

Northeast Iowa Food & Fitness Initiative
Allamakee County Planning Team
Meeting Minutes

The Allamakee FFI County planning team met on July 27, 2009 at 5 pm at the Allamakee Farmers Market in Waukon. Present: Mary Jo Goodman, Teresa Wiemerslage, Lana Snitker, Rachelle Howe, Dave Schmelzer, Jane Rausch.

Members met at the Farmers Market where they were given wooden tokens to spend. Teresa gave a short presentation on the new credit card/EBT machine.

INTRODUCTIONS AND POLICY CHANGE: During introductions, participants were asked to share what they believe is the most significant policy change they have observed since FFI began meeting two years ago. The following comments were offered:

- EBT machine at the Farmers Market
- Waukon Community garden
- Dad planted a lot more sweet corn
- Project Venture: take kids back outside (hiking, biking, tubing). Bike club. Helmets have been and issue.
- Local food delivery

REGIONAL TEAM MEETING: The only discussion about the regional team activity was that the framework of the community action plan continues to be worked on. The group also talked about the need to find a person or agency to coordinate the Allamakee meetings starting in October. A stipend for time and expenses is available.

VIDEO: Participants watched a 12-minute video clip of First Lady Michelle Obama talking to children who helped plant and grow the White House Garden. Her message of the importance of health and nutrition tied in closely with the NE Iowa FFI.

What were some of the key messages that you heard the First Lady share on why Health and Nutrition are so important to our nation's future?

- First generation of kids to not live as long as parents
- This is a public health issue
- Didn't think about these issues until she became a parent
- Times have changed regarding family meals
- Traditions around food have changed
- Kids will eat it if it tastes good

What connections are there between the First Lady's messages and the work we've started with the NE Iowa Food and Fitness Initiative?

- Gardens
- Being active
- SRTS and kids

- Tastes better when fresh and local

If our success in the NE Iowa Food and Fitness Initiative was completely guaranteed, what bold steps might we choose?

- Whole celebrations in communities around local food
- A chef at each school
- Pick your own lunch in school gardens
- Make your own snacks for after-school program (salsa, etc)
- Kids involved in preparing meals
- Real salads

What seed might we plant together today that could make the most difference to the future of our NE Iowa FFI work?

- Solidify the connection with the schools
- Provide more networking opportunities in the county