

## Food & Fitness E-News, Vol. 1, #8

August 6, 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](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 Information

- Regional Planning Team Meeting Met on July 24
- August County Meeting Information posted
- Survey Monkey helps us collect feedback
- List serves have been upgraded
- KCRG-TV features local growers
- Postings from our members
- Upcoming Events

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**Regional Planning Team Meeting Met on July 24.** The minutes from this meeting and all the county meetings are posted at <http://www.extension.iastate.edu/allamakee/info/kellogg.htm>

**August County Meeting Information posted.** The materials for the August county meetings is posted on the above website. This month county teams will be looking at the Safe Routes to School program and discussing the options for their communities.

**Survey Monkey helps us collect feedback.** Survey Monkey is a website that allows us to create surveys and collect feedback from other community members including those who may not be able to attend a county meeting. After each webcast link is a link to a survey webpage. Please encourage others to share their thoughts!

**List serves have been upgraded.** In an effort to reduce the amount of spam being sent to the listserves, they have been upgraded to majordomo lists. This may not mean much to most of you, but hopefully you will notice less junk in your inbox. The disadvantage to the majordomo list is that we cannot send attachments to the list. If you have something that you would like to share with your list as an attachment, please send it to Teresa at [wiemer@iastate.edu](mailto:wiemer@iastate.edu) and she will post it for you.

**KCRG-TV features local growers.** During the week of July 9-13, Waukon was featured in the Our Town Series on KCRG-TV. One of the articles presented was on the local food portion of the Food & Fitness Initiative and features the folks at Sunflower Fields.

Watch it here: <http://www.kcrg.com/ourtown/waukon/8579857.html> .

**Postings from our members.** Our members have been very active at submitting interesting materials related to the initiative. Here are a few of the recent ones.

From Jane Schadle (Iowa Dept of Public Health)

In response to a community need for grant writing education identified by the NE IA Food & Fitness Initiative Partners, the Winneshiek County Community Foundation, The Wellmark Foundation and the Iowa Department of Public Health; Offices of Rural Health and Healthy Communities will be hosting a Grant Writing Workshop featuring Ron Mirr on **October 4 at the Hotel Winneshiek**. In order to customize this experience to the needs of our area, please complete the following survey **by August 15**. [http://www.surveymonkey.com/s.aspx?sm=GUt1FQx7pOKg328fanNWcA\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=GUt1FQx7pOKg328fanNWcA_3d_3d)

From Multiple Members:

State Public Policy Group is helping to coordinate an event hosted by Shaping America's Youth (SAY), which is an organization that is dedicated to educating Americans about childhood, teenage, and youth obesity. SAY is focused on promoting increased physical activity and improved nutrition for our nation's youth through a series of summits throughout the country. Iowa will host its summit on Saturday, August 25, 2007 in Des Moines at the Polk County Convention Complex. <http://www.shapingamericasyouth.org/Default.aspx>

From Lana Snitker (Allamakee County):

AICPA Survey: Financial Executives Concerned About Employee Healthcare Costs  
Ninety-nine percent of financial executives polled during a recent professional conference were concerned about rising employee healthcare costs, according to an AICPA survey. While most of the executives said their organizations do not plan to reduce benefits, nearly a quarter indicated that employees would have to shoulder increased costs. Other options include offering high-deductible consumer driven plans and changing healthcare providers. A minority (7%) will reduce the level of benefits. For more information, visit [www.aicpa.org](http://www.aicpa.org).

From Dave Runyon (Fayette County)

Recently Sue and I traveled to southern Florida for a family wedding. We decided to eat local as much as possible... The biggest surprise was the degree of support for the development of the local food movement by state and city. Signs were prominent and well designed and identified markets and roadside stands from interstates or US and state roads. A big surprise was to discover the work in Kentucky where the state Department of Agriculture sponsors Kentucky Proud, a locally grown food and family farm initiative. Check out their web site [www.kyproud.com](http://www.kyproud.com) and it will encourage some ideas for our five county work.

From Larry McGee (Howard County)

Elma's first annual Old Roundhouse Trail Days 5k Run/Walk was completed on July 21. 138 participants registered for the event. 3 states and 31 communities were represented, including 50 from Elma (population 600.)

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

- August 9: Clayton County Food & Fitness Planning Team, 6-8 pm, Clayton Co. Extension office.
- August 13: High Tunnel Field Day, ISU Armstrong Research Farm, Lewis, IA: 5-8 pm. [More details...](#)
- August 13: Allamakee County Food & Fitness Planning Team, 5:30-7:30 pm, Allamakee Extension office.
- August 15: Winneshiek County Food & Fitness Planning Team, 4:30-6:30 pm, Winn. Medical Center
- August 16: Howard County Food & Fitness Planning Team, 6:30-8:30 pm, Cresco Fitness Center.
- August 16: Fayette Food & Fitness Planning Team, 4:00-5:30 pm, Fayette Extension office.
- August 29: Regional Team meeting, noon-2 pm, Winn. Medical Center.