

## Food & Fitness E-News, Vol. 1, #5

June 22, 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](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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### **W.K. Kellogg Food & Fitness Initiative Networking Meeting By: Brenda Ranum**

Last week (June 12 – 14) five people representing the Northeast Iowa Food & Fitness Initiative were invited to attend the W.K. Kellogg Foundation Food & Fitness Networking Meeting in Chicago, IL. We joined representatives from the other 8 communities in this initiative (New York, NY; Seattle, WA; Boston, MA; Holyoke, MA; Detroit, MI; Tohono O’odham Reservation, AZ; Philadelphia, PA; and Oakland, CA).

This meeting helped set the stage for our next two years of planning to develop a strategic plan for our region. The W.K. Kellogg Food & Fitness Project Directors repeated that this is a long-term project, involving multiple partners, to develop a strategy for social change. By increasing access to local, healthy and affordable food and safe places for physical activity and play we will be able to address social and health equity, support families and children and rebuild communities. The W.K. Kellogg Foundation is providing funding to plan so everyone in our communities will learn and work toward common goals. Through this Initiative, we will be able to link to local, state and national policy, learn from others across the country and develop a grassroots community model to reach our goals.

At the meeting we also met and heard from a variety of technical assistance providers (Active Living By Design, Michigan State’s Sustainable Ag Dept., and others) that will be helping us bring you information and best practices from around the country related to food systems and built environments as we develop a plan for our communities.

Watch upcoming Food & Fitness E-Newsletters for information about the webcasts that will be coming to County Food & Fitness Planning Teams beginning in July!

### **County Planning Teams Meet in June**

All the County Planning Teams met in June to organize their groups and select the regional team members. The notes from these meetings are posted on the website:

<http://www.extension.iastate.edu/allamakee/info/kellogg.htm>

**Food & Fitness Blog is On-line**

A blog (a shortened form of "web log") is essentially a frequently updated online journal. It is most commonly a text-only web page with writings by the blog's author posted in reverse chronological order. Many blogs also include pictures as well as links to other related stories around the Web. Some blogs even have links to audio and video clips.

The Food & Fitness blog is located at this site: <http://www.extension.iastate.edu/mt/foodandfitness> . The first entry is a generic intro about the initiative. You can respond to the posts by clicking on "Comments" at the bottom of the page. You will be asked for your name and email before you can enter your comment.

The blog will be used as a way to gather feedback not only from our region but the state and the nation. If you are interested in creating an article (or post) for the blog, contact Teresa at [wiemer@iastate.edu](mailto:wiemer@iastate.edu).

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**Food Preservation Info**

Fruits and vegetables fresh from the garden—it's one of the best things about summer. Many Iowans have discovered the usefulness of preserving excess produce for future use through canning, freezing and drying. Resources on food preservation are listed. The ISU Extension Answer Line is available to help with questions. <http://www.extension.iastate.edu/answerline/>

**Iowa Answer Line:** 800-262-3804      **Minnesota Answer Line:** 800-854-1678

ISUE Publications on Food Preservation are at this address:

<https://www.extension.iastate.edu/store/ListItems.aspx?CategoryID=43>

- N 3332 – Preserve Food Safely
- PM 638 – Canning and Freezing Tomatoes
- PM 799 – Freezing Prepared Foods
- PM 1043 – Canning Fruits
- PM 1044 - Canning Vegetables
- PM 1045 – Freezing Fruits and Vegetables
- PM 1366 – Making Fruit Spreads
- PM 1368 - Pickles & Pickle Products

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Law Firm Predicts Workplace Wellness Programs will Become Mandatory (June 7, 2007)

[http://hrdailyadvisor.blr.com/archive/2007/06/07/workplace\\_wellness\\_healthcare\\_cost\\_reduction\\_HIP\\_AA.aspx](http://hrdailyadvisor.blr.com/archive/2007/06/07/workplace_wellness_healthcare_cost_reduction_HIP_AA.aspx)

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

July 11: Presentation on the NE IA Food & Fitness Initiative at the 20th Anniversary Celebration of the Leopold Center for Sustainable Agriculture. (Ann Mansfield and Lora Friest) More info..

July 12: Clayton County Food & Fitness Planning Team, 6-8 pm, Clayton County Extension.

July 16: Allamakee County Food & Fitness Planning Team, 5:30-7:30 pm, Allamakee Extension office.

July 18: Winneshiek County Food & Fitness Planning Team, 4:30-6:30 pm, Winn. Medical Center

July 19: Fayette County Food & Fitness Planning Team, 4:00-5:30 pm, Fayette Extension office.