

Howard County FFI Meeting Minutes
September 17, 2008
6:00- 8:00 PM
Prairie Edge Nature Center in Cresco

Present: Joye Meyer, Charlie Baier, Larry McGee, Rob Hughes, Ronda Hughes, Colleen Peckham, Ken Paxton, Adolph Mick Gamez, Duane Omar, Michele Tuckek, Lynette Anderson, Craig Morrison, Terry Webb, Jane Zahasky, Wendy Bohr, Bethany Atwell, Sheila Halweg, Sheila Wemark, Jan McGovern, and Mary Ellen Turnmire.

Welcome by Charlie & Joye. A meal was served. People introduced themselves.

Charlie talked about the goals and we're to view previous webcasts as well as reviewing the handouts.

▪ **NE Iowa F&F Initiative's Working VISION:**

Northeast Iowa is a unique place where all residents & guests experience, celebrate and promote healthy, locally grown food with abundant opportunities for physical activity and play EVERY DAY. Healthier people make stronger families and vibrant communities.

Rob Hughes and Larry McGee gave summary of Regional Food & Fitness Leadership Team Meeting.

Action items

- Reviewed the list of food pantries or food shelves for our county - no changes.
- Reviewed the list of outdoor and indoor facilities for recreation and play (built environment).

**Northeast Iowa Food and Fitness Initiative
Core Values, Purpose, Working Vision & Draft Strategies**

Joye shared the following background information before breaking into small group for discussion:

For the past 10 months the Regional Team and its nine work groups have been working to gather information about our region. This has helped inform us about what's really happening in our region regarding access to local healthy food and places and spaces to be physically active for children and their families. During this same time, we've had monthly county and regional planning team meetings where we not only share this information, but we've participated in learning webcasts that have shared information on built environments, local food systems, school and work sites access to local healthy food and spaces and places for play, and we've learned about the importance of policy to our work.

Now the NE Iowa FFI Regional Team wants to share with you the Core Values, Purpose, Working Vision and Draft Strategies that we believe will be a part of our Community Action Plan for our work. Based on all the information and data we have gathered and know about our communities AND how we want our communities to look like in the future, we have developed DRAFT STRATEGIES. Please review our NE Iowa FFI Core Values, Purpose, Working Vision and Draft Strategies and discuss the questions below.

Group Discussion of Draft Strategies

Based on your experiences and the discussions you've been a part of through the NE Iowa Food and Fitness Initiative, do these Strategies make sense and seem to be a good fit? Why or why not?

WHY?

Considers all ages, did address all ages, benefits everyone in the 5 county region, farmers market benefits customers, farmers market allows all communities to participate, plus having farmers market available in every community has increased in the number of venders and customers.

WHY NOT?

Elderly concerns—are they being met? Has the increase in the number of farmers markets reduced the number of venders at each location?

Who in your county needs to be a part of our FFI discussion in order to address these three strategies?

- Schools & their board & food directors, hospitals and their board, elderly care centers, child health care providers, community groups, producers, elected officials,
- Board of health, churches,
- Industries,
- Banks for money, small businesses, fitness center, youth, parent/teacher groups, county conservation, city representation from all cities in the county, ISUE, public health, chiropractors, dentists, economic development, farmers, park & rec., community foundation and sport groups/clubs.

Looking at the 3 Strategies, how do you see yourself working to support these three strategies, either personally or professionally?

- Youth will play a role with built environments
- Fitness center
- From the point of view of: parent/landowner/consumer/business/elected officials and educator.
- Attend school board meetings
- Promote, implement wellness program

- Promote, develop farmer's market
- Develop recreational trails in area
- Promote senior exercise program
- Inform people of fitness/nutrition
- Fundraise for recreational facilities
- Provide/promote local foods
- Get involved with school/children groups and activities
- Attend FFI meetings

What other questions or thoughts need to be considered by the NE Iowa FFI Regional Team before they bring DRAFT TACTICS to our group next month?

- Clarification on state, county, and city codes about food inspection
- Leadership participation
- Sustainability
- Who's actually benefitting (all ages?)
- Concerns about economics and how this fits
- Keep local foods affordable
- Complete list of recreational facilities & assessments
- School policies available?
- Needs of elderly being met/addressed?
- Addressing medical/dental needs?

Wrap-Up

EACH PERSON NEEDS TO BRING 3 OR 4 MORE PEOPLE WITH THEM TO THE NEXT MEETING!

NEXT MEETING IS: October 15, 2008 6-8 PM

It will be at a different location so we can bring more people to the meeting.

THANK YOU!!!!