

Northeast Iowa Food & Fitness Initiative
Winneshiek County Planning Team
Nov. 14, 2007
Meeting Minutes

PRESENT: Don Arendt; Brenda Balk; Lydia Beattie; Lorraine Borowski; Nikki Brevig; Katie Bril; Ron Bullerman; Donella Darrington; Rick Edwards; Lindsay Erdman; Karen Foster; Clark Goltz; Julia Hankins; Stephanie Hughes; Hannah Huinker; Jennifer Johnson; Ellen Macdonald; Ann Mansfield; Kate Mansfield; Eric Nordschow; Lyle Otte; Betty Ransom; Brenda Ranum; Hannah Ranum; Adam Riley; Barb Schwamman; Becky Stiger; Randy Uhl; Rachel Vagts; Krista Vanden Brink; Rick Varney; Nan Hibbs; Birgitta Meade; Jeanett Hansen; Melissa Wicklund; Dalin Green; Sheryl Holien; Kent Foster; Alicia Trout; Jason Trout; Cristy Nimrod; Georgie Klever; Elizabeth Kaschins.

WELCOME AND VISION: Krista opened the session by asking each participant to introduce themselves and to offer comments about this question: “Think about the vision for this initiative. Five to 10 years from now, what is one thing you hope will happen as a result of the learning and planning we are doing for the NE Iowa Food and Fitness Initiative?” Comments included:

- Walkable Communities
- Increased use of Prairie Farmer Rec Trail
- More opportunities in a new style of farming
- Increased motivation by the elderly toward health
- More local foods in local schools
- Better education of youth on wellness
- More kids and families exercising
- More education on health for younger kids
- Healthier lifestyles in all aspects of life
- Kids demanding to be active every day
- More high school awareness about the F&F initiative
- More walking and biking in general
- Increased built environment (trails, rec centers) in communities
- Better food in schools
- More local food availability
- Lower the diabetes rate in the state
- Implementing policies about elementary school snacks
- Figuring out how to be a national leader for F&F
- Selling exclusively locally grown organic foods at the coop
- Walking school busses
- A distribution center for local produce
- Expanded trails throughout NE Iowa
- Luther offering more healthy food options
- Bringing about systemic change in F&F
- Construction of a rec center
- Educating our kids so we can educate our adults
- Change the trend so kids once again live longer than their parents
- Enough awareness that we in fact can change policy

REGIONAL TEAM: Rick Edwards began his Regional Team report by inviting all participants to read the minutes on the website. He said a workshop titled, *Organizational Learning and Systems Thinking*, sponsored by the W.K. Kellogg Foundation will be at

Hotel Winneshiek Nov. 28-29. The workshop is for the Regional Leadership Team and Organizational Partners. The workshop will assist with 1) core values 2) defining the purpose for our work 3) creating a vision for what our work will accomplish in 5-10 years. This will provide the foundation for our work. County F&F Planning Teams will be asked to give their input at our January meeting. We will also begin our Food discussions and learning in January.

Safe Routes to School Grant – Rick reported this grant has been submitted to the Iowa DOT. Status of the grant will be known next spring.

Built Environment Assessments - Walkable-Bikable Assessment – He also reported that the Regional Team had voted to complete Walkable-Bikable Mapping in Winneshiek, Howard, Fayette and Clayton counties. Assessments will be in communities of less than 5,000 people. Calmar is the Winneshiek County town and Ron Bullerman will be our chair and contact for this project. Allamakee County was selected to conduct the Barrier Mapping Assessment in Waukon and Postville.

Workplace Wellness Assessment—Ann Mansfield reported that 2 entities in each county have been selected to participate in a workplace wellness assessment. Winneshiek businesses are Winneshiek Medical Center and Gemini, Inc. These businesses will join in the other counties in a workshop Nov. 27.

Youth Regional Team – Hannah Ranum, youth representative on the Regional Team, reported there is consideration of forming a Youth Regional Team as well.

WEBCAST: After viewing the webcast “An Introduction to School Wellness Policies,” participants divided into small groups by school districts to discuss school nutrition guidelines, whether those guidelines apply after school hours, the amount of physical activity students get at school, how the youth have been involved in the wellness policy development and whether school staff are role models of good nutrition and physical behavior.

After full group discussion, it was decided North Winneshiek School was the furthest along in School Wellness Policy and should be selected as the Winneshiek County school to work further with Ann Mansfield and Cindy Baumgartner, ISU Extension Family Nutrition and Health Specialist. Ann and Cindy will work with the school to review the policy and to conduct a school in-service to help staff and the committee to build awareness, answer questions and assist with implementation. Ken Foster, North Winneshiek School Board member will be the key contact at North Winneshiek School for this work.

DECEMBER MEETING: Brenda reported the December meeting would be an “open discussion” since some counties had already decided to not meet as a group. Rick Edwards suggested the Winneshiek County group meet to specifically discuss a recreation center. A date, time and location will be e-mailed to participants.