

Howard County FFI meeting Minutes
July 16, 2008, 6:00- 8:00 PM
Laura Rose Lobby at the hospital in Cresco

Present: Elaine Govern, Matt Kabliska, Charlie Baier, Larry McGee, Rob Hughes, Colleen Peckham, John Lloyd, Ken Paxton, Don Burnike, Adolph Mick Gamez, Duane Omar, Judy Isaacson, Sharlene Milewsky, Jan McGovern, Sheila Wemark, and Jane Zahasky.

Welcome by Charlie & Matt. A meal was served. People introduced themselves and told one change they hoped to see come to realization in the community in the next 5 to 10 years.

- Reduce chronic disease mortality rate—diabetes, heart disease, etc.
- Bike racks in downtown area
- Help producers start up
- Permanent location for each of the farmer markets
- Smaller communities to have access to indoor exercise facilities
- Change in employers attitudes regarding wellness policies/programs
- More locally grown produce available in grocery stores
- Completion of bike trails in Howard County—tourism & health reasons, economic growth, connect trails/communities
- Avenues to sell produce
- More healthy choices available to us
- Teach youth healthy living
- More choices for activities
- Better communication within the county—don't compete with each other with events on the same date, master calendar for the county
- Model for the rest of the rural communities in the nation—create unique image for Howard County
- Active community
- Start with physical activity and move to healthier eating, etc. (life style change)

Agenda:

Charlie went over the agenda and told the group were to view Previous Webcasts - can be viewed at www.iowafoodandfitness.org . Charlie also read the working vision.

A brief Summary of Reg. Food & Fitness Leadership Team Meeting –Reg. F&F Team Comments from participants in the FFI Networking meeting in Detroit in June were given out as a handout. Also regional team member reviewed the items and answered questions from the group.

Reason for the webcast:

To develop a common understanding of what we mean in the Food and Fitness Initiative by: Policy change; Systems change and the relationship between policy change and systems change, and discuss and demonstrate ways to engage collaborative members in policy and systems change discussions and planning.

View Webcast - --“Policy and System Change”

Discuss Webcast - group discussions By Matt and Charlie:

- What is our collaborative’s vision?
- What systems need to be changed to realize our vision?
- What policies need to be created, implemented, changed, or enforced to bring about that systems change?

Webcast Discussion:

- Growth of small farmers- production up, utilization up
- Connect producer to retailer consumer (wholesaler, processing, flash freezing)
- Affordable local foods
- Businesses pushing exercise
- Bike trail usage.—Retail tie in, races, etc
- Elected official lead & take risk to grow
- Walkable/bikable—city support \$\$
- Rotating fitness circuit at each community—each day a different program offered in each community. Aerobics, Basketball, dancing, yoga, etc. Could use existing buildings in each location. This will need to be community driven
- Education about fresh food preparation and storage
- Label local foods in stores
- Utilize food from Elma Auction house in Howard Co. stores and restaurants
- More access in small communities to healthy, local foods
- Food preparation & preservation—canning
- Wellness trailers—a traveling fitness center
- Community gardens- policy change needed
- Taking ideas to reality—i.e. permanent farmers market sites, skateboard park, community gardens, etc
- People need to be vocal for what they want—attend city council meetings etc
- Tap sugar maple trees
- Get PTA involvement in the FFI program

Wrap-Up

NEXT MEETING AUGUST 27, 2008 6-8 PM

THANK YOU!!!!