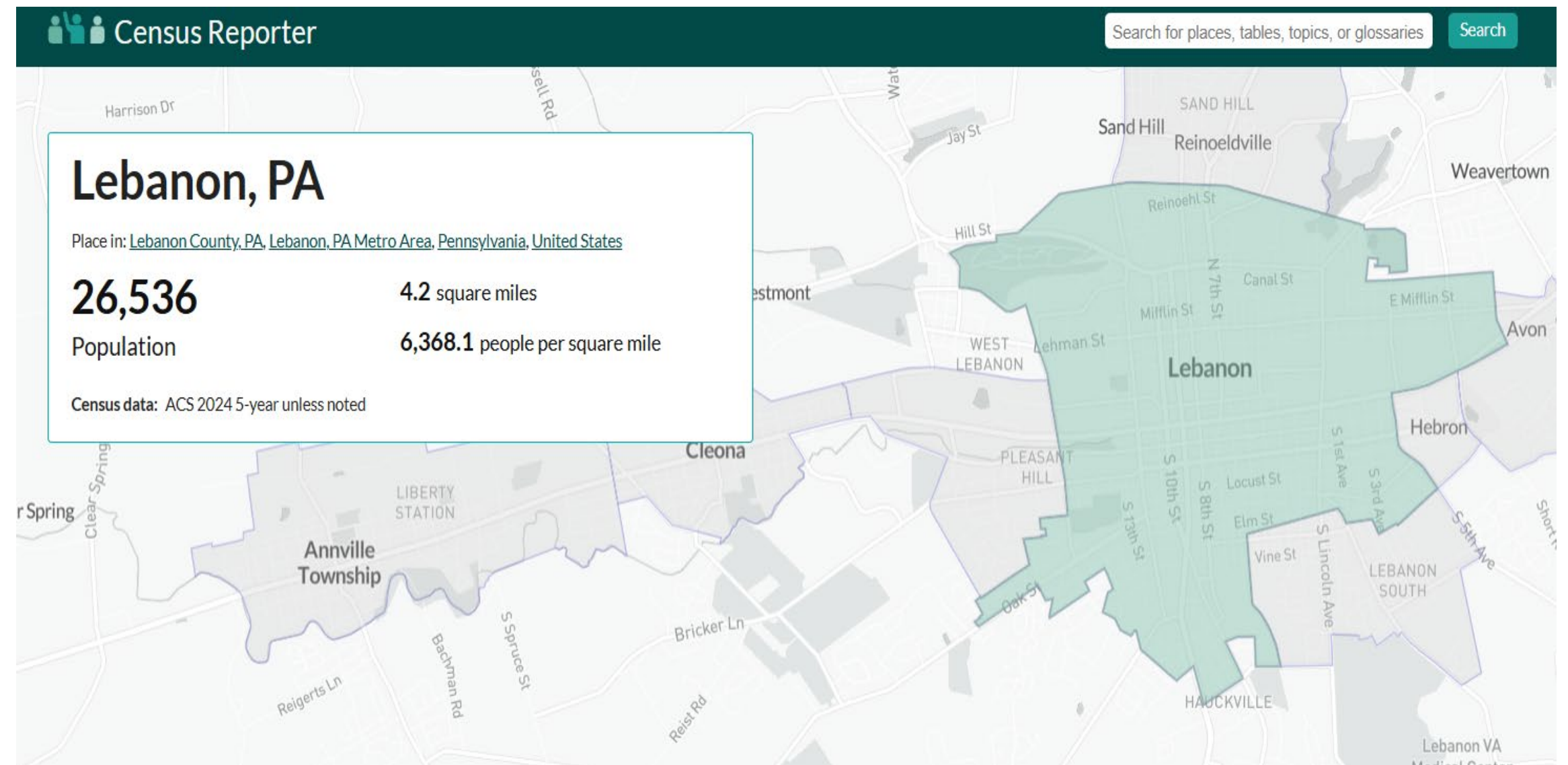


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Measuring Impact

Why and how do we measure?

