

NE Iowa Food & Fitness Initiative – Allamakee County

The Allamakee County Food & Fitness Planning team met on November 14, 2007 at 4 pm at the Allamakee County Extension office in Waukon. Attendees: Mary Jo Goodman, Annette Davis, Teresa Wiemerslage, Abby Myers, Lana Snitker, Shelly Grangaard, Faye Nolting, Dan Bellrichard, Leigh Rekow, Hannah Steiber, Dave Harold, Mary Kooperman, Julie Magner, Denise Tysland, Cindy Egan.

1. Committee Members Vision:

* In 5-10 years, we'd like to see...

People understand the necessity of activity and movement • huge farmers markets where schools can buy food • more choices for local food • more time for kids to eat at school • like to see kids take the healthy foods served at schools • kids and adults will slim down and be healthier • kids food allergies would be addressed in school menus • county and city parks would be used more • parents will know more about nutrition and won't feed their kids as much fast food • schools are healthier and safer • kids are more active in sports • NE IA would be similar to Madison, WI with walkable/bikeable communities, wider sidewalks

2. Regional F & F Leadership Team Report:

- The Safe Routes to School grant proposal was submitted for up to 40 schools in the area.
- Barrier mapping will be conducted in Allamakee County –starting with Waukon and Postville
- Walkable/Bikeable maps will be completed for Winneshiek, Howard, Fayette and Clayton counties in one community under 5000 people.
- The Allamakee County worksites attending the Well Workplace University will be Farmers and Merchants Savings Bank, and Good Samaritan Home in Postville.
- The Kellogg Foundation is providing a workshop to help us establish our core values, purposes and vision for the initiative going forward. The regional team members and organizational partners will attend.

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

- The Allamakee and Eastern Allamakee Community School Districts were represented. After reviewing the handouts, the entire group engaged in the discussion questions. .
- Mary Jo Goodman moved to vote by ballot for ACSD or EACSD to be the school nominated by our county to work with Ann Mansfield, 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. Motion was seconded. The results of the election were ACSD 8 votes, EACSD 4 votes.

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.iowafoodandfitness.org if they would like.
- Attendees completed a flash survey and prepared reminder cards of people to take the FFI message to.
- Decided not to hold a county meeting in December

5. Next Meeting: January 16, 2008. 4:00 - 6:00, ISU Extension Office.