

Food & Fitness E-News, Vol. 1, #4

June 14, 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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Upcoming Events

Presentations from the Regional conference held in Decorah on May 24 are posted online at this link: <http://www.extension.iastate.edu/allamakee/info/regconf.htm>

What is the NIFF Coalition? NIFF stands for NE IA Food & Farm Coalition. It is a group of people who care about the future of agriculture in northeast Iowa. This diverse group of farmers, food producers, community leaders and area residents in the five counties have developed a plan to support the development and marketing of locally grown agricultural products to enhance the lives of local citizens. Watch a presentation about NIFF at <http://connect.extension.iastate.edu/niffintro/>. (This is a self-running presentation—a high speed internet connection is required.)

Results from the Institutional Survey

Last fall, the NIFF Coalition surveyed local restaurants, schools and care centers to ask them about their food purchases and usage. The results from that survey can be viewed at this link: <http://connect.extension.iastate.edu/p20241224/>. (A high speed connection is required). A hard copy of the results will be available soon.

What is Buy Fresh Buy Local (BFBL)?

The 5 counties in NE Iowa are one of the 8 BFBL chapters in Iowa. There are over 50 BFBL campaigns in the United States. Buy Fresh Buy Local chapters are connecting consumers in communities throughout the country to the freshest, most delicious locally grown and produced foods available. Through

outreach events, local food guides, and educational materials, Buy Fresh, Buy Local makes it easy for consumers to find and connect with local food from farmers they can know and trust.

From farmers' markets, restaurants, grocery stores, co-ops, and community supported farms to large scale institutions - such as colleges and retirement homes - Buy Fresh, Buy Local Chapters are bringing back the base for locally grown food in communities across the US.

BFBL is coordinated by the FoodRoutes Network. FoodRoutes is a non-profit organization based in Pennsylvania that provides communications tools, organizing support, and marketing resources to our grassroots chapters throughout the US that are working to rebuild local food systems and promote sustainable agriculture. www.foodroutes.org. Watch this newsletter for more information on upcoming BFBL events in NE IA.

June 28, Annual Horticultural Twilight Tour, Nashua

6:30 pm to 8:30 pm. The annual Horticulture Field Day at the Northeast ISU Research Farm. This year's ISU Extension Home Demonstration Garden will feature the many hues of lettuce (many colors), collards, spinach mustard, chard, kohlrabi, cabbage, cauliflower (white, purple, orange & green), broccoli, beets (white, red & striped), carrots (orange, yellow, white & purple), radishes (white & black), peas, pansies, and dianthus. The selected cultivars for the garden will take you past cool green colors through vibrant purples, oranges, yellows, and whites that will illuminate anyone's patch of earth.

Who Has Time to Cook? How Family Resources Influence Food Preparation (USDA)

<http://www.ers.usda.gov/publications/ERR40/err40.pdf>

Getting Youth Involved

EATWISE is a program of the Food and Nutrition Services Department of [FoodChange](http://www.foodchange.org), a non-profit organization in NYC that aims to improve lives through nutrition, education, and financial empowerment. <http://www.eatwise.us/>

SmallStep.gov

Website for youth with games, links and activities. Be sure to check out the TV ads! (US Dept of Health and Human Services) http://www.smallstep.gov/kids/flash/watch_tv_ads.html

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

June 19: Winneshiek County Food & Fitness Team meeting, 4-6 pm, Winn. Medical Center Conf. room (lower level).

June 25: Fruit and Vegetable Field Day, Cedar Rapids, 1 pm. [Details...](#)

June 28: Ranum and Mansfield presentation to the Sustainable Ag & Food System Funder's Conference, Des Moines, 9 am. Program information: http://www.safsf.org/documents/2007_Forum.pdf

June 28: NE IA Research Farm Field Day, Crop Tour at 1:30 pm.

June 28, Annual Horticultural Twilight Tour, Nashua, 6:30 pm to 8:30 pm.