

Howard County FFI Meeting Minutes
January 21, 2009
6:00- 8:00 PM
Cresco Bank & Trust, Cresco, IA

Present: Joye Meyer, Charlie Baier, Rob Hughes, Elaine Govern, Patty Banks, Wendy Schatz, Lynette Anderson, Wendy Bohr, Cary Burke, and Joie Lukes

*NOTE: A number of other meetings scheduled in the county the same night resulted in low attendance.

Welcome by Charlie & Joye. A meal was served. People introduced themselves.

Charlie talked about the goals and gave reminder that previous webcasts can be viewed as well as reviewing handouts and previous minutes.

▪ **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.

Previous Webcasts - can be viewed at www.iowafoodandfitness.org

Introductions - Each person introduced themselves with: Our Vision is to create a future we truly care about for children, youth and families in our communities. What will that look like? What will children, youth and families experience?"

- Children will pick fresh fruits & vegetables from their backyard to eat with their meals
- Fitness: PE everyday
- Eat healthier; more exercise
- Local built environment where children can be engaged in activity and a network of bike trails available for all communities
- Places to play; more balanced meals at school
- School with garden plot to use; trails and sidewalks to use for biking to school
- Prices for fruits & vegetables to be affordable
- Children engaged in family outdoor activities—be out in nature

Regional Food & Fitness Leadership Team Report

Report and handout given to everyone. Lynette gave a report on what the youth are working on at the regional meetings. Elaine and Rob gave report on the last regional meeting.

Reviewed Handouts

Patty Banks from Northeast Iowa Community Action talked to the group about the local food bank, what services they offer, what they need and how they provide services to the people of Howard County.

Webcast “Rising Energy and Food Prices”

As the group watched the webcast, we asked them to think how the following questions, which we will be discussing later, relate to rising energy and food prices

Group Discussion:

Question #1: How will our Vision and Strategies make a difference in the lives of vulnerable children and their families?

- Until we implement the vision and strategies it won't make any difference. We need to put the vision into action. We need to develop, create, and do.

Question # 2: What resources, including partners and expertise, do we have in our community to address these issues?

- Farmers markets
- Plant Peddler growing local fruits & vegetables in the winter
- Plant Peddler working with Mennonites, etc. and doing starter plants
- NIFF- if we grow it here, we will eat it here—need to rebuild infrastructure to process the food we grow
- We need a commercial kitchen
- Encouraging people to look at developing resources
- Local restaurants and food store are now buying local fresh fruits and vegetables
- Amish are extending growing season by using natural heating resources for their greenhouses
- Breakfast/lunch available at school so children at least get a couple of meals provided

Question #3: How can we help the NIFF Coalition and the Regional School Work Group ensure equity around food and physical activity for families in our communities?

- Talk to our school administration and cooks about using more local foods
- Outline communities don't have fitness center available, gas cost too much for many families to drive into Cresco—need to develop small centers in small towns
- Internal regulations need re-examining to be able to use donated fresh fruits & vegetables
- Offer better choices on al-a-carte at the schools

Wrap-Up

EACH PERSON NEEDS TO BRING 3 OR 4 MORE PEOPLE WITH THEM TO THE NEXT MEETING!

NEXT MEETING IS: February 18, 2009 6-8 PM

THANK YOU!!!!