

Northeast Iowa Food & Fitness Initiative  
Inclusive Team Teleconference  
Thursday, September 11, 2008, 4:00 pm - 5:15 pm

Welcome and role call – “What did it take for you to join us on today’s teleconference?”

Lana - Just home from a meeting, child care arrangements

Larry - Made some phone calls

Erin - Teleconferences all day!

Lori - Finished up a few things, easier day..

Ann – Catching up

Teresa - NIFF meeting in Decorah

Brenda - Meetings, etc.

Review minutes from the August 27 Inclusive Team meeting

No changes or additions

Items from the August Regional Team Meeting:

\*Update on status of four target communities identified for \$1,000 support

- Elma: Projects - \*bike helmets in this next school year, \*project with Osage Wellness Center re a Regional Dodgeball Tournament - Elma will be the host . \*Sr. Fitness project will take a while. \*Rollerskating will be this winter. \*Picnic in park for Parent-Teacher partnership was held.

- Oelwein: Have not heard from Scott.

- Postville: Jewish women's focus group – presentation by Teresa. Waukon & Postville “National Family Night” on Sept. 22 featuring local foods, after school club activities. It is a community night - have invited 4-H, Scouts and other activities for youth & family.

- Waukon: See above – Family Night in Waukon as well

\*What group(s) are we collaborating with to utilize the fund?

- Elma: Bridge (betterment) organization , Parent-Teacher Partnership, City of Elma (rollerskating), Horizons Committee, Cedar River Complex, Schools, Howard Co.

Extension, Elma Sportsman club

- Oelwein:

- Postville: After School Program, Helping Services, ASAP (Alcohol & Substance Abuse prevention) and ISU Extension (Allamakee)

- Waukon: " " "

\*Do we need to continue to share ideas for use of the funds?

\* Trial run for coloring sheets with FFI with families being active, eating local healthy food, etc. Will share feedback from these nights

Minority Liaisons Update (Paul, Viktoria and Leah)

Update conversation: Return call from Father Paul. Paul Rael is very busy with the ICE raid and aftermath. Viktoria indicated there have been so many other more urgent issues so she had not had time for FFI work. She had not spoken with Paul or Leah recently.

Discussion: Reality has changed in Postville with the Minority Liaison/Translator role and the impact that the raid has had on their personal and community life. Not sure what to do to improve their involvement. Concerned that it could get worse before it gets

better. Any options of working through the school? Teresa: When we allocated the funds 6+ months ago, Postville was a different place. Could we have a conversation with Paul, Leah & Viktoria, Lana, Brenda and Ann to visit about this? Do they have time for this work given everything that is happening? Aspect of reporting: We have not had anything in writing to reflect their activities. Paul and Leah have given verbal updates. Does it make sense for us to approach them individually? We need to have the conversation and be able to move forward by the end of October. Larry: Present questions ahead of time and provide feedback to this workgroup. We will need to be as respectful as possible but it's important to see what they see as their future with FFI in the next 3-6 months.

\*Update on monthly visits with minority community members (August & Sept.) (See above)

\*Update on Postville's Diversity Council

DISCUSSION: Minutes from August reviewed by Teresa. Minutes will be typed and posted with these notes. Dawn Gomez working on a support group for the women (wearing ankle bracelets) and their families to explore possibility of processing local foods for them to consume, looking for other ideas.

\*Status of \$6,000 budgeted for culturally appropriate communication tools (radio and print material)

DISCUSSION: Given the current situation in Postville, it's probably not appropriate to pursue the FFI communication tools such as radio, etc.

\*Status of monthly written and oral reports to be submitted to Regional Team members at their monthly meetings (4th Wed of each month) We will be contacting Paul, Viktoria, & Leah to follow up on their involvement in the near future.

\*Have you been submitting bills and reports to NE Iowa RC&D? See website under Work Groups for process information.

Other Questions:

\*Follow-up Items from the August 27 Inclusive Team meeting:

\*Locations of the Food Pantries/Food Shelves in the Region are posted on the FFI website. Are the locations accurate? In county agendas this month to review. Should a map be created and posted on the website?

\*Should we complete a survey of policies/practices of Food Pantries/Food Shelves (# of visits allowed per month/family; # of food distributed/year; # people served/year; restrictions; will they accept local food donations; etc.)

DISCUSSION: Consider waiting for our tactics to be defined and time to build a better relationships before we survey. Any secondary data available? Food insecurity website has data at: <http://www.extension.iastate.edu/hunger/existingdata.htm>. Teresa has #s for Allamakee. Do we need it for every community? What about one pantry in each county? Let's table this discussion for next month when we know about our tactics.

\*Ideas to reach out to Preschool and Child Care Providers and their Educators regarding food and physical activity guidelines.

DISCUSSION: Let's table the following discussion for next month. Q= does this belong here or with school work group? We will look at this closely and see where there is

alignment with Strategies, Tactics, policy scans and determine which work group seems most appropriate for this work.

- Child and Adult food program for menu planning (NEICAC)
- Monica Preston helps daycares be certified and talks about menus and nutrition
- HAWC has the list of certified daycare providers; Parent assurance and Support
- \* Suggestions for how we get local food sources to Preschool and Child Care Providers?

How can we make it affordable?

- Gardening activities for preschool age and providers (who will provide training and resources?)

- Activities at farmer's markets for providers

- Need to create a system for sustainability, if this is important . How do we make sure that our changes are long term and sustainable? We will need to keep this in mind throughout our planning. It may be building on existing organizations or programs that are already in place

\*Do we have adequate engagement of vulnerable children and their families in our FFI planning process?

DISCUSSION re Parent and Church involvement/engagement. (Example Lori has given was Headstart and working with those teachers. They work closely with the parents of Head Start children and have some real insight to the challenges they face.) As soon as we have the Strategies and Tactics defined, we will look closely at each of them and see if we have adequate engagement to work effectively on these strategies to reach our vision. This may be a reason to gather more information such as focus groups, etc.

\*Other?

Will this work always focus on children and their families? Kellogg's main thrust is on vulnerable children and their families. This work is a cultural shift for healthier living. We will not need to meet until we know more from Paul, Leah and Viktoria and we have a chance to review the Strategies & Tactics before the October Regional Team meeting.

Notes: by Ann Mansfield