



2019 SEP 27 PM 3:30

OFFICE OF THE  
SECRETARY

**MURIEL BOWSER**  
MAYOR

SEP 27 2019

The Honorable Phil Mendelson  
Chairman  
Council of the District of Columbia  
John A. Wilson Building  
1350 Pennsylvania Avenue, NW, Suite 504  
Washington, DC 20004

Dear Chairman Mendelson:

In accordance with section 2 of the Confirmation Act of 1978, effective March 3, 1979 (D.C. Law 2-142; D.C. Official Code § 1-523.01), and pursuant to section 4 of the Food Policy Council and Director Establishment Act of 2014, effective March 10, 2015 (D.C. Law 20-191; D.C. Official Code § 48-313), I am pleased to nominate the following person:

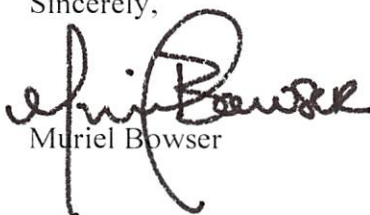
Ms. Kristy McCarron  
58 Florida Ave NW  
Apartment 2  
Washington, DC 20001  
(Ward 5)

for appointment as a voting member of the Food Policy Council, for a term to end March 1, 2021.

Enclosed, you will find biographical information detailing the experience for Ms. McCarron, together with proposed resolutions to assist the Council during the confirmation process.

I would appreciate the Council's earliest consideration of this nomination for confirmation. Please do not hesitate to contact me, or Steven Walker, Director, Mayor's Office of Talent and Appointments, should the Council require additional information.

Sincerely,

  
Muriel Bowser



Chairman Phil Mendelson  
at the request of the Mayor

A PROPOSED RESOLUTION

IN THE COUNCIL OF THE DISTRICT OF COLUMBIA

Chairman Phil Mendelson, at the request of the Mayor, introduced the following resolution,  
which was referred to the Committee on \_\_\_\_\_.

To confirm the appointment of Ms. Kristy McCarron as a member of the Food Policy Council.

RESOLVED, BY THE COUNCIL OF THE DISTRICT OF COLUMBIA, That this resolution may be cited as the "Food Policy Council Kristy McCarron Confirmation Resolution of 2019".

Sec. 2. The Council of the District of Columbia confirms the appointment of:

Ms. Kristy McCarron  
58 Florida Ave NW  
Apartment 2  
Washington, DC 20001  
(Ward 5)

as a voting member, in accordance with section 4 of the Food Policy Council and Director Establishment Act of 2014, effective March 10, 2015 (D.C. Law 20-191; D.C. Official Code § 48-313), and section 2 of the Confirmation Act of 1978, effective March 3, 1979 (D.C. Law 2-142; D.C. Official Code § 1-523.01), replacing Paula Reichel, for the remainder of an unexpired term to end March 1, 2021.

Sec. 3. The Council of the District of Columbia shall transmit a copy of this resolution, upon its adoption, each to the nominee and to the Office of the Mayor.

Sec. 4. This resolution shall take effect immediately.

## KRISTY MCCARRON, MPH

*Public health nutritionist with experience in nutrition education program development, systems-thinking, and community engagement, with strong focus on participant-designed food programs. Thought leader in food systems and the practical application of theories to improve nutrition at local and national levels.*

*Recipient of the Johns Hopkins "Excellence in U.S. Public Health Practice" award.*

*More information about my work can be found at [TeachingKitchenToolkit.com](http://TeachingKitchenToolkit.com).*

## PROFESSIONAL EXPERIENCE

### MEMBER, MAYOR'S COMMISSION ON HEALTHY YOUTH AND SCHOOLS • JAN 2019 - PRESENT

Appointed by DC Council to serve as a member of the Mayor's Healthy Youth and Schools Commission with the goal of informing the mayor and council of the health, wellness and nutritional issues concerning youth and schools. A three-year appointment.

### ADVISORY BOARD MEMBER, BAINUM FAMILY FOUNDATION FOOD SECURITY INITIATIVE • JAN 2019 - PRESENT

Selected to provide strategic guidance for the Food Security Initiative, whose goal is to improve food access for DC's low-income children and families by strengthening a local food system. A two-year appointment.

### HEALTHY EATING SPECIALIST • YMCA OF METROPOLITAN WASHINGTON • JULY 2013 - PRESENT

Currently managing all food and nutrition programs, primarily focused on nutrition education, food access, and anti-hunger programs rooted in community engagement. As the first YMCA with a teaching kitchen, much of this involves trialing approaches to community programs. Over the last five years, moved positions within the organization from grants to operations, and now combine this experience to lead nation-wide initiatives.