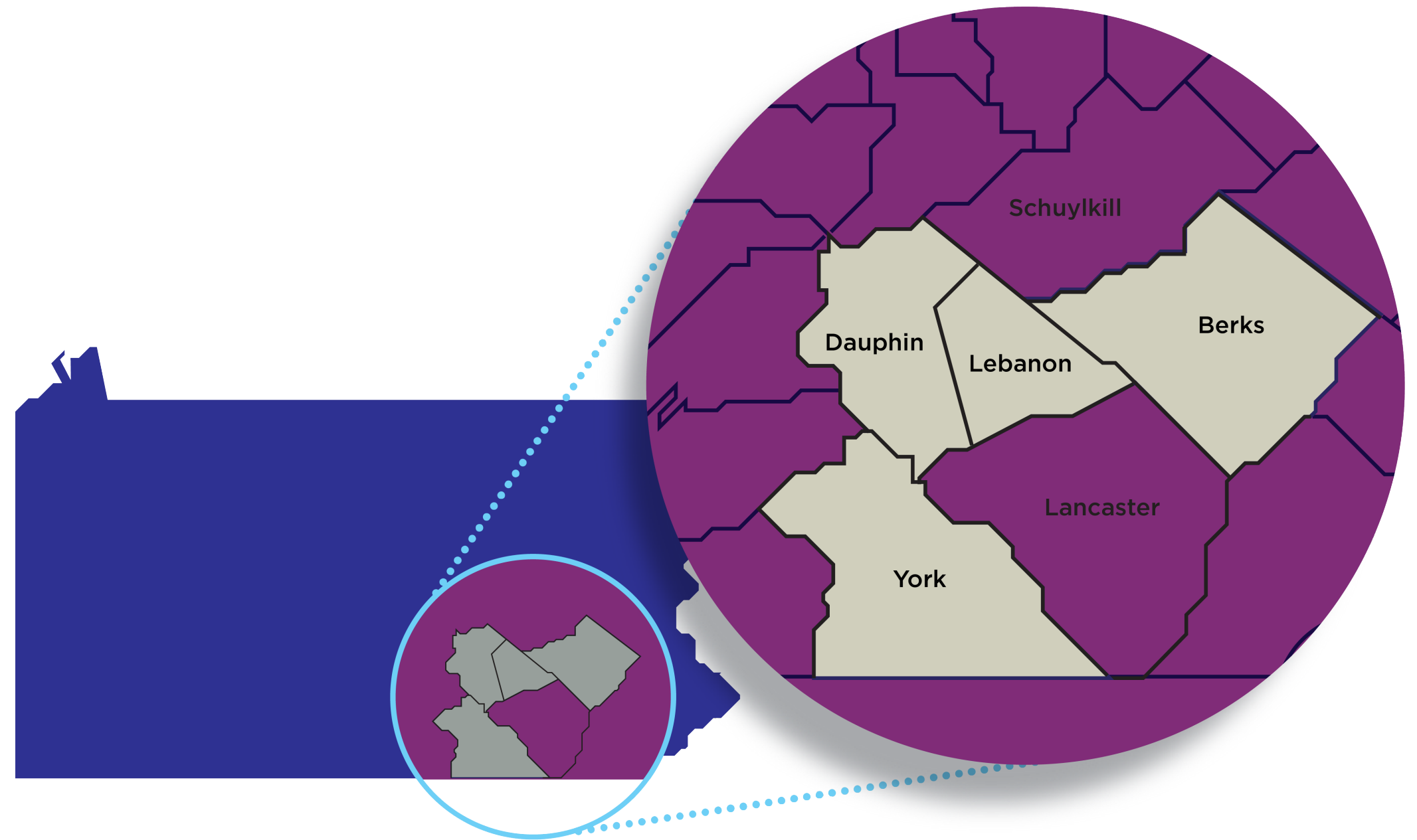
- Estimate community impact
- Understand who may benefit
- Support planning and evaluation



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Learning Across Communities

- REACH works across four counties
- Communities can learn from one another and align efforts
- Successful approaches can be adapted regionally

