

MEETING MINUTES

DATE: January 10, 2008	LEADER: Dan Lane/ Darla Kelchen
TIME: 6:00- 8:00	RECORDER: Nancy Yelden
PLACE: Clayton Co. Extension office	GROUP: Clayton Co. Food and Fitness team

MEMBERS PRESENT: [X]	X	Julie Zittergruen	X	Joyce Cherne
X Brenda Boddiker	X	Haleisa Johnson	X	Nancy Yelden
X Carole Glawe	X	Darla Kelchen	X	Heidi Feuerhelm
X Dan Lane	X	Brandon Freidlein	X	Brian Rodenberg
X Kim Gau	X	Tim Engelhardt	X	Barry Dykhvizen
X Judith Crandall	X	Vicki Carolan	X	Renee Kraus
X Kenneth Scott	X	Joann Severson	X	Tara Dykhvizen
X Leigh Ann Judge	X	Margaret Corlett		

1. Reviewed Minutes
2. Reviewed Agenda

<p>Welcome & Introductions</p>	<p>Welcomed new members, Introductions and encouraged new members to refer to website: www.iowafoodandfitness.org to update them on committee's purpose and objectives. Enjoyed a delicious and healthy meal provided by Schera's Restaurant. Owners shared information on the healthy choices on their regular menu at the restaurant. Explained how they use various spices and herbs to enhance flavor of foods instead of salt. Also have added more types of grilled foods and foods high in fiber to the menu.</p> <p>Committee was asked: "Share a discussion, project or grant you have had in your personal or work life related to the Food and Fitness Initiative in the past two months and share who you visited with about the NEIF&F since we last met."</p>	<p>Informational</p> <ul style="list-style-type: none"> - Dan- Lighten Up Iowa program for ISU staff - Carole- Lighten Up Iowa program at GMH. Helping people have healthier living. - Tim- Meeting with Pheasant Forever and looking into a youth mentor program to work with youth who want to learn how to hunt. Also meeting with McGregor/Marquette re: trails. - Nancy- Keeping Clayton Co Board of Health updated on activities. - Julie- Working with Clayton Ridge Wellness committee & presented on NEIF&F. - Brian- working closely with Central School wellness committee. Starting with program with teachers & aides. Stressing healthier living and regular exercise. <p>Vicki- Weigh & measure K-6 & will send reports to parents. For 4-5-6 grades BMI's are calculated and letters explaining results are sent home to parents.</p> <p>Haleisa- CCH participating in Lighten Up Iowa, CCH is tobacco free campus. Offered diabetic screening at Starmont for 131 student (9-12) & staff. 11 fell into pre-diabetic area (100-126). Offering Healthy Balance program. Doing "Get Connected" program with Turkey River Track.</p> <p>Terra and Barry- Interested in healthy choices at restaurants</p> <p>Margaret: Alpine has started a wellness program.</p> <p>Renae: Clayton Ridge has had presentation on NEIF&F to staff, starting CPR classes & healthy heart living with HS students</p> <p>Joyce- 4 students serve on wellness committee. Working on health fair for 3/19. Looking at doing "Go the Distance" program. Vending machines now have apple, bananas, yogurt sticks, & cheese sticks</p> <p>Joanne- Guttenberg Care Center is developing exercise program for staff to participate in before coming on duty. Also participated in caucus to develop platforms that address wellness programs.</p>	
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<p>Web cast #9 Building A Local Food System, Part 1- How did We Get Here?"</p>	<p>Viewed web cast and broke into sub committees to discuss the following questions. Each sub committee then reported back to the group.</p> <p>#1: What is a Local food system?</p> <p>#2: What is important to you about a local food system?</p> <p>#3: What message should be heard about the local food system?</p> <p>#</p>	<p>#1: Self sustaining system Keeps money local Changes mind set of people Farmers market, local lockers, poultry production , honey, apples, berries Hunting, fishing Healthy food Provides variety of foods Enhances economy Provides social interaction Farmer's financial gain Social equity</p> <p>#2 Our health, no preservatives, organic foods Reasonable cost Helps our local economy Affordable Nutrient value when fresh To make our local grown foods consumable Educate Genetics vs. organic grown</p> <p>#3: About healthy benefits Pros/cons of what transporting our food Buy local- Grow Local in US Media coverage on where to obtain fresh produce Poster for libraries, churches community centers on Farmer's markets Health eating is sexy & appealing What is it that will attract people to listen to eat Healthy How do we get the word out on the web cast Reduce stress/ improve lifestyle with healthy choices Needing cooking classes & educate on healthy eating and food preparation</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 clergy & media. (2) Alpine Wellness program, CCH campus tobacco free, Central school free snack program K-12 next 2 wks, Healthy choices in vending machine at Clayton Ridge school, Volga will have community garden this spring, Dan shared “Seeds for America” with Judy and Kenny, Starmont school wellness screening.	
Summary of Jan 9 Regional meeting	<p>Info shared by Brandon, Haleisa, Carole and Tim:</p> <ul style="list-style-type: none"> -5 youth will be attending conference in Tucson Az. this spring & another youth group will attend conference in Detroit, MI - Youth have applied for grant to look at improving food choices at school concession stands. - Regional team reviewed roles, initiative hierarchy, core values, and concepts. Did a reality check? - Reminder that this is a planning phase we are in. <p>Developing work plan for Yr2 which is due 2/5/08 which will also include summary of Yr1.</p> <ul style="list-style-type: none"> - Several committee members spent 11/28 with the Kellogg team in Decorah for strategic planning. Kellogg impressed with progress of our project. - Regional team in charge of planning, putting together a vision for lifestyle changes which takes time to develop. Then will work on strategies when funding is available. - Need to celebrate our successes & have this available show people. Need to toot our own horn. - We are in a visionary process – not problem solving at this point. 	Informational	
Barrier Mapping	Haleisa shared the results of the barrier mapping for Elkader is on the NEIF&F website. Encouraged all the review all the projects listed for all 5 counties.		
Grant program	Darla shared that \$1000 in grants may be available again this year for Farmers Market. Brenda is working on the RFP.		
	Next meeting will be Feb 7, 2008 at Central State Bank meeting room. Edgewood Locker will be catering the meal.		