

## MEETING MINUTES

<b>DATE:</b> November 8, 2007	<b>LEADER:</b> Dan Lane/ Darla Kelchen
<b>TIME:</b> 6:00- 8:00	<b>RECORDER:</b> Nancy Yelden
<b>PLACE:</b> Clayton Co. Extension office	<b>GROUP:</b> Clayton Co. Food and Fitness team

MEMBERS PRESENT: [ X ]	X	Julie Zittergruen	X	Joyce Cherne
X Elise Bergan	X	Haleisa Johnson	X	Nancy Yelden
X Carole Glawe	X	Darla Kelchen	X	Brenda Ranum
X Dan Lane	X	Brandon Freidlein	X	Brian Rodenberg
X Kim Gau	X	Ann Keehner	X	Connie Whittenbaugh
X Fran Passmore	X	Terese Juergson	X	Renee Kraus
X Dale Crozier	X	Ellen Bechtel	X	Tara Dykhvizen
X Cindy Baumgartner				

1. Reviewed Minutes
2. Reviewed Agenda

<p>Welcome &amp; Introductions</p>	<p>Welcomed new members, Introductions and encouraged new members to refer to website: <a href="http://www.iowafoodandfitness.org">www.iowafoodandfitness.org</a> to update them on committee's purpose and objectives. Enjoyed a nutritious meal provided by Johnson's Supper Club. Terry Johnson provided information on the healthy choices on their regular menu at the restaurant.</p> <p>Committee was asked: "Think about the vision for this initiative. Five to ten years from now, what is one thing you hope will happen or change as a result of the learning and planning we are doing for the NE Iowa Food &amp; Fitness Initiative".</p>	<p>Informational</p> <ul style="list-style-type: none"> <li>- Stop growth of diabetes in NE Iowa.</li> <li>- Use more locally grown foods.</li> <li>- More family time.</li> <li>- More walking biking trails or facilities.</li> <li>- More community wellness physical type events.</li> <li>- Move children birth to 18 years to be more active they will carry on healthy examples &amp; lifestyle changes to their children.</li> </ul>	
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<p>Web cast #8 “An Introduction to School Wellness”</p>	<p>Viewed web cast and broke into sub committees with each school that was present. Each school discussed the following questions and reported back to the group.</p> <p><b>#1:</b> does you local school wellness policy includes nutrition guidelines for all foods available on campus?</p> <p><b>#2:</b> Do the nutrition guide lines apply to foods sold during the school day only or extend to include events occurring after school hours?</p> <p><b>#3:</b> How much physical activity does student s receive each day at each of the building levels?</p> <p><b>#4.</b> How have youth been involved in your wellness policy development and implementation?</p> <p><b>#5.</b> Are your school staff role models of good nutrition and physical activity behaviors?</p>	<p><b>#1:</b> Central: No Clayton Ridge: No MFL/MAR/MAC: No Ed-Co: unsure</p> <p><b>#2.:</b> Central: Yes till 3:30 Clayton Ridge: school day only MFL/MAR/MAC: school day only Ed-Co: school day only</p> <p><b>#3:</b> Central: Elem.- 30 min. every other day, HS- 40 min. every other day, K-6 – 30 min. recess Clayton Ridge: All grades 40-45 min every other day, K-4 – recess, Elementary- walking Wednesday’s ¼ - 1 mile/week. MFL/MAR/MAC: K-3: 3 recesses, 4-8 PE for 30min. every other day, HS- 2 terms at 84 min. Ed-Co: PE every other day, 2 recesses at 30 min., also has a walking program.</p> <p><b>#4.</b> Central: 3 Middle &amp; HS students on committee. Clayton Ridge: 4 HS. 2 HS on Regional team, 4 Jr. &amp; Sr. High students attended FCLA leadership conference in Ames. MFL/MAR/MAC: HS students on committee. Ed-Co: unsure</p> <p><b>#5.</b> Central: yes Teacher was a mentor with a student regarding wt. loss and was successful in losing 25#. Staff is younger and very active. Clayton Ridge: yes MFL/MAER/MAC: yes Ed-Co: yes. Lighten up Iowa.</p>	
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Flip charts	Reviewed charts for: “Who Is Not Here That Should Be” (1) and “What Policy changes have you noted?” (2)	(1) Added mayor and restaurants. (2) Guttenberg Hospital is developing wellness program for employees.	
Summary of October Regional meeting	Safe Routes to School Grant has been submitted to request funding for planning/assessment. Grant awards will be announced in Jan/Feb 2008. 40 schools in 20 communities will be participating regionally. Assessments will be done in spring.  Walkable bikable mapping will be done in all 5 counties. Need to identify one community for Clayton Co. that would like to participate.  Worksite wellness programs are being implemented. Freedom Bank and Isle of Capri are the Clayton Co. worksites.	Discussion that not each community will not always be able to participate in all the proposed projects due to funding. A reminder to members that this is a planning year and any project that is successful may be replicated in other communities at a later date. Consensus was to have town of Elkader participate in Walkable bikable mapping. Tim and Dan will assist with the mapping project.	Haleisa  Tim & Dan
School Wellness Project	The NE Iowa F&F Initiative will be providing assistance to one School wellness policy committee in each county to identify areas of improvement and strengths to work on.	After lengthy discussion consensus was to have Clayton Ridge be the school to participate with Ann and Cindy on the wellness school project. 3 other schools in Clayton Co. will be offered the assessment tool to implement on their own if they wish.	
	<a href="#">Next meeting will be Jan. 10, 2008 at Clayton Co. Extension office.</a>		