



City of Columbia, Missouri

Meeting Minutes - Draft

Food Council

Wednesday, October 15, 2025

4:15 PM

Regular

Department of Public
Health and Human
Services

Training Room 1
1005 W. Worley St.
Columbia, MO 65203

I. CALL TO ORDER

- Meyer called the meeting to order at 4:21 p.m.

Present: 5 - Anna Meyer, Katie Molitor, Shannon Daily, Kyra Barnard and Corrina Smith

Excused: 1 - Tish Johnson

Absent: 3 - Gabriela Weir Vera, Adam Saunders and Johnna Martin

II. APPROVAL OF AGENDA

III. APPROVAL OF MINUTES

- Molitor moved to approve the agenda, with Smith seconding. The motion passed unanimously.

A.

Attachments: [Draft Meeting Minutes September 17, 2025](#)

- Molitor moved to approve the September 17, 2025 meeting minutes, with Meyer seconding. The motion passed unanimously.

IV. OLD BUSINESS

A.

• OFBC update

i. During the meeting, an update was provided on the Our Food Boone County project. The team is currently in the data analysis phase, reviewing qualitative feedback from focus groups, entering paper surveys, and generating summary reports. A progress report will soon be shared with MFH. It was also noted that one team member will be out of town for several weeks. Following this update

B.**• County Representation**

i. New member Sandy Thomas was introduced. Thomas is a retired nurse with experience in health care, school flu clinics, and community outreach. She shared that she became involved after seeing a public call for county participation and expressed her interest in community health and food systems. Thomas highlighted her church's involvement with a local food pantry and noted her personal interest in nutrition and food access, particularly as it relates to afford ability and healthy eating. Members welcomed Thomas and expressed appreciation for her health care perspective and community engagement experience.

V. NEW BUSINESS

A.**• Training injector**

i. Members discussed epinephrine (EpiPen) safety, accessibility, and training in schools and the community. A demonstration was provided on how to properly use an auto-injector, emphasizing the importance of checking expiration dates, storing it properly, and administering it into the thigh for three seconds before rubbing the injection site. The group discussed that epinephrine is often prescribed in two-dose packs since a second injection may be needed within 5-45 minutes for biphasic reactions, and that patients should always seek medical care afterward. Members expressed concern that not all first responders, teachers, or support staff are trained or equipped with epinephrine, despite being first on scene in many allergic emergencies. It was noted that Missouri legislation currently authorizes school nurses to maintain epinephrine supplies, and new laws may expand access through nasal epinephrine. However, ongoing litigation related to 504 education plans could impact access for students with severe allergies. The group also discussed potential community actions, including contacting local fire departments to confirm whether epinephrine is available and ensuring first responder training. Additionally, concerns were raised about the use of soy-based firefighting foam and possible allergen exposure. The conversation broadened to food allergy safety in public spaces and restaurants, highlighting gaps in food service training around allergen identification, cross-contamination, and emergency response. Members suggested exploring how allergen awareness could be more consistently included in local food safety training and identifying possible funding or public health resources to support allergy preparedness in restaurants and community organizations.

Council representatives discussed how the food council could play a role in improving food safety and accessibility, particularly regarding dietary needs and allergies. It was noted that community feedback from surveys and focus groups revealed strong concern about food allergies—an area previously underrepresented in the food system assessment. Participants emphasized that while allergies might seem uncommon, they affect a significant portion of the population. The discussion highlighted the importance of education, as many people either don't know they have allergies or don't understand how to manage them. Attendees shared personal experiences with common allergens such as peanuts and sunflower seeds, as well as emerging concerns like alpha-gal syndrome, a red meat allergy linked to tick bites that has risen sharply in recent years. The group also discussed challenges in the food industry, where training restaurant staff on allergens and ingredients is time-consuming and often undervalued. Council members agreed that greater awareness, education, and integration of allergy safety into food training standards could help prevent severe reactions and make local food systems more inclusive and health-conscious.

The group briefly discussed language considerations for public-facing materials, noting the importance of using plain, accessible language that can be understood by the community. Members reflected on challenges in describing concepts such as food systems, sustainability, and equity without causing confusion or risking funding restrictions. Results-based accountability training and prior experiences were referenced as examples of making content understandable for a general audience. It was agreed that refining language will be an ongoing process, with further notes and suggestions to be shared at the next meeting.

B.**• Vision, mission statement, and goal statements**

- o Discussion on this topic has been tabled until the next meeting.

C.**• Current events/relevant food policy updates**

- o The group shared updates on current food policy and community food access. Sandy noted an upcoming large event on November 4th related to the local food bank. Concerns were raised about potential impacts of a government shutdown on food benefits, particularly WIC and SNAP participants, including those requiring specialized formula. Members discussed the State Farmers Market Association's efforts to seek exemptions from restrictions on eligible SNAP items, noting challenges in regulating items like baked goods compared to packaged grocery products. The continuation of funding for programs such as Double Up Food Bucks was acknowledged as a positive development, with ongoing attention needed to ensure accessibility and support for community members.

VI. GENERAL COMMENTS BY PUBLIC, MEMBERS AND STAFF

- A reminder that the Boarding Commission reception will be held on Wednesday, October 22, from 5:00 to 6:30 p.m. at the MU Health Care Pavilion, and all members are encouraged to attend.

VII. NEXT MEETING DATE

- November 19th, 2025

VIII. ADJOURNMENT

- Molitor moved to adjourn the meeting at 5:18 p.m. Barnard seconded the motion and it passed unanimously.