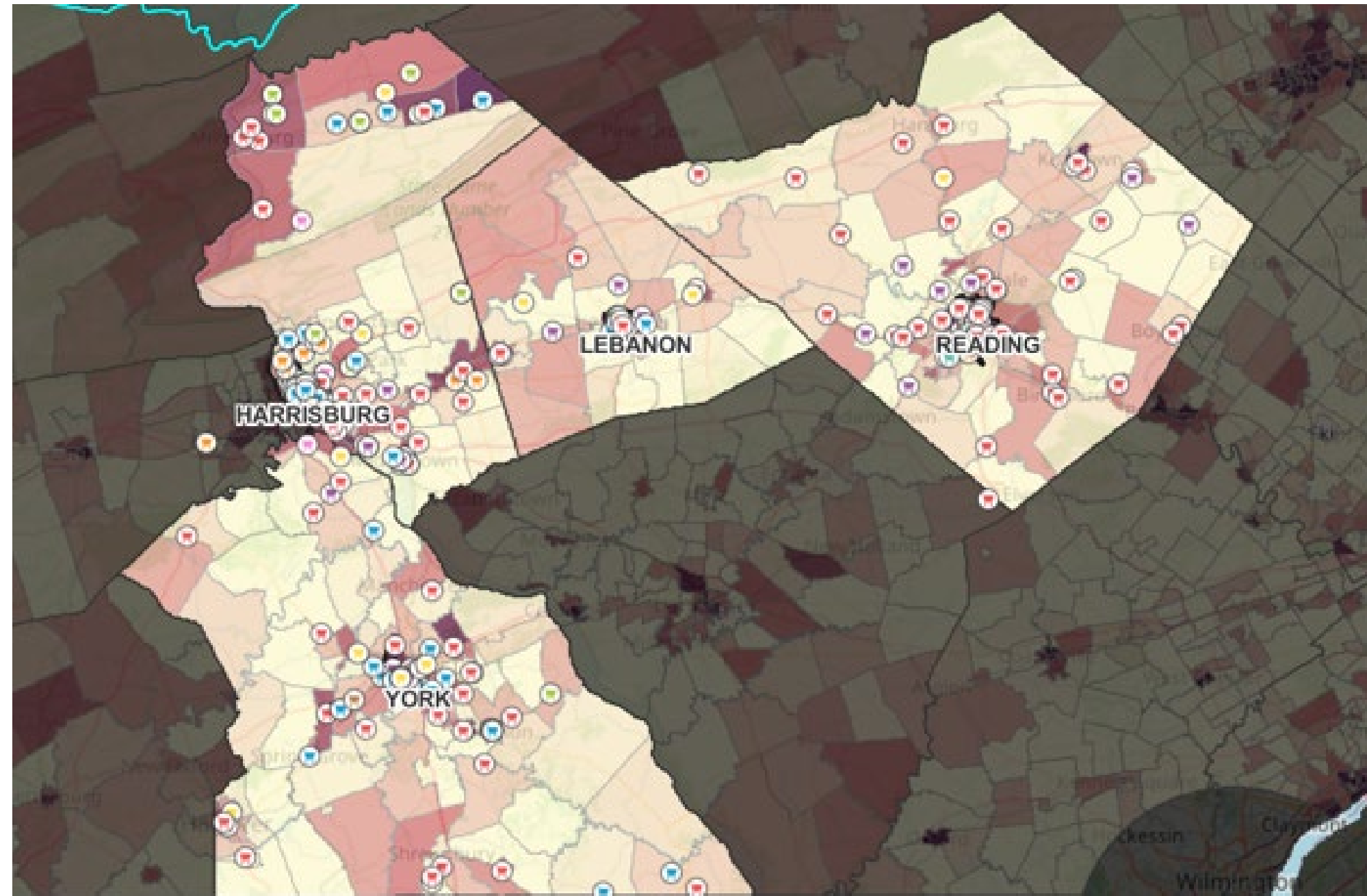


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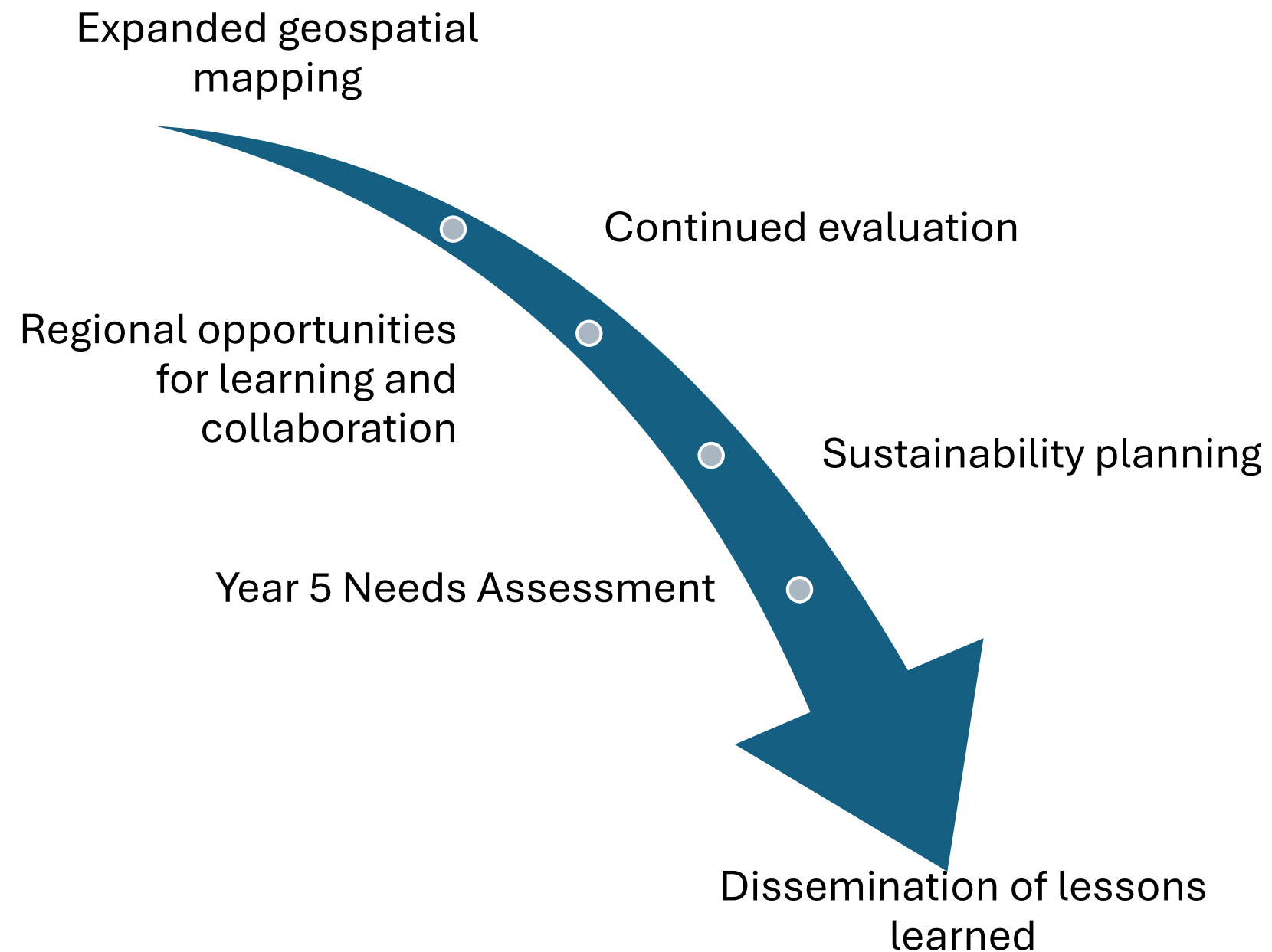
Supporting Systems Change: REACH

Geospatial Mapping

- **Nutrition**
 - Food Access
 - Farmers Markets
 - SNAP/WIC
- **Physical Activity**
 - Bus routes
 - Trails
 - Recreational Spaces
- **Early Care & Education**
 - Schools
 - Childcare providers



Looking Ahead: What's Next For REACH?



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THANK YOU



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