

Food & Fitness E-News, Vol. 1, #11

September 4, 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/enews.htm

IN THIS EDITION:

Initiative Information

- TAP Team Visit
- Results from Consumer Survey are Available

Food System Articles

- Cancer Panel attacks Food Subsidies

Wellness Policy Articles

- Wisdom and Wellness Program for Youth

Physical Activity Articles

- Bicycle Parking Ideas and Resources
- Now There's an Idea! – Regional Volksporing Club

Upcoming Events

TAP Team Visit

A big thanks to all the communities and members who helped showcase NE IA to the Technical Advisory Partners (TAP) last week. The TAP members were impressed by the entire region. Now they understand our area better and will be able to help us with the movement. Below are some photos of the trip. The team will provide a report including what type of assistance they can provide and initial recommendations they have.



TAP members visit the Cresco trails (left) and Riceville trail members (right).

Results from Consumer Survey are Available

Last fall, the NIFF Coalition surveyed household consumers in our region to identify current and future purchasing patterns of local food products. The final report and 14-minute webcast is available with more information. <http://www.extension.iastate.edu/allamakee/info/niffsurvey.htm>

Cancer Panel attacks Food Subsidies

A new presidential report on cancer takes on not only tobacco companies but the food industry while calling on the federal government to "cease being a purveyor of unhealthy foods" and switch to policies that encourage Americans to eat vegetables and exercise.

The report, issued on Aug 13, 2007, also urged changes in public and private insurance policies to encourage doctors to spend more time counseling patients on how to stay healthy by eating right, exercising and avoiding tobacco.

Federal, state, and local policies have actually made healthful foods more expensive and less available, have limited physical education in schools and created an environment that discourages physical activity, the report said.

Read more: <http://www.reuters.com/article/lifestyleMolt/idUSN1526771320070816?sp=true>

Wisdom and Wellness

For the second summer, Vanette Grover, 4-H Youth Specialist for Howard County, partnered with the Howard-Winneshiek School District to conduct 4-week sessions of “Wisdom and Wellness” at the elementary centers.

Due to the large number of latchkey children and those qualified for free and reduced meals, the program promoted wellness and nutrition in a safe place and children also continued social and intellectual development through the summer.

USDA funded breakfasts and lunches were served each day. Community sponsors covered program costs and nutrition education support was provided through the BASICS program and the Iowa Dept. of Public Health. Read more at the following link: [Wisdom & Wellness](#)

Bike Parking Ideas and Resources

“I would ride to work if there was a safe place to lock my bike.”

The lack of a secure parking space keeps many people from using their bikes for basic transportation. Leaving a bicycle unattended, even for short periods, can easily result in damage or theft. Finding a bike rack that doesn’t work or isn’t conveniently located makes for a frustrating experience. The purpose of this document is to assist with the selection and placement of appropriate bicycle racks for short-term parking. Read More: <http://www.bicyclinginfo.org/pdf/bikepark.pdf>

Now There’s an Idea! – Regional Volkssporting Club

A branded NE IA Food & Fitness Volkssporting Club could be developed here as a sustainable family oriented structure.

Here is an example of one in Des Moines. <http://www.ava.org/clubs/GreaterDesMoinesVolkssportAssn/>
American Volkssporting Association: <http://www.ava.org/index.htm>

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

- 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, Hovdee Lounge, Luther College Library (parking available behind the Luther library)
- Sept 19: 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.
- Sept 20: Fayette Food & Fitness Planning Team, 4:00-6:00 pm, Fayette Extension office.
- Sept 26: Regional Food & Fitness Leadership Team, 12-2 pm, Hovdee Lounge, Luther College Library