

## NE Iowa Food & Fitness Initiative – Allamakee County

The Allamakee County Food & Fitness Planning team met on April 16, 2008 at the Waukon Wellness Center at 4:15 pm. Attendees: Teresa Wiemerslage, Lana Snitker, Sandy Deal, Darlene Leas, Carolyn Homewood, Mary Koopman, Dave Schmelzer, Mary Jo Goodman, Janel Clark, Mary Klauke, Mary Mathison, Anne Blocker, Rachelle Howe, Solveig Hanson.

Introductions were made. Members shared conversations they have had about FFI since the last meeting.

- Started a new 501c3, Allamakee New Beginnings and the first project is the Waukon Community Garden.
- Talked with other Master Gardeners about FFI
- Discussed with a bank owner
- Shared with the RSVP board—they are interested in what we can do for seniors
- Discussed at PTO meeting—how to improve the community
- ACCF grant funds were used for wellness projects
- Working on local food delivery sites
- Participated in In-Step exercise program
- Talked about doing a mission health program for low-income and uninsured people
- Attended a program on gardening in Dubuque
- Gave a presentation for Stoney Creek Inn staff on wellness
- Planted a garden today
- Gave a sports nutrition talk to the track team

Mary Mathison gave an update on the County Health Assessments. The VMH Wellness Fair is scheduled for May 14. Information on FFI will be there.

Brenda Ranum was present to share the working vision for the NE IA FFI. The group watched a DVD provided by the WKKF called, “Celebrate what’s right with the world.” Discussion followed.

*What did you hear?*

- We need to recognize our gifts and share them
- Everyone has basic needs—let’s help them see the fits they have to move forward...celebrate what’s right.
- Need to change the scarcity vs. abundance mentality
- Focus on what’s right gives us the ability to fix what is wrong.

Brenda shared the Creative Tension model and how it is shaping our work. The model will be posted at [www.iowafoodandfitness.org](http://www.iowafoodandfitness.org).

Group Comments on the Vision Statement:

- I really like the closing statement—it feeds into a creative stream
- Is the statement too long?
- Should residents and guests be changed to read “everyone”
- Does locally grown food imply agriculture?
- Emphasize active play

- And “more vibrant communities”
- Are economics addressed?
- Is agriculture addressed?

Brenda reviewed the structure and history of FFI.

Next Meeting: May 21, 2008. 4:15 - 6:00, Waukon Wellness Center.