

## Food & Fitness E-News, Vol. 1, #2

May 25, 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. To submit items or to be removed from this list, email [wiemer@iastate.edu](mailto:wiemer@iastate.edu).

Archived editions: [www.extension.iastate.edu/allamakee/info/Coalition+resources.htm](http://www.extension.iastate.edu/allamakee/info/Coalition+resources.htm)

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### IN THIS EDITION:

#### Initiative News

- Update from the Regional Food & Fitness conference
- Food & Fitness e-mail lists are done

#### Food System articles

- 2007 Pasture Walk Schedule released
- Whole Foods Offers Low-Interest Loans to Local Producers

#### Wellness Policy Articles

- Fruit & Veggies Matter: How Many Fruits and Veggies to You Need?
- USDA Food and Nutrition Services website
- New IOM School Food Standards
- New Obesity Prevention in Afterschool Publication Available

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### **Update from the Regional Food & Fitness conference**

Over 120 county team members and regional partners met at the Hotel Winneshiek on May 24 to learn how to take the Food & Fitness Initiative from "Good to Great." Watch upcoming newsletters for more.

### **Food & Fitness E-mail lists**

Email lists for the Food & Fitness team members are complete. Use the address for your team to send a message to all members at once. To add or remove members, email Teresa at [wiemer@iastate.edu](mailto:wiemer@iastate.edu).

- Allamakee Team: [allamakeeff@iastate.edu](mailto:allamakeeff@iastate.edu)
- Clayton Team: [claytonff@iastate.edu](mailto:claytonff@iastate.edu)
- Fayette Team: [fayetteff@iastate.edu](mailto:fayetteff@iastate.edu)
- Local Partners (ISU Ext, Public Health, Econ Dev): [ffpartners@iastate.edu](mailto:ffpartners@iastate.edu)
- Leadership Team (Brenda, Lora, Ann): [ffdirectors@iastate.edu](mailto:ffdirectors@iastate.edu)
- Howard Team: [howardff@iastate.edu](mailto:howardff@iastate.edu)
- Winneshiek Team: [winneshiekff@iastate.edu](mailto:winneshiekff@iastate.edu)
- State Partners: [ffstatepartners@iastate.edu](mailto:ffstatepartners@iastate.edu)

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### **2007 Pasture Walk Schedule released**

These tours are scheduled at farms in NE Iowa and SW Wisconsin and feature operations for dairy, beef stockers and cow/calf. Includes organic dairy, grass fed beef/ sheep/ goats; new and established systems. <http://www.extension.iastate.edu/NR/rdonlyres/786E6B89-DC9F-4EDD-8839-4623F790F9E8/56329/PW2007.pdf>

### **Whole Foods Offers Low-Interest Loans to Local Producers**

Whole Foods has launched a pilot version of their loan program designed to increase capacity of local producers to provide Whole Foods with product. The program is bankrolled initially at \$10 million per

year, with loan amounts ranging between \$1,000-\$50,000. Details on producer eligibility and loan terms may be found here: [www.wholefoodsmarket.com/products/locallygrown/lplp/programoverview.pdf](http://www.wholefoodsmarket.com/products/locallygrown/lplp/programoverview.pdf) (Editor note: Whole Foods has stores in the Twin Cities, Omaha and Chicago)

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**Fruit & Veggies Matter: How Many Fruits and Veggies to You Need?** New CDC website.  
<http://www.fruitsandveggiesmatter.gov/>

**USDA Food and Nutrition Services website**

Spotlights on the 2007 farm bill, school meals, food guide pyramid and fighting hunger.  
<http://www.fns.usda.gov/fns/default.htm>

**New IOM School Food Standards**

In April, the National Academies' Institute of Medicine released new nutrition standards for school vending machines, a la carte and other foods sold outside of school meals (you can find them at [www.iom.edu/CMS/3788/30181/42502.aspx](http://www.iom.edu/CMS/3788/30181/42502.aspx)). The new IOM standards are far stronger than the current national school foods standards. To see how arbitrary and obsolete USDA's current standards are, try CSPI's online quiz at [www.cspinet.org/nutritionpolicy/junkfoodquiz.html](http://www.cspinet.org/nutritionpolicy/junkfoodquiz.html).

The IOM report adds to the momentum for national legislation to get soda and junk food out of schools; Senators Tom Harkin (D-IA) and Lisa Murkowski's (R-AK) bipartisan legislation ([www.schoolfoods.org](http://www.schoolfoods.org)) would require USDA to update its school nutrition standards, and apply those standards to the whole school day and everywhere on campus.

**New Obesity Prevention in Afterschool Publication Available**

The Finance Project has recently finished several new publications on afterschool programming and financing, including one titled, *Promoting Physical Activity and Healthy Nutrition in Afterschool Settings: Strategies for Program Leaders and Policy Makers*. These publications build upon their previous work in this area and include information on finding funding, suggestions for applying financing strategies and strategies for partnership building. Please visit The Finance Project's website at <http://www.financeproject.org/irc/yp.asp> to access the series and to learn more about the project.

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

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

June 2: 1<sup>st</sup> 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