

Food & Fitness E-News, Vol. 1, #6

July 9, 2007

This electronic newsletter about the NE IA Food & Fitness Initiative will be sent 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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July County Planning Team Meetings

The July County Planning Team meetings are scheduled. At this meeting, community members will begin to discuss how to create communities that support healthy children, youth and families through active living. Participants will view and discuss a webcast designed to share key points related to built environments involving parks, trails, sidewalks and transportation. Community members will make recommendations on areas they think should be a priority for our county and our regional plan for NE Iowa. Visit this website to you want to see the webcasts before your meeting.

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

If you are unable to attend your county meeting, we still would like your input—send an email to your Extension, Economic Development or Public Health director.

- July 12: Clayton Food & Fitness Planning Team, 6-8 pm, Clayton County Extension.
- July 16: Allamakee Food & Fitness Planning Team, 5:30-7:30 pm, Allamakee Extension office.
- July 18: Winneshiek Food & Fitness Planning Team, 4:30-6:30 pm, Winn. Medical Center
- July 19: Howard Food & Fitness Planning Team, 6:30-8:00 pm, Lime Springs Community Center.
- July 19: Fayette Food & Fitness Planning Team, 4:00-5:30 pm, Fayette Extension office.

Congratulations to the Regional Team Members

The Regional Planning team is starting to take shape. They will meet the 4th week of the month. Their listserve is ffregionalteam@iastate.edu. Here are the members to date:

Allamakee County:

- Lana Snitker – landus_snitker@yahoo.com
- Danielle Bucknell – daniellebucknell@hotmail.com
- Solveig Hanson - info@grownlocally.com
- Alternate: Emily Neal – nealem01@luther.edu
- Youth: To be determined

Clayton County

- Haleisa Johnson - Johnsoha@mercyhealth.com;
- Tim Englehardt - ccb@alpinecom.net
- Brian Rodenberg - brodenberg@central.k12.ia.us
- Youth: Brandon Freidlein - friedleinfamily@gmail.com
- Alternate: Carol Glawe - dcglawe@alpinecom.net

Fayette County

- Scot Michelson - scot.michelson@dnr.state.ia.us
- Sue Burrack - sburrack@starmont.k12.ia.us
- Joe Organist - thenewjoewu@yahoo.com
- Youth: To be determined at July meeting
- Alternate: To be determined at July meeting

Howard County

- Rob Hughes - rhughes@howard-winn.k12.ia.us
- Elaine Govern – egovern@riceville.k12.ia.us
- Ronda Hughes – rjhughes@mchsi.com
- Youth: To be determined at July meeting
- Alternate: To be determined at July meeting

Winneshiek County

- Eric Nordschow - enord1@mabeltel.coop
- Karen Foster - fosterk@winmedical.org
- Rick Edwards - rick@decorahia.org
- Youth: Kate Mansfield – Mansfield@oneota.net
- Alternate: Lindsay Erdman - lindsay@erdmanengineering.com

Diversity Representatives:

- Paul Rael - Hispanic Community - pcrael@acegroup.cc
- Leah Brown - Jewish Community - princessleah@centurytel.net
- Viktoria Stockman - Postville Diversity Council - vstockman@helpingservices.org

New ! Eat Local Cookoff at the Winneshiek County Fair

Have you ever wanted to enter a cooking contest at the County Fair? This could be the year for you to share your local pride by showcasing local ingredients in your cooking! Oneota Co-op and the Family Table Restaurant have teamed up to offer a new and relevant twist on the county fair cookoff, in which you can prepare any dish whose primary ingredient was grown or raised within 100 mile radius of your home. Join in the appreciation of our region, rich in local agricultural products and possibilities – enter the Eat Local Cook-off!

There are so many possibilities. You could make a main dish, side dish, baked good, dessert, beverage, or appetizer. Your basic local ingredients could be dairy, meat, poultry, vegetables, fruit, herbs, or grains. Your ingredients could be fresh, frozen, canned, or otherwise preserved.

Entries will be judged on three bases: 1) Prevalence of locally grown ingredients (The more local ingredients you incorporate into your recipe, the more points you will receive); 2) Taste, and 3) Creativity.

Entering is easy! 1)Prepare a quantity that will serve at least four people. Also include the recipe, with local ingredients and their source (including name and phone # of producer) clearly denoted. 2) Deliver your entry to the fair on Wed., July 11 by between 1:30 and 2:00. 3) Judging will occur at 2pm.

First Prize will win a \$50 cash, plus a beautiful “Buy Fresh Buy Local” framable poster. Consolation prizes will also be awarded.