

Northeast Iowa Food & Fitness Initiative
Winneshiek County Planning Team
Sept. 17, 2008
Meeting Minutes

PRESENT: Lorraine Borowski, Ron Bullerman, Donella Darrington, Karen Foster, Michael Foster, Marian Henry, Jenn Kuehner, Ann Mansfield, Eric Nordschow, Janelle Pavlovec, Betty Ransom, Brenda Ranum, Randy Uhl, Krista Vanden Brink, Katie Cummings, Paige Gapinski, Andrea Johnson, Maria Wooching, Kristen Johnson, Ross Jacobucci, Sonja Ecklund, Megan Bailey, Caleb Mattison, Liz Rog, Zuleiswa Mpande, Rebecca Mbuga, Kristin Trudell.

INTRODUCTIONS: During introductions, participants were asked to share a change in their life since becoming involved in FFI. Responses included:

- Starting a community garden
- Starting a back-yard garden
- Additional biking
- Consumption of more local foods
- Eating natural peanut butter
- Learning how to can foods
- Walking to meeting instead of driving
- Eating locally grown foods at Luther on Mondays
- Car pooling with rural neighbors
- Acquiring a solar food dryer

PREVIOUS WEBCASTS: Participants were reminded that they could view previous FFI web casts by going to the FFI website --- www.iowafoodandfitness.org

REGIONAL TEAM SUMMARY: During a review of the most recent Regional FFI Team meeting the following action items were discussed:

- Photos of the displays available for checkout for fairs or other events
- A review of the list of food pantries or food shelves for each county
- The Built Environment Team is reviewing indoor and outdoor facilities in each county
- A survey will be sent to all schools participating in the Safe Routes to School Planning Grant
- Fayette and Winneshiek county teams are reviewing Community Maps for Fayette and Calmar and will provide feedback

GROUP DISCUSSION: County Planning Teams in their September meetings were charged with reviewing the following:

- NE Iowa FFI CORE VALUES
- NE Iowa FFI PURPOSE

- NE Iowa FFI Working VISION
- NE Iowa FFI Draft STRATEGIES

Draft Strategies: The following draft strategies were reviewed: 1. Ensure that school district policies and practices support healthy living of children, families and community members 2. Ensure that fresh, local, healthy food is available and affordable in all communities, neighborhoods and institutions 3. Ensure that communities have a built environment that supports abundant opportunities for physical activity and play.

When asked, “Who in your county needs to be a part of our FFI discussion in order to address these strategies, participants responded: School nurses, school administrators, school board members, PTA members, teachers and school cooks.

When asked whether the strategies made sense, participants responded: Yes, they’re excellent; the strategies help up provide intervention & activities to change the system; they are very inclusive; we are dealing with huge issues and it is hard to boil it down; and there is a good focus on the community instead of the individual.

When asked “who needs to be here?” participants responded: City and county officials; school nurses, administrators and school board members as well as teachers and cooks; producer groups, Farm Bureau, the Iowa Coalition of Farmers, Northeast Iowa Community Action, restaurants, churches, families and 4-H groups.

When asked “how do you support these strategies?” participants responded: By trying to make a difference for the long term; by encouraging sidewalks in communities; by bringing back good ideas from other communities; by increasing sales of local foods at the Oneota Food Co-op; by starting by example in your own family; by encouraging healthy lifestyles with younger children; and by Luther College increasing local food purchases by \$35,000 in the past year.

When asked “what other questions need to be considered by the NE FFI Regional Team?” participants responded: Simplify the process; and think of more ways to attract young people to the movement.