

NE Iowa Food & Fitness Initiative
Fayette County Planning Team Meeting Minutes
November 15, 2007, 4:00 pm
ISU Extension Office, Fayette

Attendees: Rod Marlatt, Deb Kahler, Gale Bishop, Barb Schoenjahn, Maggie Tucker, Barb Ashby, Sheryl Struthers, Donna Story, Sandy Klaus, Maureen Johnson, Vicki Rowland, Lowell Lyngaas, Jan Pleggenkuhle, Monica Enyart, David Fox, Sue Burrack, Richard Jensen, Dave Runyon, Katherine McCarville, Kathy Guyer, Joe Organist, Meaghan Powers, Karla Organist, Dan Burkhart, Brenda Ranum

1. Committee Members Vision:

* We'd like to see...

...Increased positive attitudes towards trails ● the county come together ● more consumer awareness of food travel time ● more child & family awareness of healthy eating ● sustainability & enhanced economy ● a change in youth habits ● a reduction of processed foods in children's diets ● Fayette County with a more healthy environment ● children having greater knowledge of healthy living habits ● our youth having a better understanding of food "chain" ● desire to see us reach our Kellogg vision ● a co-op atmosphere somewhere in Fayette County ● outdoor recreation improved ● a change in the way people eat & see food - that it isn't something we can take for granted ● each family, each individual taking health & fitness to heart ● a food co-op in Fayette County ● child obesity conquered ● Fayette County as part of a region that offers quality food and great fitness opportunities ● more families taking advantage of locally grown foods ○ kids getting back outside ● a network of trails throughout the county, connecting us to the region ● more trails and outdoor recreation, local food availability and policy changes that support our goals

2. Regional F & F Leadership Team Report:

* Barrier mapping will be conducted in Waukon and Postville

* Walkable/Bikeable maps will be completed for Winneshiek, Howard, Fayette and Clayton counties in one community under 5000 people. We selected Fayette as our community - Gale Bishop volunteered to be our contact. UIU will be doing the mapping.

* The Fayette County worksites attending the Well Workplace University will be Tap't Out Stein-Dine and Fayette County employees.

* The Kellogg Foundation is providing a workshop to help us re-establish our core values, purposes and vision for the initiative going forward. The regional team members and organizational partners will attend.

* RC&D will providing an intern to work on Fayette County Trail mapping. Rod & Maureen have also spoken to Lora from RC&D regarding the Fayette County Trails committee and its goals.

Lora feels she can help if they can show strong committee efforts. If you want to help support this long standing committee by signing up, please contact Rod or Maureen.

3. Webcasts & Discussion: "An Introduction to School Wellness Policies"

- * The group was divided into groups by school district to discuss the five given discussion points.
- * Answers to discussion points were recorded by Brenda - see website.
- * Our county recommended Starmont Schools to work with Ann Mansfield, NIFF Health Liaison and Cindy Baumgartner, ISU Family Nutrition & Health Specialist, to have a site visit and school wellness policy review, with additional assistance to follow.

4. Other items:

- * Additional information was given on "Lighten Up Iowa" and "Go The Distance" two webcasts committee members can view on the site (www.niffcoalition.org) if they would like.
- * Completed a survey
- * Decided not to hold a county meeting in December

5. Next Meeting: January 17, 2008. 4:00 - 6:00, ISU Extension Office.