

NE Iowa Food & Fitness Initiative
Allamakee County Planning Team Meeting MInutes
August 13, 2007
5:30, ISU Extension Office, Waukon

1. Attendance: Dani Bucknell, Anne Blocker, Merle Turner, Beth Shafer, Lana Snitker, Rachelle Howe, Teresa Wiemerslage, Solveig Hanson, Lori Egan, Emily Neal, Brenda Ranum.
2. Introductions were made. The "Suggestion Box" and flipcharts were reviewed.
 - Who's not here that should be?
 - Results: Government, Business leaders, Rep. from Lansing, Harpers, and New Albin, School(s) Rep., Youth, school principals
 - What policy changes have you noted? No matter how small, all policy changes (even just a simple change within one business or church, etc) will be noted on this chart. We will use these as part of measuring our success in the initiative. Results:
 - 5K Run/Walk in Waukon on Aug 9 at 5 pm, sponsored by VMH; over 100 participated.
 - After School program at Waukon Jr/Sr High will incorporate fitness activities into their early out field trips.
3. Regional team members shared some of the discussion at the Regional meeting on July 29. Two youth can be reps to the Regional team. This is truly a regional effort. NE IA RC&D is willing to help with grant writing for regional projects. Our county discussions are to learn more about the topics so that we can make plans.
4. Webcasts & Discussion:
 - "Why Safe Routes to School Matter" Our Key Points of Discussion:
 - What benefits could you expect for our children by creating a SRTS program in our county?
 - Healthier kids
 - Lower traffic at school
 - Kids are more alert, calmer, better grades and scores
 - Developing healthier life-long habits
 - What does it cost to drop off kids? (cars and buses)
 - Walking is social activity, friendships
 - If it is incorporated into school wellness policies, there could be more funding
 - Kids receive a stronger education
 - What obstacles could keep our county from implementing this program?
 - Perceived safety issues; ideas of random violence, kidnapping
 - Dangerous crossings
 - Working parents drop off kids based on their schedule.
 - Playground supervision before and afterschool
 - Kids should wear bike helmets
 - Kids need to dress for weather
 - Need to provide storage for boots, coats and other clothes if walking
 - Kids carry a lot of books, instruments, gym clothes
 - Attitude-"poor kids have to walk"
 - Don't want before/after school to become a babysitting service
 - What is a site? Waukon has several schools.
 - SRTS
 - What services, information or facilities would help implement the SRTS program?
 - Volunteers (RSVP)
 - Designated walking-biking routes
 - Police
 - Community planner

- Parents
- City council
- School staff/board
- We Care and Parent groups
- Painting-“School Route -Cool Route” at corners
- No cars on certain routes
- Survey re: child needs about drop off
- Storage for boots/coats, etc
- Disciplinary policies and rules for routes
- Webcast #4: Assessment and Mapping Toolkit: Safe Routes to School
 - Are there schools in our county ready to submit a SRTS application? No
 - Are there schools that would benefit from SRTS program? Yes-Waukon, Postville; Unsure-Lansing
 - Have those schools formed a SRTS committee? No.
 - Would they be interested in forming one? Not sure. Need to follow-up with the principals to hear their thoughts. Shelly will call the schools for more information (i.e. how many kids in Waukon live in town vs. bus? (# walking). People to contact: St. Pats-Parents in Action, We Care-East/West, Joe Cunningham, Linda Johnson, Mike Brennan, Principals- do you think important what we do? Who?, Harlan H.
- What will a school need to implement a SRTS program?
 - Can use HS kids to do mapping or use technology
 - Group discussed alternative community resources
- Open County discussion time
 - In October, the topic will be Workplace Wellness. Each county will need to identify 2 worksites (1 large, 1 small) to agree to send 2 employees to a one-day training. The workplace would then incorporate some type of wellness program and share their findings with the group. Business suggestions: Kitchen Krafts, VMH-Amy-Tammy, Courthouse, Growing Bear-PCCC, Norplex, Reel Core. The Regional Team will determine final list, so we should nominate 4-5 choices.
 - In November, the topic will be School Wellness policies. We will need to identify 1-2 schools in each county to share wellness policies.
 - The group discussed moving the meeting date and time. The next meeting will be Wednesday, September 12 at 4 pm at the Extension office. The topic will be Walkable/Bikeable communities, barrier mapping and trail counters.