

**Howard County FFI Meeting Minutes**  
**July 15, 2009**  
**6:00- 8:00 PM**  
**Hospital Laura Rose Lobby, Cresco, IA**

**Present:** Elaine Govern, Patty Banks, Jan McGovern, Carmen Dohlman, Wyatt Lee, Lynette Anderson, Dan Burkhart and Joye Meyer

Introduction and welcome by Dan Burkhart. He went over the vision:

▪ **NE Iowa F&F Initiative's Working VISION:**

Northeast Iowa is a unique place where all residents & guests experience, celebrate and promote healthy, locally grown food with abundant opportunities for physical activity and play EVERY DAY. Healthier people make stronger families and vibrant communities.

A meal was served. Everyone introduced themselves and shared what they believe has been one of the most significant policy or system change that they observed in the past two years that has helped NE Iowans experience, celebrate and promote healthy locally grown food and/or be engaged in physical activity and play and the role they played.

Some of the comments were:

*Policy changes at county level*

*Becoming more pro-active with bike trails and conservation.*

*Are applying for more grants now*

*Attitude of BOS that we do need policies in schools, businesses and homes to have healthy, locally grown foods*

*Farmer's Market in every community in Howard County*

*Emphasis to help promote physical activity*

*More people going back to gardening*

*Enjoy using the bike trail.*

*Changes made in schools to have healthier meals, snacks and drinks.*

*Safe routes to school*

*Getting all levels of government, school, BOS, Extension, etc. working together*

*Developing relationships between youth and adults and positive changes they have made*

*Helping to educate others on benefits of eating and drinking healthier*

Dan gave each attendee copy of NE Iowa FFI System and Policy Change, June 2009, Regional Leadership Meeting Summary from June 24, 2009, Work Group Reports for May and June 2009, Organizational Structure Draft #4 along with FFI Strategies, Tactics, Policy Targets and Indicators.

Dan mentioned there are two job openings within the 6-county area that will soon be decided on (hopefully). With the re-organization, 6 counties, including Chickasaw, will be working together now instead of just 5.

Lynette is working with students at NICC to develop new union and new cafeteria. NICC wants to increase use of locally grown foods. Lynette handed out 2009 Directory that listed producers where people can purchase fresh, locally grown foods.

Wyatt and Carmen shared youth activities they have been involved with and also upcoming events they are attending and participating in.

Dan went over FFI System and Policy Change, Strategies, Tactics, etc. He mentioned it will be very important to have a large group present at the August meeting for a hands on meeting, reviewing and sharing information and answering any questions people may have. It is important to involve youth so will have next meeting week earlier so meeting doesn't fall on night before school starts.

Video entitled "First Lady Michelle Obama in the Garden on Health and Nutrition" was shown. Discussion followed regarding key messages the First Lady shared on why Health and Nutrition are so important to our nation's future.

**NEXT MEETING IS: August 17, 2009 6-8 PM at Cresco Bank and Trust**