#### Responsibilities

- Manage federal meal programs within YMCA settings, to include their nutritional quality, contracts, partnerships and expansion.
- Oversee operations of two teaching kitchens.
- Manage association policies and guidance for food vendor contracts, staff pledges, and health education programs to promote a culture of health.
- Manage compliance with Y-USA's Healthy Eating and Physical Activity (HEPA) standards to include curriculum development and staff training on healthy role modeling.
- Develop new partnerships and programs to serve different demographics with a harmonized model of behavior change interventions and revenue-generating programs. This includes a partnership with the Nationals Youth Baseball Academy to expand teaching kitchen program.

#### Achievements

- Led the program design, strategy, and now implementation for a \$700,000 USDA Community Food Project grant with the goals of addressing diet-related diseases, food access and farmer



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revenue through nutrition education and produce distribution; now undergoing a three-year control study to measure effectiveness.

- Expanded our anti-hunger program from 3 to 32 after-school and early learning sites, harmonized into one centralized food model which serves over 150,000 meals annually. This has an anticipated annual cost savings of \$250,000.
- Worked with local food distributors to establish 11 produce distribution sites, each unique to its own community needs.
- Implemented an associated-wide Food and Beverage Toolkit to establish a culture of health.
- Developed afterschool nutrition and cooking curriculum and staff training, both in kitchen and classroom settings.
- Tried and implemented programs including: pay-what-you-can CSAs, youth-run farm stands, hip-hop gardening education, and monthly community dinners.

#### **CHAIR, WOMEN'S LEADERSHIP RESOURCE GROUP • YMCA OF METROPOLITAN WASHINGTON • DEC 2017 – PRESENT**

As a founding chair of the Women's Resource Group, established the mission, vision, and steering committee with the goal of creating a supportive and safe environment for women and their allies. Under my leadership, human resource policies were changed to increase PTO accrual and banking rates to better support new mothers and fathers due to lack of maternity leave.

#### **REGIONAL FACILITATOR OF NATIONAL ANTI-HUNGER PROGRAMS • YMCA OF THE USA • SEPT 2016-SEPT 2018**

Provided technical guidance and coaching on federal meal programs and food access across eleven YMCA associations. Facilitated conversation to evaluate the YMCA's role within larger food systems across the US.

#### **FOUNDER, THE FOOD LAB AT WALKER JONES • WALKER JONES EDUCATION CAMPUS • NOV 2011 – JUNE 2013**

Established the Food Lab at Walker Jones as an extension of school's farm. The focus was nutrition education and kitchen confidence for children Pre-K through 5th grade. The program was built through small grant funding and leveraging local school resources.

## **EDUCATION**

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#### **JOHNS HOPKINS BLOOMBERG SCHOOL OF PUBLIC HEALTH • MASTER OF PUBLIC HEALTH**

- Certificate in *Food Systems and Public Health* from the Center for a Livable Future.
- **PRACTICUM:** Working with the YMCA of the USA, created a **Teaching Kitchen Cohort** comprised of 8 Y Associations to build a resource-sharing space for Ys with teaching kitchens.
- **CAPSTONE:** Using the information from my practicum experience in addition to my 8 years of nutrition and culinary education, creating a [Teaching Kitchen Toolkit](#). The Teaching Kitchen Toolkit will serve as a resource for any Y or community center programming a teaching kitchen. The manual focuses on: operations, identifying and understanding community needs, behavior change theories and programming nuances, all with the goal of increasing programmatic impact and sustainability. *The Teaching Kitchen Toolkit received the **Excellence in U.S. Public Health Practice Award** from Johns Hopkins Bloomberg School of Public Health.*



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## NEW ENGLAND CULINARY INSTITUTE

- Attended culinary school after a year-long Jesuit volunteer experience at L'Arche Spokane and seeing firsthand the health benefits of cooking for others. Upon completing the first year, was hired by the country's first organic restaurant and D.C.'s largest urban farm, and therefore did not return for the final year of culinary school.

