

Food & Fitness E-News, Vol. 1, #10

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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/enews.htm

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TAP Team Visiting NE Iowa

The W.K. Kellogg Technical Assistance Program (TAP) Team will be coming to NE Iowa for several days this week to learn about our region and the NE Iowa Food & Fitness Initiative. There will be 7 TAP Team members from traveling to our region from all across the country. They have expertise in active living, local food systems, public health, communication, policy making, youth engagement, and evaluation. As they travel to all five counties they will be meeting with many of our county planning team members, learning about our assets, challenges and opportunities so they can provide us the best technical assistance possible to help us work toward our mission as we plan for our future. The TAP Team is planning to visit all 9 sites (New York, NY; Seattle, WA; Detroit, MI, Pittsburg, PA; Boston, MA; Holyoke, MA; Oakland, CA; and the Tohodo O'Idham Indian Reservation in AZ. We are their first visit and they're only rural site so our goal is to help them learn as much as possible in the 4 days they will be here with us.

Howard County Farmers Market Has New Signs

Problem: Howard County Farmers Market located in Cresco is a small market in need of more visibility. It is located one block off the main road and relies on signs to direct people to the market. Their current signs are very old and hard to see from the road. The project is to have three new signs produced that will have the Buy Fresh Buy Local logo on them as well as market information.



Outcome: With funding from the NE IA Food & Farm Coalition, the farmers market had three (two sided) signs made at a cost of \$75 each for a total of \$225. The signs clearly show partnering with the Buy Fresh Buy Local campaign which will help consumers make the connection between this market and other markets in the Northeast area. The new signs also take advantage of the Buy Fresh Buy Local

advertising and demonstrate collaboration with a commonly known organization which will bring more validity to our local market.

If other Farmer's Markets would like to order similar signs for their market, contact the Howard County Extension office for more information.

Tasty, Healthy Recipes Publication for Food Pantries

The goal of this resource, Tasty Healthy Recipes, is to have a simple tool available which may aid in improving the quality of the diets of the guests of emergency food service providers or individuals benefiting from government food and nutrition programs. This resource contains basic recipes and simple tips on eating well. Food provided and consumed in a healthy way can be the foundation of better health. Working with the foods they are provided with and making the most out of them is one way guests of emergency food programs can take control of their own health. We hope that you find this resource helpful for your guests and yourself. We encourage you to print out copies to distribute to your guests. The Tasty Healthy Recipes resource is available by visiting www.worldhungeryear.org/comm_conn/images/Recipe_booklet.pdf

Just for Fun: Twinkies Result From International Nexus Of Suppliers

"When I began researching the ingredients for Twinkies, I naively thought that their raw materials were extracted from nuts, beans, fruit, seeds or leaves, and that they came from the United States. Although eight of the ingredients in the beloved little snack cake come from domestic corn and three from soybeans, there are others - including thiamine mononitrate - that come from petroleum. Chinese refineries and Chinese factories. So much for the great 'All-American' snack food. When you bite into a Twinkie, you are chewing on an international nexus of suppliers."
--Steve Ettlinger, author of the book "Twinkie, Deconstructed," (Los Angeles Times op-ed, May 29, 07)

New Legislation Introduced to Help Kids get FIT

Earlier this month, Congress took an important step in the efforts to ensure a healthier generation of school kids by introducing the Fitness Integrated with Teaching Kids Act (FIT Kids Act). The bill, introduced in the House of Representatives by Congressmen Kind (D-WI), Wamp (R-TN), and Inslee (D-WA), amends the No Child Left Behind Act to support quality physical education for all public school children.

In 2004, more than nine million children and adolescents, ages 6 to 19, were considered overweight and an estimated 20 percent of American children are expected to be obese by 2010. Experts agree that a critical component to overcoming this epidemic is to get kids moving more and to teach them how to live healthy lifestyles. Yet, physical education is being cut back on in schools all across the country. The FIT Kids Act will address this decline, as well as ensure that children receive important health and nutritional information. Read more...

<http://www.americanheart.org/presenter.jhtml?identifier=3049257>

How Walkable is Your House?

Walk Score shows you a map of what's nearby and calculates a Walk Score for any property. Buying a house in a walkable neighborhood is good for your health and good for the environment.

<http://walkscore.com/>

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

August 29: Regional Team meeting, noon-2 pm, Monona Community Center.

August 30: NE IA Food & Farm Coalition meeting, noon-2pm, Winn. Medical Center.

Sept 1: Tomato Tasting, Seed Savers, Decorah, 1-5 pm. More details...

Sept 6: High Tunnel Field Day, ISU Hort Research Farm, Gilbert, IA: 6-8 pm. More details...

Sept 12: Allamakee County Food & Fitness Planning Team, 4-6 pm, Allamakee Extension office.

Sept 13: Clayton County Food & Fitness Planning Team, 6-8 pm, Clayton County Extension office.

Sept 19: Winneshiek County Food & Fitness Planning Team, 4:30-6:30 pm, Winn. Medical Center

Sept 20: Fayette Food & Fitness Planning Team, 4:00-6:00 pm, Fayette Extension office.

Sept TBD: Howard Food & Fitness Planning Team, 6:30-8:30 pm, Riceville Library, RSVP to 563-547-3001,
Free Local Meal will be served at 6:30 pm.