

Food & Fitness E-News, Vol. 1, #1

May 18, 2007

This electronic newsletter about the NE IA Food & Fitness Initiative will be sent on a weekly basis to team members and other interested parties. It is intended to provide current information to its readers. Let us know of topics you would like addressed. Items may be submitted to wiemer@iastate.edu.

Archived editions: www.extension.iastate.edu/allamakee/info/Coalition+resources.htm

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- Building A Better Bike Lane, Wall Street Journal, May 4, 2007

The Buy Fresh, Buy Local Directories are done. Watch for them in your local newspapers and shoppers between now and June 1. Share extra copies with your friends!

Notes from the Food & Farm meeting, May 15

Members of the NIFF Coalition met on May 15 to review the data from the Institutional survey conducted in November 2006.

Notes are posted: <http://www.extension.iastate.edu/allamakee/info/Coalition+resources.htm>

A Primer on Community Food Systems: Linking Food, Nutrition, and Agriculture

<http://foodsys.cce.cornell.edu/pdfs/Primer.pdf>

New Study on Economics of Organic Crop Production

Does it pay locally to help farmers convert their operations from conventional to organic crop production? An Iowa State economics study funded by the Leopold Center shows the potential regional economic impact of organic crop production exceeds that of conventional crop production. Learn more:

http://www.leopold.iastate.edu/news/newsreleases/2007/organic_041807.htm

Subscribe to the ISUE Wine Growers Newsletter

The purpose of 'ISU Extension Wine-Grower-News' is to address educational and informational topics related to both viticulture and enology. Plans are to send the newsletter via e-mail directly to the target

audience during the growing season (May -August) and bi-weekly during the remainder of the year. Access the newsletter at: <http://www.extension.iastate.edu/ag/newslet.html>.

Input needed from schools on minimal nutrition foods

We have received a request for input from school administrators who might be willing to express their opinions about a proposal to update the guidelines for foods of minimal nutrition value. The proposed legislation expands the impact of the guidelines by including all foods sold on school campus. Here is fact sheet.

If you are aware of a school in your community that has successfully implemented school-wellness policies related to foods sold on campus, maybe they would like to share their success story – or they have concerns that need to be addressed. If you know of someone (teacher, principal, superintendent, etc.), please send their contact information if they are willing to be contacted for more information. Contact Lori Egan at NE IA Community Action, legan@neicac.org .

Workplace Wellness Program: Can They Really Return 300%?

http://hrdailyadvisor.blr.com/archive/2007/05/04/Workplace_employee_wellness_programs_return_on_investment.aspx

Building A Better Bike Lane (Wall Street Journal, May 4, 2007)

http://online.wsj.com/article_email/article_print/SB117823466296891497-1MyQjAxMDE3NzA4NDIwMzQ0Wj.html

Upcoming Events: <http://www.extension.iastate.edu/allamakee/info/events.htm>

May 24: Regional Food & Fitness Conference: Moving from Good to Great!, 9:00-3:30 pm, Hotel Winneshiek

May 31: Howard County Food & Fitness Team meeting, 7 pm, Fortress Bank

June 2: 1st Annual Family, Food & Fitness Walk, Howard County Nature Center, 4-8 pm. Families are invited to walk as far as they want and then return to the nature center for food, drink and music. We will have booths at the nature center to educate and inform Howard County residents on locally grown healthy foods, fitness activities.

June 4: Allamakee County Dairy Parade, 7 pm, Waukon. Special appearance by the Buy Fresh, Buy Local car.

June 7: NIFF Coalition monthly meeting, Noon-2 pm, Winn. Extension office. Presentation from ISU about the Household Consumer survey. (Bring your lunch)

June 8: Report to the Regional Food System Working Group, Ames