

**NE Iowa Food & Fitness Initiative
Allamakee County Planning Team Meeting Minutes
January 16, 2008 -- 4 pm, Waukon Wellness Center, Waukon**

1. Attendance: Dani Bucknell, Rachelle Howe, Teresa Wiemerslage, Trampes Curtin, Lisa Curtin, Sarah Marsh, Gabi Mashek, Mary Jo Goodman, Solviag Hanson, Sandy Darling, Janel Clarke, Abby Myers, and Mary Koopman.

2. Introductions were made. The grouped shared their assignments given at the November Meeting on “What discussions have you had with others or other organizations about the NIFF Initiative?”

- Discussed with the Allamakee County Dollars for Scholars
- Discussions with her husband’s family, they want to convert their operation to organic
- Discussions on a community garden – people living off the land and being healthier
- Discussions on school fitness with the Postville Comm. School District – lots of room for improvement
- Discussed FFI at board meeting – ACED
- Discussion among their Locally Grown group, the group has changed their bi-laws, and has new officers for the year
- Recently moved here. Works at the 66 Café and they’ve talked about how they can improve their menu
- Promoting wellness to the Wellness Board and entire community; looking at placing healthy food options in their vending machines.
- Discussion with a farmer from Postville, wanting to purchase a bus to convert to a mobile certified kitchen to take advantage of all vegetable produced by area Amish and Mennonites.

The “Suggestion Box” and flipcharts were reviewed. Who’s not here that should be? No submissions. What policy changes have you noted? No submissions.

3. Regional team members shared some of the discussion at the past Regional meeting. Dani Bucknell gave an update of the Regional Team. Allamakee still needs youth reps for the Regional Team and an Alternate Representative for Allamakee County. The Hierarchy of Choice model was explained as the model the region is using for vision development.

Dani asked the group for speaker ideas for the upcoming FFI conference in June. Please get those ideas to Dani.

4. Update of the community barrier mapping and Results of Luther Students assessments –

Teresa went through the NIFF website and showcased where to locate the assessments and other items of the website, www.iowafoodandfitness.org

Teresa explained the assessments and which county was selected for each assessment. Allamakee was selected for the barrier mapping. A question was posed “Why are we doing the barrier mapping not the bikable and walkability mapping? Teresa explained that there are advantages to each assessment. The barrier mapping has an accountability portion to be able to assess the problems and fix the problems as needed. The assessment will be shared with each county to showcase their findings and how they actual assessment was run.

The barrier mapping will be completed in the Spring for Waukon and Postville. Volunteers will be needed to coordinate the project and scouting crews will be needed to walk certain sections of each community. The scouts will take notes, take photos and utilize a GPS equipment. We will have a training for the volunteers. The barrier mapping is a public document that city councils can utilize in their planning.

Other communities are completing the walkable/bikable mapping. They will share their findings with the other counties.

The Luther College students completed "Where the Sidewalk Ends: The Walkability of Allamakee County." Walkability assessments include: Waukon, Postville and Waterville. You can find the assessment results at <http://www.extension.iastate.edu/allamakee/info/assessments.htm> The assessment showcases each of the three communities with a 12 point system from green spaces to sidewalk issues. Photos are also included.

6. Work Place Wellness Update

Mary Jo Goodman gave an update on Farmers and Merchants Savings Bank's progress of the workplace wellness activities. They have encouraged each employee to make personal goals. It seems to be working well.

7. Webcasts & Discussion: "Building A Local Food System, Part 1 – How Did We Get Here?"

Participants divided into small groups to answer the following questions:

What is a local food system?

- Getting food grown in an area to the people in the same area
- Others discussed the term local

What is important to you about a local food system and why do you care?

- Freshness
- Safe food
- Where it came from
- Impacts on eating healthy
- People have less allergies
- Less preservatives
- Taste
- Economic impacts
- Sustaining local farms
- Health
- Increased nutrients
- Convenience

What is the message that other people should hear about the local food system?

- To dispel myths about buying locally – it is too hard to find, too costly, etc.
- Cooperative and collaborative efforts
- Healthier
- Think Globally
- Money comes back to you and the Community
- Spend money in the area
- Has to be a cooperative effort for it to succeed
- Consumers need to understand the cost and why it is worth more
- Develop conversations on increased nutrients

Wrap-up Teresa reminded the group of the self-addressed postcards and the flash survey.

The next meeting will be a Feb. 20, 2008, 4-6 p.m. at the Waukon Wellness Center and the March meeting will be March 19, 2008, 4-6 p.m. at the Waukon Wellness Center.