## THE CATHOLIC UNIVERSITY OF AMERICA

- B.S. in Biology, 3.7 GPA

## AWARDS AND SHOWCASES

- **Excellence in U.S. Public Health Practice**, *Johns Hopkins Bloomberg School of Public Health* for work within the YMCA of Metropolitan Washington and the Teaching Kitchen Toolkit.
- **Community Impact Award**, *American Heart Association*
- **Programs showcased at:** National Afterschool Alliance Conference, YMCA of the USA Program Expo, and YMCA North American Network CEO Conference, and Society of Behavioral Medicine Conference in partnership with National Institute of Health (March 2019).
- **Programs featured on:** [Lunch Agenda Radio](#) (2018), 89.3FM (2018), [Revolt TV](#) (2016), Let's Talk Live (2016), [Great Day Washington](#) (2017), ABC WJLA (2016), 89.3FM (2016), and East of the River Magazine (2016).

## COMMUNITY LEADERSHIP ROLES

- Advisory Board member for [Washington DC's Department of Health Nutrition Education Manual](#).
- Active member of the **Mission Committee** for the American Heart Association
- **Consulted with George Washington University's Medical School** to develop a two-day summit focused on nutrition and food access for medical students.
- Wrote and illustrated **Eating with Others**, a cookbook and nutrition book for Apple Tree Charter Schools.
- Freelance **Food Editor** for DC on Heels, with a focus on local producers and artisans.
- Volunteered and lived in intentional community for a year with **Jesuit Volunteer Corps** in Spokane, Washington from 2009-2010.



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Executive Office of the Mayor - Office of Talent and Appointments  
John A. Wilson Building | 1350 Pennsylvania Avenue, Suite 600 | Washington, DC 20004

## Kristy McCarron



Kristy McCarron is a Healthy Eating Specialist for the YMCA.

Originally from Philadelphia, Ms. McCarron moved to Washington, D.C. to attend The Catholic University of America. After graduation she moved to Spokane, Washington for a volunteer year at L'Arche Spokane. L'Arche is a community for developmentally delayed adults. It was here that Ms. McCarron first grew interested in food as medicine, because her role included both preparing meals for the house residents and attending their doctor's visits; she could see firsthand the benefits of a healthier diet. Inspired by this, she then attended culinary school at the New England Culinary Institute, in Montpelier, Vermont, to pursue food for public health. She then moved back to D.C. to work in various restaurants before piloting the *Food Lab at Walker Jones Education Campus* in NW D.C. The *Food Lab at Walker Jones* incorporated food from the school's farm into the nutrition and cooking curriculum that she designed. Shortly after, the YMCA of Metropolitan Washington asked her to join their team to program the country's first YMCA Teaching Kitchen.

Ms. McCarron's role at the Y has evolved, and she now oversees all food initiatives for the YMCA of Metropolitan Washington. These include the operations of two teaching kitchens, food access programs, and federal anti-hunger programs. In her 6 years at the Y, she has expanded their anti-hunger program from 4 to 23 sites, established association-wide "Culture of Health" policies, expanded to a second teaching kitchen, and worked with local distributors to establish 11 food retail points. Additionally, she contracted with Y-USA for three years providing technical assistance for national anti-hunger programs, and currently leads a cohort of Ys with teaching kitchens.

Working with the Y-USA and Johns Hopkins advisors, Ms. McCarron wrote the Teaching Kitchen Toolkit – a resource guide for any community-based organization to build more effective and sustainable nutrition education programs. The Teaching Kitchen Toolkit received the *Excellence in U.S. Public Health Practice* award from Johns Hopkins. Ms. McCarron sits on Washington D.C.'s Mayor's Commission for Healthy Youth and Schools, as well as the advisory Board for the [Bainum Foundation](#)'s Food Security Initiative.

A Ward 5 resident, Ms. McCarron received a bachelor's in Biology from Catholic University. She also received with a certificate in Food Systems and Public Health from the Johns Hopkins Bloomberg School of Public Health.



GOVERNMENT OF THE DISTRICT OF COLUMBIA  
Executive Office of Mayor Muriel Bowser



Office of the General Counsel to the Mayor

**To:** Alana Intrieri, Steve Walker  
**From:** Betsy Cavendish  
**Date:** September 25, 2019  
**Subject:** Legal sufficiency review of Mayor's Order reappointing Philip Sambol and appointing James Huang, Winnie Huston, Kristy McCarron, and Andre Towner as members of the Food Policy Council

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**This is to Certify that** this office has reviewed the above-referenced legislation and found it to be legally unobjectionable. If you have any questions in this regard, please do not hesitate to call me at 202-724-7681.

A handwritten signature in black ink that reads 'Elizabeth A. Cavendish'.

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Elizabeth Cavendish